

# Conneting to your spark



Before you begin this process, I recommend you to please relax or meditate for some time either by yourself or using guided meditation. Rising one's consciousness is very important step in this process

Once you sense calmness and relaxation within your mind, I want you to go back to a time in your life where you felt passionate about something, what do you see, hear and feel? What are the thoughts running in your mind?

What is important to you about this that it's making your feel passionate?

Jot down all points in a gushy stream of consciousness. Remember this is a subconscious process so don't think too much about it. Just write down what comes to you naturally.

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Skill based questions.

What are you good at?

Is there a skill you have that you can get paid for?

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Skill based questions.

How can you make money with that skill?

What kind of service would you want to provide to the world?

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## Interest based question

What drags you like a moth into the flame?  
What lights you up?

What fills your insta, facebook feed because you  
can't get enough of it?

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## Interest based question

If your best friend would describe you? What would they say is your bigggest interest or passion?

What work you can't not do?

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## Value based questions

How are you going to save the world?

What are you ready to put up  
with for what is important to you?

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## Value based questions

What is your legacy going to be? What are the stories people are going to tell when you're gone? What is your obituary going to say? Is there anything to say at all?



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When people feel like they have no sense of direction, no purpose in their life, it's because they don't know what's important to them, they don't know what their values are.

And when you don't know what your values are, then you're essentially taking on other people's values and living other people's priorities instead of your own. This is a one-way ticket to unhealthy relationships and eventual misery.