



REIGNITE THE **F.I.R.E.** WITHIN, SO I CAN KEEP **SHOWING UP** FOR MYSELF AND OTHERS!

F

FUEL your tank by focusing on WHY you do what you do. What drives me? What brings me joy, purpose and meaning at work and in life?

I

INTENTIONALLY prioritize what matters most - your Relationships. How can I create emotional safety for my students and colleagues? What's one relationship I want to SHOW UP more intentionally for?

R

REGULATE emotions during the inevitable highs and lows of the day. How do I recognize when I am dysregulated, and what brings me back to calm? What's one thing I can do to keep me regulated throughout the day?

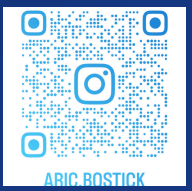
E

ENERGIZE your body, mind, and spirit - morning, noon, and night. What can I do each day to put ME FIRST? What energizes me? What drains me? How can I protect my energy to keep showing up fully?



My SHOW UP

Plan



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What **fuels** me right now:

One **intentional** way I will create more secure relationships:

- ☐ Be Approachable: notify my face, voice, body language
- ☐ Be Attuned: be aware
- ☐ Delight in Their Presence: Make Me Feel Important (MMFI)
- ☐ Show Genuine Interest: learn names and story
- ☐ Be Present: look up, put away distractions (headphones, phones)

One thing that I will do to keep me emotionally **regulated**:

- ☐ Pause. Breathe. Physiological Sigh.
- ☐ Move. Take a walk. Grab a snack/H2O.
- ☐ Listen to positive music.
- ☐ Connect with someone who cares.
- ☐ Stop. Rest. Reset.
- ☐ Other:

When I'm dysregulated, I will:

One practice I will use to take care of **ME FIRST** so I can protect or renew my **energy**:

- ☐ Create Routines: Morning and Night
- ☐ Master Wellness: Hydration, Whole Foods, Movement, and Sleep
- ☐ Set Boundaries: It's okay to say, "No."
- ☐ 85% Rule: Leave fuel in the tank
- ☐ Other:

My SHOW UP partner is:

My daily personal mantra or reminder phrase: