



MIND YOUR OWNED BUSINESS

REDISCOVER *Your* SPARK

Reconnect with your creativity, confidence, and purpose.



2026 EDITION

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REDISCOVER *Your* SPARK

The workbook to help you reconnect with your creativity, energy, and inner fire.

“A gentle path back to the parts of you that shine the brightest”

Table of Contents

- 02 Welcome
- 04 About This Guide
- 05 Why We Lose Our Spark
- 06 What Your Spark Really Is
- 07 Spark Self-Assessment
- 08 The Four Spark Zones
- 11 Rebuilding Your Spark Rituals
- 13 Creative Reconnection Exercises
- 15 Decluttering the Mind
- 17 Redefining Your Why
- 19 Your 7-Day Spark Plan
- 20 Final Reflection + Gentle Next Step

WELCOME



Hello beautiful,

If you're holding this workbook, there's a reason.

Somewhere inside you, a quiet whisper is calling: *I want to feel like myself again.*

Maybe life has felt heavy lately. Maybe you've poured so much into others that your own energy has dimmed. Or maybe you can sense there's still a creative fire within you—it's just been buried under responsibility, routine, pressure, or exhaustion.

I want you to hear this: your spark is not gone.

It's not broken, and you did not lose it.

It simply needs space, attention, and a gentle path back home.

Inside these pages, we're going to reconnect with the parts of you that feel alive—your creativity, your joy, your purpose, your courage. You will find clarity, you will feel lighter, and most importantly, you will begin to remember what lights you up.

You don't need a dramatic life change.

You don't need more hours in the day.

You just need a moment—this moment—to choose yourself again.

I'm here to help, let's begin.

A handwritten signature in cursive script that reads "Sam".

P.S. I've been where you are, more than once. Fortunately, I was able to rejuvenate my spark. I'm ready to help you with yours. Don't let your space keep you down.

ABOUT THIS GUIDE

THIS WORKBOOK IS YOUR INVITATION BACK TO YOURSELF.

Not the overwhelmed version of you.

Not the one who feels pulled in a hundred directions.

The version of you who feels inspired, grounded, and connected to the life she's creating.

WHAT TO EXPECT

Throughout the book, you'll gently explore:

- > What's been draining your spark
- > The small rituals that shift your energy
- > What lights you up emotionally and creatively
- > Mindset patterns ready to be released
- > Creative exercises to reignite your joy|
- > Practical ways to reconnect with your purpose

WHO THIS IS FOR

This guide is for women who:

- > Want to feel inspired again
- > Are craving clarity and creative energy
- > Feel stuck, drained, or disconnected
- > Know there's "more" inside them but aren't sure how to access it

WHAT YOU'LL GAIN

- > Emotional clarity
- > Creative momentum
- > Renewed energy
- > A spark plan you can follow anytime
- > A deeper connection to your "why"



WHY WE LOSE OUR SPARK

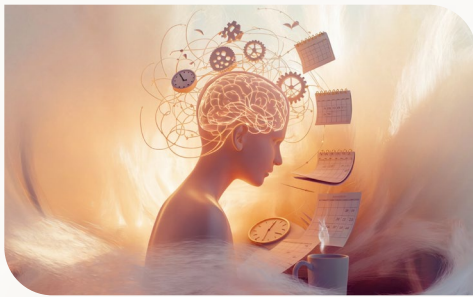
LOSING YOUR SPARK DOESN'T HAPPEN ALL AT ONCE.

It fades slowly, quietly, in the spaces where you stop choosing yourself.

And here's the truth:

Nothing is wrong with you. Your spark hasn't disappeared—it's simply been smothered by life. Here are some of the most common reasons women feel dimmed:

COGNITIVE + EMOTIONAL OVERLOAD



The Mental Load

Constant thinking, planning, managing, organizing—your mind never gets a rest. Creativity can't thrive in an overloaded system.

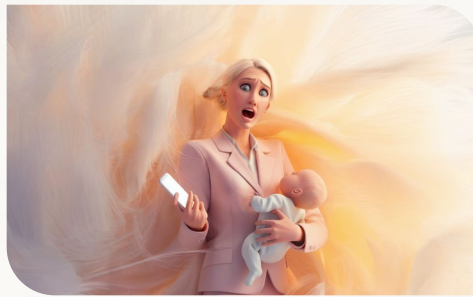
Perfection Pressure

Your spark doesn't need perfection—it needs permission.

Survival Mode

When you're just trying to get through the day, there's no room for inspiration.

ENERGY DRAIN + ROLE OVERLOAD



Over-Giving + Under-Recharging

You give and give... and give. But you rarely receive space, time, or energy in return.

Transition Seasons

New chapters (motherhood, career changes, empty nesting) create emotional disorientation.

Forgetting Who You Are Outside Your Roles

You're so much more than caretaker, worker, partner, or helper. You're a whole world of ideas, expression, and possibility.

CREATIVE SHUTDOWN



Neglected Creativity

Creativity is like a muscle. When it sits unused, it doesn't disappear... it simply sleeps.

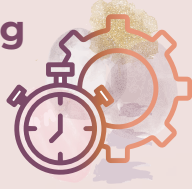
*Your spark
dims when you
dim yourself.*

**This workbook
will help you gently
turn the light
back on.**

WHY DOES MY SPARK FEEL SO DIM?

Losing your spark isn't just about being tired or busy—it's also about the patterns and expectations you've carried for years. This page helps you gently explore why you keep dimming yourself, so you can begin to choose differently.

1. What did I learn growing up about rest, productivity, and 'earning' my worth?



2. When I over-give or overwork, what am I hoping to feel or avoid (example: approval, safety, pleasing others)?



3. Where am I SAYING YES when my whole body is a NO?



4. If I believed my spark mattered as much as everyone else's needs, what would I change first?



WHAT YOUR SPARK REALLY IS

Your spark is the part of you that feels:

- > Energized
- > Inspired
- > Curious
- > Confident
- > Creative
- > Connected
- > Purposeful
- > Alive

It's the glow in your eyes when you're doing something you love.

It's the way you light up a room when you talk about something meaningful to you.

It's your intuitive voice, your imagination, your truth.



Your spark is not a mood— it's an inner power source.

It fuels:

- > Your self-trust
- > Your creativity
- > Your ambition
- > Your decisions
- > Your joy
- > Your resilience

When your spark is bright, everything flows. When it's dim, everything feels heavy.

This guide helps you turn the dimmer switch back up—one gentle step at a time.



SPARK SELF-ASSESSMENT *Part 1*

WHERE AM I RIGHT NOW?

Before you can reignite your spark, you need to understand where your energy is today.

Not where you think it “should” be. Not where others expect you to be.

Where you actually are in this moment.

This assessment is not about judgment—it’s about awareness. Awareness creates clarity, and clarity creates change.

Now, take a deep breath. Answer honestly. *This is for you.*

Rate the following from 1–10:

(1 = Very low / 10 = Very strong)



Emotional Energy

How energized, hopeful, and emotionally balanced do I feel day to day?

1 2 3 4 5 6 7 8 9 10



Creative Spark

How creatively expressed, curious, or inspired do I feel?

1 2 3 4 5 6 7 8 9 10



Mental Clarity

How focused, centered, and mentally clear do I feel?

1 2 3 4 5 6 7 8 9 10



Confidence

How confident am I in myself, my choices, and my abilities?

1 2 3 4 5 6 7 8 9 10



Joy + Excitement

How much joy, fun, or lightness do I feel in my daily life?

1 2 3 4 5 6 7 8 9 10



Purpose

How connected do I feel to my “why” or the direction of my life?

1 2 3 4 5 6 7 8 9 10



Overall Spark Score

How bright does my spark feel—overall?

1 2 3 4 5 6 7 8 9 10

SPARK SELF-ASSESSMENT *Part 2*

REFLECTION: WHAT'S WORKING + WHAT'S DRAINING ME?

You've taken the time to rate where you are. Now we gently explore why you're there.

This isn't about fixing or solving—it's about understanding.

Awareness is an act of self-compassion.

Use the prompts below to reflect on what's lifting you up and what's weighing you down.

1. **What has been draining my spark lately?**

Think habits, people, situations, responsibilities, exhaustion, overthinking, misalignment.

2. **What has still been lighting me up—even a little??**

What feels good? What makes you smile? What moments feel peaceful, creative, or energizing?

3. **Where do I feel most disconnected from myself?**

4. **Where do I feel most like myself?**

Take a deep breath. You are already reconnecting.

THE 4 SPARK ZONES *Part 1*

THE FOUR AREAS THAT SHAPE YOUR INNER FIRE

Your spark isn't one thing—it's a beautiful mix of different energies that work together. When one of these zones becomes drained, your whole spark feels dimmer. When even one of them is rekindled, everything begins to shift.

These are the four Spark Zones—the core pillars of your inner light.

1. Emotional Spark

This is the part of you that feels hopeful, grounded, expressive, and emotionally alive.



It comes through when:

- You feel joy
- You feel connected
- You feel supported
- You feel seen
- You feel like YOU

When your emotional spark is bright, everything feels easier.

2. Creative Spark

This is your imagination, curiosity, and artistic soul.



It comes through when you:

- Make something
- Rearrange something
- Capture something
- Dream something
- Creativity isn't talent—it's expression.

And your spark LOVES expression.

3. Environmental Spark

Your surroundings shape your energy more than you realize.



This spark brightens when you're in spaces that feel:

- Peaceful
- Organized
- Beautiful
- Inspiring
- And reflective of who you are

When your environment is cluttered or chaotic, your energy becomes scattered.

4. Purpose Spark

This is your inner compass—the part of you that wants to contribute, create meaning, and move toward something that matters.



The purpose spark lights up when you feel:

- Aligned
- Intentional
- Fulfilled
- Connected to your “why”

When your purpose spark dims, everything feels heavy.

THE 4 SPARK ZONES *Part 2*

WHERE ARE MY SPARK ZONES TODAY

A gentle, insightful worksheet to help you see your spark clearly.

On this page, you will evaluate each of your spark zones.

1. Emotional Spark



How emotionally energized do I feel today?

1 2 3 4 5 6 7 8 9 10

What emotions have I been feeling most often?

2. Creative Spark



How creatively expressed do I feel?

1 2 3 4 5 6 7 8 9 10

When was the last time I created something just for me?

3. Environmental Spark



How supportive and inspiring do my surroundings feel?

1 2 3 4 5 6 7 8 9 10

Which space feels the most draining—and why?

4. Purpose Spark



How connected do I feel to my “why” or direction?

1 2 3 4 5 6 7 8 9 10

What purpose, dream, or desire still lives in me?

Which spark zone needs the most love right now?

REBUILDING YOUR SPARK RITUALS *Part 1*

SMALL RITUALS MAKE A BIG DIFFERENCE

Your spark doesn't come back through force, pressure, or huge life changes. It returns through small, intentional moments that invite your energy to rise again.

Rituals are not routines—routines are tasks. Rituals are nourishment. They bring your awareness back to yourself, one simple moment at a time.

Below are gentle rituals that support your mind, heart, creativity, and spirit.

The 5-Minute Morning

A short, grounding practice to start your day with presence.

Try one:

- Sit in stillness
- Stretch your arms overhead
- Breathe deeply
- Name one thing you're grateful for
- Set one intention

Five minutes can change your whole morning.

One Beautiful Thing

Look for one thing around you that is beautiful, calming, or inspiring.

A shadow on the wall. A candle flame. A color.
A texture. A moment of light.

Beauty awakens your spark.

The Energy Reset

Pause during the day and ask yourself:

"What do I need right now?"
A drink of water? A breath? A stretch?
Movement? Silence?

Your spark strengthens when you listen to yourself.

The Gentle Transition

Instead of rushing from one task to the next, take a 30-second pause.

Hand on heart.
Deep breath.
Release.

Transitions are where your nervous system comes home.



*Your spark
grows in
softness,
not stress.*

Permission to Pause

Sometimes your spark doesn't need action—it needs quiet.

Giving yourself permission to rest without guilt is one of the most powerful rituals of all.

REBUILDING YOUR SPARK RITUALS *Part 2*

DESIGN YOUR SPARK RITUALS

Use this page to design three simple rituals you can begin this week. They should feel light, doable, and nourishing—not overwhelming.

My Morning Spark Ritual

1. What small practice will help me begin my day with presence and calm?

My Midday Spark Ritual

2. What helps me reset, recharge, or reconnect halfway through my day?

My Evening Spark Ritual

3. What will help me unwind, soften, or reflect at day's end?

Your spark grows through small, consistent moments of care—not perfection.

CREATIVE RECONNECTION EXERCISES *Part 1*



CREATIVITY ISN'T A SKILL—IT'S A SPARK

You don't have to be an artist to be creative.

Creativity is how your spark expresses itself.

When life gets overwhelming, it's often the first thing we drop.

These short, simple exercises aren't about making art—they're about helping you feel alive.

**EXERCISE 1:
Take a Photo of
Something Beautiful**

Right now, where you are, notice something beautiful.

It could be a color, a shadow, a texture, or a moment.

Take a single photo. No editing. No perfection.

Just beauty.

**EXERCISE 2:
Restyle a Tiny Corner**

Choose one small surface:

A shelf, a nightstand, a windowsill.

Move things around.
Remove something.
Add something.

Create something that makes you smile.

Even the smallest redesign shifts your energy.

**EXERCISE 3:
A 60-Second List**

Set a timer for one minute.
Write as fast as you can:

"Things I Wish I Had More Time For..."

No thinking. Just writing.

Your spark will reveal itself.

**EXERCISE 4:
Create a Spark Board**

Open Pinterest.

Create a new board called:

"My Spark Board"

Add images of rooms, colors, quotes, outfits, feelings, textures, anything that inspires you.

This board will become a reflection of the YOU you're becoming.

**EXERCISE 5:
The 5-Minute
Stillness Sketch**

Grab any piece of paper.

Set a 5-minute timer.

Draw—*badly*.

Draw circles, lines, shapes.

This is not about talent. It's about release.

Your spark awakens when your hands move without pressure.

CREATIVE RECONNECTION EXERCISES *Part 2*

CREATIVE SPARKS THAT FEEL GOOD

Use these prompts to explore the creative shifts that feel meaningful for YOU.
Not what you “should” do—what feels like you.



Big Sparks

What big creative ideas or projects inspire me—even if I’m not ready for them yet?



Small Sparks

What tiny creative actions make me feel alive?

Examples: lighting a candle, mixing colors, rearranging pillows, writing in a notebook



Surprise Sparks

What moments of unexpected inspiration have I noticed lately?

Creativity returns when you follow the moments that feel good—not the ones that feel forced.

DECLUTTERING THE MIND

Part 1



THE GENTLE ART OF LETTING GO

Your spark can't thrive in mental clutter. It needs space—emotional, mental, and energetic.

But here's the truth: You don't declutter your mind through force or discipline. You do it through compassion. This is not about "fixing" your thoughts.

It's about releasing the ones that no longer support who you're becoming.

Below are the most common forms of mental clutter women carry. As you read them, notice which ones feel familiar—without judgment.

1. Perfection Pressure

The belief that things must be flawless before you begin.

Perfection suffocates your spark by replacing curiosity with fear.

2. Guilt

"I should be doing more."

"I should be further ahead."

"I should be able to handle it all."

Guilt is often a sign you've been giving too much for too long.

3. Old Stories

"I'm not creative enough."

"I'm not talented enough."

"I'm not ready."

"I'm too old."

"I'm too behind."

These beliefs may have protected you once, but now they're blocking your light.

4. Unrealistic Timelines

You don't have to rush your growth.
You don't have to catch up.
You don't have to sprint to feel worthy.
You are allowed to grow at a pace that feels kind.

Your spark doesn't need perfection—it needs permission.

5. Comparison

Your spark cannot shine if you're constantly measuring it against someone else's.

Your path is yours alone.

DECLUTTERING THE MIND

Part 2

WHAT I'M READY TO RELEASE

Use this page to gently release anything that's been weighing you down.
This is not about eliminating thoughts—it's about freeing your energy.

Write freely, without overthinking.

What thoughts or beliefs am I ready to let go of?

What expectations or pressures am I done carrying?

What patterns no longer feel aligned with who I am becoming?

What can I forgive myself for?

Releasing creates room for your spark to rise.

SPARK BOUNDARY CHECK-IN

Your spark needs boundaries to stay bright. Every time you say yes to what drains you, you say no to what lights you up. Use this page to notice where your energy needs protection.

What thoughts or beliefs am I ready to let go of?

What expectations or pressures am I done carrying?

What patterns no longer feel aligned with who I am becoming?

What can I forgive myself for?

REDEFINING YOUR WHY *Part 1*

YOUR WHY IS YOUR INNER FLAME

Your spark isn't just creativity or joy—it's also meaning.

Your “why” is the reason you want to show up, grow, create, and move forward. It is the deeper purpose underneath your choices.

When you feel disconnected from your spark, you're almost always disconnected from your why. *Let's find it again.*



What Your Why Might Sound Like:

- “I want to feel alive again.”
- “I want to build something meaningful.”
- “I want to make space for the version of me I've ignored.”
- “I want to create beauty in my life and for others.”
- “I want to trust myself again.”
- “I want to feel proud of who I'm becoming.”

*Your why doesn't need to be profound.
It needs to be true.*

Connecting to Your Future Self:

- Imagine yourself six months from now:
What does she feel like?
- What does her energy look like?
- What has she released?
- What has she reclaimed?
- What makes her proud?

*Your spark grows when you move
toward her—one step at a time.*

REDEFINING YOUR WHY *Part 2*

WRITE YOUR WHY STATEMENT

Use the prompts below to craft a why that feels authentic, energizing, and deeply aligned.

What matters most to me right now?

What do I want to feel more of in my life?

What am I ready to move toward?

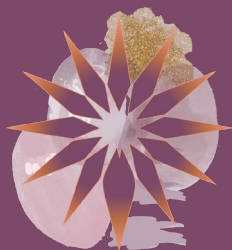
What am I ready to leave behind?

My Why Statement:

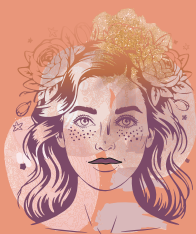
(Write one clear sentence that captures your purpose or direction today.)

SPARK AFFIRMATIONS

Choose any of these to use daily, or create your own:



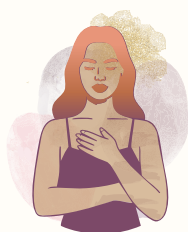
**My spark is
returning,
gently and
powerfully.**



**I am becoming
the woman I've
always
wanted
to be.**



**Small steps
create
big shifts.**



**I trust myself
more
every day.**



**I deserve joy,
beauty,
and creative
energy.**

SPARK STORY REFRAME

Many of the thoughts that dim your spark are old stories, not current truth. This page helps you gently rewrite the script you've been living by.

THE OLD STORY I'VE BEEN CARRYING:

"I have to _____ to be worthy."

"I'm too _____ to start."

"It's selfish to _____."

Write any old spark-dimming stories here.

NEW SPARK STORY I'M CHOOSING:

"I'm allowed to _."

"I can begin, even if ."

"It's safe for me to ."

My new spark-supporting belief:

YOUR 7-DAY SPARK PLAN

A SIMPLE, GENTLE RESET

This plan is designed to help you reconnect with your spark in just one week.
You don't need hours—just intention.

Each day offers one small action to shift your energy.

1

NOTICE

Spend five minutes noticing beauty around you.
One photo. One moment. One breath.

2

RELEASE

Let go of one thought, expectation, or task that's been weighing you down.

3

REVIVE

Do one thing that makes you feel alive—even if it's small.

4

CREATE

Make something: a vignette, a sketch, a journal entry, a styled corner.

5

CONNECT

Reach out to someone who lifts you up or inspires you.

6

CELEBRATE

Celebrate one thing you've done well—big or small.

7

RE-SPARK

Choose one ritual from earlier in the workbook and commit to using it for the next week.

You are already transforming.

MY GENTLE SPARK COMMITMENTS

YOU DON'T NEED A BIG PLAN; YOU NEED A FEW GENTLE PROMISES TO YOURSELF THAT YOU ACTUALLY KEEP.

PROMISES THAT ARE KIND, REALISTIC, AND SPARK-SUPPORTING.

A woman with dark hair is shown in profile, looking towards the right. She is wearing a dark, long-sleeved top. The background is a soft-focus landscape of mountains under a warm, golden light, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

I will listen to my energy this week.

I'm committed to protecting my spark rituals.

I will take one creative action just for me.

I will speak to myself more kindly.

BEFORE YOU GO... COME BACK TO YOURSELF

**YOU'VE TAKEN TIME TO PAUSE, BREATHE,
NOTICE, AND RECONNECT.**

Before you close this guide, take a moment to honor what's shifted in you—even if it's small.

Every spark begins quietly.

Use this space to anchor what you want to carry forward:

- 1. What do I now understand about what drains me the most?**
- 2. What moments or exercises helped me feel even a little more alive?**
- 3. What do I want to protect or prioritize as I move forward?**
- 4. What is one small spark I will honor this week?**

If you're ready to keep going, I'd love to support you.

**You're invited to download more resources,
join me for deeper guidance,
or explore what's next for your spark and your story.**

**Visit: MindYourOwned.Business
Or, scan the QR code for more support.**

With warmth,

Laura



*Your spark
has never
left you.*

*You're simply
learning how to
hear it again.*

