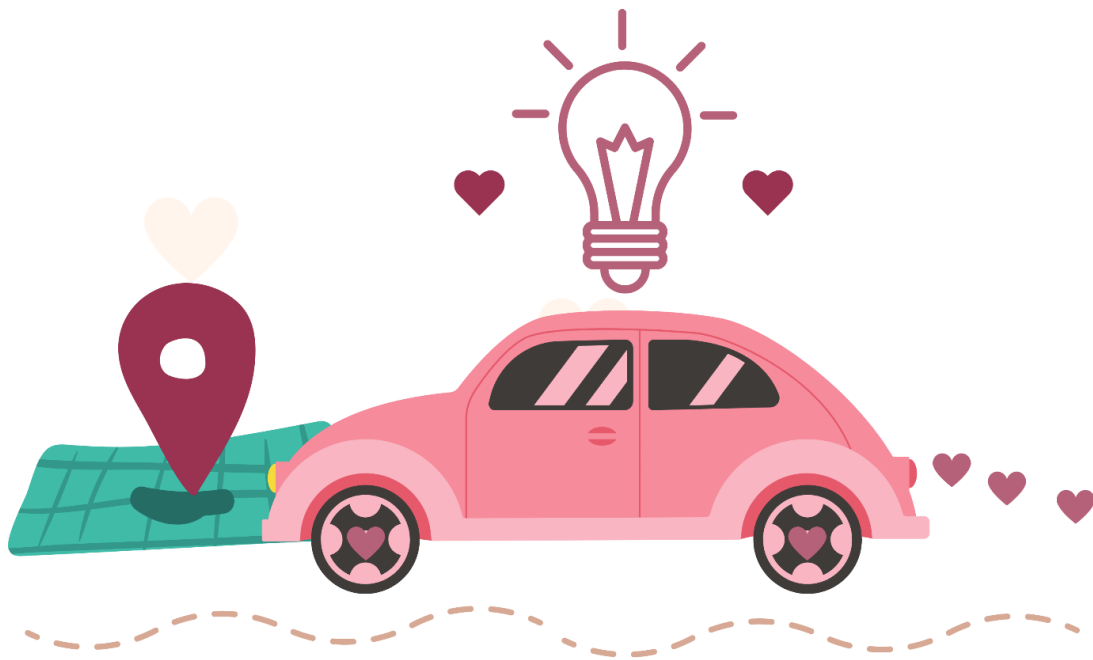


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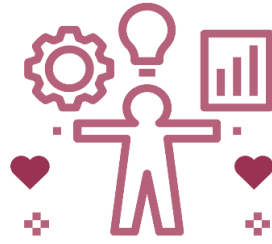
# The Passion Projects Roadmap & Vision Board



Rae Shagalov



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## What is a Passion Project

A passion project is a creative activity or endeavor you pursue because it inspires you and gives you deep satisfaction, joy and fulfillment. It tugs at your heart and pushes you to fulfill it.

Your passion project may be income generating, but that isn't the main motivation. Expressing your passion is what drives you.

Your Passion Project may be very therapeutic and also at times very stressful as you push yourself beyond the limits of who you think you are.

A Passion Project is not an escape - just the opposite. Finding and immersing in your Passion Project helps you connect more to yourself, your family, community, and G-d.

Undertaking a passion project is a transformative experience. It energizes and uplifts you, and inspires those around you with your commitment and integrity.

Passion projects amplify your childhood curiosity, giving you permission to explore again, to try and sometimes fail without feeling like a failure because that's the nature of exploration.

You might think you already know what your Passion Project is, or you might think you have no idea what your Passion Project is. Either way, you will find that you are going to surprise yourself. Discovering and developing your Passion Project is going to lead you on an exciting adventure into the unknown depths and delights of your inner soul, strengths and creativity. Enjoy the journey!



## How to Choose Your Passion Project

### Your Passion Project Roadmap

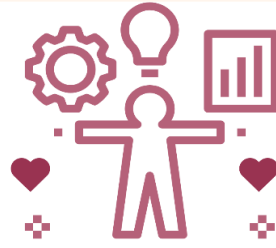
You might already think you know what your Passion Project is, but that's just the beginning. It will lead you into new depths you can't even imagine until later in your journey.

If you think you have no idea what your Passion Project is, don't worry. Exploring your interests could be your passion project for now. View the search as a fun adventure and see where it leads you.

And if you have many Passion Projects, your challenge might be which one to choose to work on first or devote the most time to. The good news for multi-passionate creative women is that we can do them all, just not all at once. Part of your journey will be creating a strategy for planning, focus & time management so you can fit in everything you love.

Here's our roadmap for choosing our Passion Projects:

- 01 Explore the things you love to do & create.
- 02 Choose your Passion Project Ingredients.
- 03 Create your Passion Project Vision Board.



## How to Choose Your Passion Project

### Your Passion Project Roadmap

01

Explore the things you love to do & create.

The first step of discovering your Passion Project is to give yourself permission to expand your dreams and desires in all directions. It's time to explore the inner landscape of your soul and give yourself the space for your Passion Project to unfold.

On the next page is a template to help you create your "1,000 Things I Love" journal. You can use the template and print off 10 pages at a time (for 100) or use a fresh notebook or journal.

Make yourself a nice cup of something delicious to drink. Then sit in a lovely, quiet place and start writing as many things as you can think of that you would love to do or create. You might not be able to think of 1,000 things, but reaching for that number will help you stretch beyond the normal limits of your imagination.

Write down anything and everything that has ever interested you or that you have even a remote interest in. Include things you've already done or are doing, things you wish you could do (even if it doesn't seem possible), things you wanted to do as a child – really anything you would enjoy or are curious about or think you might love if you had the chance.

Include things you would like to do, create, collect, see, explore, find out. If you get stuck, color in the border to relax and think even more deeply.

If you use the following template, make a section in your Passion Projects Journey binder to keep them. You'll want to look back at them and add to them in the future.



# 1,000 Things I Love

#

#

#

#

#

#

#

#

#

#

Notes:



## 30+ Starter Ideas for Your Passion Project

- ☐ Spreading Torah & Mitzvahs
- ☐ Sharing Chassidus
- ☐ Prayer & Tehillim Groups
- ☐ Arts & Crafts
- ☐ Calligraphy & Journaling
- ☐ Photography & Film making
- ☐ Podcast Interviews
- ☐ Audio Messages
- ☐ Videos on a Topic that's Important to You
- ☐ Gardening & Landscaping
- ☐ Fiction
- ☐ Non-Fiction
- ☐ Poetry
- ☐ Theater
- ☐ Blogging





## Ideas for Passion Projects

- ☐ Host a Summit of Speakers on a Theme
- ☐ Music
- ☐ Cards & Letter Writing
- ☐ Reviews
- ☐ Start a Magazine
- ☐ Change the Direction of a Profession
- ☐ Graphic Design & Marketing
- ☐ Create a Geulah Version of Something
- ☐ Enrich your Family Life
- ☐ Fix a Problem
- ☐ Start a Charity
- ☐ Health & Fitness
- ☐ Fiber Arts
- ☐ Nature
- ☐ Lead a Group Program





## Ideas for Passion Projects

- ☐ Write a Book
- ☐ Design a Journal
- ☐ Create a Show
- ☐ Write a Memoir
- ☐ Cookbooks & Cooking Shows
- ☐ Teach a Course or Workshop
- ☐ Start a Campaign
- ☐ Create a Product Line
- ☐ Research & Study
- ☐ Thought Leadership
- ☐ Jewish Fun
- ☐ Create a Series
- ☐ Invent Something New
- ☐ Improve Something
- ☐ Combine ideas on this list!





## How to Choose Your Passion Project

### Your Passion Project Roadmap

#### 02 Choose your Passion Project Ingredients.

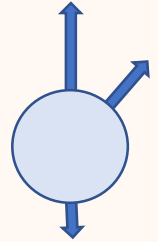
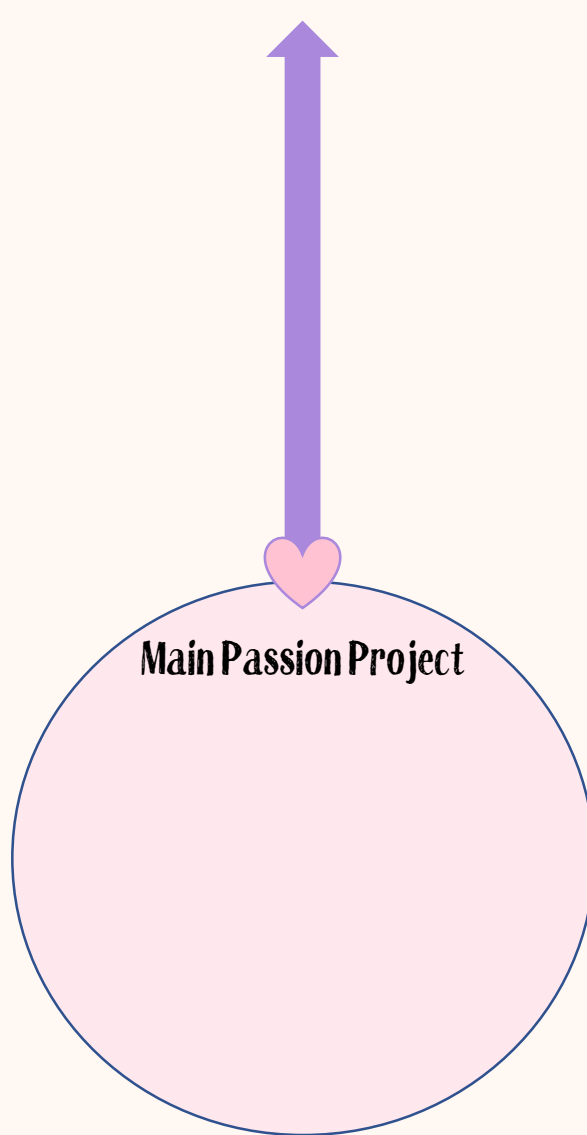
On the following page is a template to help you think through the main elements of your Passion Project. You'll use these to help you create your Passion Project Vision Board to help you stay clear about what you hope to accomplish. This will help you stay motivated, especially when you are in the midst of the "murky middle" when it can be hard to remember the excitement of the beginning of your journey.

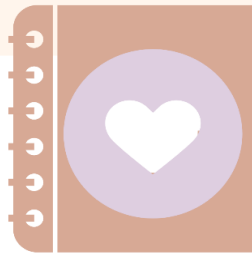
**Describe some possible Passion Project choices that interest you:**

# Passion Projects Energy Priority Assessment

## Intuitive Energy Rating

Intuitively draw arrows around the circle, longer or shorter for each of your Passion Projects based on which ones you want to put the most energy into this month.





## YOUR PASSION PROJECT RECIPE

# Choose Your Passion Project Ingredients

You'll add the ingredients of your Passion Project together to create your Passion Projects Vision Board.



Things I'm most passionate about:



The kind of people I want to help:



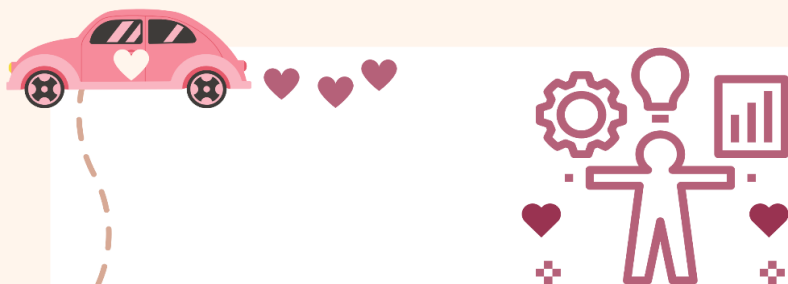
Problems in the world that really bother me:



Talents I want to learn or use:



My mission & values that are important to me:



## How to Choose Your Passion Project

### Your Passion Project Roadmap

#### 03 Create your Passion Project Vision Board.

On the following page is your Passion Project Vision Board. Your Passion Project Vision Board will help you become very clear about what you want to accomplish so you can ask G-d to help you bring it into being.

Our sages say that “the end is embedded in the beginning.” Your Vision Board will help you stay motivated, especially when you are in the midst of the “murky middle” when it can be hard to remember the excitement and clarity of the beginning of your journey.

Use pictures and words on your Vision Board. If the template is too small, you can cut out the elements to use on a bigger board.

**What is the transformation you want for yourself  
and those who will experience your Passion Project?**



Things I love to do:

Problem I want to solve:

My Main Passion Project is...

What I want to sell

People I want to help:

How I want to transform:

Talents I want to use:

Things I want to create:

My Dream Project

My Mission is:

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# TIMELINE: 12 MONTHLY GOALS

ג'שס"ב

PASSION PROJECT TITLE:

Write the name of the month and a goal or milestone for each month to complete your Passion Project within a year.

Select one of these goals to break into smaller action steps on the following Milestone template.

	● MONTH			MONTH ●	
	● MONTH			MONTH ●	
	● MONTH			MONTH ●	
	● MONTH			MONTH ●	
	● MONTH			MONTH ●	
	● MONTH			MONTH ●	
	● MONTH			MONTH ●	

Create S.M.A.R.T. Goals that are:

Specific

Measurable

Attractive

Realistic & Relevant

Time-Bound

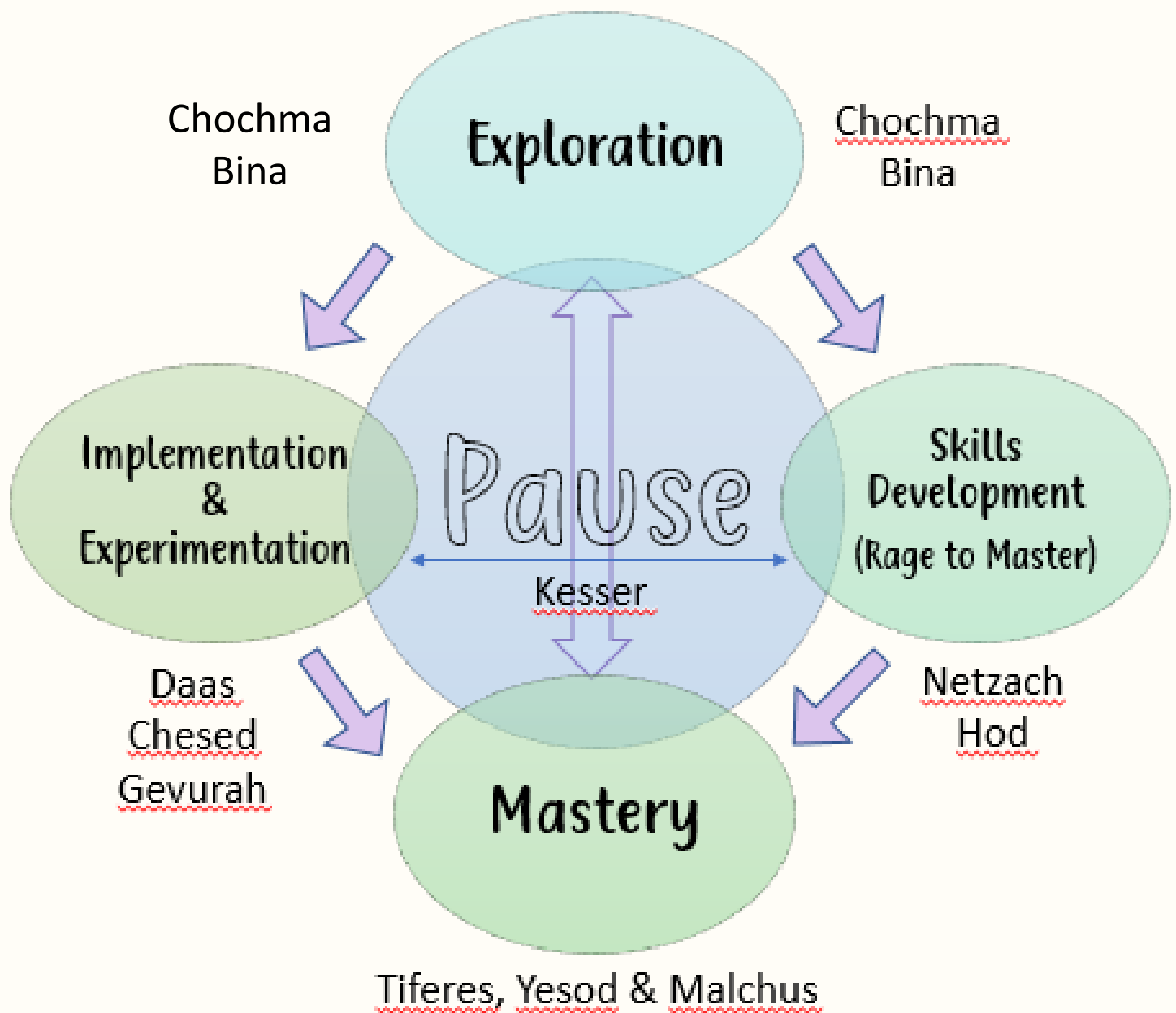
WRITE YOUR  
MILESTONE HERE:

Break your milestones  
down into smaller  
action steps and  
S.M.A.R.T. GOALS  
in the boxes below

MILESTONE ACTION STEPS

	●		●	
	●		●	
	●		●	
	●		●	
	●		●	
	●		●	
	●		●	

# WHERE ARE YOU IN THE PASSION PROJECT PROCESS?



# Ask Yourself These Questions When You Encounter Inner Resistance

Hashem is delivering to you  
a spark of your own soul  
that got lost 

HOW CAN YOU  
BRING IT BACK  
INTO YOUR SONG?

ג"ה

RISE  
ABOVE  
THE  
BATTLE!



WHAT IS THE  
SPARK IN  
YOUR SOUL  
THAT HASHEM  
WANTS YOU  
TO CLAIM &  
APPRECIATE &  
BRING OUT  
OF EXILE TO  
PURIFY,  
EXTRACT,  
UTILIZE?

What is  
the light  
that belongs  
to you?

WHAT WOULD YOU  
LIKE TO EXPRESS  
IN A REFINED HOLY  
WAY IN HONOR OF  
HASHEM WITH THE  
GOAL OF SERVING  
HIM IN THE BEST  
WAY YOU CAN?

WHAT IS  
HOLDING  
YOU BACK?



Where  
do you  
feel  
blocked?

What do you  
need to look  
at with new eyes?

What is the  
spiritual battle  
you're engaged  
in that you need  
to rise above?

How can  
you share  
your light?  
TO BRING  
THE ULTIMATE  
REDEMPTION!



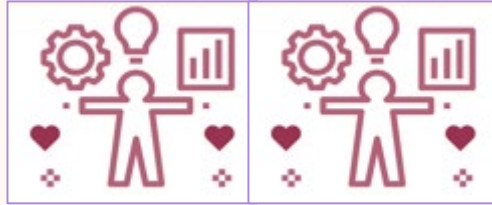
REBBETZIN TAMAR TABACK REFLECTIVE QUESTIONS ON DAY 1

Rise Into Your Crown III

Bringing Creativity & the Arts Out of Exile

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# How to Find & Work with an Accountability Partner

Your Accountability Partner will be one of your greatest assets and likely become one of your closest friends who deeply understands the work of your heart and soul. You'll be helping each other stay accountable to your goals, cheer each other on, pick each other up in the dips, and celebrate each other's milestones along the way.

Sometimes total strangers become the best accountability partners. Your partner does not need to have a similar Passion Project. An outside perspective can be very helpful.

## 4 Ways to Find an Accountability Partner

1. Ask someone you feel a connection with, a friend, family member, co-worker, colleague or mentor.
2. Join a relevant networking, Facebook or local group and ask for one.
3. Look around at the groups and organizations you belong to and the events you attend. Is there someone who might be interested in doing this with you?
4. Hire a virtual assistant to be an accountability partner

## Six Strategies for Working with Your Accountability Partner

1. 5 minute daily goals check-in
2. 1 hour weekly deep mini-mastermind
3. Practice sessions
4. Co-working Focus Hour with a Shmooze Reward at the end
5. Beginning of the week goal-setting session
6. Mindset Mini-sessions



# How to Start Your Own Mastermind

## MASTERMIND AGENDA FORMAT

Choose 3-5 people to join your mastermind and decide how often you want to meet.

1. Greet & Shmooze - 5 minutes: Give tzedakah, a coin in the charity box.  
Appoint a leader and timekeeper.
2. Start with a one or two minute meditation to get focused in alignment with G-d.
3. Share a Torah thought and find its relevance to Passion Projects. Our Passion Projects Mastermind uses the Hayom Yom or topics in Chassidus. You can also choose an inspirational book with short daily readings and choose one for each session.
4. Begin the "Spotlights." Each person has 15 minutes in the spotlight- 10 minutes to present their project using the format below and 5 minutes for other people to respond. These times are flexible and can be expanded, as needed for your mastermind.
5. End each person's turn in the spotlight with a blessing for success and a L'Chaim.

## SPOTLIGHT FORMAT

**Use one or both of the following formats for each person's turn.**

### MAIN SPOTLIGHT FORMAT:

1. Gratitude: What are you celebrating? (accomplishments)
2. Progress, Challenges & Milestone Celebrations
3. How can we support you? Would you like us to give you homework?
4. Group Brainstorm, Recognition & Appreciation for you

### OPTIONAL ADDITION FORMAT FOR ACCOUNTABILITY:

Each mastermind participant can write and state her goals for the coming week or month. The leader can also record the goals in the chat and read them in the next session to follow up if they have been completed. These can also be written in your Whatsapp or Facebook group for comments & further assistance in between sessions.

A. Absolutely No to ...

B. Absolutely Yes to ...

C. Absolutely Clear - Goals to meet for next Mastermind

# The Foundational Formula for Passion Projects for Children

Formula to Help a Child (or Class) Start  
an Extra Challenge Passion Project



**Create something** A PRODUCT OR SERVICE  
**that's needed** START WITH EMPATHY  
**for someone** HAS TO BE SPECIFIC. CAN'T BE "EVERYONE" OR "ANYONE"  
**who needs it** TEST YOUR PRODUCT OR SERVICE. MAKE SURE IT MEETS THEIR NEEDS.  
**that helps solve** BRAINSTORM AND TRY OUT DIFFERENT POSSIBLE SOLUTIONS.  
**a problem or** LOOK FOR PROBLEMS CLOSE TO YOU IN YOUR FAMILY, NEIGHBORHOOD, SCHOOL, COMMUNITY  
**teaches something** YOUR PASSIONS AND INTERESTS  
**important** HOW WILL IT HELP OR UPLIFT THE PERSON OR THE WORLD?  
**doing what you love,** YOUR PASSIONS, TALENTS & INTERESTS  
**in partnership** INCORPORATING YOUR JEWISH VALUES, TORAH, AND MITZVAHS  
**with G-d.** WILL YOUR PASSION PROJECT OR EXTRA CHALLENGE PROJECT BE DELIGHTFUL TO G-D? IS IT IN ALIGNMENT WITH TORAH VALUES?

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Interested in guiding your children, grandchildren,  
or students to do Passion Projects?

You can get my free Joyfully Jewish Guide to  
Passion Project-Based Learning for Children here:

<https://www.joyfullyjewish.com/pbl>





# NOTES

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ב"ח"ד

JOIN A  
FABULOUS  
SISTERHOOD  
OF CREATIVE  
WOMEN!

# Join Our Passion Projects Mastermind

**Develop Mastery over:**

- Jewish Time Management
- The Yetzer Hara
- Better Focus
- Inner Perfectionist
- Imposter Syndrome

Based on Chassidus,  
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# Join Our Passion Projects Mastermind

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Includes the **Success with Time** monthly Jewish time management course & co-planning session, accountability partners and many printable templates & tools for your creative flow & momentum! Keep your inner fire glowing with our fabulous, supportive sisterhood!

### Making the Most of the Moment

22 One Minute Meditations



The 4 Keys of Jewish Time Management  
The F.A.R.M. Framework



FAITH



ALIGNMENT

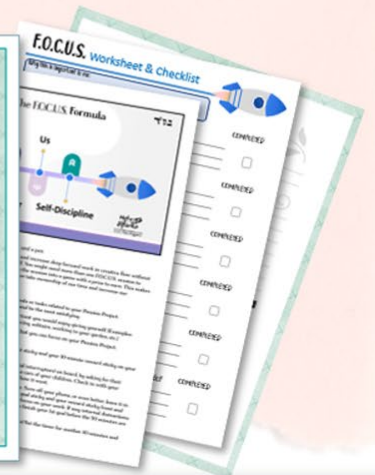


REALITY



MINDSET

### CREATIVE WORKSPACES & PLANNING TOOLS



Faith  
Gratitude  
Intuition  
Balance  
Vision  
Attraction  
Choice  
Action  
Connection  
Service  
Talent

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