

When Passion Becomes Work

Finding Joy Without the Pressure to Produce

DAY1

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the practice of instilling hope

DAY 1: What Supports Me?

When you think about the work you do, what does it provide for your life, and are you allowing that to be enough?

- What do you genuinely appreciate about your work?
- What expectations have you placed on your career?
- Where else in your life do you find fulfillment?

[illegible]

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What activities naturally bring you joy, and how might your experience change if you stopped expecting anything more from them?

- What do you love doing simply for the experience?
- When do you feel most creative, relaxed, or energized?
- Have you turned something enjoyable into an obligation?

[illegible]

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- What originally drew you to that activity?
- When did expectations begin influencing your enjoyment?
- What would you change if money or recognition weren't factors?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.

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Where do you experience a sense of meaning or connection, even when what you're doing receives little recognition or financial reward?

- When have you felt that your contribution truly mattered?
- What meaningful activities do you sometimes overlook?
- How might you define purpose beyond your career?

[illegible]

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DAY 5: Permission to Enjoy

What would it feel like to give yourself permission to enjoy something without needing to improve it, share it, or turn it into an accomplishment?

- Where do you feel guilty about spending time on yourself?
- What expectations are you ready to release?
- How can you make room for joy without attaching conditions?

[illegible]

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REFLECTION

Looking at what supports you, energizes you, and fulfills you, what have you discovered about the expectations you place on your time, passions, and purpose?

- Which part of your life deserves more appreciation?
- What have you been asking to become something more?
- What will you allow yourself to enjoy exactly as it is?

