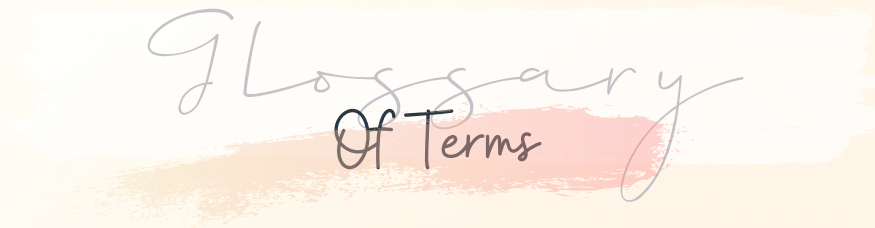


# GLOW PROGRAM

IT'S TIME TO SHOW YOUR INNER GLOW



Black out-No Vision or Direction

Blown fuse-When an idea doesn't work

Brown out-Vision is dull, overwhelmed, energy is zapped

Burning bright- Excited, planning, crystal clear, focused

Dimmer switch- When a break is needed

Dimming- Can occur when stressed. This is normal!

Flare-A sign for help. A simple way to ask for support

Flash-An idea! Write it down, don't pass it up!

Glowing-Walking in your purpose

Lantern- When you are ready to guide others

# GLOW PROGRAM

IT'S TIME TO SHOW YOUR INNER GLOW

## Glossary Of Terms

Light bulb moment- When you realize your purpose and your light is now on!

Low fluid-Lighter won't ignite, Find ways to get inspired- fill up the fluid!

Match book-Your tool box full of match sticks that will keep you lit!

Match sticks- Individuals, teachers, coaches, referrals who you will build your match book up with

Searchlight- Search, research, learn, discover. Tons of info waiting in the dark to be found!

Surge-Completely hyper focused on goal/vision. Making good progress but can burn out easily causing dimming or a brown out. Protect your energy. Turn to your matchbook!

Tripped the breaker- Had a set back or are stuck. Use your searchlight, use your matchbook, reset the breaker and keep going!