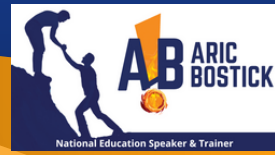


My

FIRED UP!

TO SHOW UP

Plan



F

FUEL - What fuels my fire? WHY do I do what I do?

I

INVENTORY - What is going well with my work? What could be improved? What am I grateful for?

R

RELATE - Based on what I know about Attachment Science, how will I better relate to my students, colleagues, and the families I serve?

E

ENERGY - What is my ENERGY PLAN each day to better support my emotional and physical well-being?

D

DECLARE - What are 3 goals I intend to accomplish this year (personal, professional, and health)? Affirm these statements each day for each goal.

I am 100% committed to...

This is important to me because...

To make it happen, I will take the following action...

FIRED UP!

TO SHOW UP

U UTILIZE - What tools, trainings, and resources do I have to help me show up my best at work and in life? How can I better put them to use?

P PLAN - What is my plan to be FIRED UP to SHOW UP for myself and others each day?

NOTES:

