



Your Spark Checklist

Save This for When You Need a Lift!



Okay friend, unclench your jaw.
Like for real... did you even realize it was clenched?!



Do one brave thing today — tiny things count!



Celebrate something small.
Let's start with the fact that you're still here trying!



Play your hype song (or whatever song you need!)
It only takes a minute to shift the vibe!



Unfollow one thing that drains you.
Not deactivate. Just simply unfollow.



Do one thing that makes YOU feel like YOU again!
You KNOW there is something!



List three things you've survived — proof you're strong.
You're here, take credit for that! You've survived things!



Step outside — even for 10 seconds.
What do you hear? See? Smell?



Smile at yourself in the mirror
(yes, it feels totally weird but do it anyway).

