

Spark Change Assessment

Where I am now

What's holding me back

Where I'd like to be

Purpose

Passion

Business / Career

Finances



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Where I am now

What's holding me back

Where I'd like to be

Physical
Surroundings

Health / Diet /
Fitness

Fun & Recreation

Feelings &
Emotions



Spark Change Assessment

Relationships with:
Self

Where I am now

What's holding me back

Where I'd like to be

Family & Friends

Life Partner

Spiritual/Divine



Examples

Spark Change Assessment

Examples

Where I am now

What's holding me back

Where I'd like to be

Purpose

I feel I have no direction in life.

I don't know who I am anymore.

Doing something greater than myself.

I've been Mom for years. The kids don't need me now.

I don't know what's expected of me. I feel lost.

Find something of value to fill my time.

Passion

I love my family but feel personally unfulfilled. I feel there's more to life than laundry and housecleaning.

I just feel tired and stuck.`

I've never lost my childhood dream but never had a chance to pursue it.

I feel I need to show my family that their mom is more than a mom. I want to inspire them.

I don't know what inspires ME.

I just want to feel excited about getting out of bed every morning.

Business / Career

I never feel valued at work, maybe even taken for granted.

I don't know what else I would do.

Working in a place where I enjoy and feel part of.

I worked hard to climb the corporate ladder. Now I'm tired of the rat race and always having to prove myself.

I'm scared of change and starting over.

Start my own business.

Finances

I'm confused about my future and my ability to sustain a living.

Money has always been a concern.

Bring extra income into the family to feel worthy.

We lost our savings and our business during Covid

I'm afraid.

To be debt free.

Be able to retire comfortably.

Examples

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Examples

Where I am now

Going though a change in life. Our home is too big/too small, but I love it. I've been here forever.

I've gained 15 pounds during Covid. I hate myself when I get on the scale.

I'm concerned about my health and muscle loss because of menopause.

I used to do fun things with my kids. Now my kids want to be with their friends. I miss those years.

My husband and I have different interests. We don't do much together anymore.

I feel like I'm losing control in my life.

Everything I start, I quit. I feel like a failure.

I feel overwhelmed and anxious.

What's holding me back

It's such a big life decision. I just feel paralyzed by having to think about it.

I just don't have time to exercise.

I lack reputable information about women's issues and how to maintain my health.

I just feel sad all the time and don't feel like I'm in a "fun" mood.

I have no one to do "fun" things with.

My husband/child is ill and I feel I need to quit my job to be the caregiver.

I lack confidence and perseverance.

I just don't know how to sort out my thoughts and emotions. I don't have anyone to talk to.

Where I'd like to be

In a happy place. I don't know what it is though.

Feel comfortable in my pre-Covid jeans. To look sexy. :)

To be healthy and have lots of energy. To have muscle tone.

Feel alive and be active again.

Experience something new and exciting.

To feel child-like.

Feel at ease that my family is taken care of and have peace of mind.

To feel accomplished.

To go to bed at night and sleep peacefully.

Physical Surroundings

Health / Diet / Fitness

Fun & Recreation

Feelings & Emotions

Examples

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Relationships with:
Self

Where I am now

I'm very hard on myself.

I'm a perfectionist and always feel I let myself down.

I used to be happy. I just feel dead inside.

Family & Friends

I have some friends but we're not real close friends.

I had a fall out with my parents years ago and haven't connected with them since.

Life Partner

I separated from my husband and feel alone.

My husband and I seem to have gone our different paths. I don't know if I love him anymore.

Spiritual/Divine

This has come to mind a lot for me as I get older.

I go to church occasionally but don't pray or read the bible on my own.

What's holding me back

I always feel guilt.

I always feel I have standards to be met and can't meet them.

I have no motivation.

I feel they have more important people in their lives.

I still feel like my parents would want to control my life. I don't want any part of that.

I still miss him. I don't know how to be single.

I don't know how to approach or be with him anymore. He's probably not attracted to me anymore.

I don't know how to connect with my spiritual side.

Meditation and chanting are not for me.

Where I'd like to be

I'd like to look in the mirror and see me smiling back.

I'd like to love myself.

I'd like to feel alive.

To have friends that feel like (and are) family.

To feel loved and respected for who I am. To hug my parents.

To feel happy again without my partner.

To feel connected and alive with my spouse, like best friends who laugh and dream together like we used to.

Have a deeper sense of connection to the universe.

I'm curious about exploring this area but not sure where I really want to go with it.