

# Core Passion<sup>®</sup> : Setting the Frequency

The key to staying on target and on purpose is to be mindful and conscious of where your frequency is set while you're heading toward your target. Learn to adjust the frequency when it is appropriate for each experience that you encounter.

How does this work? Let's imagine you have decided to go on a trip and travel by plane. You've picked your destination, time of arrival, and bought your ticket. What happens before the plane can take off? The pilot files a flight plan setting the intention of the destination and the time of arrival. Once up in the air, the pilot needs a guidance system to stay in contact with his flight plan. This guidance system is a series of towers strategically placed throughout the world. These omni towers communicate to the airplane to tell them where they are. The plane never flies straight; it weaves like a fish to make progress. It is constantly being adjusted making minor course corrections to achieve the desired goal. (Note: The pilot never feels guilty or shameful as he makes the course corrections – these are the adjustments in the frequency he chooses to connect to. The same value is used in adjusting your own frequencies – they are merely course corrections, not something that is right or wrong.)

We have similar systems when we set a goal or intention (our flight plan) to achieve a desired result. Our guidance system is within us and our omni towers sending out the frequencies are all around us. Our guidance system is our intuition, our consciousness and our awareness. The omni towers are the people and the experiences that we encounter on our path. We tend to bounce back and forth between the gift and the challenge. We look for validation and confirmation. We are constantly checking the radar. We work in a figure 8 pattern to get to our goals. The people around us are our omni signals. If we are not listening, then we keep bouncing and repeating. Being mindful of our intention and our time frame, we are able to stay on track if we observe and listen to our surrounding and the people we meet. A successful outcome of our intentions (our flight plan) is achieved by observing and listening to the outer world (the omni towers) and observing and listening to our inner world (our guidance system) while finding a place of balance to stay on course.

The following chart gives you a visual of how to make course corrections on your journey. The over balance and under balance of each Core Passion<sup>®</sup> Code may be appropriate at certain times as you encounter each experience. When everything is in balance, life flows, it is the optimum creation point. Using your intuition, consciousness and awareness, you can make course corrections as you travel the path of your journey.



# Recognition



*Possessive*



*Confident*



*Spiritless*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Boastful**  
**Demanding**  
**Bossy**  
**Opinionated**  
**Possessive**

## balanced

**Independent**  
**Assured**  
**Confident**  
**Influential**  
**Dynamic**

## under balanced

**Victim**  
**Defenseless**  
**Vulnerable**  
**Passive**  
**Spiritless**



# Partnership



*Scheming*



*Emotionally Receptive*



*Fearful*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Fault-finding**  
**Meddling**  
**Scheming**  
**Unsupportive**  
**Interfering**

## balanced

**Intuitive**  
**Compliant**  
**Understanding**  
**Emotionally receptive**  
**Good at details**

## under balanced

**Fearful**  
**Inconsiderate**  
**Uncertain**  
**Tactless**  
**Indecisive**



# Creativity



*Conceited*



*Expressive*



*Complaining*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Conceited**  
**Exaggerating**  
**Scatters energy**  
**Long winded**  
**Superficial**

## balanced

**Imaginative**  
**Expressive**  
**Fun**  
**Gift with words**  
**Optimistic**

## under balanced

**Complaining**  
**Pessimistic**  
**Unfriendly**  
**Withdrawn**  
**Vacillating**



# Form



*Stubborn*



*Industrious*



*Lazy*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Blunt**  
**Opinionated**  
**Stubborn**  
**Headstrong**  
**Unimaginative**

## balanced

**Practical**  
**Responsible**  
**Determined**  
**Industrious**  
**Apply structure**

## under balanced

**Detached**  
**Irresponsible**  
**Uncertain**  
**Weak-willed**  
**Lazy**



# Change



*Impulsive*



*Spirited*



*Hesitant*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Impulsive**  
**Restless**  
**Thrill-seeking**  
**Nervous**  
**Contrary**

## balanced

**Spirited**  
**Curious**  
**Magnetic**  
**Adaptable**  
**Charming**

## under balanced

**Colorless**  
**Stagnant**  
**Passionless**  
**Fear-of-new**  
**Hesitant**



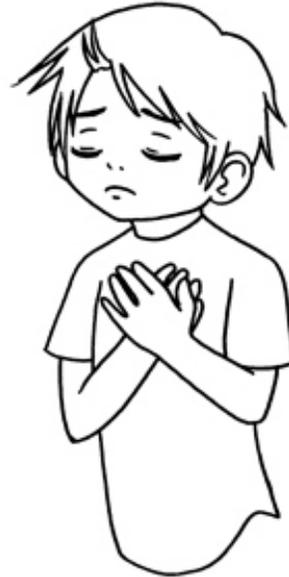
# Service



*Argumentative*



*Loving Person*



*Martyr*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Argumentative**  
**Conventional**  
**Over-involvement**  
**Judgmental**  
**Smothering**

## balanced

**Comforting**  
**Generous**  
**Counselor**  
**Helpful**  
**Loving-person**

## under balanced

**Impassive**  
**Martyr-complex**  
**Uninvolved**  
**Unforgiving**  
**Unfriendly**



# Research



*Aloof*



*Searching*



*Naive*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Aloof**  
**Critical**  
**Malcontent**  
**Shrewd**  
**Eccentric**

## balanced

**Discerning**  
**Discriminating**  
**Searching**  
**Rational**  
**Original**

## under balanced

**Unfeeling**  
**Uninformed**  
**Mystified**  
**Short-sighted**  
**Naive**



# Power



*Egotistical*



*Assertive*



*Oblivious*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Abusive**  
**Biased**  
**Materialist**  
**Egotistical**  
**Indifferent**

## balanced

**Assertive**  
**Problem-solver**  
**Material freedom**  
**Good-at-management**  
**Excellence**

## under balanced

**Apathetic**  
**Poor judgment**  
**Misdirected**  
**Limited**  
**Oblivious**



# Enlightenment



*Demanding*



*Enthusiatic*



*Melancholy*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Bigoted**  
**Demanding**  
**Melodramatic**  
**Prejudice**  
**Impractical**

## balanced

**Selfless**  
**Charitable**  
**Charming**  
**Gracious**  
**Enthusiastic**

## under balanced

**Harsh**  
**Unconcerned**  
**Repressed**  
**Melancholy**  
**Restricted**



# Inspiration



*Fussy*



*Inspiring*



*Unaffected*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

High-strung  
Fussy  
Lost in dreams  
Crusading  
Fiery

## balanced

Sensitive  
Pensive  
Spiritual teacher  
Peacemaker  
Inspirational

## under balanced

Undirected  
Unaffected  
Lifeless  
Inactive  
Obtuse



# Mastership



*Obsessive*



*Wise*



*Impractical*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Grandiose dreams**

**Obsessive**

**Absolute**

**Frenzied**

**Conceited**

## balanced

**Brings dreams into reality**

**Wisdom**

**Confident**

**Disciplined**

**Competent**

## under balanced

**Impractical**

**Lethargic**

**Undirected**

**Slow**

**Unfocused**



# Compassion



*Self-Important*



*Teaching*



*Overwrought*

Circle the words that most describe you when you are an effective leader. Then circle the words that most describe you when you are challenged as a leader.

## over balanced

**Opinionated**  
**Self-important**  
**Turbulent**  
**Dogmatic**  
**Pompous**

## balanced

**Teaching**  
**Heart full**  
**Mystical**  
**Insightful**  
**Contributing**

## under balanced

**Disconnected**  
**Distant**  
**Negligent**  
**Overwrought**  
**Inexperienced**

