

DAY 17

Passion.

One tool you have to overcome challenges is passion.

Think about how you feel when you're doing something you love to do. When you're enjoying something, time doesn't matter and things around you don't distract you. You're so into doing what you're doing that everything else isn't even a thought.

In that moment, you are happy. In that moment, you are "in the zone." In that moment, you are confident and it feels like nothing can stop you.

That is the exact feeling that can help you overcome a challenge. A lot of times, a challenge is hard because it intimidates us, maybe even scares us. Do you want to know the opposite of that feeling? It's confidence. The opposite of feeling scared or intimidated or defeated or worthless is feeling confident.

You are never more confident than when you are doing what you love to do. So, you have to learn to use the excitement from your passion to give you confidence to overcome fear and challenges. That confidence that you have when you're doing what you love (your passion), is just a feeling. It's a feeling you can learn to remember. Think about that feeling in your head. You might even be able to feel it physically in your body *right now*. It might make your fingers tingle or your heart beat faster or just feel excited in general. It probably makes you happy and confident right now just to think about it. Exactly! Remembering that feeling will help you face a challenge and overcome it.



How do you feel when you're doing what you love to do?

Create a list of words, draw a picture, write a description, or do whatever best expresses how you feel.