

# The Journey From Comfort to Possibility

Excerpt from Chapter One

## CHAPTER 1

### AWARENESS OF ABUNDANCE AND JOY



#### What charges you up, brings you joy and excitement?

How often are you waiting for an overwhelming powerful feeling, that lightening bolt, to hit you in order to define your passion? While waiting for it to come, do you begin to question whether you are passionate about anything? Sure passion can often feel like a bolt of lightening, but most often it shows up in all of the little *sparks of energy* that jolt you each day, the activities and experiences that give you goose bumps, even if only for a brief moment. It is those small, constant energy boosts throughout each day, that when strung together, bring great joy and excitement to our lives.

**The secret** is to pay attention to them, and to begin to add more – so that the gap between each boost of energy gets smaller and smaller....



## YOUR SPARKS

Take a few moments now and begin to jot down those moments, activities, people, places and things that cause those sparks to ignite within you.

<b>In your personal life</b>	<b>In your professional life</b>
<i>Eating a delicious, healthy meal</i>	<i>Planning a new project</i>

*If you liked this sample, go to <http://www.stefaniezizzo.com/ChapterOneSample.html> to receive the remainder of the exercises in Chapter One over the next five weeks.*