

This week the FOCUS is:

Energy Hacks

"You ALWAYS have a bit more energy in reserve."

This is NOT the same old stuff.

get more sleep

eat better

drink more water

Energy Hacks:

What's your favorite song(s)?

A song that gets you "hyped?"

My hype song(s): _____

Fake IT... Pretend...

What would YOU do? _____

Relive an Experience

What was your experience: _____

Call a friend.

Who can you call? What experience excites you? _____

Talk about a passion.

What is your passion? _____

Think about it.

Feel better already, don't you?

Who can you tell? _____

It's not only okay to be exhausted, it should be expected.

Exhaustion means you're working hard and doing a good job of serving others.

Be proud to be tired. Don't underestimate your impact on other's lives.

THRIVE
in
CHAOS