

R & R ~ Refresh and Renew Your Excitement About Your Library

A 90-minute Webinar



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Introverts and Extroverts: What's the Difference and Does It Really Matter?

How do **you** define "introvert?" _____

How do **you** define "extrovert?" _____

Do you think your **tendencies** are more introverted or extroverted? _____

So...HOW CAN I REFRESH AND RENEW MY EXCITEMENT ABOUT MY LIBRARY?

1. I love this about my job **now** _____

2. I enjoy _____

3. I can find joy on my lunch break by _____

4. I can be purposeful about "seeking the sun" by _____

5. I need to be more aware of "talking to myself" by _____

352-237-8072

LINDA BRUNO

lfbruno@cfl.rr.com

www.LindasWorkshops.com

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6. I can “sing a new song” _____

7. When I think of my bliss, I think of _____

8. I can work on my “connection” between home and work by _____

9. I can work on my “connection” between technology and stress by _____

10. I will create margins by _____

11. I will start my day with the right fuel by _____

12. I will find a way to “enjoy the ride” by _____

13. I will vow to take a tech break by _____

14. My “muscle relaxer” is _____

15. My clue that there may be subtle leaks in my joy will be _____

16. I will find my joy at home by _____

17. One of my boundaries will be _____

18. I will join someone else to help _____

19. I will be part of the solution by _____

20. The "noise" I need to be aware of that may be sabotaging my bliss is _____

21. Something positive I can focus on is _____

22. "Good stuff" I'll be sure to remember will be _____

23. A "R-A-K-E" I can perform is _____

24. An example of good times I will be sure to celebrate is _____

25. I will consciously "grow" my "hurray for us file" by _____

26. I will end my day with some R & R by _____

27. I will remind myself of my decision to refresh and renew my excitement about my library by _____

28. I will get rid of at least one of my ants by _____

Of all the suggestions to help me refresh and renew my excitement about my library, these are the 3 things I will do first:

#1 _____

#2 _____

#3 _____

I will ask _____ to hold me accountable.