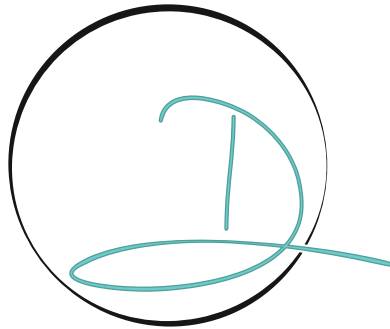


Dayna DelVal

A lit candle in the foreground with a sunset background. The candle is lit, and the flame is visible. The background shows a sunset with orange and yellow colors in the sky and a dark horizon line. The candle is the central focus of the image.

spark Start

Take the first step to discover what lights you up & begin your extraordinary path forward.



Spark Start

Welcome to the beginning of the
Discover Your Spark journey

By

Dayna DelVal

daynadelval.com | #extraordinary | #discoveryourspark

Welcome to this extraordinary journey of Spark Start!

I'm so excited you're here because that means you've already committed to the hardest step—the very first one!

Hooray!!!!

You already know a lot about me, so I won't go into the details of how this work came to be here (watch the video if you haven't yet), but I do want to say that I hope you're feeling excited, proud and ready to take this important step—the one that asks you to let your mind go (see why we start with a guided visualization?), ignore any judgment and jump in with both feet!

Your spark isn't out, and you *definitely* have one. You just need some prompting to find it again. That's the purpose of this Spark Start guide.

Go wherever your mind takes you. Don't worry about spelling or handwriting (if you've printed this off) or sounding silly. Just take a deep breath and write.

And as I used to tell my college English students, "If you don't have anything to write, literally write, 'I have nothing to say. I have nothing to say. I have nothing to say.' Eventually, your brain will kick in and say, 'Fine! Write this!' And you'll be off to the races."

It works every time. I promise it does.

Trust the process, and more importantly, enjoy it! When was the last time you let your mind wander in any meaningful way?

Rediscovering my Spark to draw has made my day-to-day life better, richer and more joy-filled in such a simple way. As has baking more bread, planting flower pots for our back yard, going for bike rides with Dr Marry and on and on. Those Sparks all came from getting quiet, thinking back to long ago, being curious about what I found interesting and trying new things out.

It's time to get started on finding what lights you up. Turn the page and let's get going, shall we?



My little girls, for small Spark inspiration.

Dayna

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(Start to) Discover Your Sparks

It can be hard (if not nearly impossible!) to work up the courage to go back and uncover the Sparks you had when you were little or to allow yourself to dream of Sparks you haven't identified...yet. They can feel silly or unrealistic, and we hesitate to say them out loud for fear of others' judgment.

Fear is a common obstacle...it can become a permanent companion eating away at confidence, ambition, relationships, and dreams.

— Stacey Abrams

Lead from the Outside

In this exercise, try to let judgment, yours or what you fear others will say, go. Use this free-writing opportunity to go where your mind and soul takes you. Some things you write down might surprise you; maybe you'll note something you haven't thought about in years/decades. Some things might be brand new ideas that come to you from seemingly nowhere. Others might be so big they seem ridiculous. For example, some of mine include:

Financial/Material: Fly only first class on flights longer than 3 hours.

Mental & Physical Health: Comfortably touch my toes with again. Meditate & journal daily.

Giving Back: Start the Del Val Foundation to support the arts, at risk women & children and under-represented entrepreneurs. I want the proceeds of all my NYT best-selling books to support it.

Career/Professional Calling: Build a Spark Empire to guide others to discover and pursue their extraordinary Sparks, including: workshops, courses, books, in person talks, a podcast, coaching, Spark experiences, a Netflix special and so much more.

Wild pursuits: Not so wild, but I want to take piano and drawing lessons to reactivate those Sparks.

There is no wrong way to do this; the point is simply to do it. Fill in any that strike your fancy and skip those that don't. But spend some time reflecting on why you skipped them. Are you ignoring a part of your life that needs attention? Do you have a dream (long held or new) you haven't even admitted to yourself? If not, leave them happily blank and focus on those that excite you. The most important point is to not edit yourself. Allow yourself to really get quiet, go back to your earliest memories and/or dream audaciously of something new.

Nothing has ever been achieved by the person who says, "It can't be done."
— Eleanor Roosevelt

My Sparks for...

Mental & Physical Health

Often, the truest test of what's interesting to you is to look at how you're spending time right now...It's valuable to notice what catches and holds your attention. If you're someone who's interested in a lot of things, that's fantastic.

— Dorie Clark
The Long Game

Financial/Material

Personal Development



Wild Pursuits



Career/Profession/Calling

A large grid of dots for writing notes on Career/Profession/Calling. The grid consists of 20 columns and 20 rows of small, light gray dots, providing a structured space for handwritten text.

Family/Personal Life

A large grid of dots for writing notes on Family/Personal Life. The grid consists of 20 columns and 20 rows of small, light gray dots, providing a structured space for handwritten text.

Giving Back

A large grid of small dots, approximately 20 columns wide and 25 rows high, intended for writing notes.

Anything else that is my *Heart's Desire*

A large grid of small dots, approximately 20 columns wide and 25 rows high, intended for writing notes.

Reflect on the Sparks you uncovered

Always be a first-rate version of yourself, instead of a second-rate version of somebody else.

— Judy Garland

In thinking about the various Sparks you put down, did anything strike something in you that you hadn't thought of before or for a very long time? Are there things you want to pursue further? Use the final page for more writing if you need it.

What are 1-2 actions you're committing to doing in the next 3 days to pursue at least one of these Sparks? Treat these like you would a piece of your "real" job. Add them to your calendar, post about them, set aside time to work on them, even if that's 5 minutes a day. The hardest step is the first one, and you've done that (wahoo!) Now it's time to take step two and take action.

This is just the beginning of your journey. There are Discover Your Spark weekend retreats and multi-week courses coming up in addition to the Sunday extraordinary newsletters, livestreams and social media posts.

Follow me on Facebook ([daynadelvalextremelyordinary](#)) | Instagram ([dayna_delval](#)) and LinkedIn ([daynadelval](#)). And if you have friends who you know would love this Spark Start experience, invite them to go through it, too.

Thanks so much for getting started on your Spark. Be well, and remember, you are *extraordinary!*

Illuminating Thoughts

