

CHANGE YOUR

CHANGE YOUR LIFE

21 WAYS TO CHANGE YOUR LIFE

DIANA KIRSCHNER, PhD

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FEBRUARY 2017

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Deb Wilber, MBA


Coach • Author • Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

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Deb Wilber

ROMANCE SPARK!

Whether you embrace Valentine's Day or avoid it, be your own Valentine this year and SPARK romance with yourself! Too soon after the holiday rush but before February arrives, the stores are filled with Valentine's cards, flowers and chocolates. Not to mention the jewelry advertisements. It's not a fun time of year for those without a Valentine.

SPARK is a reusable acronym for me. It started with the name of my coaching practice and then how I work with clients. It was reinvented for the holidays as Holiday SPARK, so let's reinvent it for Valentine's Day as Romance SPARK! Here we go...

S is for Self-Care. What are you doing for yourself to take care of you and your well-being? When you feel good, you look good, so take care of you. Are you up to date on your wellness? Have you scheduled your annual exams? Are you scheduling "me time"? Time to read a book, take a bath, get a massage, go for a walk, take a yoga class, etc.

P is for Positive Body Image. We can feel great but still look in the mirror and see the extra Christmas cookies on our hips. It's important for all of us to have a positive body image for our own well-being and to set a positive example for the younger generations. They take their cues from us. Do yourself, and those around you, a favor and fall in love with your body (including the Christmas cookie hips!). You will feel better and set a positive example!

A is for Awareness (of all the love that surrounds you). Many people are lonely through the holidays including on Valentine's Day and that is understandable if they are not in a relationship, have lost their loved ones or live far away from their friends and family. Love surrounds us every day and we may not see it. Take a minute and think of all the special people in your life. Soak in the love and caring you feel when you think of them. And send the love back. Increase your awareness of love and you will feel more of it.

R is for Respect. Love begins with self-respect, the pride and confidence in oneself; the feeling that you are behaving with honor and dignity. Are you respecting yourself? Setting the proper boundaries in your relationships? Are you respectful of others? Take a minute and reflect. Act with respect.

K is for Kiss. Romance defines the kiss. If you are celebrating you this Valentines, give yourself a kiss! In the mirror, on your hand, etc. Blow a kiss to the Universe. After all, it is Valentines season, so seal it with a kiss!

Go ahead and SPARK romance with yourself and those around you this month and always. Treat yourself to flowers, or lunch with a friend or time alone. You deserve it!

Wishing you peace, love and sparks of romance!

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