



LIVE MY  
PASSION  
NOW



*Unlocking potential, freeing ideas.*  
**with Shena Driscoll Salvato, Idea Actualization Guide**

---

## SPRING

### Introduction:

I sat down with fine woodworker Stephen Landau for a 50 minute conversation about how he made the transition from a life he didn't like living to creating a life that he now loves. As a result of that conversation, "Living a Life That Will Lead Us to Who We Really Are," I created an exercise to help *you* identify:

- *the fears that you've been pushing inside*
- *the things those fears have been stopping you from doing*
- *what you can do to face those fears*
- *what you can be capable of doing once you stop letting those fears hold you back*
- *a schedule for making it happen*

### Here's what to do:

Listen to the attached 60 second audio clip clip from my conversation with Stephen. I've included the the transcript below for those who prefer to also read the words. After listening and/or reading, complete the exercises on the following pages.

### Transcript:

*Stephen Landau-- "So throughout life, if you do something that is a little bit of a stretch, that continues to be a good thing."*

*Shena Driscoll Salvato-- "I just had this visual of a spring, and that when a spring is compressed, right, it's tightened and it stays on the ground. But when you release it, it'll leave the ground. It'll fly. It'll take off. It'll launch off, and so it's that same kind of idea, like thinking of recoiling and being a spring and kind of repressing that and condensing it. You just stay tightly wound up. But if you say, 'Okay, I'm going to release this, let it go.' It literally just jumps right off the surface."*

*SL-- "And all that pressure that is gone. I think that's the same sort of thing as facing your fears and dealing with pain is you release that energy that that thing has, that you're holding inside and that energy is negative energy. You *can* release it."*

*SDS-- "And it can move you into a space that you never even knew about before, or dreamed about."*

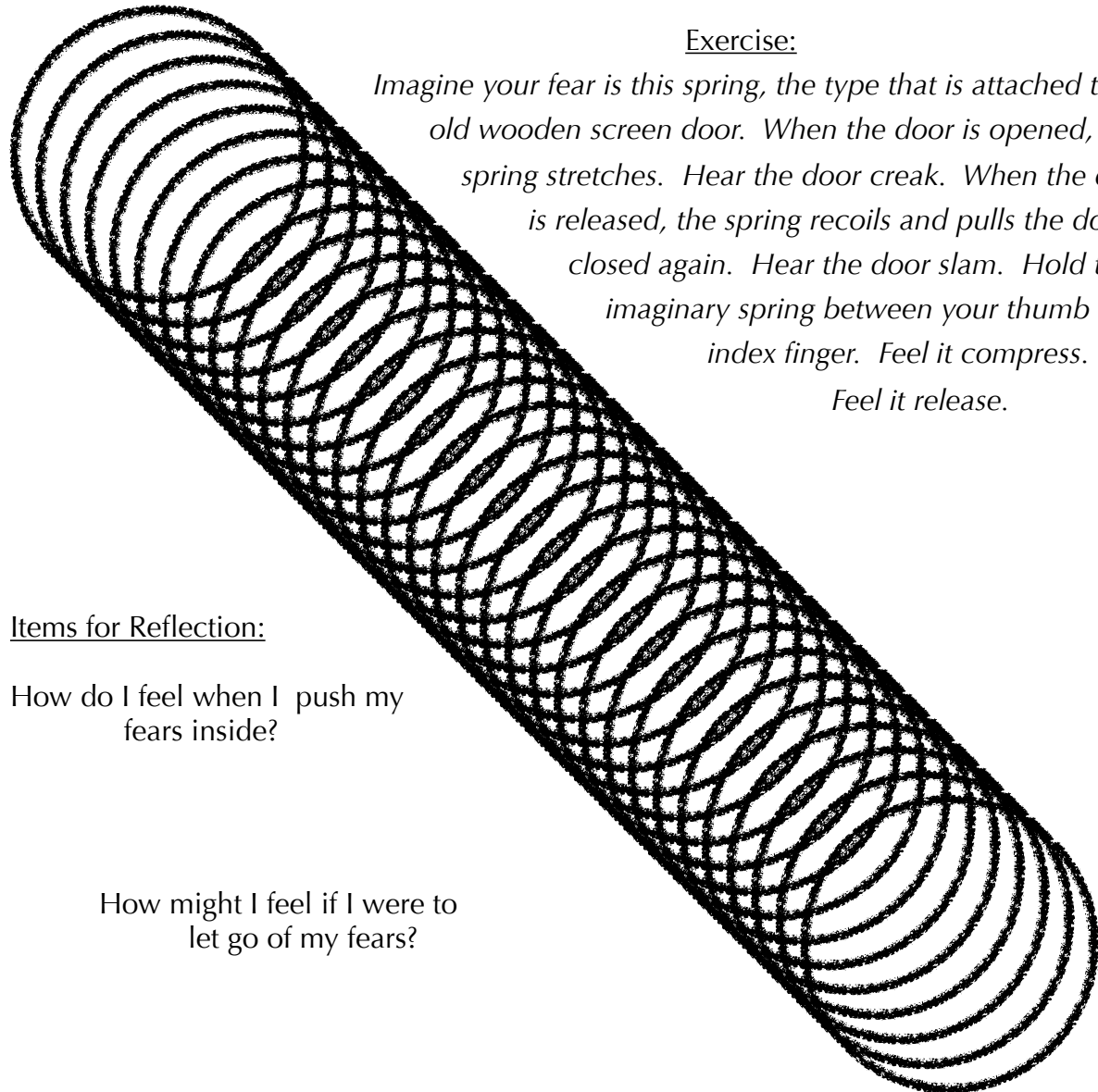


---

## SPRING

Exercise:

*Imagine your fear is this spring, the type that is attached to an old wooden screen door. When the door is opened, the spring stretches. Hear the door creak. When the door is released, the spring recoils and pulls the door closed again. Hear the door slam. Hold this imaginary spring between your thumb and index finger. Feel it compress. Feel it release.*



Items for Reflection:

How do I feel when I push my fears inside?

How might I feel if I were to let go of my fears?

Other observations:

Please continue to page 3:





LIVE MY  
PASSION  
NOW



*Unlocking potential, freeing ideas.*  
**with Shena Driscoll Salvato, Idea Actualization Guide**

---

*Thank you for taking your time to complete the complimentary Spring exercise. I hope that this experience has been rewarding and valuable for you, one that will help you move ever-closer toward more fully living your passions, no matter where you currently are in your life. If you can think of friends or family members who would appreciate and benefit from this, please invite them to visit [www.livemypassionnow.com](http://www.livemypassionnow.com) so they can enter their contact information to receive their own complimentary copy.*

*I hope this exercise has given you a good taste for the type of work I'm doing. I have created a 12-faceted program with tangible activities like this one that will be a part of my Live My Passion Now Online Virtual Retreat. The retreat will feature live calls with me where I'll personally guide you through the exercises. Watch for an e-mail from me to find out more about the retreat and when it will be happening. Your feedback is always welcome! Please e-mail me at [shena@livemypassionnow.com](mailto:shena@livemypassionnow.com) to share your experience. I look forward to hearing from you.*

*Wishing you your best,*

