



The Energy Within to Inspire Others

Jessica Power Cyr

The Energy Within to Inspire Others

We all want to inspire others to live healthy, positive lives but often our own actions get in the way of our desires and our ability to inspire. By tapping into your energy source Jessica will empower you to make positive choices so you can learn self-care. Through self-care you will learn to prioritize the important things in life so you can create a perfect balance to health and happiness with work, family, friends and you.



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CREATE THE
LIFE YOU WANT
TO LIVE.

How do you make your life 100%?

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

IS EQUAL TO

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Is it

- **Money?**
- **Hardwork?**
- **Leadership?**

How do you make your life 100%?

M + O + N + E + Y

$$13 + 15 + 14 + 5 + 25 = 75\%$$

H + A + R + D + W + O + R + K

$$8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$$

L + E + A + D + E + R + S + H + I + P

$$12 + 5 + 1 + 4 + 5 + 18 + 19 + 8 + 9 + 16 = 97\%$$

How do you make your life 100%?

A + T + T + I + T + U + D + E

1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100%



Your
ATTITUDE
is the KEY to
YOUR
SUCCESS

PEOPLE ARE OFTEN UNREASONABLE AND SELF-CENTERED

FORGIVE THEM ANYWAY

IF YOU ARE KIND PEOPLE MAY ACCUSE YOU OF ULTERIOR MOTIVES

BE KIND ANYWAY

IF YOU ARE HONEST PEOPLE MAY CHEAT YOU

BE HONEST ANYWAY

IF YOU FIND HAPPINESS PEOPLE MAY BE JEALOUS

BE HAPPY ANYWAY

THE GOOD YOU DO TODAY MAY BE FORGOTTEN TOMORROW

DO GOOD ANYWAY

GIVE THE WORLD THE BEST YOU HAVE AND IT MAY NEVER BE ENOUGH

GIVE YOUR BEST ANYWAY

FOR YOU SEE IN THE END IT IS

BETWEEN YOU AND GOD

IT WAS NEVER BETWEEN YOU AND THEM ANYWAY



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WATCH YOUR THOUGHTS,
FOR THEY BECOME WORDS.

WATCH YOUR WORDS,
FOR THEY BECOME ACTIONS.

WATCH YOUR ACTIONS,
FOR THEY BECOME HABITS.

WATCH YOUR HABITS,
FOR THEY BECOME CHARACTER.

WATCH YOUR CHARACTER,
FOR IT BECOMES YOUR DESTINY.



CREATE THE
LIFE YOU WANT
TO LIVE.



*Self-care is not about self-indulgence,
it's about self-preservation
~ Audrey Lourde*

beautifulfitnessuniversity.com

**Take care
of yourself.
Mentally,
spiritually,
& physically.
Surround
yourself with
people who
take care of
you as well.**

MAMA ZARA

EMOTIONAL
Coping effectively with life and
creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant,
stimulating environments that
support well-being.

FINANCIAL
Satisfaction with current and
future financial situations.

INTELLECTUAL
Recognizing creative abilities
and finding ways to expand
knowledge and skills.




WELLNESS

SOCIAL
Developing a sense of
connection, belonging, and a
well-developed support system.

PHYSICAL
Recognizing the need
for physical activity, diet,
sleep, and nutrition.

SPIRITUAL
Expanding our sense of
purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment
derived from one's work.



10 Steps to Self-Care

1. If it feels wrong, don't do it.
2. Say "exactly" what you mean.
3. Don't be a people pleaser.
4. Trust your instincts.
5. Never speak badly about yourself.
6. Never give up on your dreams.
7. Don't be afraid to say "no".
8. Don't be afraid to say "yes".
9. Resist the need to always have control.
TruthFollower.com
10. Stay away from drama and negativity – as much as possible.

THIS IS YOUR **LIFE.**
DO WHAT YOU LOVE,
AND DO IT OFTEN.

IF YOU DON'T LIKE SOMETHING, CHANGE IT.

IF YOU DON'T LIKE YOUR JOB, QUIT.

IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.

IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;

THEY WILL BE WAITING FOR YOU WHEN YOU

START DOING THINGS YOU LOVE.

STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.

LIFE IS SIMPLE. WHEN YOU EAT, APPRECIATE

EVERY LAST BITE.

OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS

AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.

ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,

AND SHARE YOUR INSPIRING DREAM WITH THEM.

TRAVEL OFTEN; GETTING LOST WILL

HELP YOU FIND YOURSELF.

SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.

LIFE IS ABOUT THE PEOPLE YOU MEET, AND

THE THINGS YOU CREATE WITH THEM

SO GO OUT AND START CREATING.

LIFE IS LIVE YOUR DREAM,

AND WEAR

SHORT. YOUR PASSION.

find Your PaSSion



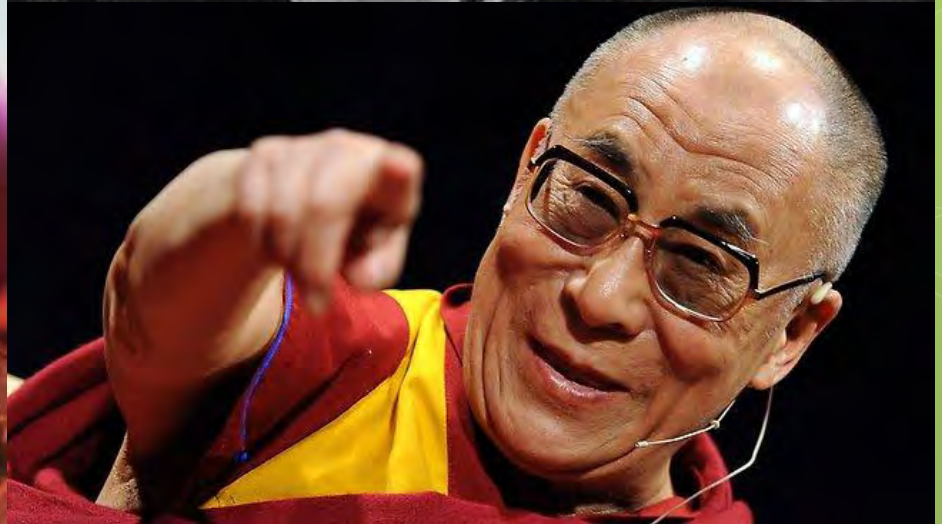
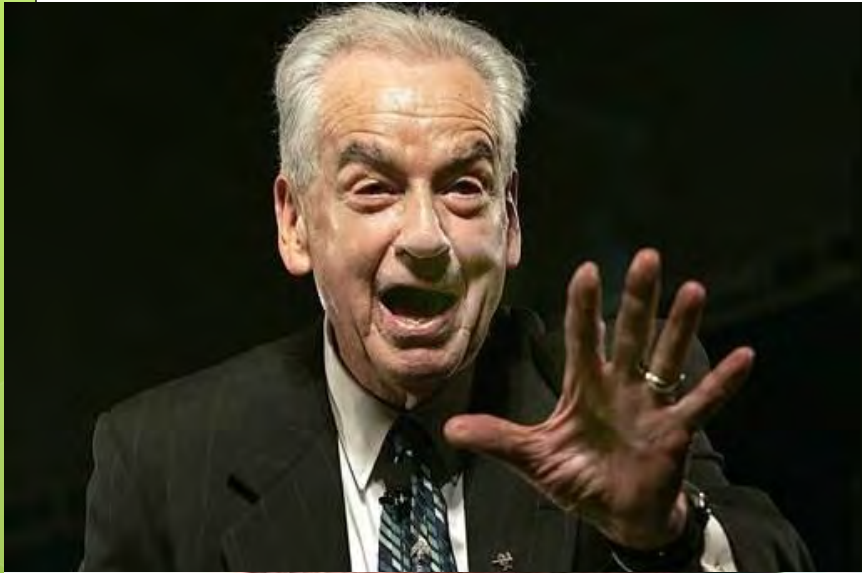
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“If you can't figure out your purpose,
figure out your passion. For your
passion will lead you right into your
purpose.”

There's nothing
more attractive
than someone with
passion for something,
who looks at things
positively and is
always seeking
to better themselves.

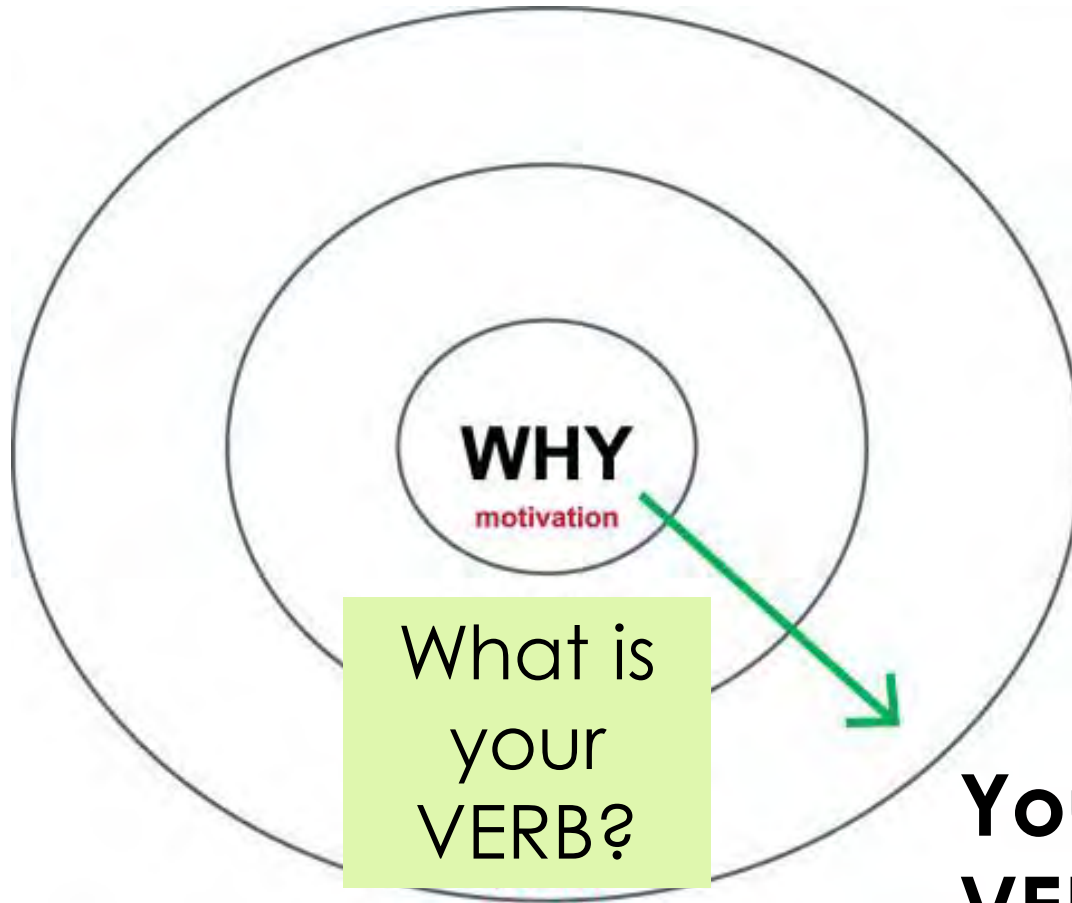
Unknown

Inspiring people...what do they have in common?



What makes you tick?

What is your **WHY**?



What is
your
VERB?

**Your
VERB!**

Yesterday is history
Tomorrow is a mystery
Today is a gift
That's why it's called the present

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