



“If you have anything really valuable to contribute to the world, it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every other living creature.”

- Bruce Barton

A friend and colleague of mine, Doug Mendenhall noticed while working in New York City that in the midst of the moving masses, some people had “it” and others didn’t. He approached people who exuded that unmistakable, noticeable something extra and asked them why they had “spark”. Their eyes were bright, their stride energized, and their energy palpable. His book was the result of this curious inquiry and every day people’s answers. (<http://www.getspark.net/>)

Like Doug, if you interviewed people in your city or in your workplace, you would find that many things account for “spark”. A clear purpose, a zest for learning, a passion for life and work; a willingness to embrace change are just a few. It’s essential to ask ourselves “Would someone notice my spark on the street, in a meeting, out about doing my day”?

Honestly, our “spark” can quickly be extinguished at times from the every day stresses and disappointments we all face. But to continue moving towards our goals and dreams, learning how to reignite that spark is essential. One of the best ways to reignite your flame is to ask yourself “what makes me come alive?” “What fans the flame within me?” And then, whether it’s whacking a golf ball, hiking a trail, baking a cake or digging in the dirt to allow the time and space to light the fire.

Ideas for Insight and Action

Week 1 - What makes you come alive, energizing the flame within? How can you incorporate this into each and every day?



The Howells Group, Inc.

Bringing Business to Life

Week 2 - Identify the things that drown the spark and drain your energy. How could you eliminate at least some of these factors from your life?

Week 3 - List six of your most unique qualities. (No false modesty here!) How do these unique qualities give you a “spark” that contributes to the world?

Week 4 - Who consistently energizes you in your life? Find a way to regularly connect with those who enliven you!