

Fires You Up! or Fizzles You Out—



The choice is yours.

Describe how you feel when you are doing something that makes you feel “Fired Up!”

I know I am doing something that fires me up when _____

List three words that best describe your feeling of being “Fired Up!”

- 1) _____
- 2) _____
- 3) _____

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Describe how you feel when you are doing something that makes you feel "Fizzled Out."

I know I am doing something that fizzes me out when:

List three words that best describe your feeling of being "Fizzled Out."

- 1) _____
- 2) _____
- 3) _____

Life Matches: Fire Up Your Life!

List the five activities that take up the majority of your time and energy during a typical **work day**. On a scale of one to five, indicate how fired up you feel when you are doing each activity. Scoring a one means you typically feel fired up while doing the activity.

	<u>Fired Up!</u>	<u>Neutral</u>	<u>Fizzled Out</u>
1) _____	1	2	3 4 5
2) _____	1	2	3 4 5
3) _____	1	2	3 4 5
4) _____	1	2	3 4 5
5) _____	1	2	3 4 5

List five **non-work** activities that you choose to invest the majority of your time and energy doing. On a scale of one to five, indicate how fired up you feel when you are doing each activity. Scoring a one means you typically feel fired up while doing the activity.

	<u>Fired Up!</u>	<u>Neutral</u>	<u>Fizzled Out</u>
1) _____	1	2	3 4 5
2) _____	1	2	3 4 5
3) _____	1	2	3 4 5
4) _____	1	2	3 4 5

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5) _____ 1 2 3 4 5

Total your scores for your five work and non-work activities that you scored above. The lower your score, the more “Fired Up!” your main activities make you feel. A score of a perfect 10 means your life is fully ablaze!

My Score: _____

Repeat this exercise with the next five work and non-work activities that take the most of your time. Keep repeating the exercise until most of your common work and non-work activities are ranked. Be sure to review a few of your daily to-do lists to find regularly occurring activities.

Life Matches: Fire Up Your Life!

List three ways that you will adjust your **work life** which will allow you to invest more time and energy doing activities that fire you up!

1) _____

2) _____

3) _____

List three ways that you will adjust your **non-work** life which will allow you to invest more time and energy doing activities that fire you up!

1) _____

2) _____

3) _____

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List three ways that you will adjust your **work life** which will allow you to reduce or stop investing time and energy doing activities that fizzle you out at work.

- 1) _____
- 2) _____
- 3) _____

List three ways that you will adjust your **non-work life** which will allow you to reduce or to stop investing time and energy doing activities that fizzle you out when you are not working.

- 1) _____
- 2) _____
- 3) _____

List three people who could help you to achieve working more fired up!

- 1) _____
- 2) _____
- 3) _____

Life Matches: Fire Up Your Life!

List three people who could help you to achieve living a more fired up life outside of work.

1) _____

2) _____

3) _____

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My Fired Up Life Pledge

Beginning today, I pledge to seek out ways to live my life and to do my work so that I use my God-given strengths so that I feel “Fired Up!” I will not allow my weaknesses to hinder me from enjoying a “Fired Up!” life, by draining my energy and fizzling me out. I will discover ways to manage around my weaknesses so that they are not factors in achieving my goals and living the satisfied life that is uniquely mine. I will seek guidance through prayer and from those I love and respect to help me achieve and maintain my “Fired Up!” life. I claim the gift of my strengths and talents and pledge to use them for their highest good.

I promise to carry my Life Matches with me for at least the next 20 days as a reminder of my commitment to live a life which is truly “Fired Up!”

Signed: _____ Date: _____

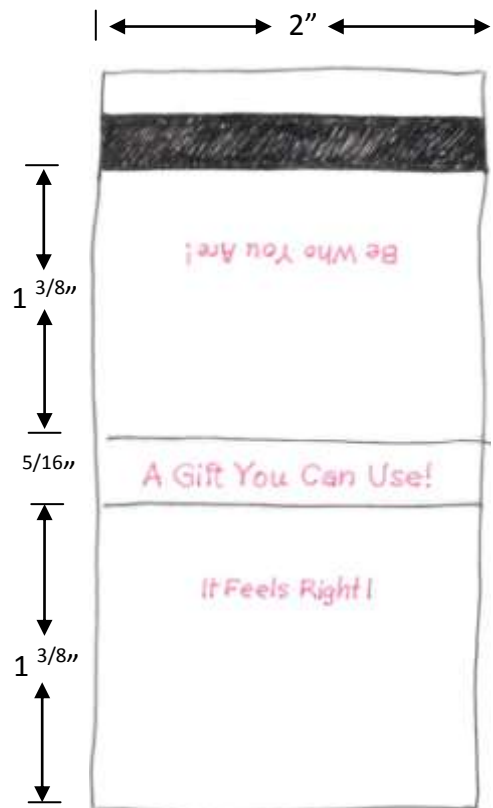
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Create Your Own Life Matches

Step 1: Obtain a book of 2"x2" cardboard safety matches. (Other match book sizes are fine to use but you will need to adjust the size of the label accordingly.)

Step 2: Obtain a self-adhesive, rectangular label of at least $3\frac{1}{4}"$ x 2". Larger labels could be cut to the size of your match book. A plain piece of paper could also be used and then glued to the match book.

Step 3: Write the following on your label or paper.



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Step 4: Attach label or paper to your match book.

Step 5: Complete the Life Matches exercises and carry your Life Matches for at least the next 20 days as a reminder to live your life Fired Up!

To purchase a pre-printed book of Life Matches or for more information on Life Matches: Fire Up Your Life! visit: www.lifematchesbook.com.

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Life Matches: Fire Up Your Life!

About the Author



Andy has held various media and advertising sales and management positions throughout his career. He has written numerous articles for web publications and this is his first book. He holds Bachelor of Arts and Masters of Science degrees from Indiana University.

Andy resides in Indianapolis, Indiana. When not working and writing, Andy is a private pilot and a volunteer member of the Civil Air Patrol, United States Air Force Auxiliary.

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