



# Staying Motivated & Reigniting Passion

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## 1. Reignite Your Passion: A 5-Step Action Plan

- Write down three things you love about your role.
  - 1.
  - 2.
  - 3.
- List one activity you can do this week to connect to your passion.
- Set a daily goal to celebrate one small success.
- Remember: take breaks and practice self-care regularly.
- Build relationships with peers, clients, and community members.

## 2. Quick Tips for Preventing Burnout

- Set personal and professional boundaries.
- Learn to say no when needed.
- Reframe challenging situations as opportunities to grow.
- Regularly reflect on the impact you're making in people's lives.

## 3. Networking for Passion: Building Connections

- Reach out to colleagues or industry peers each month for collaboration and support.
- Attend at least one event or meeting this month to inspire and be inspired.