

# Re-igniting your *passions* realising your value

empowering the mummy  
inspiring the minx



www.themummyandtheminx.com

1. What do people consistently compliment you on?



.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

*you are great at this*

People compliment you because they have noticed something you do exceptionally well. It could be the way you style an outfit, the photos you take or the way you organise your household. TAKE NOTE.

2. What did you love as a kid?



.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

*you probably still love this*

Sometimes we do not need to discover our passions. Sometimes we need to remember them. What did you love to do a child? Paint, Draw, Dance, Sport? What made you happy when you had all the time in the world?

3. What do you find comes easily to you and not necessarily to others?



.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

*you are great at this*

You might not notice it, but there will be things you do with ease that others struggle with. You probably think nothing of it, so ask a friend.

4. What do you do that makes you lose track of time?



.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

*you love this*

When we do something we absolutely love, we can get into a state of 'flow'. We lose track of time and we feel like we are 'on a roll'. What activities get you into that kind of zone?