

Get

FIRED UP! TO SHOW UP

REIGNITE THE **FIRE** WITHIN, SO YOU CAN KEEP **SHOWING UP** FOR YOURSELF AND OTHERS!

FUEL: Fuel your energy by defining your WHY. Why do you do what you do?

F

INVENTORY: Take stock of your life. What's going well? What could be improved?

I

RELATE: The most important 3 R's - Relationships, Relationships, Relationships.

R

ENGAGE: Be intentional in creating connection. You can be that ONE!

E

My

ME FIRST

Plan

M

Mental, Emotional, and Physical Health

1 2 3 4 5 6 7 8 9 10

E

Education and Growth

1 2 3 4 5 6 7 8 9 10

F

Fun and Rejuvenation

1 2 3 4 5 6 7 8 9 10

I

Impact and Contribution

1 2 3 4 5 6 7 8 9 10

R

Relationships and Connection

1 2 3 4 5 6 7 8 9 10

S

Supply and Savings

1 2 3 4 5 6 7 8 9 10

T

Time and Space

1 2 3 4 5 6 7 8 9 10
