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GETTING YOUR SPARK BACK



This report includes **nine powerful tips** and **three actionable steps** you can take immediately.

It also includes a list of **suggested readings** for even more information.

TOP TIPS

Do you feel stuck in a rut? Do you feel sick of the same old routine? Rediscovering a zest for life can be transformative. There are effective strategies that can help you reignite your passion. Dive into these insightful tips to reignite that inner spark and embrace a vibrant life again.

1. Take Up a Forgotten Hobby

A great way to break out of your rut is to engage in activities that motivate and energize you. Whatever happened to that old hobby that you spent hours engrossed with? It may give you a sense of achievement and purpose when you need it most.

2. Bask in Sunlight

When we feel like our spark is lost, we often sit around and wallow. Fighting this urge and getting outside into the sun and nature is important. It cranks up your vitamin D level and boosts serotonin in your brain. Serotonin promotes peaceful, calm feelings. Your ability to focus improves, as do your energy levels.

3. Do Something Different

Dull routines can remove the spark from your life. So, do something different. Challenging yourself with new experiences wakes your senses and can stoke your inner fire. Bonus points if you try something outside of your comfort zone.

4. Have a Difficult Talk with Yourself

Sometimes, we are our own worst enemies. Be honest with yourself and see if you can make changes that create better outcomes and promote positive emotions. If you find nothing you say is helping, it might be time to turn to outside help.

5. You Don't Have to Do This Alone

Feeling alone is a big reason we lose our spark. When you are feeling lonely - reach out to a loved one. If you don't know what to say - offer them help. Helping others feels good. It can provide an energetic spark for everyone involved.

6. Make More Time for Self-Reflection

Dedicate quiet moments to introspection. By understanding what motivates and excites you, you can set meaningful goals and find purpose in daily activities. Revisiting past journal entries or writing down your feelings can offer clarity, guiding you toward reigniting your inner spark.

7. Prioritize Self-Care

Ensure you take care of your physical, emotional, and mental well-being. Regular exercise, meditation, or even occasionally treating yourself can help maintain a balance. Being sound of mind, body, and soul makes it easier to tap into your inner spark.

8. Seek Inspiration Everywhere

Beauty is everywhere. Wonderful, amazing, inspiring life moments happen all the time ... and they pass unnoticed if you focus on nothing but your challenges. Nature, art, literature, and even daily life events can be rich sources of inspiration. Take mindful walks, immerse yourself in a captivating book, or observe daily interactions. You'll find motivation and ideas in unexpected places by being present and receptive.

9. Set Aside Creative Time

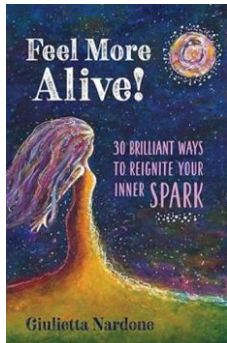
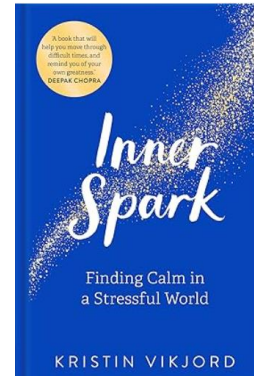
Carve out moments in your day solely for creative exploration. Whether it's doodling, writing, playing an instrument, or crafting, these dedicated periods allow your mind to wander, fostering innovation. By engaging in these activities without judgment, you're free to discover new passions and rekindle your inner spark.

FAST-ACTION STEPS

1. **Dedicate 10 Minutes:** Set a ten-minute timer today and immerse yourself in any creative activity of your choice. Let your mind roam free. No judgments, just pure expression.
2. **Commit to One New Thing:** Choose a topic you know little about and spend 20 minutes researching it online or reading a related article. Embrace the novelty of learning something new.
3. **Evening Reflection Ritual:** Before bed, reflect on your day for a few moments. Identify one thing that inspired or intrigued you, whether small or unexpected.

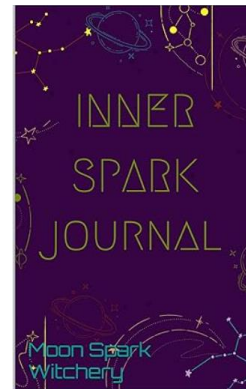
FURTHER READINGS

1. Inner Spark: Finding Calm in a Stressful World



2. Feel More Alive! 30 Brilliant Ways to Reignite Your Inner Spark

3. Inner Spark Journal for the Inspired



4. The Creative Spark

5. Fuel Your Fire

