**Challenges and Declarations**

“The words you attach to your experience become your experience.” Tony Robbins. How are you talking about what is happening to you every day now? While you need emotional stories about your mission to help people engage, that same emotion in your day-to-day living “stories” will not serve you – in fact, it will define your mood throughout your journey. “Hear” what you are saying and reframe it. DECLARE it to be JOYFUL! – Marcy Heim

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| **A Challenge I am Having** | **My Declared Mindset to Take** |
| **A staff member is leaving and it will be tough to fill the spot and cover the work.** | **I have an opportunity to restructure the team and find a terrific person to join us.** |
| **I don't have enough time to get it all done.** | **I have time to do the things that are important and I know what those things are.** |
| **We have to cut our budgets by 10%** | **We have the opportunity to prioritize time to look at everything we do, fix what could be better and explore new ways of doing things.** |
| **I am zoomed out** | **Isn’t it amazing what we can learn to do to stay in touch?** |
| **We have to cancel our main fundraising event** | **These times are great opportunities to partner with our donors to do something new** |
| **I am SO FRUSTRATED!** | **I am taking this energy and using it for good right now!** |
| **I hate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Let me get curious around this.** |
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