

Re-ignite your FIRE!

"Set your life on fire. Seek those who fan your flames. - Rumi

F-I-R-E

Find

Find what drives you, lights you up, gets you motivated! What makes you feel...

Angry -

Sad -

Joyful/Excited -

Passionate -

Ignite

Give yourself permission! You are uniquely and wholly you and that's what makes you amazing! What you found above is your secret to fighting the fire inside of you!

Real

What you found above -- make it Real! What are three things you can do to get your flame going?

(e.g. take a new class, volunteer with an organization aligned to your interest, start a new initiative/project, go out in nature to re-connect with yourself, meet up with a friend who lights you up, try something new and exciting...anything your heart desires!

- 1.
- 2.
- 3.

Experience

As you experience making it real - be present in the moment. Allow yourself to be immersed in everything around you making it a sensory experience (aware of the sights, sounds, touch, smells, and tastes). It's in the experience (and not thinking of everything else 'to-do') that your fire will spread with new and expansive energy! Enjoy!

jot down your reflections here: