

Reconnect To Your Passion

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A. When was the last time you felt really excited about guitar playing?

When was the last time you felt like "Wow! I'm going to learn this, this is awesome!"

How did it feel? Write down the emotions you felt.

B. What made you start playing guitar in the first place?

Do you remember? What made you make the decision? Think about it?

Was it a particular song, guitarplayer or some specific thing you imagined being able to play?

how did you view guitar playing back then?

How did you imagine it would feel to be able to play?

C. What guitar players made you want to play yourself?

Think about each one of them, see them in your minds eye
What about these players did you or do you admire?
What exactly was it that you admired them for?
How did you imagine it would be to have these qualities yourself?
How did it feel to see them play?

The Passion Workshop

A. The target

- Think about your goal or create one now

What is your target i.e. what result do you want to create?

When do you want this result / What's your deadline?

B. Build expectancy

- Then ask yourself: "What would it take for me to be absolutely certain that I will achieve the result" Don't ask what you need to do to get there, instead ask what you need to do to be absolutely and completely certain that you will achieve it.

What daily ritual do you need to have to guarantee the result by your deadline?

What will you do to make sure that you follow your plan?

C. Expanding the rewards

How it would make you feel to reach your goal?
Would you feel pride, accomplished or strong?
Would you feel happy, free and powerful?

D. Stacking the gain

What would mastering this and feeling like this do for you:

Soloing skills?

And how will it feel to have that skill when you solo?

How does that feel?

What would it do to your self confidence in the playing situation?

And how would that feel? Imagine it.

What would it do you your belief about what you can achieve in the future?

How would it feel to be that certain?

What would it do to the level of fun you have when you play?

How would it feel to that much fun?

And what would it do to your ability to teach and help others?

How does that feel?

Now tell me how would people look at you differently when you have this skill?

What would that feel like?

How would YOU look at yourself differently?

How does that feel right now thinking about that?

How would learning this skill, positively influence your your work situation?

And how does that feel?

What will mastering this skill do for your relationships?

How does that feel? Seeing those images.

Now what could this mean to your finances?

And how does that make you feel?
