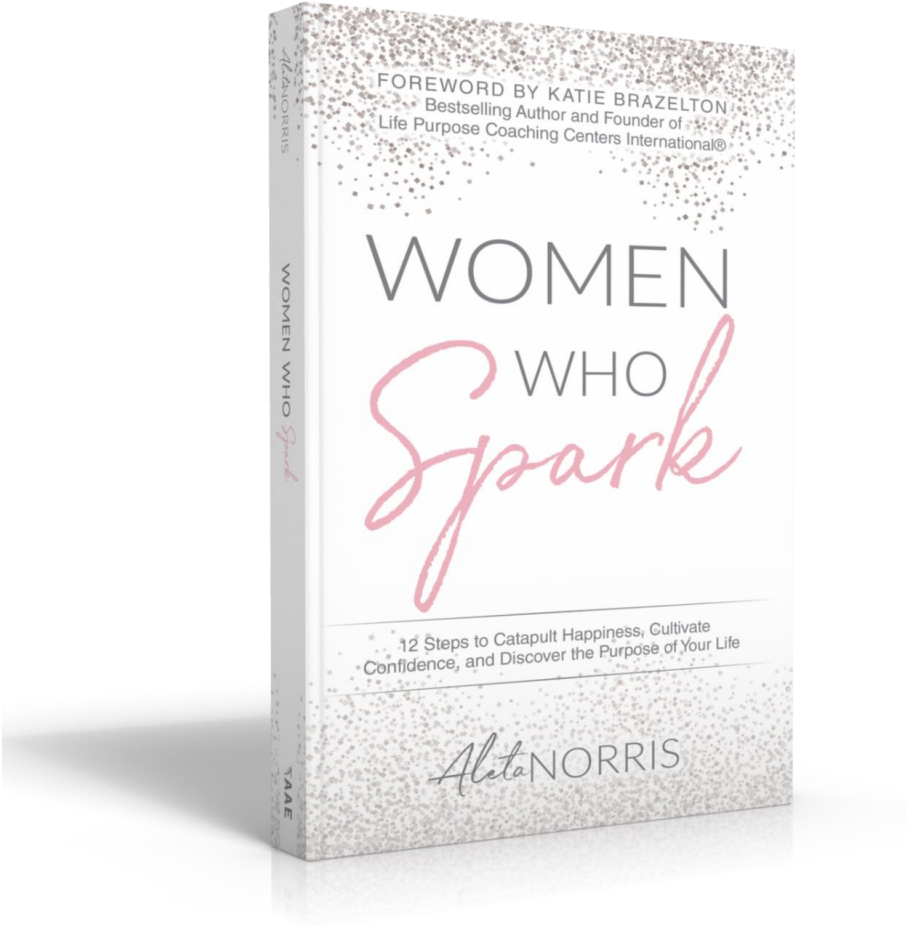


**WOMEN WHO SPARK: 12 Steps to Catapult Happiness,
Cultivate Confidence and Discover the Purpose of Your Life**

BOOK EXERCISES



Hello Friend!

Hi, and thank you for reading my book!

I get it. You may not be a 'write in your book' kind of gal.

That's why I decided to put together this handy dandy collection of worksheets, straight from the book.

I hope you find the journey enlightening.

If you'd like a deeper dive with some accountability, Women Who Spark Boot Camp might be a fantastic journey to consider. I'm so excited by every woman who joins me in boot camp! AND, I'm excited by you, too. By the way.

Back to Boot Camp: If you'd like a deeper dive with some accountability, Women Who Spark Boot Camp might be a fantastic journey to consider. I love every woman who joins me there! You can learn more at www.aletanorris.com/shop/boot-camp

Enjoy your 12 steps to catapult your happiness, cultivate your confidence and discover the purpose of your life.

XOXO

Aleta

Get To Know Yourself: Your Self-Perception

Reflect

Starting with your own self-perception, name three to five words you would use to describe yourself when things are going well and you are at your best.

1. _____

2. _____

3. _____

4. _____

5. _____

Now, write down three to five words others might use to describe you when you are stressed or frustrated. It may help if you reflect on some recent frustrating moments with family members, co-workers, friends or children.

1. _____

2. _____

3. _____

4. _____

5. _____

Rude	Considerate	Selfish	Thankful	Grumpy	Joyful
Impatient	Patient	Ungrateful	Grateful	Disorganized	Organized
Angry	Pleasant	Blame Oriented	Gracious	Reliable	Unreliable
Emotional	Calm	Unpleasant	Pleasant	Hard Working	Lazy
Interruptive	Good Listener	Critical	Affirming	Immature	Mature
Gossipy	Not Gossipy	Aloof	Welcoming	Unkind	Kind
Judgmental	Non-Judgmental	Defend Your Actions	Own Your Actions	Dishonest	Honest
Loud	Quiet	Discouraging	Motivating	Messy	Neat
Critical	Encouraging	Chaotic	Poised	Sulky	Joyful
Moody	Even Tempered	Apathetic	Caring	Aggressive	Assertive
Sad	Happy	Arrogant	Humble	Unhelpful	Helpful

1. What two or three words are you most happy about?

2. What two or three not-so-admirable behaviors or characteristics would you like to work on?

Get To Know Yourself: Your Impact on Others

Simple Above-The-Line Behaviors:

- Say “good morning” to people with a smile.
- Greet people by name.
- Even when the checkout person does not greet you with a smile, greet him or her with a smile.
- When the server forgets your water, you might say, “Just a friendly reminder to bring me some water when you have a chance.”
- If someone is frustrated with you because you dropped the ball on something, you can affirm their “rightness” with a comment like, “You are right, and I’m so sorry. Here is what I can do.”
- If you’re not a morning person, you still say “good morning” to your family or co-workers with a smile.
- If someone is angry toward you, you remain calm.
- If someone is not smiling at you, you might ask, “Is everything okay?” Or, you might simply smile at them.
- If someone in line behind you has only one item, you let them go ahead of you.

Simple Below-The-Line Behaviors

- You do not say “good morning” to people.
- You do not greet people by name. (This is a missed opportunity to make someone feel valued.)
- You may say to a gloomy cashier, “Well, you sure must be having a bad day.” (and you know it, right...this one is accompanied by an edge of attitude.)
- “Excuse me, my water please?” (Also, with some attitude.)
- If someone calls you out, you defend yourself rather than own the problem.
- If you’re not a morning person, you’re grumpy and proclaim (grumpily), “I’m not a morning person.”
- If someone is angry toward you, you respond in anger.
- If someone is not smiling, you ask, “What’s your problem?”
- If someone in line behind you has only one item, you pretend like you didn’t notice.

You could look at this as “The Brand of You.” How do you want to complete the sentence below?

I am someone who is _____.

Get To Know Yourself: A General Look Back

Your Pain Points – check the ones that apply to you.

The work you are doing in this early phase of boot camp will influence planning work you do in the later phase. For now, you are heightening your awareness.

- Are you paralyzed by past experiences?
- Did you struggle as a child to receive approval from at least one parent?
- Did you have a sibling who was the favorite?
- Have you made decisions that you regret?
- Do you sometimes feel hopeless and helpless because you are not where you want to be?
- Are you discouraged that you don't make enough money or that you haven't saved enough money?
- Are you upset with yourself for getting out of shape?
- Is a mean comment from years and years ago still stuck in your brain?
- Are you struggling to forgive yourself for something you've done? Or is there something you didn't do?
- Are you mad at yourself for choosing a profession you find unfulfilling?
- Are you disappointed because your career has been impacted by things outside of your control?
- Are you kicking yourself because you spent your money having fun along the way and now have to continue working as some of your friends are moving into retirement?
- Have past relationships derailed you?
- Do you regret not making amends with a loved one before he or she died?
- Do you wish you had finished college?
- Are you upset with yourself for wasting away your childhood? Twenties? Thirties? ANY years?"

How have pain points affected your thoughts?

Almost all women I know have encountered tough circumstances in their pasts. Those difficult times can affect your thinking and fill you with self-doubt, low self-esteem, and self-limiting beliefs.

Do you struggle with any of the thoughts below?

- I'm not pretty enough.
- I'm not smart enough.
- I'm not talented enough.
- I'm not thin enough.
- I'll never have a job I love.
- I don't have any friends.
- I'm not likable.
- I'll never amount to anything.

-

-

How many of these beliefs are tied to what other people have done or said to you?

Get To Know Yourself: A General Look Back (cont)

For each decade noted below, jot down one to three ideas that come to mind for 'above the line' and 'below the line' experiences. Also consider comments from others that have stuck with you.

Your early childhood:

↑

↓

Your teenage years:

↑

↓

Your Twenties:

↑

↓

Your Thirties:

↑

↓

Your Forties:

↑

↓

Your Fifties:

↑

↓

Answer the reflection questions on the next page.

Get To Know Yourself: A General Look Back (cont)

Reflection Questions

You don't have to answer all of the questions below. Choose the ones that readily resonate with you.

1. What did you discover about yourself as you looked back?
2. What have you been reminded of?
3. Do you have some validation for why you are primarily a joyful person?
4. Or perhaps, do you have some validation for why you are struggling?
5. Have you had a mostly good life, or have you had your fair share of challenges?
6. Where do you want to go from here?
7. What and who do you need to find peace with?

8. Who do you need to have a conversation with?

9. What wisdom gleaned can you leverage for the future?

10. Where will you take initiative? How will you change your thinking?

11. What will you let go of?

Your Roles and Responsibilities: Complete the Women Who Spark Life Assessment

- Complete the *Women Who Spark Life Assessment*.

You can find this at www.aletanorris.com/shop/women-who-spark-life-assessment/

Or to make it easy, go to www.aletanorris.com/shop. Scroll down toward the bottom of the Shop page and click on the assessment.

As you complete this Life Assessment, I hope your look back over the last several lessons will help you more accurately assess where you're at today.

Review Your Year

I encourage you to carve out about 30 minutes to complete this section. You are welcome to write in your book or you can note this in a journal. If any of these areas of life that I've selected are not relevant, you can skip them.

This is your opportunity to take a broad look at your life. Identify and celebrate the areas where you're happy, fulfilled and doing well. Also make sure you find areas where you're struggling and need to take a better approach.

For each of the 10 areas, you will answer three questions:

1. What is going well for you in this area of your life?
2. What is not going as well as you would like?
3. On a scale of 1 – 3, what satisfaction score would you give this area of your life?
 - a. 3 = I'm very happy with this area of my life
 - b. 2 = I'm happy enough
 - c. 1 = I'm not very happy about this area of my life

As in the previous exercise, try to not overthink this. You can quickly jot down a satisfaction score followed by a few things that easily come to mind.

If you're struggling to complete this exercise, try the following strategies:

- Tackle one section per day until you've gone through all of them.
- Instead of being tied to the pages of this book, treat yourself to a pretty, lovely, inspiring journal. I don't know about you, but I'm inspired when my writing supplies are beautiful.
- Do this work in a different format. Visit aletanorris.com/shop to explore your options.

YOUR RELATIONSHIP WITH YOUR SPOUSE OR SIGNIFICANT OTHER	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

FAMILY (immediate or extended)	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

FRIENDSHIPS	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

HEALTH AND FITNESS	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

SPIRITUALITY, JOY, PEACE, CONTENTMENT	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

HOME AND SPACE	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

HOBBIES AND INTERESTS	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

FINANCES	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

WORK AND PROFESSIONAL LIFE	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

MOM ROLE	Satisfaction:
What is going well for you in this area of your life?	
What is not going as well as you would like?	

Summary of the year:

What are the three areas that are going the best for you?

- 1.
- 2.
- 3.

What are the three areas that are most disappointing for you?

- 1.
- 2.
- 3.

What are three areas you feel most committed to focusing on in the coming year?

- 1.
- 2.
- 3.

Priority Area #1: _____

-
-
-

Priority Area #2: _____

-
-
-

Priority Area #3: _____

-
-
-

Find Your Sparks: A General Look at Happiness

Which of the items below are on your current “I’ll be happy when” list?

- I’ll be happy *when* I meet my special person.
- I’ll be happy *when* I get married.
- I’ll be happy *when* we buy a house.
- I’ll be happy *when* I have a baby.
- I’ll be happy *when* we buy a bigger house.
- I’ll be happy *when* I get a job I like.
- I’ll be happy *when* the kids are in school.
- I’ll be happy *when* the kids are grown up.
- I’ll be happy *when* I can buy the car of my dreams.
- I’ll be happy *when* I retire.
- I’ll be happy *when* my debt is paid off.
- I’ll be happy *when* I lose weight.
- I’ll be happy *when* I can take my dream vacation.
- I’ll be happy *when* _____
- I’ll be happy *when* _____
- I’ll be happy *when* _____

Are you an “I’ll be happy when” woman? Are you missing the present as you focus on what could be better in the future?

Find Your Sparks: Your "Ordinary Day" Happiness

Your Ordinary-Day Happiness Checklist

One of the ways we can break out of the "I'll be happy when" habit is to get really intentional about 'ordinary day' happiness.

Check the things below that could contribute to your happiness, especially if you give them the credit they deserve. Then add your own!

- | | |
|---|--|
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Watching sports |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Participating in sports |
| <input type="checkbox"/> Flowers | <input type="checkbox"/> Watching your kids play sports |
| <input type="checkbox"/> A hug | <input type="checkbox"/> Eating your favorite ice cream |
| <input type="checkbox"/> Volunteering | <input type="checkbox"/> Cuddling up with a good book |
| <input type="checkbox"/> Being kind | <input type="checkbox"/> Sleeping in on a Saturday morning |
| <input type="checkbox"/> Success at Work | <input type="checkbox"/> Sitting in front of a fire |
| <input type="checkbox"/> The smell of fresh-cut grass | <input type="checkbox"/> Going to bed with the sound of rain on the roof |
| <input type="checkbox"/> Dinner with friends | <input type="checkbox"/> Walking in a snowstorm |
| <input type="checkbox"/> Laughing | <input type="checkbox"/> Laying in the sun |
| <input type="checkbox"/> Playing music | <input type="checkbox"/> Enjoying a nice glass of wine |
| <input type="checkbox"/> Chocolate | <input type="checkbox"/> Binge watching a really great TV series |
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Going to see a movie |
| <input type="checkbox"/> A morning cup of coffee | <input type="checkbox"/> Putting on your comfy clothes |
| <input type="checkbox"/> A great cup of chai tea | <input type="checkbox"/> Taking a tropical vacation in February |
| <input type="checkbox"/> Time with your pet | |

Add some of your own:

- _____
- _____
- _____

Module 3: Lesson 11

Let's talk about you:

1. What disappointments have you dealt with in your life?
2. What happened in your childhood that you have had difficulty letting go of or that is still adversely affecting your happiness and contentment?
3. In what ways have these disappointments shaped who you are today?
4. How have you benefitted by your disappointments?

Women I've coached over the years have shared disappointments in plenty of areas. Perhaps you can relate to some of these in your own life:

- I am disappointed I did not save more money.
- I am disappointed by how much weight I've gained.
- I am disappointed my adult kids are not independent.
- I am disappointed my husband and I do not have things in common.
- I'm disappointed my kids don't visit more.
- I am disappointed I do not have any hobbies or interests of my own.
- I am disappointed I don't love my job.
- I am disappointed I gave up my career to stay home with the kids.
- I am disappointed I was unable to have kids.
- I am disappointed my health is not better.
- I am disappointed I didn't stay in touch with friends.

Make Your Day Great

What things are you doing to make yourself feel happy, calm, and centered?

Below is a list to get you started. Put a checkmark by the things you currently do—or things you'd like to do—to make your life better.

- Wake up 30 minutes early and have quiet time before your family starts to wake up.
- Work out in the morning.
- Drink plenty of water during the day.
- Watch a favorite TV show with your spouse or significant other two or three times a week.
- Walk 30 minutes every day.
- Sit by the fireplace with a good book.
- Keep a gratitude journal.
- Meet a friend for dinner.
- Host a gathering.
- Keep your home neat and tidy.
- Take time to relax
- Schedule a weekly date night with your spouse or significant other.

In what ways are you robbing yourself of happiness, calmness and a sense of being centered?

Below is a list to get you started.

- I don't sleep enough.
- I spend too much time surfing social media.
- I compare myself to others.
- I don't drink enough water.
- I drink too much wine.
- I eat too much sugar.
- I have so many clothes in my closet that I'm overwhelmed.
- I yell at my kids every day.
- I don't take time to exercise.
- I can't drag myself out of bed in the morning.
- Magazines and newspapers are piling up around me.
- I drink too much coffee.
- I spend money foolishly.
- I talk about my friends behind their back.
- I think about what's wrong with me rather than what's right.

Discover Your Bigger Purpose: What Lights You Up?

Time to reflect

Taking into consideration your own brainstorming from Lesson 17, combined with feedback you're received from others, bring it all together. Are you starting to pick up clues for your passions and purpose in life.

1. What brings you joy? What lights you up?
2. If you could do anything with your time, what are the things you would choose to do?
3. Who is doing something that you would love to do? What is she doing?
4. What are some of the seeds planted in your life over the years? Draw upon some of the ideas from the previous page.

Discover Your Bigger Purpose: Your List of Fear Things

What are you currently trying to survive?

- I have to pay for my own college.
- I have to save for retirement.
- I lost my job.
- I am going through an unwanted divorce.
- I have to take on a new responsibility at work.
- I've been given a big project.
- The roof is leaking.
- I haven't met my life partner.
- I am battling an illness.
- I have an unexpected car repair bill.
- I have too much on my plate.
- I'm starting a new job.
- I'm in a bad relationship.
- I don't have energy.
- I've gained ten pounds.

How many situations like these have you encountered in your life?

Did you figure it out? Did you resolve it?

If it couldn't be resolved, did you learn to accept it?

Do you have any reason to suggest you will not be able to figure out more situations that emerge?

Discover Your Bigger Purpose: Your Ideas to Overcome Fear

Progress helps eliminate fear.

Choose one item on the list from the previous page, and answer the questions below:

1. What can you research and learn more about?
2. What one new thing can you try related to this item?
3. What self-talk will you get a handle on? Think about the recurring things you're telling yourself.
4. Where can you incorporate positive affirmations into your life to replace your ruminations of fear?
 - I am grateful for my life.
 - I am excited about the passions and purpose I am dreaming about now.
 - I can achieve whatever I set out to achieve.
 - I can figure it out.
 - It won't always be like this.
 - I am a good person.
 - I may be sad right now, but I'll be happy again. I just need some time.
 - It's okay if some bad things co-exist with the good things I have.
 - I am not alone in my struggles.
 - I can take one step today toward my dream.
 - Life is not perfect.
 - No one owes me anything.
 - I can be a Daymaker.
5. BREATHE: When you're feeling afraid, anxious, or maybe even panicky, STOP. Focus on your breathing. Count to five as you inhale. Then exhale as you count to nine. Repeat this several times. Then ask yourself, "Am I okay right now?"

Go Get Your Sparks: Your Operations Plan

During Step Nine: *Discover Your Purpose and Passion*, you answered some questions about what brings you joy. What you would do if you could do anything with your time? What do you admire in others? What has been whispering to you?

Are you ready to tackle your special project? What is it? Or, perhaps you've already started pursuing a meaningful purpose or passion. Are you ready to take it to another level?

1. On the "operations" side of your life, which one or two areas do you want to focus on?

2. What purpose or passion would you like to advance?

Notes:

NOTES

NOTES

CONGRATULATIONS! NICE WORK.
Consider joining the [Women Who Spark Tribe](#) on Facebook.