

A woman with long red hair, Wendy Collier, is shown from the waist up, wearing a light green, flowing dress. She is smiling and looking towards the camera. The background is a bright, sun-drenched forest with golden light filtering through the trees. In the bottom left corner of the image, there is a circular logo with the text "Wendy Collier" in a cursive font.

# SoulFUEL® Spark

## 7-DAY FREE CHALLENGE

With Wendy Collier

### DAY 3

#### CONNECT TO YOUR CORE DESIRES

Now that you called in your Vision on Day 2 (way to GO), today's lesson/assignment is about deeply connecting to your core desired feelings. Your core desires are an excellent compass to reIGNITE your Spark, reCLAIM your Spirit and remember who YOU are so you can get clear on your purpose, pivot or online offers. It all begins within.

The clearer we are about who we are and what is most important to us, the easier it is to decide what our next steps are.

These feelings may seem a bit difficult to access at the moment but today is all about giving yourself permission to have and experience your most desired feelings, every day.

## When was the last time...

Someone asked you how you WANT to FEEL?

You asked **yourself** that?

You made a decision **based on** how you want to feel.

(e.g. in your work/business, with clients, in relationships, with family)?



**Take a moment to feel into these positive emotions (feel free to add your own beneath them):**

Joy	Enthusiasm
Curiosity	Euphoria
Serenity	Satisfaction
Hope	Pride
Gratitude	Contentment
Kindness	Inspiration
Surprise (the pleasant kind)	Amusement
Cheerfulness	Enjoyment
Confidence	Awe
Admiration	LOVE
Funny	Sexy
Comfort	Fulfillment

**Step 1:** Go through the list and mark each one using the 1-10 scale as an indication of how much you feel each the MAJORITY of the time. Example: You would rank “Gratitude” a 10 if you feel this most of your day, every day, or you would rank “Satisfaction” a 3 if you rarely feel satisfaction in your daily life.

Don't worry about getting this “right”. You may feel a 10 for Satisfaction in one area of your life yet a 1 in another area of your life. That's okay. You are ranking how you feel **most** of the time throughout **most** of your days, overall, across all areas – basically the average. This is simply to bring awareness to where you are in your present life.

**Important Note:** Please, try not to judge or shame yourself in this process.



**Step 2:** Now go through the list again below and choose the **TOP 5 Core Desired Feelings you NEED every day to feel happy and content.** The intention behind having you choose your TOP 5 is simply to highlight what rises to the top as being **ESSENTIAL** for you. For example, “Surprise” may not be essential to you feel **most of the time.**

- |           |              |                     |             |
|-----------|--------------|---------------------|-------------|
| Joy       | Enthusiasm   | Kindness            | Inspiration |
| Curiosity | Euphoria     | Surprise (pleasant) | Amusement   |
| Serenity  | Satisfaction | Cheerfulness        | Enjoyment   |
| Hope      | Pride        | Confidence          | Awe         |
| Gratitude | Contentment  | Admiration          | LOVE        |
| Funny     | Comfort      | Sexy                | Fulfillment |

**Step 3:** Using post-it notes, index cards or paper you cut into squares, write each of your core desired feelings in present tense. Here are a few examples:





You are setting a powerful intention *as if it has already* happened. Allowing yourself to **feel these feelings now** **regardless of your present circumstances** will go a long way toward reIGNITING your SPARK. We can always find something to feel good about.

**Step 4:** Tape or post your 5 pieces of paper on your laptop, wall, bathroom mirror etc. Ensure they are visible and in front of you throughout your day. When you read them, take a moment to FEEL into them. Try reading them out loud every day, especially in the morning. As nutty as that may seem, give it a try! Take notice of what begins to happen in your life as you reinforce your intentions and desires consistently and repeatedly.

Knowing your core desired feelings can help you make better decisions – ones that are more aligned to who you are and who you want to be. They are the perfect guidepost to understanding what **you** need to feel ALIVE, and you can come to accept this about yourself without apology or shame.

**May I?** Please allow me to give you FULL permission to not feel a lick of guilt about wanting what you want. When you feel alive, good, happy – you are GIVING a gift to everyone around you!

Great job gorgeous!



## YOUR EMPOWERED ACTION FOR THE DAY

**Take a photo** of your post-it notes or papers with your TOP 5 core desired feelings and POST the image in our challenge Pop-Up Facebook Group with confirmation you have completed this! Way to go!

**Reminder:** If you are sharing and inviting your friends into the challenge, send them to the sign up page: [www.wendycollier.com/sparkchallenge](http://www.wendycollier.com/sparkchallenge) and if it's on social media be sure to use the hash tag #sparkchallenge to get credit for; being awesome and prize eligibility.

You Rock!  
You are getting SPARKED my friend.  
It's happening. :)

Credit goes to Danielle LaPorte for the concept of Core Desired Feelings.

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