

SPARK 360/5™ – Participant Reflection Guide

A quiet, guided pause

How to Use This Time

This is not a workshop.

This is not goal setting.

Nothing needs to be fixed.

- Bring a notebook or use this document
- You will journal more than you listen
- There is no right way to do this
- Numbers are information, not judgment

Two simple ideas guide this experience:

Fulfillment is the result of what you have been investing.

TEAM is the input you get to choose going forward.

TEAM = **Time • Energy • Attention • Money**

In each area, choose **one simple, easy step**.

The Mountain Lens

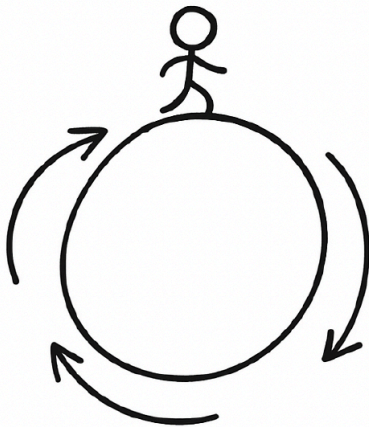
You are on a mountain.

Some parts of this year were uphill.

Some parts leveled out.

Some parts were foggy.

Where you are is information, not a verdict.



*I can almost see it
That dream I'm dreaming
But there's a voice inside my head saying
You'll never reach it*

*Every step I'm taking
Every move I make feels
Lost with no direction
My faith is shaking*

*But I, I gotta keep trying
Gotta keep my head held high*

*There's always gonna be another mountain
I'm always gonna wanna make it move
Always gonna be an uphill battle
Sometimes I'm gonna have to lose
Ain't about how fast I get there
Ain't about what's waiting on the other side
It's the climb*

*The struggles I'm facing
The chances I'm taking
Sometimes might knock me down, but
No, I'm not breaking*

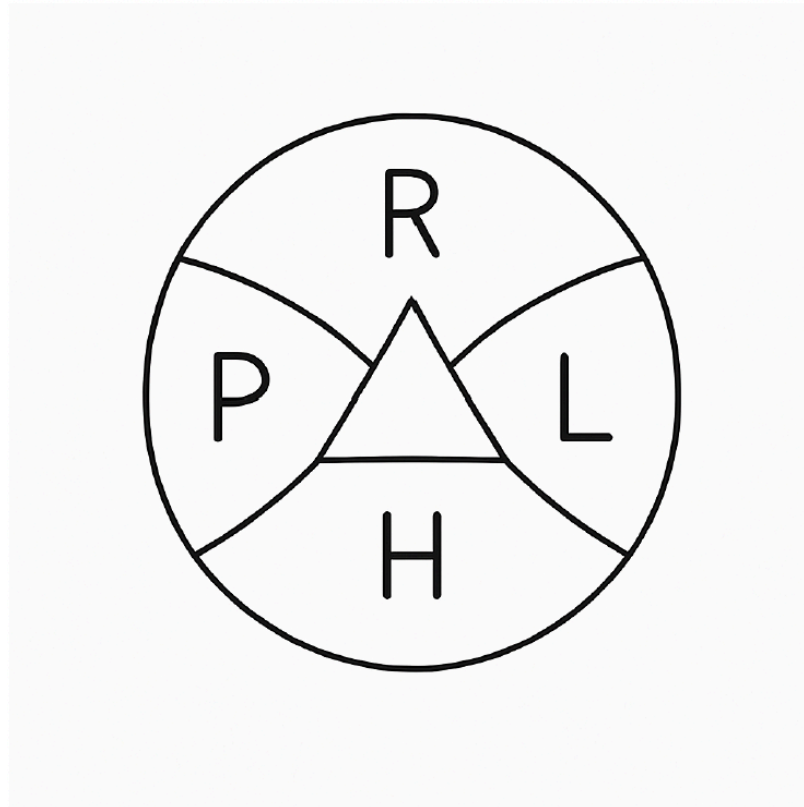
*I may not know it
But these are the moments, that
I'm gonna remember most, yeah
Just gotta keep going*

*And I, I gotta be strong
Just keep pushing on, 'cause*

*There's always gonna be another mountain
I'm always gonna wanna make it move
Always gonna be an uphill battle
Sometimes I'm gonna have to lose
Ain't about how fast I get there
Ain't about what's waiting on the other side
It's the climb*

"The Climb" by Miley Cyrus

The Wheel (A Snapshot in Time)



For each area, follow the same rhythm:

1. Measure fulfillment (0–10, first honest number)
 2. Celebrate any evidence from this year
 3. Choose one simple TEAM investment
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- N/A is a valid response
 - Focus on what your intuition leads you to
 - You are not required to do anything for any step
 - Low numbers are information.
 - High numbers show what is already working.

HEALTH (Foundation)

Physical Health

Measure – Fulfillment (0–10): _____

Celebrate – What supported your body this year?

Choose – One simple TEAM investment

Mental Health

Measure – Fulfillment (0–10): _____

Celebrate – What helped your mind stay steady or clear?

Choose – One simple TEAM investment

Spiritual Health

Measure – Fulfillment (0–10): _____

Celebrate – Where did you feel connected or grounded?

Choose – One simple TEAM investment

RELATIONSHIPS

Partner / Spouse

Measure – Fulfillment (0–10): _____

Celebrate – What felt supportive or meaningful?

Choose – One simple TEAM investment

Friends / Family

Measure – Fulfillment (0–10): _____

Celebrate – What moments or connections mattered?

Choose – One simple TEAM investment

Professional

Measure – Fulfillment (0–10): _____

Celebrate – What worked well in how you related or led?

Choose – One simple TEAM investment

PURPOSE

Work

Measure – Fulfillment (0–10): _____

Celebrate – What progress or alignment did you notice?

Choose – One simple TEAM investment

Play & Creativity

Measure – Fulfillment (0–10): _____

Celebrate – Where did curiosity or joy show up?

Choose – One simple TEAM investment

Service

Measure – Fulfillment (0–10): _____

Celebrate – Where did you express your purpose?

Choose – One simple TEAM investment

LEGACY

Wealth & Investing

Measure – Fulfillment (0–10): _____

Celebrate – What choices felt responsible or empowering?

Choose – One simple TEAM investment

Contribution / Wisdom / Impact

Measure – Fulfillment (0–10): _____

Celebrate – Where did you make future deposits into humanity?

Choose – One simple TEAM investment

Creative Expression

Measure – Fulfillment (0–10): _____

Celebrate – What did you create that brightens the world?

Choose – One simple TEAM investment

Integration

Look across what you wrote. No analysis required.

- What surprised you?
- What feels alive?
- What wants gentle care next?

One choice to carry forward:

Nothing needs to be acted on today. Awareness creates choice. Choice reshapes the wheel over time.

— Coach Reg