



**Part I: Find, nurture, and live your SPARK!**

*“You have to find what sparks a light in you so that you in your own way can illuminate the world.”*

*— Oprah Winfrey*

What gets you up in the morning eager to take on the day?	What gives you joy and energy?	What is that thing in your life that gives you hope and purpose?

What themes arise in your answers above? \_\_\_\_\_

My SPARK is: (write a word, story, or poem, or draw a picture)



## **Part II: Living your SPARK!**

What is your spark?

Did it/does it change over time?

How do you express it?

Who knows about it?

What gets in the way of you sharing your spark?

How can others help you grow and live your spark?

Details at [learningtogive.org](http://learningtogive.org)