

# Shonagh Reid

DIVERSITY EQUITY AND INCLUSION CONSULTANT AND COACH

## Light Your Fire

Sometimes we can find ourselves in an environment which stifles us. We might be in a toxic work place, in a relationship that isn't good for us or living somewhere we don't want to be.

In these situations it is important to remember what **lights your fire**. What stokes the fire in your belly? What puts it out?

These exercises should help you to gain some clarity to help cope with your current state and find ways to thrive.

### Step 1

Begin by making a list of all of the people and activities which give you energy. When you come away from them you are happier, confident and more self assured.

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### Step 2

What is it about these things or people that give you energy?

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### Step 3

This step involves making space for what lights you up. Just 15 minutes a day will make a huge difference to you.

For example, if there is a friend you haven't seen for a while, can you contact them and arrange a time to meet for lunch? Would a phone call be enough to get that spark going.

If you used to play football regularly, is there a way you can reintroduce this into your life? A smaller team perhaps? Can you commit to once a fortnight? Turn over to explore this further.

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## Step 3

Let's not overwhelm ourselves. Pick 3-5 of your people or activities in **Step 1**. How can you carve out space for these people or these activities. Focus on the next two weeks only.

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## Step 4

It is not possible, especially in a work environment, to avoid absolutely everyone who drains our energy and puts out our flame with their negativity. We can, however, minimise their effect on us.

Who, and or where are the wet blankets, putting out your fire?

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## Step 5

This stage is about minimising impact. If there is a colleague who drains you, how can you reduce their impact.? Can you schedule specific time with them rather than allowing them to eat into your day?

Is there someone else who can take some of the strain of a difficult relative?

Is there a way for you to delegate or share responsibility for a task at work that you find particularly draining? Maybe there is someone else who relishes this activity and you can swap or support each other.



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## Step 5

Pick 1 or 2 of the wet blanket people or activities from your list and try to find a way for you to reduce your time spent with these people/on these activities. Notice, this isn't over the next two weeks, we are looking for a more permanent change to your wellbeing.

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## Step 7: Moving forward.

To make this exercise truly successful, you must practice spotting people and activities that drain us and stifle our energy. Spot them, and avoid them where possible.

We must also spot when we are isolating ourselves, allowing others to put our flames out and not kindling our fire.

To do this, you must find space, time and fuel to light your fire.

## Step 8 Making your fire, your focus

Pick one or two of these that can help you to kindle your fire:

- Create a morning ritual of activities that give you energy each day
- Each evening, write down three things that went well or that you achieved that day
- Joy Journal: notice and write down something that gave you joy that day
- Create a routine of connecting with specific people who energise you- perhaps once a month
- Create a reminder in your calendar to remind you to do something that lights you up, for example a reminder to go for a swim
- Revisit your **Step 1** list regularly to remind yourself
- Repeat this 'light your fire' workbook often

*You are worthy of happiness.  
You are worth spending time on*