

Week 47 Practice

Remember, your passions aren't meant to single-handedly save the world, but they are almost always a part of adding creativity and beauty to the world. In fact, this is a good litmus test for moving forward confidently with living your passion—if it is arising from your true self, if it feels a little vulnerable, if it is creative, if it adds beauty and/or order and/or abundance to the world, then the world needs it.

This week, focus specifically on those things you've wanted to do which make you feel vulnerable because you wonder what people will think of it, or you are afraid of criticism, or you wonder if it's enough and it makes you wonder all over again if *you* are enough. *This is why the months of loving came before the months of living.* If you are to resurrect the most vulnerable parts of your truest self, you will need your people to reassure you that they are worth resurrecting.

This week, you will turn to your people for reassurance. Before acting on your creative impulse, tell one person about it—the one person you can most count on to give you the support you need. This is the person who will do more than tell you to go forward with your creation. This is the person who will be downright thrilled that you are considering it. You will borrow from their energy and enthusiasm. When you distrust the worthiness of what you want to live, they will believe on your behalf. Every week for five years I've published a blog post—every week my wife has been excited for me to do so. We can't do the ordinary, vulnerable things we are passionate about without the encouragement of our people.

This week, that is all. Draw upon your belonging to fuel your passion.