

Get FIRED UP! *Without Burning Out*

By: Carol Grace Anderson, M.A.



Are you ready for some good news? Here it is. Yes, you really can GET and KEEP fired up professionally and personally. Sound unrealistic? Let's break it down. It's simple and easier than you think. Small steps taken every day bring huge results. It's like climbing any mountain—it takes just one step at a time no matter how high the mountain is. Are you feeling a spark already?

Today is the perfect time to get started. Here's the first step:

1. **REACH** into new ways of thinking!

Everything begins with a thought. Our thoughts propel our actions, so first we've got to align our thoughts with our goals. Sounds good...but how do we do that in real life?

First we must understand that what we think about is a choice. We can't always choose our circumstances and challenges, but we always choose our response. What we think about...flourishes. It's the age-old law of attraction. If we're fired up and thinking positively, more positive results come our way.

Thinking negatively brings us more of what we *don't* want. Did you ever notice how a negative person can brighten up a whole room just by walking out of it? You get the picture. When we're encouraging, hopeful, and positive—we're easier to work with, more productive, and our personal lives go smoother. Everybody wins!

We can reach into new ways of thinking by choosing to fire-up our attitude. Every day, we can take small steps to make it happen until it becomes a habit. Here are a few valuable tips to get there:

- Spend more time with supportive, encouraging people.
- Read books and articles (like this one) that can inspire you.
- Listen to upbeat music with great lyrics. It feels good.
- Offer to help someone who's more stressed out than you.
- Make a gratitude list of everything going right in your life.
- Do things that make you laugh. C'mon, lighten up!

2. **RISK** new actions.

When we have our thinking lined up, we can take the next important step. In order to get different results, we have to do something different. There's no way around it. Action makes it happen.

What might keep us from risking powerful new actions? Fear! And fear will detour our dreams every time...if we let it. Psychologists say that we were born with two natural fears: fear of falling and fear of loud noises. Every other fear is learned. We need to be courageous and strong to keep fired up. Having courage is the key; it's feeling the fear and moving forward anyway. Remember the old adage of overcoming your fear of falling by getting right back on the horse? It's true.

***“We miss 100% of the shots
we don’t take!”***

W. Gretzky

Action is the most successful way to overpower our fear. Here's a memorable example: the creators of the mega-popular ***Chicken Soup For The Soul®*** series were turned down by over fifty publishers. Did they give up after forty-nine? No, they kept taking action until they found a company that loved their concept. It worked. They've sold over 100 million books to date! You probably have one or two copies on your bookshelf. I feel privileged to have a personal story in ***Chicken Soup for the College Soul***.

Worry is another culprit that keeps us from being fired up. It's a vague feeling of anxiety that something bad will happen. You have plenty of details to oversee on the job and at home. But worrying won't change the outcome. In fact, worry never changed one moment of history. Again, action will bring the best results every time.

3. **REFUEL.** You can't run on empty!

Our cars have a lot of sense when it comes to fuel. When they run out...they just stop. They don't care if we're on a busy highway in the rain—they just quit when there's no more fuel in the tank. We can learn an important lesson here. When we try to run on empty, we not only lose our fire, we get burned out! That's when we might get sick, fatigued, depressed, and stressed to the max. We need to get back in balance, and that's an ongoing process. Just as one workout won't make us fit, we need to take steps every day to keep our tank full.

***When you take care of yourself...
you have more energy to give others.***

If we don't take time for ourselves, everything else will suffer. But, is this selfish? No! Self-care is vital for our health, happiness, and productivity. When we have balance in our life, we're on top of our game and can give our best... to ourselves and to everyone else. Here are some solutions:

What can we do to keep fired up and balanced?

- Take timeouts throughout the day to breathe deeply and slowly.
- Go for a ten-minute walk (or longer) at lunchtime.
- Eat nutritious foods that give you energy: nuts, fresh fruit, you know...
- Drink lots of water.
- Get more rest. Our bodies really need it.
- Learn to say “no” to things you don't need to do. You can do it!
- Help others who are facing bigger challenges.
- Spend more time with your family and friends. Have fun!

You can start today to REACH, RISK, and REFUEL. If you follow these three simple steps regularly, you **will** see results. You're worth it. **Now** is really the only time we have. Make the most of every moment. This could be the best time of your life...you hold the key. You are the CEO of YOU. Choose to get fired up now!

Carol Grace Anderson, M.A., is a motivational expert, best-selling author and a popular keynote speaker. Associations and corporations benefit from Carol's powerful programs with practical solutions that get real results. Call toll-free: 800-758-2964 or visit her website: www.GetFiredUp.com

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