



2026

Regain Your Spark

DISCOVER WHAT INSPIRES YOU

RELATIONSHIPS | CAREER | WELLNESS

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Feeling a Little Flat After the Holidays?

Sometimes we don't need a full overhaul, we just need a **Spark**. This **Quick Spark Reset** will give you a gentle nudge. Follow the steps and notice where you're feeling blocked. You can't change what you can't name. Naming is the first **Spark**.

Take a few minutes and answer these prompts. No judgment, no editing, just honesty.

- I feel stuck in: _____

- It feels like: _____

- I think it began when: _____

- When this area flows freely again, it'll feel like: _____

We Don't Get Unstuck By Doing Everything

We get unstuck by doing something. Choose one small, kind step and take it this week.

- One tiny experiment I'll try in the next 48 hours is: _____

- I'll support myself by: _____

- I'll celebrate it by: _____

Now, take a breath and notice one thing that already feels lighter. That's your **Spark** returning. Keeping tending it.