

confidence  
clarity  
purpose  
impact  
growth  
guidance



# INSPIRE TO EXCEL

CAREER SERVICES

Empowering women to achieve *authentic* success™

## Finding Your Happy Place



This morning, I had some time before my first meeting. So, rather than starting tasks that could wait, I decided to go to one of my happy places ☀️ with myself.

Notice my wording; not BY myself. WITH myself.

I am a social butterfly. Always have been. But I've discovered that spending time with myself at my "happy place" is essential for maintaining my energy, passion, and inspiration.

It's not just about taking a break; this soul recharge allows me to:

- ♥️ Reflect
- ♥️ Refresh
- ♥️ Replenish

My happy places include coffee shops, gardens, and libraries.

What are yours?

Finding and nurturing your happy place is not a luxury, but a necessity. I encourage you to embrace the power of self-care to lead with more energy, passion, and inspiration.

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Ready to flourish in a career environment that nurtures your growth? Visit [www.inspiretoexcel.com/freeresources](http://www.inspiretoexcel.com/freeresources) for more inspiration on authentic careers and well-being.

**Let's get growing!**