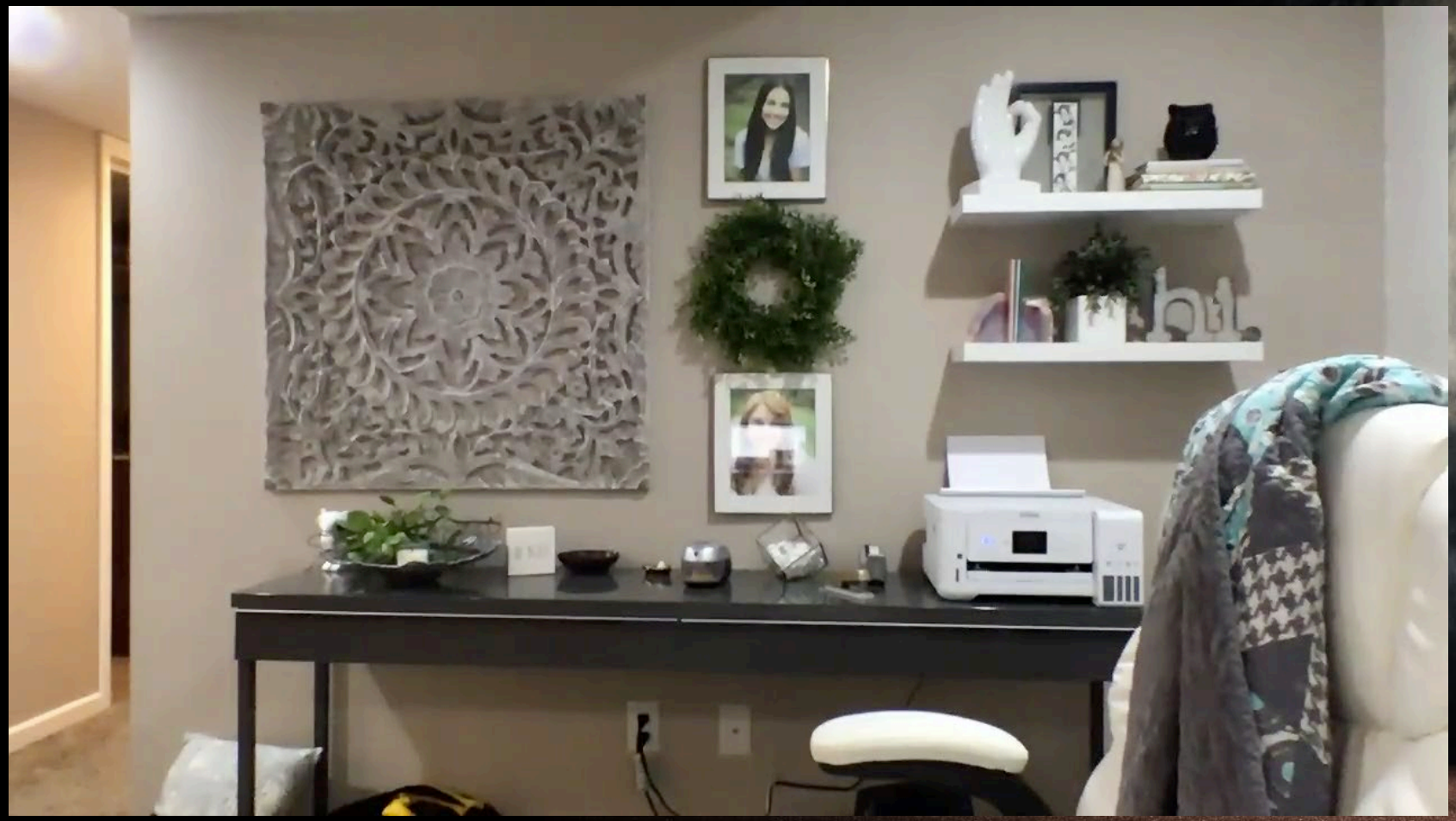
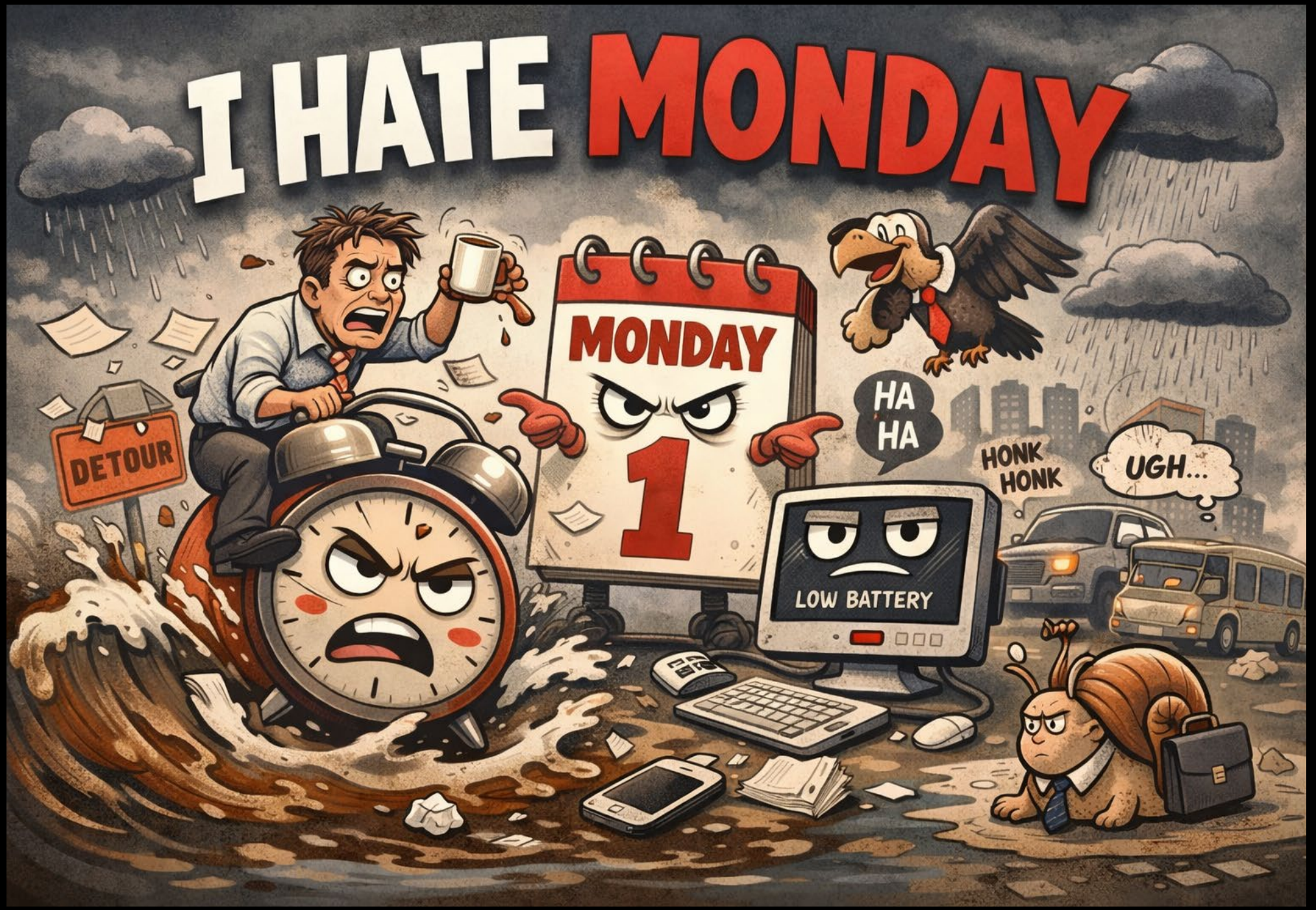

AWAKENING
the flame
REDISCOVERING INSPIRATION IN WORK AND LIFE
PRESENTED BY: KELLI VAN CLEAVE







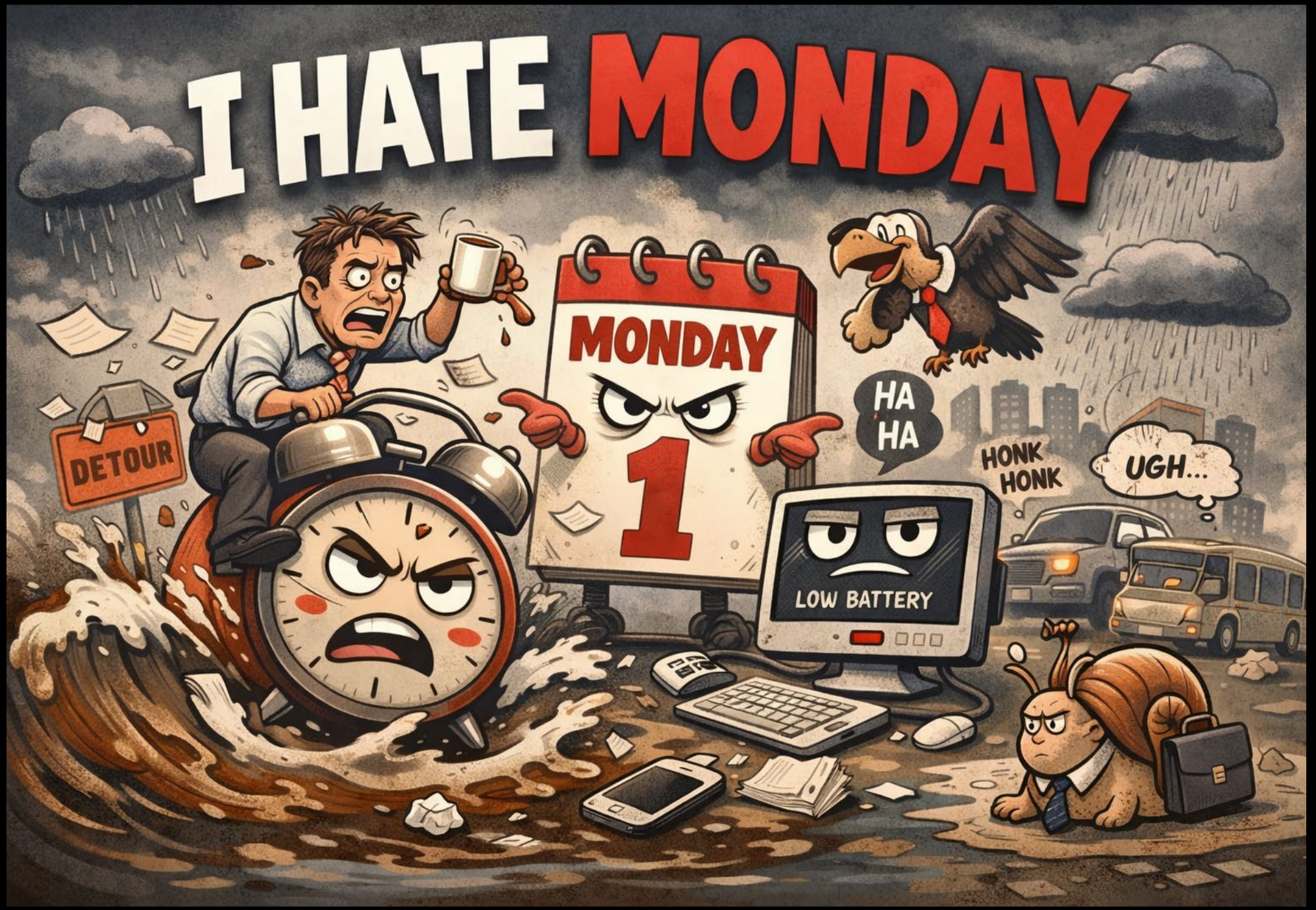
The Race Began in March of 2020



In one market report,

80%

of people said they hate Mondays more than any other day.



In one market report,

70%

of people said they hate Mondays more than any other day.



Mondays don’t feel heavy because of the calendar.

They feel heavy because of the *level of challenge* you’re carrying into the week.

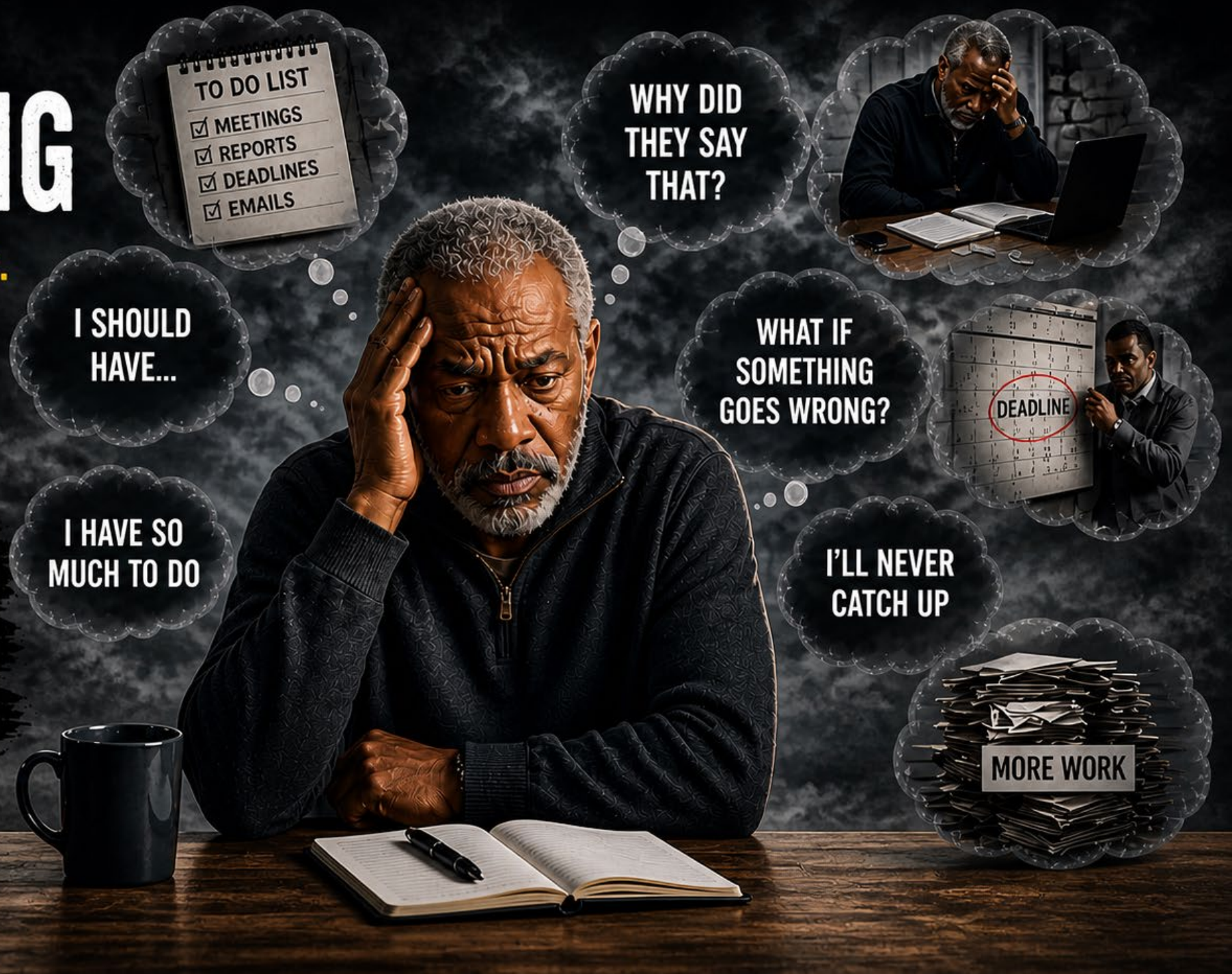

I HAVE TO...
I MUST...
FOLD LAUNDRY
TAKE OUT THE GARBAGE
PICK UP DOG POOP
ADMIN STUFF
FOLLOW UP ON THINGS
DO A PRESENTATION
ANSWER ALL YOUR EMAILS
ENDLESS TO-DO LIST
HAVE LONG, DRAGGED-OUT MEETINGS
UGH.
PLAN, SCHEDULE, COORDINATE


I get to...
I want to...
GRATEFUL
FOCUSED
EXCITED
ABOUT TODAY
FOLD LAUNDRY
TAKE OUT THE GARBAGE
PICK UP DOG POOP
ADMIN STUFF
DO A PRESENTATION
FOLLOW UP ON THINGS
ANSWER ALL YOUR EMAILS
HAVE LONG, DRAGGED-OUT MEETINGS
I CHOOSE FOCUS & IMPACT
TODAY:
Make progress
Make a difference
Make time for me
purpose fuels me
PROGRESS not PERFECTION
PLAN, SCHEDULE, COORDINATE

RUMINATING

When your mind won't let go.

You leave the situation,
but your thoughts stay.



RUMINATING KEEPS YOU STUCK.

- It drains your energy.
- It steals your focus.
- It takes the joy out of your present.

CHOOSE TO LET GO

You bring your mind back to what matters.



GRATITUDE SETS YOU FREE.

- It lifts your mindset.
- It helps you stay present.
- It opens the door to more joy.

- ✓ Hungry choices
- ✓ Looks good in the moment
- ✓ Random stuff
- ✓ Looking for satisfaction
- ✓ Regret later
- ✓ No purpose
- ✓ No plan
- ✓ No direction





Not My Candy

Looks Yummy

Don’t really want it.

It’s not good for me

Temporary joy-long term regret


WHAT IS
MY CANDY?

NOT MY CANDY

Shiny things that look like joy...
but aren't mine.

"Just because it shines doesn't mean it's mine."













WHAT LOOKS LIKE JOY:

- ✓ Freedom
- ✓ Adventure
- ✓ Status
- ✓ Belonging
- ✓ Escape
- ✓ "That looks fun"
- ✓ "I should want this"

NOT MY CANDY

- Looks good on someone else's life
- Feels exciting from the outside
- Doesn't match my values or season
- Can pull me off my path
- Creates comparison, not fulfillment

I can appreciate it without needing it.

MY CANDY

INTENTIONAL CHOICES THAT BRING LASTING JOY











WHAT BRINGS ME JOY:

- ✓ Freedom
- ✓ Adventure
- ✓ Time with People
- ✓ Nature
- ✓ Memories
- ✓ Experiences

♡ MY CANDY

- Things that bring me joy.
- Invest in what matters to me.
- Creates memories.
- Makes me feel alive.

Find your path. Choose your joy. ♡

SORT YOUR CANDY

Let's figure out what's actually yours.

NOT MY CANDY

What looks good...
but isn't mine.



Turn to the person next to you and talk about:

♡

1. *What "candy" do I find myself wanting because someone else has it?*

.....

MY CANDY

What actually
brings me joy.



