



DESCRIPTION OF PROGRAM

Audience

High School Students

Program Title

FIRE UP to Live My Dreams: Empowering Students to Take Charge of Their Future

Program Description

Success isn't just about talent—it's about mindset, action, and perseverance. This FIRED UP program inspires students with the 7 FIRED UP principles to unlock their potential, overcome challenges, and take bold steps toward their dreams.

This high-energy, interactive training helps students define their purpose, build resilience, and develop the habits and skills needed to thrive in school, careers, and life.

The 7 FIRED UP Principles

🔥 **FUEL** – Discover your "why." What drives you? Who benefits when you succeed? Who loses if you don't? Your motivation fuels your journey.

🔥 **INVENTORY** – Identify your talents and strengths, past successes, and the skills that will help you achieve your goals.

🔥 **REFRAME** – Shift your mindset. What limiting beliefs are holding you back? How can you turn setbacks into stepping stones?

🔥 **ENERGY** – Success isn't about burning out—it's about sustaining your fire. Learn how to manage stress, stay focused, and keep moving forward.

🔥 **DECLARE** – Define your college, career, and life goals and take ownership of your path. What do you want, and what's your plan to get there?

🔥 **UNITE** – Find your support system! Success isn't a solo journey. Surround yourself with mentors, teachers, and friends who lift you up and push you forward.

🔥 **PRESENCE** – Show up as your best self. Dress, walk, and talk like the person you aspire to be. Stay focused in the moment—success happens in the here and now.

What Students Will Gain

- A Roadmap to Achieve Their Dreams
- Confidence & Motivation to Set and Accomplish their Goals
- Practical Tools to Overcome Challenges & Stay Focused
- The FIRED UP Action Plan – A step-by-step guide to turning dreams into reality

Are Your Students Ready to Get FIRED UP and Live Their Dreams?

Who It's For:

- Student Leadership Conferences & Training Events
- Student Councils, Clubs, & Organizations
- High School Students (Grades 9-12)

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