spark your potential

A FREE Workbook to Get Started

BY ROSEMARIE ANTHONY

About Me

I've always been someone people turn to for guidance, and helping others grow has become my passion. Balancing work and family as a single mother helped me realise how self-doubt and overwhelm can hold us back from living the life we want. Over the years, I've seen how transformative it can be to overcome these challenges, and now I help people find the clarity and confidence to take their next steps.

The **Spark Program** is designed to be a supportive space where you can explore your strengths and set achievable goals. Are you ready to ignite your potential? Let's start with this free workbook, and if you're looking for more in-depth guidance, book a **FREE Pathfinder session** to continue your journey.

Welcome

Welcome to the **Spark Program Free Workbook**! This guide is designed to give you a taste of what's possible when you take time to reflect, identify your strengths, and make small, actionable changes.

At Inner-Awakening, we believe in the power of consistent, manageable steps toward growth. This workbook will help you:

- Reflect on your current challenges.
- Begin identifying your strengths.
- Set simple, achievable goals.

Remember, this is just the beginning. The full **Spark Program** dives deeper into these concepts with personalised support and a comprehensive approach to breaking through what's holding you back. Ready to take the first step?

Note: This is a fillable pdf. Click on the text fields to easily type in your responses.

Set Your Intention

Before diving into this workbook, take a moment to reflect on why you're here. What do you hope to gain from these exercises? Think about your reasons for starting this journey and jot them down below.

"I am committing to this time for myself because..."

01

Phase 1

FOCUS: SELF-AWARENESS AND CHALLENGES

Spotlight

Self-Reflection

1. What does awaken your potential mean to you? Write a short reflection on what it means to live up to your potential. This will help guide your growth journey.

2. What's one major challenge or feeling that's been holding you back? This could be feeling stuck, overwhelmed, or struggling to make decisions.

3. Recognising your strengths can help you build confidence. Write down one or two strengths or skills you have.

My Strengths:

1.

2.

Mid-Way Reflection:
Reflecting on Your Intention

You're halfway through the workbook—great job! Take a moment to revisit the intention you set at the start and reflect on your progress so far:

- How does your journey align with the intention you set?
- What's one thing you feel proud of accomplishing?

If you're not quite where you hoped to be, remember that growth is a process. Use persistence and resilience to keep going.

If things feel more complicated, the full **Spark Program** offers tools and support to help you overcome barriers, stay on track, and achieve lasting change. You've already taken the first step—are you ready to go further?

02

Phase 2

FOCUS: GOAL SETTING AND TAKING THE FIRST STEP

Explorer

Step 1

Think about a short-term goal you want to achieve and write it down.

Step 2

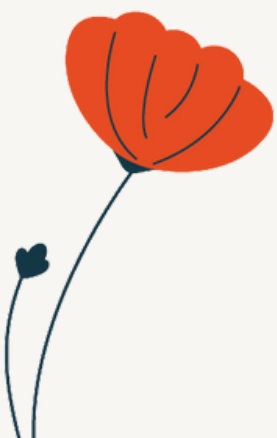
Setting a Simple Goal – Think about your one major challenge and break it down to make it more manageable.

Example Goal: “I want to meet more people.”

What’s one small step you can take toward that goal this week?

Overcoming Procrastination

If procrastination or overwhelm gets in the way, remember that the full **Spark Program** offers tools to help you break through these barriers. You'll learn how to prioritise your goals and maintain momentum with ongoing support and accountability.



03

Phase 3

FOCUS: TAKING SMALL STEPS AND MAINTAINING A POSITIVE MINDSET

Action

Mindfulness Techniques

Start small by focusing on daily gratitude. Write down one thing each day that you're grateful for.

Example: Day 1: "I'm grateful for my health and the ability to make changes in my life."

1.

2.

3.

4.

5.

6.

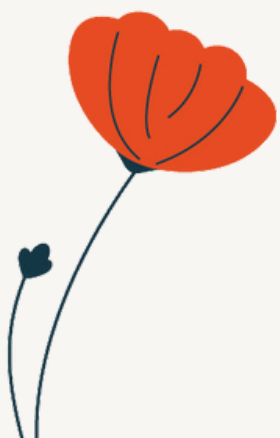
7.

Take Action

What's one small step you can take today to act on this new belief?

Master Mindset Shifts

You've started to explore mindfulness and gratitude, but there's more to developing a resilient mindset. The full **Spark Program** offers deeper insights into breaking negative thought patterns and fostering a growth mindset. If you're looking for personalised techniques to create lasting change, let's continue this journey together.



Looking Forward

Congratulations on completing this workbook! You've taken significant steps towards self-discovery by:

- Reflecting on your strengths and challenges
- Setting meaningful intentions and goals
- Identifying actionable steps to move forward

Ready for a Deeper Dive?

The full **Spark Program** will help you build on these insights, exploring mindset shifts and introducing powerful tools to overcome obstacles. If you're eager to continue your journey toward lasting change, we're here to support you every step of the way.

Special Offer

As a thank you for engaging with this workbook, I'm offering a limited-time **20% discount** for those who sign up for the **Spark Program** by 31st January 2025.

If you're ready to unlock your potential, here are your next steps:

1. Contact Rosemarie on 07455 271199
2. Email rosemarie@inner-awakening.co.uk
3. Visit: inner-awakening.co.uk and book a **FREE Pathfinder session**
4. Special Offer: Use code **SPARK20** for 20% off if you sign up for the program by 31st December 2025

inner awakening

it's never too late to...