

EPISODE 8

FUEL THE FIRE DONT FAKE THE FLAME

Optimism isn't about pretending, it's about choosing hope with teeth.

THE CORE TRUTH

You don't need to feel great to move.
You just need to move with honesty and purpose. Optimism isn't a personality trait it's a strategic decision.

And the more you practice it, the easier it gets to climb above the line when things feel heavy.

KEY TAKEAWAYS

- Optimism isn't about hype. It's about motion.
- Burnout often hides behind "I'm fine."
- Optimism is a choice and a skill you can train.
- Above-the-line thinking builds resilience. Below-the-line spirals keep you stuck.
- Protecting your spark is leadership, not laziness.

ACTION MOVES TO TRY

- Use the Flamekeeper Prompt List to check in and reset when you feel flat.
- Reframe one thought today that's pulling you below the line.
- Start your own recovery ritual - and treat it like your job depends on it.
- Give someone a tiny unexpected boost. (Kindness is contagious.)
- Ask: "What's one hopeful choice I can make today, even if it's small?"

**ONE SPARK
AT A TIME!**

CONVERSATION STARTER WITH YOUR BOSS

"I've realised I've been running close to burnout. I'm working on staying above the line and protecting my energy. Would you be open to a quick chat about how I can make my contribution more sustainable and impactful?"

ADD THIS TO YOUR BOLD MOVES BANK

- Print and pin your favourite prompt from the Flamekeeper List
- Share an "above the line" reframe you're proud of
- Add one recovery habit to your non-negotiables
- Re-listen to this episode after a tough week, especially if you're smiling while secretly planning your llama farm