

# Guided Journaling Exercise



## Sparking Movement through Perseverance

**What are you going to do to persevere?**

What are some things you would like to do differently to live a more fulfilling life?

Where do you feel complacent or stagnant in your life?  
What you can do to move out of that?

Reflect upon a process that you have been avoiding. Set an intention as to what you want to do every day to help you through that process.

**NOW SET THE INTENTION TO  
ADD SPARKLE TO YOUR LIFE!**