

The Flamekeeper Deck

TINY PROMPTS TO PROTECT YOUR SPARK (no toxic positivity required)

Use these when you're:

- Feeling flat but don't want to burn out
- Tired but still showing up
- Or pretending you're fine while googling
"remote jobs in Iceland with WiFi"

You don't need a spa day.
Just one honest check-in and one tiny,
upward shift.

ENERGY CHECK-IN

What's draining me right now and is it urgent, important, or just noisy?
What's giving me energy even a flicker?
What would I say to a teammate feeling like this?

REFLECTION + REFRAME

Which thought today has been dragging me below the line?
What would a slightly kinder, more hopeful version of that thought sound like?
What's something I thought would break me before... that I actually handled?

SPARK YOURSELF

What made me feel even 5% more alive this week?
When did I last feel proud even if no one noticed?
What's one moment I want to repeat on purpose?

TINY ACTS OF HOPE

Who could use a bit of encouragement right now?
What's one brave question I've been avoiding?
What would future me thank me for doing today?

RESET THE LENS

Is this situation permanent... or just loud right now?
What's one small thing I can do to move forward?
If I trusted myself a little more... what would I try?

BUILD A RECOVERY RITUAL

What's one thing I do that genuinely helps me reset?
What signal does my body give when I'm running on empty?
What's my non-negotiable recovery move this week? (Nap? Rage walk? Solo karaoke?)

BONUS FLAMEKEEPER PROMPT

What part of my work still feels meaningful to me, even when I'm knackered?
How can I make more of that happen this month?

USE THEM IN ANY ORDER. USE ONE PER DAY. USE THEM BEFORE
YOU DRAFT A RESIGNATION LETTER TO BECOME A LLAMA FARMER.

JUST USE THEM.

BECAUSE PROTECTING YOUR SPARK?
THAT'S STRATEGY NOT SELFISHNESS.