

[Get Fired Up]

9 Ways to Bring More Fire into Your Day-to-Day

Here's the secret: Fire's energetic essence is the energy of Heart.
Passion. Humor. Creativity. Flow. Prayer. Quiet your Mind and feel yourself BE.



Make Time for Play
Feed Your Joys and Passions



Create Something
Dream, Write, Build, Paint, Grow



Connect with Others
Share Stories and Touch



Feel Your Feelings
Make Space for Big Emotions



Drum, Dance, Sing
Become the Rhythm and Song



Laugh Out Loud
Find the Humor in Life



Get Outside
Listen to Nature Speaking



Cultivate Wonder
Cherish Life's Amazing Diversity



Release Expectations
Be Open to an A-Ha Moment