



5

Strategies to
Reignite
Your Fire &
Enhance Your
Personal Growth

SET REALISTIC GOALS

No good strategy is complete without goals. They provide direction and motivation, giving us a target to work towards. Whatever your goals may be, it's important to identify them so you can understand the steps you need to take to achieve them.

We suggest using the SMART goal method to get you started:

Specific

Measurable

Attainable

Realistic

Timely

CELEBRATE YOUR WINS

Not only is it important to set realistic and attainable goals for yourself, it's also important to celebrate when you hit certain milestones. It's easy to be too focused on a goal and lose sight of the progress that you've made.

We've made a short list of fun ways you can celebrate YOU:

- 1) Treat Yourself to your favorite beverage or snack
- 2) Plan a fun girls date or have lunch with your bestie
- 3) Take a personal day and focus on self-care
- 4) Buy a new planner to track those goals
- 5) Create a celebratory playlist and jam out



DOCUMENT YOUR JOURNEY

Journaling has so many benefits, unfortunately most people don't make the time to do it on a regular basis. We cannot recommend enough the importance of documenting your journey. There is something so therapeutic about writing down your feelings, emotions and experiences on a day-to-day basis. It also allows you to reflect back on previous entries and learn and grow from them.

If you don't already have a journal we highly recommend investing in one. It can be a simple notebook to start out or if you're feeling a little fancy, get one that reflects your personality (we love the bling).



Live
Reignited

CHOOSE A MENTOR

Working with a mentor or life coach can benefit you in so many ways. If you're looking for breakthrough, growth, accountability or guidance a mentor is the way to go.

If you don't know anyone personally who can be your mentor, we highly recommend finding a qualified life coach. Life coaches aid their clients in improving their relationships, careers, and day-to-day lives. They can also help you clarify your goals, identify the obstacles holding you back, and come up with strategies for overcoming each obstacle. Life coaches provide the support you need to achieve long-lasting change.

Live Reignited offers one-on-one Life Coaching services. If you're interested in learning more please visit our website at:

[livereignited.com/services](https://www.livereignited.com/services)



STAY CONSISTENT

Self-improvement is a process and is not something that happens over night. It is something you have to consistently work on and incorporate into your life as a daily practice. Easier said than done, right?!

We got your back! Here are a few tips to helping you stay consistent in your personal growth journey:

Take one step at a time

Focus on one goal at a time and don't overwhelm yourself. Don't make the process even more challenging by giving yourself too much at once.

Give yourself grace

We're human, we're not perfect. Make sure to give yourself grace and not be too hard on yourself when you are unsuccessful in something. Tomorrow is another day and a fresh start to achieving your goals!

Create structure

We are big supporters of all things organization (if you couldn't already tell). Getting yourself on a schedule and using a tool to help you is key to being successful. We recommend a paper or digital planner to keep track of your day-to-days.

*Live
Reignited*

Connect With Us!



www.livereignited.com



@livereignited



@livereignited



Live Reignited



Live Reignited

Live
Reignited