

DIFFERENTLY COACHING EXPERIENCE

GET YOUR SPARK BACK!

workbook



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Hello!



I'm Carla Reeves – wife, mom, adventure-lover, life strategy coach, creator of the Differently Coaching Experience, and host of the podcast Differently with Carla Reeves.

You deserve to live a rich, big, bold life, full of the SPARK that fuels it all!

Sometimes, we can feel as if your spark has sputtered or is so buried under life that you've lost sight of it.

This workbook is intended to help you find your spark if you've lost it, reignite it if it's sputtered out, or create a new one that will shine even brighter than before.

Let's go!

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INTRODUCTION



Your Spark



Have you lost your spark?

Maybe you feel that way today. When people reach out to explore coaching with me, often their greatest desire is to “get their spark back.”

But what is “the spark” they so desperately desire to reignite?

Your spark is your spirit, vitality, energy, prana, and more. It’s the energy that comes from deep within that gives you inspiration, drive, energy, desire, and willingness. It’s the thing that puts a spring in your step and the fire in your life.

There are two important things to know about your spark.

- ✦ It isn’t something outside of you...it’s inside you.
- ✦ It’s your responsibility as an autonomous human being to keep it alive.

Most of us aren't taught these important things! We receive the message that we can find that spark in the outer world with...

- a better job,
- a loving relationship,
- a move,
- if so-and-so would only...
- or any number of outward shifts or changes.

The problem is that making these changes doesn't guarantee your spark will return.

And if it doesn't, we're taught to believe it's probably gone...

...for good.

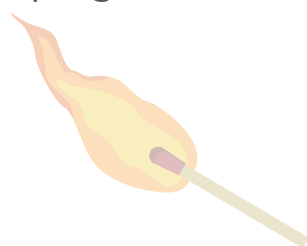
“Life is hard, that's just the way it is.”

Yeah, no.

You have full control to get your spark back.

Your spark isn't gone for good, it's just trapped under a pile of life.

You can use the Art of Sweeping in different areas of your life to find your spark and reignite it.



The Art of Sweeping



Imagine...

How dusty would your home be if you hadn't dusted for months or years?

Would you recognize the once beautiful furniture you treasured?

Would you see the charm and appeal that drove you to buy your home in the first place?

The same is true for YOUR SPARK.

**It's natural for the dust of life to appear
AND DIM YOUR SPARK.**

The dust of negative thoughts and old ideas and beliefs about ourselves and the world around us build and build, eventually preventing us from seeing or feeling our spark.

We're left feeling discouraged, even heartbroken.

The sad thing is that when the dust is building, it's so subtle and innocuous that we don't even notice. These seemingly benign thoughts and beliefs don't seem like a big deal.

But over time, they become a dense cloud, blocking out and choking off our spark.

It doesn't have to be this way.

There are specific steps that you can take to restore the connection, and the magic, and the most important thing, keep YOUR SPARK alive.

There's a technique called "sweeping" you can use to clear the dust of outdated thoughts, beliefs, and behaviors and make space for new things in your life.

When incorporated into your wellness routine regularly, this practice will help you to elevate and maintain your energy and spark.

Use the following pages to sweep your thoughts and words, your relationships, and your commitments.

Get ready for a fresh, clean way of being!



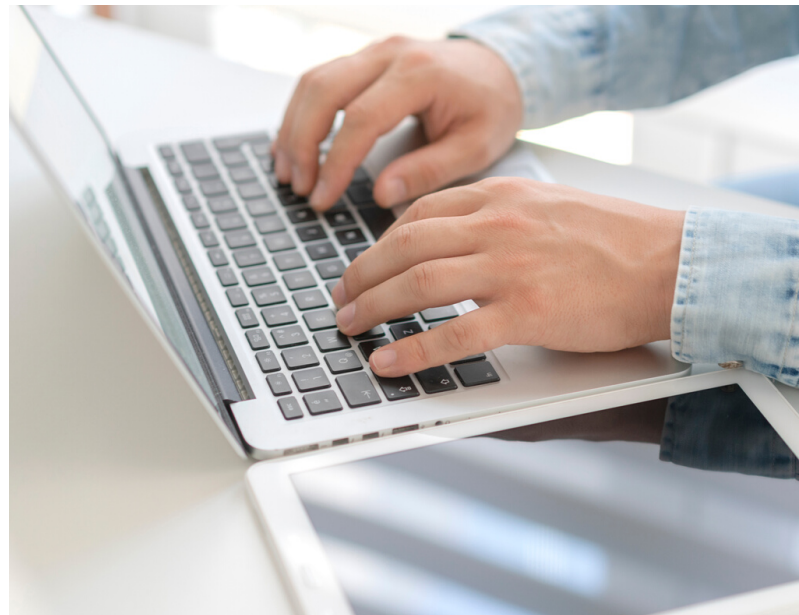
How to Sweep

Get out a journal, notebook, a sheet of paper, or open a fresh doc and take a moment to check out what's been hanging out in your brain. This may sound scary, but remember, taking ownership and clearing out the clutter is the way to clean out the crud that lives in your brain.

You might start with a prompt like...

This is what I've been:

- thinking about
- stewing about,
- worrying about,
- rehashing,
- ruminating on is...



Let it pour onto the page...

...without judgement. Just take an inventory.

Make a list or use these categories to jump start the process:

- Thoughts | Language
- Beliefs
- Assumptions
- Stories I am telling myself and others

Sweep your:

- **Thoughts** - what thoughts are hanging around.
- **Words/Lingo** - the way we talk to ourselves or others. Are the words you use life-giving or life-diminishing?
- **Assumptions** - what assumptions are you making that produce the experiences you have? For example, If I assume people aren't going to like my ideas, I might shrink from sharing them.
- **Beliefs** - what you believe about this new endeavor, this new client, your marriage, the future of your business, etc. These beliefs have impact and if gone unnoticed can wreak havoc.

Simply getting them out and on the page is a huge step!

To go further, look for patterns.

Are there things here you've been carrying for a long time?

What do you want to keep?

What do you want to let go of?

Trade up?

Choose one area you want to focus on over the next week and practice shifting the way you think and talk.

Watch what happens.

Experiment and refine as you go. Rinse and repeat.



Sweep Your Relationships



Choose one, two, or three of your most important relationships.
(You can always repeat it for other relationships!)

Take a step back from the relationship and ask yourself these things:

- Was there a conversation left incomplete? Where you were left wondering, stewing about something, something left unsaid, apology needed, etc?
- Did you promise something you haven't delivered yet? Communicate and/or complete.
- Anything to say/share/acknowledge?
- Are you feeling obligated or resentful anywhere? This can be an indicator that there are unwritten, outdated agreements.
- Are there things you do in this relationship that have expired? Over-helping, controlling, thinking for them, pleasing them, favors that become fixtures and feel like obligations?
- What do you desire for this relationship?
- What can YOU do to align yourself and your behaviors to this desire?

Remember: When you change the dance in any relationship, the other person must change their footing, too.

This is where the magic happens!

Sweep Your Commitments

Make a list of your current commitments or obligations. You can divide them into family/home, work/biz, relationships, community, etc.

Put them in the following categories:



Fresh-Current-Exciting



Solid and Secure-Feels Aligned and in Flow



Outdated-Misaligned-Out of Flow

Review and highlight the commitments that stand out to you as extra important.

Resist the urge to overthink this and go with your first response!

Of the highlighted commitments, choose one action you will take:

The action I will take is:

Sweep Your Tasks + Physical Clutter

Little things hang over your head and rob you of your precious energy, even a messy workspace, a cluttered home, or an endless to-do list.

Sweep these daily, weekly, or monthly depending on your style.

Sweep Your Tasks:

Grab all your stickies, to-do lists, unfinished projects, pieces of note paper or electronic lists, and consolidate them into one place you can easily access to stay on track.

Identify what's old, complete, and can be thrown away.

Scan your list and ask the following. Go with your first response:

- Any updates?
- Any new ones to add?
- Is this still relevant?
- Has the priority changed? Is it on the back burner?
- Is this aligned? If not, consider removing it. If so, how? Remind yourself why this matters.
- For things that have to get done, but you've procrastinated:
- Can you ask for help?
- Delegate?
- Make it more fun?

Use the [Eisenhower Matrix](#) and refresh your priorities, if needed.

Places to Look



Make a list of spaces that could use some clearing, organizing, or a refresh.

- Broken or unfinished things around the house that steal your attention or joy
- Clutter that seems to bother you on a regular basis (i.e. the junk drawer that has gotten so overcrowded you can't find anything and it's to the point where closing the drawer is a challenge)
- Items that don't fit, have become outdated, or no longer needed. (Time to go to donate!)
- Your closet (clear out what you no longer want and update to reflect who you are in the season you find yourself in)
- Your office (Are often used items easy to reach? Is there something there to inspire you? Does everything have a home?)
- Any place you spend time in, indoors or outdoors.

Remember...

This is not a once-and-done, but a practice.
Experiment and refine as you go. Rinse and repeat.

The Art of Sweeping might
sound corny to some,
but it has the potential to put
the spark back in your life.

I never thought it would be possible...

to maintain my spark and energy for long periods
of time, but guess what...it is!

I've been using this tool to sweep away my mental
junk and replace it with a zest for everyday life for
YEARS.



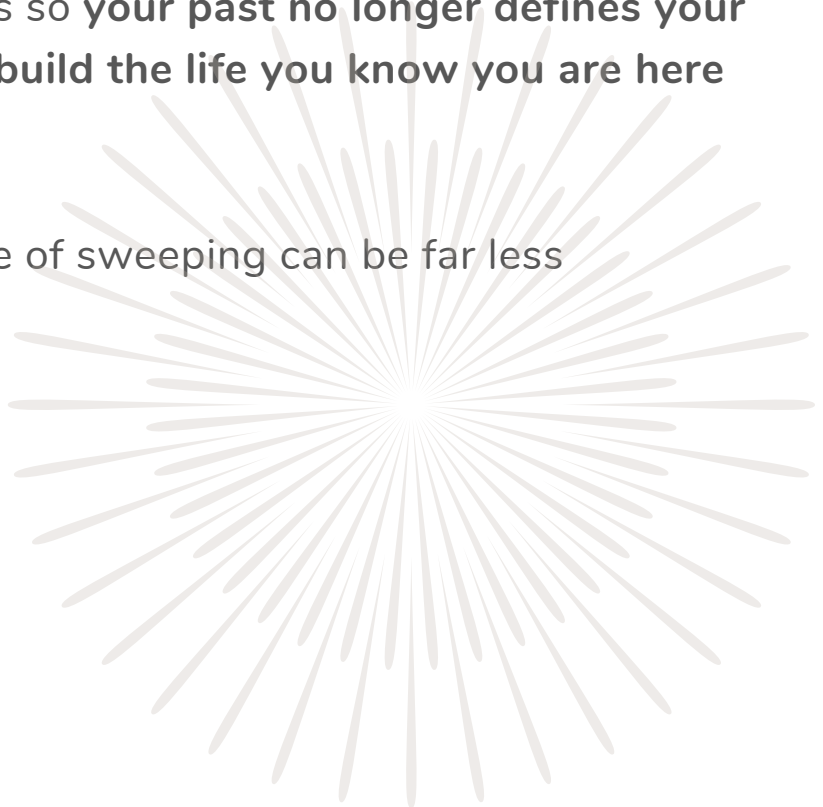
A better life is calling

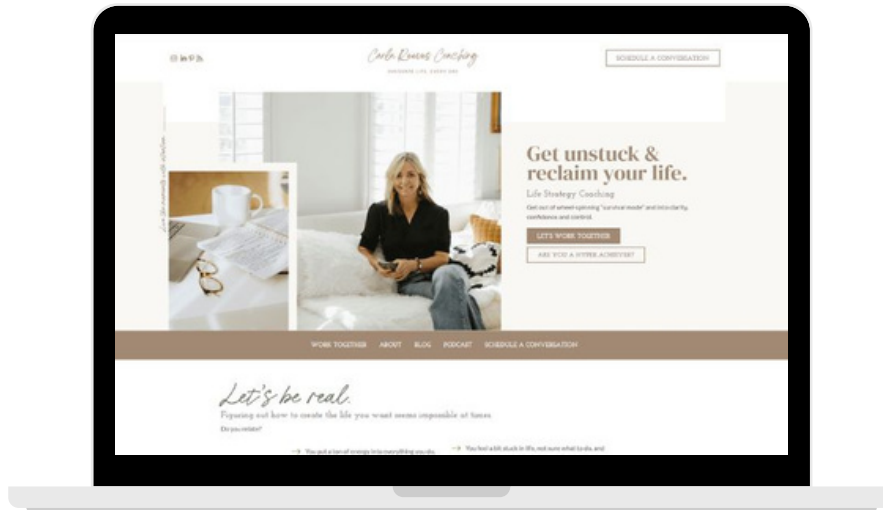
Imagine knowing how to sweep and clear the dust to keep your spark alive and committing to a practice. This means that as things happen, instead of “sweeping it under the rug,” you address it simply and directly and let it go, sweeping it out of your life.

If this feels overwhelming – which it could if you’ve never done this before – you might benefit from some support. In my foundational coaching program called the Differently Coaching Experience, we address this right at the start.

We sweep your mind clean of the outdated thinking and blind spots that have derailed you for years so **your past no longer defines your future and you can be free to build the life you know you are here to live.**

Once cleared, a regular practice of sweeping can be far less daunting and highly effective.





You don't have to know how to do this! I will guide you through each step removing a lot of the heavy lifting for you. Coaching is great if you are someone who wants help, knows there are blind spots, and wants to travel with greater velocity.

Reach out for a free consultation call to see if coaching is the next right step for you!

[SCHEDULE NOW](#)



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