



# The PASSION DESIGN Checklist

[WWW.kristelsaudi.com](http://WWW.kristelsaudi.com)

IG @thepassiondesigner

KRISTEL  
SAUDI

*@thepassiondesigner*

The power of the human potential is the most fascinating and most wonderful gifts of all. We can be who we choose to be. We can be who we want to be.

Only if you choose... Only if you make the decision and commit to it.

What's stopping you from living the life you want?

Use this checklist to reach your maximum potential.

After all, we only have one life to live. Won't you want to live the best life ever?

- Kristel Saudi

- KNOW your PURPOSE.** Your purpose is your biggest WHY. If you have not gotten round this yet, there are a lot of tools available online that can help you. I personally use IKIGAI. You can search this up, and see how it works for you.
- ELIMINATE unproductive habits.** These are are keeping you stuck and preventing you from moving forward. The best way to do this is by conducting a self audit. What's working and not working for you right now? Replace the unproductive with PRODUCTIVE ones by repetition, and take one step at a time.
- Life is one big ADVENTURE.** Don't be afraid to experiment. You will not learn any new things if you won't go out of your comfort zone. There really are no mistakes in life , only lessons. Remember, our purpose in life is to GROW. So **Go and Grow!**
- Be SELF AWARE, and Reflect Often.** What is your zone of genius? What do you love doing? When are you in the **ZONE**? When are you in **FLOW**? Satisfaction follows when you know you are doing what you love and what you are meant to **do**.
- Health is Wealth.** Our bodies are the vessels that can execute and can take us to where we want to be. Are you getting restful sleep? Are you eating food that are supporting you in your journey ? You might hear people saying that healthy is boring. Before listening to them, check if they are an authority in what they are saying. Find what's enjoyable in your healthy lifestyle.
- AUTOMATE.** AUTOMATE. AUTOMATE. There is a gazillion resource on the internet. Just like money, technology should be working for us to reach our dreams. Not only will it make life easier, it will also help us to do work efficiently and scale up our business if we want to.
- Be in the NOW. Be MINDFUL.** Train your mind to let go of the past and live in the present. Our minds will always protect and stop us whenever we try to do something new. It is built to be that way, that's why we are on ' auto pilot' most of the time, processing our experiences, and anticipating the future. Techniques like Meditation and Breathing Exercises will help be in contorl.
- SERVICE.** I found that life evolves in serving others. Why are you so talented and skillful in your chosen field? You were meant to contribute to the greater good by being yourself. That's why businesses exist, to serve the collective. If you are not giving the world what you can, or offering your unique service, you are doing a disservice to those who need you.
- Celebrate, and Rest.** Give yourself a pat on the back. Do something that will give you pleasure. Buy something for yourself. Take time to rest. Evaluate your previous schedules–can you prune anything on your calendar? Are you working on 100% energy? Design your schedule and exert effort where you are most energized. Rest your mind and rest your body, creativity will flow through a rested mind.

**ARE YOU READY FOR AN UPGRADE this 2021?**

If you are serious with moving forward, **BUT** do not know how to start, I have something for you.

We both know that **TIME is MONEY.**

Which is why this is only for those who are willing to commit their time and effort.

I want to help you, will you let me?

Let's create your game plan, together.

**Book your Clarity  
Session worth \$47 for  
FREE.**

**Enter the code,  
IAMREADY**

**Attract**

Created with Growth Tools in Partnership with Leadpages