
Live It UP!

52 Weeks of Living Passion & Purpose Card Deck

Exclusive Sample!

by Marie Greene
Author of Live It UP!

Enjoy this exclusive sample edition of the Passion & Purpose Card Deck. The complete version is included free in The Passion Tool Kit. Click [here](#) to find out more! If you are ready to uncover passion & purpose in your life, [The Passion Tool Kit](#) is what you're looking for!

The following cards are a support tool based on the books *Live It UP! Uncover Passion & Purpose in Your Life*, and *Passion Workshop: Tools for the Adventurer*. The cards are designed to be printed on cardstock and cut out individually. Choose one each week to inspire you to live with more passion and purpose. As you use each card, keep it in a visible place where you can easily be reminded of the challenge for the week.

Passionate is *Who You Are*.
A Life of Purpose is *Why*.
-Marie Greene



Live it UP!

This week write your own passion and purpose horoscope for the coming year. How will living passionately affect your finances, relationships, and sense of self?

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This week imagine you are 90 years old. Write a letter to yourself about what you wish you had done differently in your life. What were your joys? Your regrets?

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This week eliminate one "have-to" from your agenda and replace it with something you are truly passionate about.

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This week create space for at least one thing that gives your life meaning and purpose. What gives you a sense of fulfillment? What helps you feel connected, balanced, at peace?

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This week tell five people something you are passionate about. Say it like you mean it! Notice how people respond to your declaration. What can you tell by their responses?

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This week go to a new restaurant and order something you've never had before. Expand your horizons and discover new things to love and enjoy that are not part of your current routine.

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This week write 5 wishes. Write one for yourself, three for people that you love, one for the world, and one for a person of your choice. What could you do to help these come true?

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This week your challenge is to be a walking billboard for passion. What changes will you make in your expression, your tone of voice, your actions, your language?

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This week, be a people watcher. What do you notice about the way people go throughout their lives? Do they look passionate? Happy? What do you think others see when they look at you?

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This week don't watch news or read the paper, and use that time to do something uplifting instead. Don't allow your focus to shift to worrying about things that are outside of your control.

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This week create a passion poster, or add on to the one you have. Add images that reflect the emotion and energy of the passionate life you desire. Post it somewhere prominent!

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This week write down two new things you'd like to learn, and take one small step toward each of them.

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This week write a journal entry as if your life is already exactly the way you want it. Write it in detail and add as many senses as you can. Watch as your life unfolds in the ways you've written!

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This week start asking people the question, "What do you want in life?" Notice how difficult it is for most people to articulate what they want. To get what you want, you must know what it is.

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This week look for an opportunity to improve your mind. Visit a library, attend a lecture, or read a magazine on a subject you know nothing about. You just may find a new passion!

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This week notice how often you say no to things you really want. Determine to find a way to do something you thought you could not do. Say yes instead of no.

For other inspiration and ideas for living your passion or purpose, please visit the [website](#).

About the Author:

Marie Greene is an author, life coach, and speaker who teaches individuals across the world to discover their unique passion and purpose, and how to let go of the limits that hold them back. She is the author of [Live It UP! Uncover Passion & Purpose in Your Life](#), which contains a unique step-by-step process for finding your passion and purpose. She is also the creator of a dynamic style of life coaching called Life Elevated.