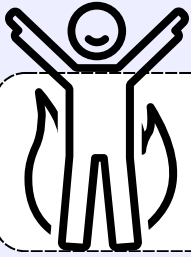


# BASHAR'S 5 STEP EXCITEMENT FORMULA



## 1. Follow your passion

- Do what your heart desires, consistently, in the moment, or as often as you can.



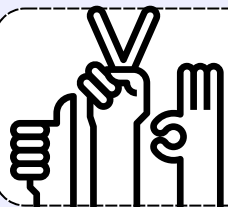
## 2. Do these activities well

- Immerse yourself in these activities, and do them well, to the best of your ability.



## 3. Have no expectations

- Enjoy what you're doing but have no attachments to an eventual outcome.



## 4. Stay positive

- Know that even if you face difficulties or challenges, they are for a reason and in your best interests.



## 5. Overcome limiting beliefs

- Work on overcoming the doubts, fears and limiting beliefs that hold you back from your dreams.

More info: [bashar.org](http://bashar.org) and [darrylanka.com](http://darrylanka.com)

'Unlock Your True Purpose and Ignite Your Dreams' Course:

<https://makingyouhappen.net/unlock-your-purpose-ignite-your-dreams/>



making **you** happen