

WHAT IS YOUR SPARK? I AM DYING TO KNOW!

The Thriving Formula – SPARK + 3 Champions + Opportunity

Year-Long Focus: WHAT IS YOUR SPARK? Throughout the year reflect on your SPARK. Your SPARK is a feeling that gives you the most happiness, the richest feeling. It is a time when you feel the fullest. It is when you have the most energy, the most joy. Your SPARK could be a skill, a talent or a commitment.

- What are your aspirations?

- What lights your fire? What motivates your SPARK?

- What is it like when your SPARK is alive? What is it like when your SPARK is damaged?

- Who knows your SPARK?

- Who are your Champions? (List at least 3 people that know your SPARK)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

- Do others know you by your SPARK?

Finish this sentence:

“I am my BEST SELF when _____!”

