

SPARK Your SoulFUEL®!

Free 5-Day Challenge + Daily Giveaways

DAY 3

CONNECT TO YOUR CORE DESIRES

Now that you have tuned into clarity and intuition (way to GO sister), today's lesson is about connecting to your Core Desired Feelings. Your core desires are an excellent way to reIGNITE your Spark, reCLAIM your Spirit and remember who you are so you can get clear and confident about what you're meant to do and create more impact and income doing what LIGHTS UP your soul. The next step is then understanding what it means for your business in terms of your business direction and even, your messaging and offers.

The clearer you are about what is **most** important to you and what fires you UP, the easier it is to decide what your next steps are. That is, once you've raised your standard that what is important to you is worth honoring. YOU, are worth honoring.

These feelings may feel challenging to access but today is all about **giving yourself permission** to have and experience your most desired feelings, **whenever** you wish.

When was the last time...

Someone asked you how you WANT to FEEL?
You asked **yourself** that?
You made a decision **based on how you want to feel.**
(e.g. in your work/business, with clients, with your team, with family)?



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Take a moment to feel into the following positive emotions (feel free to add any of your own!):

- [ ] Joy
- [ ] Curiosity
- [ ] Serenity
- [ ] Hope
- [ ] Gratitude
- [ ] Kindness
- [ ] Surprise (the pleasant kind)
- [ ] Cheerfulness
- [ ] Confidence
- [ ] Admiration
- [ ] Funny
- [ ] Comfort
- [ ] Enthusiasm
- [ ] Euphoria
- [ ] Satisfaction
- [ ] Pride
- [ ] Contentment
- [ ] Inspiration
- [ ] Amusement
- [ ] Enjoyment
- [ ] Awe
- [ ] LOVE
- [ ] Sexy
- [ ] Fulfillment

Step 1:

Go through the list and mark each one using the 1-10 scale as an indication of how much you feel each the MAJORITY of the time. Example: You would rank "Gratitude" a 10 if you feel this most of your day, every day, or you would rank "Satisfaction" a 3 if you rarely feel satisfaction in your daily life.

Don't worry about getting this "right". You may feel a 10 for Satisfaction in one area of your life yet a 1 in another area of your life. That's okay. You are ranking how you feel **most** of the time throughout **most** of your days, overall, across all areas – basically the average. This is simply to bring awareness to where you are in your present life.

Important Note: Please, try not to judge or shame yourself in this process.

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Step 2:

Now go through the list again below and choose the **TOP 5 Core Desired Feelings you NEED <u>every</u> day to feel happy and content.** The intention behind having you choose your TOP 5 is to highlight and notice what rises to the top as being ESSENTIAL for you. For example, "Surprise" may not be essential to you feel **most of the time**.

- ☐ Joy
- ☐ Curiosity
- ☐ Serenity
- ☐ Hope
- ☐ Gratitude
- ☐ Funny
- ☐ Enthusiasm
- ☐ Euphoria
- ☐ Satisfaction
- ☐ Pride
- ☐ Contentment
- ☐ Comfort
- ☐ Kindness
- ☐ Surprise (pleasant)
- ☐ Cheerfulness
- ☐ Confidence
- ☐ Admiration
- ☐ Sexy
- ☐ Inspiration
- ☐ Amusement
- ☐ Enjoyment
- ☐ Awe
- ☐ LOVE
- ☐ Fulfillment

Step 3:

Using post-it notes, index cards or paper you cut into squares, write each of your core desired feelings in present tense. Here are a few examples:



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You are setting a powerful intention *as if it has already* happened. Allowing yourself to feel these feelings now **regardless of your present circumstances** will go a long way toward reIGNITING your SPARK. We can always find something to feel good about. If writing it in present tense is too far fetched for you, try something like, "I am *growing toward* feeling immense satisfaction in my work!"

Step 4:

Tape or post your 5 pieces of paper on your laptop, wall, car dashboard, bathroom mirror. Make sure they are visible and in front of you throughout your day. When you read them, take a moment to FEEL into the feeling. Try reading them out loud every day, especially in the morning. As nutty as that may seem, give it a try! Take notice of what begins to happen in your life as you state your intentions and desires consistently and repeatedly.

Knowing your core desired feelings will help you make better decisions – ones that are more aligned to who you are, who you want to be and the kind of life experience you want to have. They are the perfect guidepost to understanding what you need to feel ALIVE, and you can come to accept this about yourself without ANY apology or shame. You get to feel GOOD my Love. May you allow that, and more often.

May I?

Please allow me to give you FULL permission to not feel a lick of guilt about wanting more, feeling more, having more. When you feel alive, good, happy – you are GIVING a gift to everyone around you! You become a beacon of light and a warm, safe, happy place, for others to land.

Great job gorgeous!

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YOUR ACTION STEP FOR THE DAY

Take a photo of your post-it notes or papers with your TOP 5 core desired feelings and POST the image in the She's Unstoppable Facebook Group with confirmation you have completed this! Way to go!

Reminder: If you are sharing and inviting your friends into the challenge (please do!), send them to the sign up page: https://wendycollier.com/sparkyoursoulfuel and if it's on social media be sure to use the hash tag #sparkyoursoulfuelchallenge to get credit for; being awesome and prize eligibility. It's not too late for them to join! Replays are available for a limited time.

You Rock!

You are getting SPARKED my friend. It's happening. :)

Credit goes to Danielle LaPorte for the concept of Core Desired Feelings.

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