

FIRED UP TO LIVE MY DREAMS!

IT'S NOT JUST ABOUT WHAT YOU WANT TO **DO**...
IT'S ABOUT WHO YOU WANT TO **BE**.

Your
Next Chapter
Starts Now.

NAME: _____

- What activities make you lose track of time?
- What topics, subjects, or experiences get you excited?
- When do you feel most like yourself?

- What are 3 of your biggest strengths?
- What have you overcome that makes you stronger?
- What do others frequently say they appreciate about you?

- What's a limiting belief or negative thought you've believed about yourself?
- Where did it come from?
- What's a new, more powerful and truthful story you want to believe instead?

- What drains your energy?
- What gives you energy?
- What's one change you can make to protect your energy so you can show up at your best?

- Who do you want to be in 5 years?
- What kind of character do you want to have?
- How do you want to make a difference in the world?

F

FUEL

WHAT GETS YOU EXCITED?

Your dreams start with what lights you up. When you do what energizes you, you bring your best and make a bigger impact.

I

INVENTORY

WHAT MAKES YOU, YOU?

You already have what it takes. Your unique strengths, experiences, and perspective matter.

R

REFRAME

CHANGE YOUR STORY

The labels you give yourself (and the ones others give you) don't have to define your future. You get to choose the story you believe.

E

ENERGIZE

DO WHAT GIVES YOU ENERGY

Your energy is limited. The people, habits, and environments you choose can either drain you or fuel you.

D

DECLARE

BE CLEAR ON WHO YOU'RE BECOMING

Your future isn't just about a job or career. It's about the kind of person you want to be and the impact you want to make.

You have the power to **decide** who you become.

MY NEXT CHAPTER FROM DREAM TO DOING

A DREAM WITHOUT A PLAN
IS JUST A WISH. LET'S TAKE A STEP!

U

UNITE

**SURROUND YOURSELF WITH
PEOPLE WHO LIFT YOU UP**

You can go further when you have the right people in your corner — people who encourage you, challenge you, and believe in you.

- Who are the people that already support you?
- Who else could you connect with (teachers, mentors, family, friends, coaches, etc.)?
- What's one conversation you could have to help you move toward your dream?

P

PRESENCE

SHOW UP ON PURPOSE

Each day is a chance to make a choice. When you show up with intention, you create opportunities, build trust, and move closer to your dreams.

- What does it look like for you to show up with confidence and purpose at school, work, home, and with friends?
- Where do you want to show up differently?
- What's one way you can be more present today and this week?

IT'S NOT JUST ABOUT WHAT YOU WANT TO DO...
IT'S ABOUT WHO YOU WANT TO BE.

1

MY DREAM

What is one dream or goal you have for your future? (Big or small!)

2

MY NEXT STEP

What is one specific action you can take in the next 7 days to move toward your dream?

3

I'M COMMITTED

When will you do it?

What do you need?

How will you know you did it?

REMEMBER:

- ☒ YOU ARE MORE CAPABLE THAN YOU THINK.
- ☒ YOUR STORY ISN'T OVER.
- ☒ YOUR NEXT CHAPTER CAN BE YOUR BEST ONE YET.

You don't have to figure it all out alone!
Connect with Workforce Solutions South Plains
for support exploring your next steps.



Stay **FIRED UP** and Keep Showing Up!

—Arice