
Femina Fusion

Foundation Certificate Program

with *Bea Benkova*

6-week journey to decode the
Extraordinary Woman inside You

Playbook
Week 1

..... OUTLINE

Where are you in the Femina Fusion Foundation program?

1: Passion

2: Talent

3: Knowledge

4: Network

5: Character

6: Purpose

..... Introduction

How to best use this playbook

1. Print this Playbook and play with it.
2. Watch the video where Bea speaks about the topic of the week.
3. Do the exercises and explore the questions posted in each playbook. You will notice that when you start looking anew and when you explore the unexplored world you will experience a shift that will impact the outcomes you achieve.
4. Do not think about it, just write down your answers.
5. Watch the interview video to get some inspiration and a more tangible understanding on the topic.
6. Share you insights, experiences and outcomes with other women on the Femina Fusion Facebook group page.
7. Attend the interactive Femina Fusion Session every week for live coaching and support.

..... Week 1: Passion

Re-discover your passion

“Don’t ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.”

Howard Thurman

About Passion



Passion is what makes you get up in the morning and keeps you awake at night. Doing what you are passionate about lights up your world! You can feel it and so can others. It is easy to become trapped in success in an area that does not recharge or sustain us. This can lead us to feeling tired, jaded, demotivated or burned out. When we live and work from our passion, everything becomes full of excitement and energy, and our efforts become sustainable.

Your passion lies within you and all you need to do is to rediscover it. Passion is the juice of life that flows into, nourishes and fuels everything you do when you tap into it. This is vital to all of us as women.

Rediscovering and acknowledging your passion is a critical starting point, whether it is connected to your business or hobbies. If you do what you are passionate about, you will notice that every day will be filled with more vital energy and growing attraction.

..... Week 1: Passion

Questions to start with

What am I passionate about?

What excites me?

What gives me energy?

REMEMBER: THERE ARE NO RIGHT ANSWERS. ONLY YOU
KNOW IF IT IS YOUR PASSION, IF IT FUELS AND EXCITES YOU.

..... Week 1: Passion

My greatest passions

Your passions are uniquely yours and only you can express them, no matter how simple or strange they may look, sound or feel.

- What are top three things you are passionate about?
- How you do express these passions in your life?

My 3 Greatest Passions	How are they expressed in my life now

Insights and notes:

..... Week 1: Passion

Hobbies and interests

List the hobbies and interests you have.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What do they have in common?

How much time do you dedicate to doing them or to integrating them into your everyday life and work?

..... Week 1: Passion

Reality check

- ☐ Are you waking up with energy in the morning to start your day and go to work?
- ☐ Do you feel more energy as you spend time in your job?

1. What do you most love about your current work/professional role?

2. What would you prefer to have more of in your current work/professional role? What excites you?

Give yourself permission to live your passions.

..... Week 1: Passion

Stop signs

What are the reasons that either you or others notice that prevent you from seeing, acknowledging and living your passions?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

- Where do these reasons come from? Are they necessarily true?
- What would your life look like if you were no longer stopped by these reasons?
- If you believed it was possible and worthwhile, what would you do?

..... Week 1: Passion

Action steps for the week

1

Pay attention. Notice what gives you energy and what leaves you feeling drained or tired. You may want to use a notebook to keep track of all the activities you do throughout the day, and notice how you feel about those activities.

2

Schedule 15 minutes of passion time each day for the next week. Do at least one thing every day that you love. It could be a short walk with your dog, singing in the shower, or doing something creative. You decide!

3

Schedule at least a 2-hour Passion time block sometimes in the week. It could be in the morning, during the day or over the weekend. You could be alone or with someone else. At home or anywhere else. It doesn't need to cost anything. Important is that it is time spent doing something that you enjoy doing.

4

Notice people who seem to have a lot of energy. Ask them what they do and how they approach their day—and really listen to how they speak about different aspects of their life.

..... Week 1: Passion

Quote of the week

“Nobody cares if you can’t dance well.
Just get up and dance.
Great dancers are not great because of their
technique, they are great because of their
passion.”

Martha Graham, American Choreographer

Allow yourself to discover your passions
and experience the joy of life.