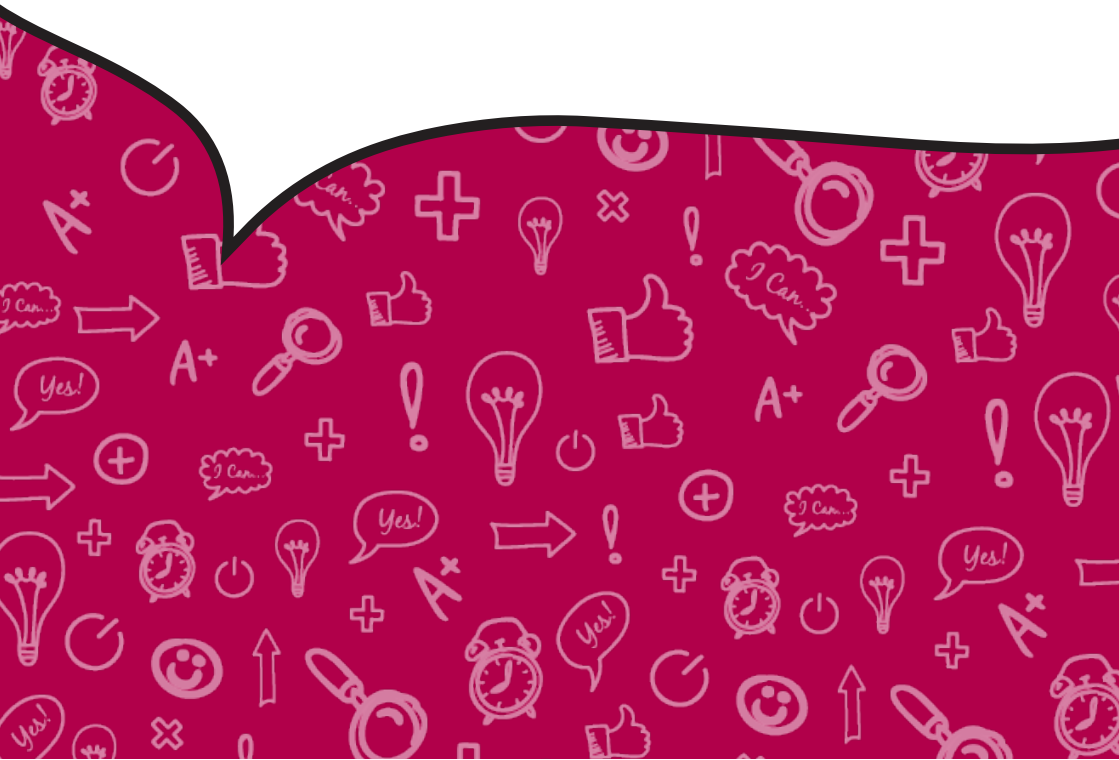


5 TIPS TO FINDING YOUR SPARK

THE POSITIVE THINKING GUIDE



5 TIPS TO FINDING YOUR SPARK THE POSITIVE THINKING GUIDE

This guide was designed to help **reframe your perception of life**, teaching you some **positive psychology** interventions based around the five **SPARK** keys to **positive living**.

S ELF BELIEF

Identify your strengths and believe in their value

P URPOSE

Find your purpose/flow and do it more often!

A PPRECIATE

Be grateful for what is going well in your life

R ELATE

Identify your valuable support system and nurture it

K INDNESS

Be kind and giving to others and you too will feel good!

TIP ONE

SELF BELIEF

The greatest problem we have with society is not the recession or cuts but the fact that we have too many people who are not aware of their talents and skills!

(Robinson, 2012)

A talent is something you are naturally good at from a young age. A skill is something you have learnt and have practiced over time.

List three talents & skills that spring to mind. Don't question it, just write it down.

- 1.
- 2.
- 3.

TIP TWO

PURPOSE

Flow is about intense concentration and being perfectly challenged. It's a concept proposed by positive psychologist Mihály Csíkszentmihályi.

Losing yourself in things you enjoy and are good at helps you to improve your mental wellbeing and makes you feel happy and in control. So to feel better it's simple, do something you enjoy and are good at!

So, what activity do you do that you enjoy so much it makes you forget about time, forget yourself, forget others and the outside world? Is it one of your talents and skills perhaps?

TIP THREE

APPRECIATE

People who are appreciative tend to be happier, healthier and more fulfilled. Being grateful can help people cope with stress and can even have a beneficial effect on heart rate.

This action is easy to do yet its benefits have been scientifically proven. In tests, people who tried it each night for just one week were happier and less depressed one month, three months and six months later.

Write down five things you are grateful for.

- 1) I am so happy and grateful for...
- 2) I am so happy and grateful for...
- 3) I am so happy and grateful for...
- 4) I am so happy and grateful for...
- 5) I am so happy and grateful for...

Now keep this up every night for a week to see how it makes you feel!

TIP FOUR

RELATE

Belonging to a collective who hold you accountable, encourage you and are your champions, has been found to be important as they provide security and help with stress.

1. Who supports you currently?
2. What relationships would you like to see in your future?
2. What qualities would these relationships have?

TIP FIVE KINDNESS

Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too.

Giving connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy.

So if you want to feel good, do good! Over the week, practice random acts of kindness such as offering your seat to an elderly person on the bus or buying someone a chocolate bar and see how it makes you feel.

**WE HOPE THIS GIVES YOU AN INSIGHT
INTO SOME PRACTICAL IDEAS FOR
HAPPIER LIVING.**

**IF YOU WOULD LIKE TO FIND OUT MORE,
PLEASE CONTACT US AS WE WOULD LOVE
TO HEAR FROM YOU!**

**FIND YOUR
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Raising Wellbeing & Aspiration in Young People

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