

Practice Resilience: *Transforming* your life to *reenergize* and *reconnect* to daily living.

Find a quiet place where you can think uninterrupted about your life and ask yourself...

- What do I have in my life that I want more of?
- What is something that I don't have that I would like added to my life?
- What do I have or do that I would like to eliminate?
- What do I always dream about that I have not yet taken steps towards doing?
- What kind of person am I and what do I truly value in my life?
- What could I do to *be* different in my life?

Now that you have taken some time to think about your life, see if you can come up with some ideas as to how to transform your life, improve your motivation, feel more satisfaction and prevent burnout.

Step 1: think about your life differently

ReEnergizing Beliefs

- 1.
- 2.
- 3.
- 4.

Step 2: do your life differently

ReConnecting Behaviors

- 1.
- 2.
- 3.
- 4.

Step 3: get a life [maybe you are working too hard]

Self Care and Fun Activities

- 1.
- 2.
- 3.
- 4.