

## Reigniting Your Passion

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### ***How Much Are You Worth?***

Worth is a very broad subject. When we think of worth, we most likely think of financial worth. Self-worth and self-value are two related terms that are often used interchangeably. Having a sense of self-worth means that you value yourself, and having a sense of self-value means that you are worthy. The differences between the two are minimal enough that both terms can be used to describe the same general concept.

### ***What is Your Passion?***

Write down your top 5 things you are most passionate about.

- 1.
- 2.
- 3.
- 4.
- 5.

Passion – for every detail  
Authentic – experiences  
Service – from the heart  
Sincerity – every step of the way  
Innovation – every day  
Open – to new ideas  
Noble – at all times

### **Personal Growth**

Personal development encompasses the evolution of the self. When we pursue therapeutic endeavors of our own can be exceptionally useful to remediate difficult conditions, cope with challenging circumstances, support our own self-care, and gain freedom toward a more fulfilling life.

Write down your top 5 things you do outside of work.

- 1.
- 2.
- 3.
- 4.
- 5.

### **Professional Growth**

Professional development is learning to earn or maintain professional credentials such as academic degrees to formal coursework, attending conferences, and informal learning opportunities situated in practice. It has been described as intensive and collaborative, ideally incorporating an evaluative stage.

1. Embrace Your Network
2. Find a Mentor
3. Ask for More Responsibility
4. Take Performance Reviews Seriously
5. Master Your Industry
6. Further Your Education

## Inspiration

Inspiration is the **process** of being mentally stimulated to do or feel something, especially to do something creative. Inspiration is a **feeling** of enthusiasm you get from someone or something, that gives you new and creative ideas.

What ways inspire you to become more creative?

## The Future

What does your future hold?

Where do you see yourself in:

5 years:

10 years:

20 years: