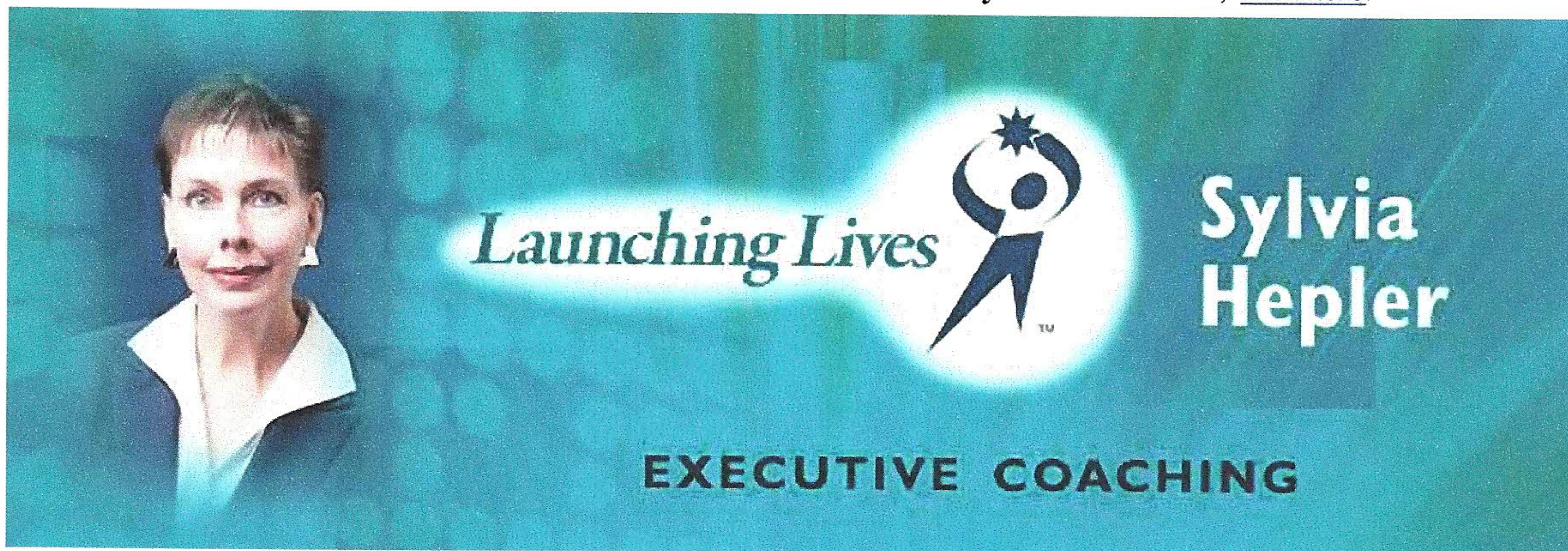


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January, 2011 Volume 2: Issue 1

Ignite Your Fire

a MESSAGE from SYLVIA

In my experience, there are two situations in life that really fire us up. One is falling in love and the other is working a job that allows us to make meaningful contributions. Two decades ago, when I initiated and coordinated a community based health program, I felt that kind of fire. Up until then, nothing professionally had lighted my fire in quite the same way. It was a fire that warmed and consumed me, motivated and inspired me—even during really challenging times. It was a fire that burned deep in my soul.

You see, that particular job made me come alive. Yes, I was paid to do the work. But the paycheck was secondary to the satisfaction I received almost every single day. Through that opportunity I was able to create services, solve problems, help people in need, and educate a lot of folks. No day was quite the same as another. When my alarm clock rang in the morning, I couldn't wait to get out of bed, shower and dress, and drive to the office. Life was exciting, even if the path wasn't always smooth.

As you read this, you may say that you aren't doing the sort of work that gets your juices flowing. You may wonder how you can ignite your own fire in the same old job shouldering the same old burdens. The truth is that, while occasionally external circumstances light us up, most of the time we

