

JULY**Maintaining enthusiasm****2017**

RESOURCE MONTHLY

e4health™

YOU'VE GOT THE POWER TO

**KEEP
THE
SPARK**

Turn up the Excitement

When enthusiasm wanes, or we find ourselves feeling burned out, it usually means that we've lost a sense of connection to what feels most important to us. Whether you're looking to rev up enthusiasm in your personal or professional life, the following steps may be helpful:

Adopt an attitude of gratitude. Whether it's keeping a gratitude journal, listing three things you're thankful for first thing in the morning, writing a gratitude letter to someone, or expressing it in another way, focusing on what we do have helps us feel a greater sense of satisfaction and motivation.

Set goals. Identifying and mapping out goals helps connect us to our values and motivates us to work toward the things we consider to be most important. Be sure to ask yourself why achieving the goal means so much to you—really dig deep. Then, break the goal down into manageable chunks and give yourself credit for reaching certain milestones along the way.

Change it up. It's easy to fall into ruts. Making a change, whether it's as small as taking a different route home or something larger, like learning a new skill, helps to broaden our perspective and open us to other possibilities.

Invest in what's important. Goals often get pushed to the back burner as other priorities take precedence. But committing time or energy to the things that "light us up"—even when we feel we're too busy—will have a huge impact on our wellbeing and levels of satisfaction in the long run.

Attend the webinar. This month be sure to register and attend the webinar, "*Preventing Burnout: A Balanced Life Check-Up*." Use this training as an opportunity to spark new ideas to keep your life feeling fulfilled. A full description and registration information is listed in the sidebar to the right. If you're unable to attend at any of the times, log on to the website at a later time to view the archived presentation.

Monthly Webinar

Wednesday, July 19th[12-1 pm](#) and [3-4 pm](#) EST[11-12 pm](#) and [2-3 pm](#) CST[10-11 am](#) and [1-2 pm](#) MST[9-10 am](#) and [12-1 pm](#) PST

Preventing Burnout: A Balanced Life Check-Up

The first step to preventing burnout in your personal and professional life is to identify its signs and symptoms. In this interactive session, you will learn how to detect burnout triggers and discover ways to regain enthusiasm and life balance. Learning to prevent burnout can enhance your ability to maintain high performance without compromising your physical and emotional health.

TO REGISTER:

- Click on the time you would like to attend from the selections listed above.
- Or click on "UPCOMING WEBINARS" from the homepage of the website and follow the easy instructions.

Space is limited

Always available. Always confidential.