

⚡ Spark My Light 💡

Introduction

When you feel good, you radiate positive energy—and others naturally feel drawn to you. This energy isn't just about feeling happy; it's a magnetic, high-frequency vibration that aligns you with the things you desire, including meaningful relationships. Think of yourself as an energy force: when your energy vibrates at a high frequency, you attract people, opportunities, and experiences on that same wavelength.

Spark My Light is designed to help you identify and embrace the activities, passions, and moments that bring you joy and purpose. By raising your vibration with the actions you take on a regular basis, you'll not only feel more confident and fulfilled but also naturally attract the right connections into your life, including your love life.

Step 1 - Welcome Joy and Happiness

- Take a deep breath and visualize yourself in a state of happiness and ease - this can be recent or years ago - whatever comes to mind.
- Immerse yourself in those feelings of joy and happiness. What do you see? What do you hear? Can you smell any fragrances or scents? How does this make you feel?

Step 2 - Embrace Joy and Happiness

Now open your eyes and start to reflect on more moments of joy and happiness - try and think of those moments that involve any activities, hobbies, aspects of your routine, people you were around - whatever lights you up inside. Feel free to use these prompts to get started:

What hobbies or activities make you lose track of time?

What are the little things that bring you comfort or joy (e.g., morning coffee, a favorite song, nature walks)?

When was the last time you felt truly fulfilled, and what were you doing?



Use the space below to brainstorm at least 10 things that spark joy, give you a sense of excitement or a sense of purpose. There are no right or wrong answers, just set out whatever comes to mind:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Step 3 - Create Your Spark My Light Planner

- Based on your list above, let's now consider how you can start to incorporate these joy-sparking activities into your every day life.
- Using the planner below or set it out in your own journal or planner, and make the commitment today to add one activity that sparks your light (brings you joy, happiness or excitement) and moves you closer to a positive energy state, per day for the next 7 days that.
- Start small— these can be as simple taking a short walk, playing your favorite music, signing up for a course related to a long-lost hobby or reconnecting with a passion project you started years ago.
- Consider how you felt after you did the activity as well - make sure on the whole it provided joy, happiness, purpose or positivity.

7-Day Spark My Light Planner:

Day	Activity	Time Needed	How I Felt After (Reflect)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Well done for completing Spark My Light!

When you make joy a priority, you naturally raise your vibration and become more attuned to the relationships and opportunities you're seeking. Keep your **Spark My Light** 7-Day Planner visible or put these into your calendar on your phone and reflect on how these activities shift your energy throughout the week.

Remember, the more you light yourself up, the more your light will attract the right people and experiences into your life.

Keep sparking your light!

Your Love Mentors,

Nicole & Sarah-Jane 💡 💕💕