



# Find Your Spark

Helping mums find their spark so they feel fulfilled at home and work, doing what lights them up..

*Katy Smith coaching*

Hi

Thank you for subscribing to my 5 daily activities helping you to take the **FIRST STEPS** to a more happy, joyful and fulfilled life **by** reconnecting to the things that **really LIGHT** you up!

Each day for **5 days** you will receive one bite-sized video where I'll be sharing with you tips from my [signature coaching experience](#) which have helped many mums.

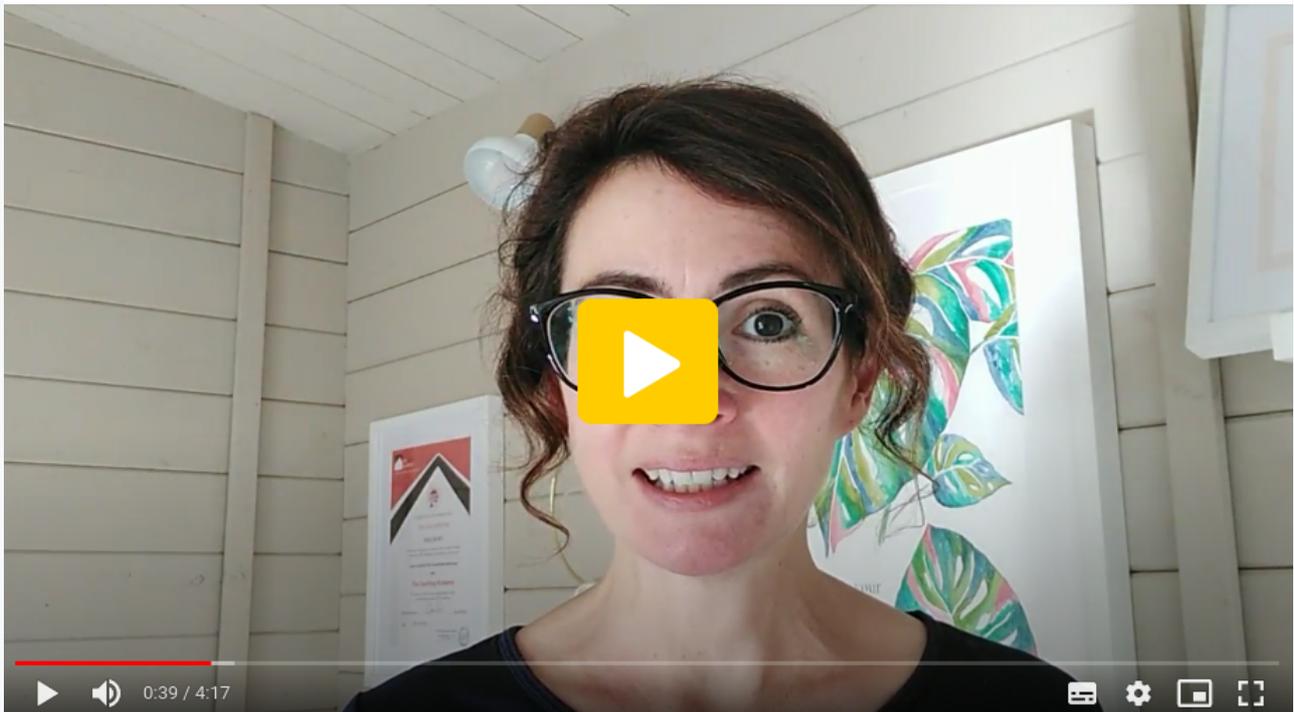
I call it '**Find Your Spark**' reconnecting to what lights you up so you can have a rewarding career **and** a fulfilled family life' .

I know that when many mums go through this process, i'm about to share with you, they understand themselves better, put their needs first and find more happiness and joy in life.

The first video is about taking stock of where you are now and how satisfied you are with your life in 8 different areas.

I strongly suggest you allow at least 20 minutes quiet time to ponder the questions I ask you and pause the video when you need to.

I also recommend dedicating a special notebook to the 5 days to record all of your insights , so that you can come back and reflect on this once you have completed all 5 steps.



If you liked this video then watch out for Step 2 "of reconnecting with the things that light you up".

**But if you prefer to dive in and watch them in one go you can do that here: [my 5 daily activities](#)** "to help you reflect and reconnect with what's important to you in life so that you can take the first steps to leading a happy balanced and fulfilled future".

With warmest regards,

Katy x

*Certified Personal Performance Coach | Accredited Personality Profiler (DISC)*

**Katy Smith Coaching**

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