

#FRESHSTARTSPRING

BLOG M ING

TIPS AND
TRICKS TO
REFRESH AND
KEEP YOU
FIRED UP

a note from the lc team

As everything bursts to life this season—plants popping from the soil, greenery thrusting through the trees—we feel the momentum kick up in our lives, too. For us, multiple business projects take off all at once in the spring. Everyone seems to be traveling, moving, or making big changes. The days speed by and suddenly it's May.

If you've been following along on our Fresh Start Spring series, you've been working hard, too. We can see it! In every Instagram post, shop email, and goal posted to our community site, there's a sense of refreshment and purpose. **But it doesn't stop here, friends.** Remember that feeling you had when you decluttered and then filled up that newly cleared space with things that matter to you? Cultivate it. Make it a habit.

THIS MAY, WE'RE GOING TO FLOURISH AND BLOOM TOGETHER. We just have to keep filling our buckets with fuel. For every step you've taken, every goal you've gotten closer to reaching, remember to celebrate! Adventures and vacation days aren't frivolous fun—they're crucial to helping you be your best self.

Join us as we pour buckets of gratitude for the action steps we've taken, and plan adventures full of the things that fire us up!

Love,

Jess Nicole Amber
Jess Luna

SHARE YOUR JOURNEY WITH US:



@LARACASEYSHOP



/LARACASEY



/LARACASEYPAGE



@LARACASEYSHOP

YAHOO! We loved seeing you plant meaningful seeds in April!



@ALDEVENTS



@ECENOCKSON



@THEGLITZYPEAR

what's inside

YOUR IDEAL DAY

PAGE
4

CELEBRATE
PROGRESS

PAGE
6

THE THINGS THAT
FIRE YOU UP

PAGE
7

ADVENTURE
GENERATOR

PAGE
9

GIVEAWAY

PAGE
11

DEDICATING
TIME FOR
ADVENTURE

PAGE
13



YOUR IDEAL DAY

Envision your everyday life. What would make those days ideal for you? What sights, sounds, tastes, and smells would you sense? What activities would fire you up?

Write down some ideas here about your ideal day. Maybe you crave quiet time in the morning and your ideal day includes a few minutes of solitude over a cup of coffee. Maybe you always hit a midday slump, so your idea afternoon includes a quick walk and some conversation with coworkers.

Whatever it is for you, write it down and then start tending to those things, making them a habit until every day is an ideal day.

MORNING

NOON

AFTER
NOON

EVENING

GET IN COMMUNITY

THE POWERSHEETS COMMUNITY SITE

WWW.MAKINGTHINGSAPPEN.COM



MEET-UP INVITATION:

AUSTIN POWER POSSE

MAY 5, 2016



HEATHER

Can't wait to do spring goal-setting with you ladies!



RSVP

I'M GOING!



ROBYN

Excited to see everyone again!



GET FIRED UP.

Remember filling out that list of things that fire you up in your PowerSheets? Remind yourself of those things and remember to actively pursue making them a part of your everyday life. When we're fired up about life, we become fired up about our goals and the action steps to completing them.

♥ *Don't have a set of PowerSheets? Find them here.*



THE THINGS THAT FIRE ME UP

uncover what is
**MOST IMPORTANT
TO YOU**



create goals that are
**MEANINGFUL AND
ACTION-DRIVEN**



POWERSHEETS®
THE ULTIMATE INTENTIONAL GOAL PLANNER



THE ADVENTURE GENERATOR

New activities and adventures that help us feel refreshed and fired up don't have to be big, planned events! Anything that fills up your bucket and equips your mind and heart to do meaningful goal-tending is powerful.

As you recharge this month, use the Adventure Generator on the next page. Fill out things that fire you up under each sense, and then fill in some activities that you love doing. Randomly pick one thing from each category to create your own little adventure full of things that fire you up!

TASTE *Foods or flavors you love*

SMELL *Freshly baked cookies, your favorite candle, or fresh air*

DO
Anything that fires you up!

FEEL *From sunshine to your softest t-shirt*

HEAR

*A good song, laughter,
or chirping birds*

SEE *Maybe it's seeing your family all together, or the
colors of the paintings at a local museum*

#FRESHSTARTSPRING 'TAG IT & WIN!'



Show us how you're dedicating time to filling up your well! Post a photo of your refresh, adventure, or PowerSheets progress and use the hashtag **#FRESHSTARTSPRING.**

You'll automatically be entered to win our Make it Happen Gold Foil Journal!

BONUS!

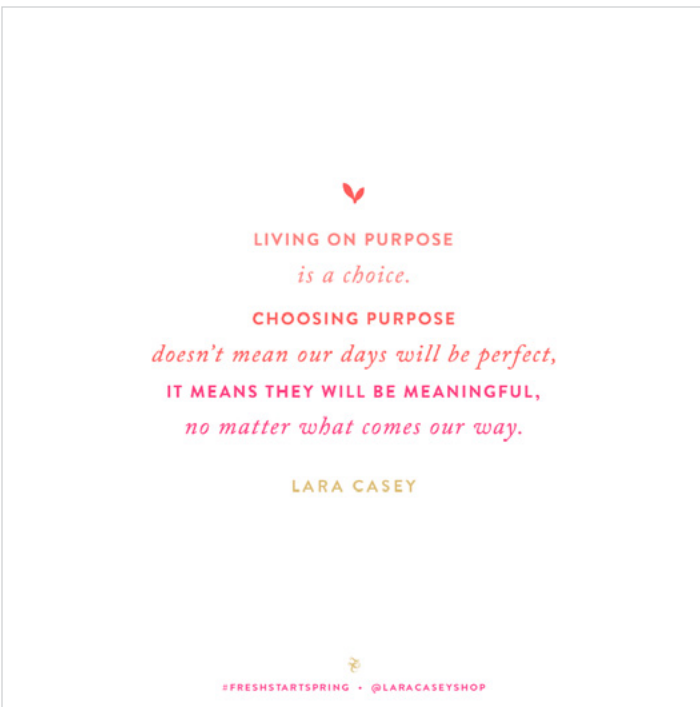


Another winner will receive a set of PowerSheets for you or a friend!

HOW WILL YOU flourish?

Tell us how you're refreshing this spring! Click on the images below to download and share them. Feel free to use them on social media, and don't forget to tag them with

#FRESHSTARTSPRING (you could win our giveaway on page 10)!



MAKE *time*

We often get in the habit of putting off rest and adventure time to make more room for more urgent or important tasks. Let's change this! Refreshing your mind and body is just as important as everything else on your to do list. Block off time in your schedule for one hour each month (that's it!) to work on your PowerSheets or do whatever it takes to reset your mind and feel fired up. Go ahead and pick these days for the next three months and add them to your calendar. Remember, how you spend your time is how you spend your life.

♥ *Don't have a set of PowerSheets?
Find them here.*

MAY

My time for rest or adventure starts at this time:

on this date:

JUNE

My time for rest or adventure starts at this time:

on this date:

JULY

My time for rest or adventure starts at this time:

on this date:

THANKS FOR JOINING US!

#FRESHSTARTSPRING

WWW.LARACASEYSHOP.COM
WWW.FRESHSTARTSPRING.COM

