

Live Life With Spark

With Kris Deminick, [This Electrified Life](#)

Intro

Hi, I'm [Kris](#), internationally certified life coach, pilates, yin yoga and mindfulness instructor, and writer. But titles and accolades aside, my mission is pretty simple. To see you choosing and creating more joy in your life. To replace the burn out, the burdens, the stress and the struggle with SPARK. I'm so tired of seeing bold women play out bitter beliefs that they're not enough, destined to fail, or too late to change.

So in this 4 part video series I'm going to guide you not only to explore what sparks you but to actually prioritise it and DO more of it! This is part of the method I use with my 1:1 clients and in group workshops and it works. I've had clients rediscover lost passions, take action on courses or qualifications they've never done anything with, express themselves more fully, release creative work into the world, and live more playfully. I know first hand the power of reconnecting to our potent spark of creativity and I can't wait for you to feel it too. It's time to get out of your own way and into your own playground.

Before we go any further I just want to call out that word "creativity". If this immediately makes you think "oh I'm not creative, this isn't for me" Hold up. There is no such thing as non creative, I truly believe that. Just because you don't paint or sing does not mean there is a joy within you channeled by expressing yourself in some way. Proceed with curiosity and you will find it.

Each part of this training series has a short video lesson and an accompanying PDF download for you to complete. The four parts are best done in order but you can always come back to expand or redo a step.

Ready? Let's get your spark back.

Video 1

Welcome to video 1 in Living Life With Spark, I'm so happy to have you here and guide you to create more joy and have more fun! In order to live life with more spark, we need to know what ignites the spark within us right? I hear so many of my clients say they don't remember what lights them up, or sometimes they feel like they don't know at all. The truth is, we are just so consumed by our day-to-day duties, the expectations of others, and our own incessant thought processes that we simply cannot HEAR it. So this first part is about creating the space to reconnect.

We first need to remember that we are not defined only by our job, our kids, our family, our "role" in the social cogs. It's time to reconnect with all those other kick-ass parts of yourself. The parts you've forgotten in the pursuit of the perfect career, perfect family, perfect body or perfect success. This is the self expressive and creative side of you that makes you smile and sparks joy. Are you ready to meet her?

We're going to start by putting your creative curiosities onto paper using your PDF download. You'll find you have a blank page with space for your name in the middle. This is going to

become your spark map. In this exercise I'd like you to muse, explore, uncover, and rediscover what ignites a spark in you and write them all down. There are no limits. Notice if you are writing what you think you "should" write - if yoga is not your jam don't write it down! If the idea of learning an instrument or another language fills you with dread then you don't have to be on that bandwagon. On the other hand if you aren't including something because you don't believe you "could" do it I want you to be bold and write it down.

Our inner creative may be pulled to express themselves in ways that don't immediately make sense. Let go and allow yourself to flirt with any creative, playful, expressive idea that comes up. This will be both things you already do, but perhaps not often enough, and also things that peak your interest, that you've been curious to try, or daydream about doing one day. There are some guiding questions in your PDF download to help tease things out of you. You might like to keep this page out over the next few days to capture any ideas that come up as you go about your day, talk with friends, or see inspiration around you.

Once you've filled your page I'd like you to look at the things you've written down and write a few words to describe how they make you FEEL? What do they bring you or add to your life? I'm going to bet it's things like free, alive, vibrant, strong, calm, am I right? It's from these feelings that life takes an easy turn towards joy. You might like to take this a step further and turn your mindmap into a visual mood board of your spark, almost like a personal brand. This can be super fun and powerful to have a physical anchor into your spark.

Next we're going to figure out what is stopping you from DOING the things on your page, getting real with our resistance and our excuses, and commit to scheduling joy in your calendar I'd love to hear how this first exercise was for you, did anything surprise you? Head to the Smart Healthy Women Academy private Facebook group and let me know by tagging me @krisdeminick so I can fan the flames of your spark!

Video 2

Welcome back to part two of Live Life With Spark. In the last video we took the time to pay attention to what ignites us and sparks our curiosity. But I'm going to guess that it doesn't often get this type of attention? More often these things are pushed to the bottom of our priorities, deemed "too hard", or dismissed as "luxuries" that we'll enjoy "when we have more time". The problem is too hard and more time are two neverending excuses. It can never be easier without starting, and we cannot make time, we can only take it. So today we are taking responsibility for our priorities and getting honest with what is stopping us from choosing joy.

This is the part of the process where I'm asking you to be real and honest with yourself, and get out of your own way. Because at the end of the day you're the only person that can ignite the spark within you AND keep it lit. We're going to chat about three things that often trip us up - time, fear, and perfectionism or "not good enough" syndrome. All of these are acts of the ego, the part of our mind that likes 100% guarantees, control, and self preservation. Bless them, they are just trying to keep us safe, but eventually safe gets boring, dull, sometimes even miserable and I know you feel it else you wouldn't be here.

So, first TIME. One of the reasons we're so disconnected from ourselves and our spark is because we're bound to being in service to everyone else. The culture of busy has completely invaded our boundaries by demanding so much of us. Just think about how much stress we

take on about how quickly we respond to people, letting someone down, the bubbling panic when someone else wants something from us or unintentionally doing a less than top-quality job. It's so important that we take ownership back of our time and our boundaries to give us a chance to turn down the noise of everyone else to live with spark.

Next fear. Fear is one of the most common words I hear from clients. Fear of failure, of criticism, of change, of hard work, or sometimes even fear of our own success. Fear is a sign that something is important to you and you don't want the pain of not living up to that importance. But on the flip side, every time we allow fear to keep us rooted where we are, we're already not living up to that desire. So doing nothing is worse than having a go, even if the outcome isn't ideal. At least it's something to build upon. Of course there is a difference between fear for your safety and fear of discomfort. The difference is that life won't go down the toilet if you find yourself in the discomfort of not knowing exactly what is coming next.

Last "not good enough", the broken record of the mind for so many. "Not good enough" is the tagline of Perfectionism who holds you to a mythical projection of the future that you cannot control. It breeds self doubt because you are not there yet. So you beat yourself up, and feed the doubt constantly chasing a perfection that gets further and further away. But what you have is the present. Your joy, creative splendour and ALIVENess lives right here so choose it now. SO with all that in mind, it's time to download your PDF and explore what is stopping you from taking action on your list from the last video. There are some guiding questions and journal prompts for you to use and I encourage you to set aside some dedicated time to venture into this undisturbed. You might like to create a comfy space, light a candle, have a coffee or wine handy and actively create an environment to enjoy this process. It may bring up some resistance, some difficult truths or some new insights which are all GREAT! Be curious. Once you've done this, take some time and breathing space from it and then come back to the second part of your activity which is to turn all that insight into fuel to plan and prioritise moments of spark daily and monthly.

Head to the Smart Healthy Women Academy private Facebook group and share one insight you gained from this exercise and one plan you've committed to by tagging me @krisdeminick. I'll see you for the next video where we're going to step even further into the world you're creating by surrounding yourself with people and things that spark joy, think of it like stepping from black and white into the world of technicolour. I'll see you there!

Video 3

Welcome to part three electric one! After the deep exploration of our last video and your challenge to start changing your priorities, I hope you've started to spark more joy and are beginning to feel that buzz of doing more for you. But if not, that's OK, no beating yourself up around here! This video is a fun one to help you dig your heels in. We're going to stoke your spark to keep it lit and immerse you in it. So if you went well for a few days and then the wheels fell off, that's alright. If you still find it hard to put yourself first, keep going. Before we get to your next activity I want to touch on this idea of putting yourself first as I know some of you will be struggling with it. So I'm going out on a controversial limb and telling you to - Be a little selfish. The word selfish gets a lethal wrap. But "What if an ounce of the selfish that says "my wellbeing and joy are paramount right now" is sometimes needed?" **It doesn't mean**

you don't show consideration and compassion for others, rather it occupies the area in between selfish and selfless.

So, to step deeper into the beautiful playground of joy, creativity and self expression, you need your squad nearby. It's time to assemble your creative companions and surround yourself with the energy of those who inspire you. In the words of Lauren Hill "I need to be surrounded by people as passionate and as dedicated as I am."

There is a reason you feel heard, understood, uplifted and moved by creative self expression. It's because creativity comes from a place deeper than our material existence and our ego mind, and this place is where we connect with ourselves and with others. It gets us out of our heads and into our hearts. It ignites that feeling of shared ALIVENess and that is why I teach it as a crucial part of our wellbeing.

So who would you surround yourself with to feel the most ALIVE? They could be famous people or friends and personal contacts, both living or passed on. I want to know who your creative and soulful inspirations are? Who captivates you for their self expression? Who would you choose to have in your creative support group? For me David Bowie is one of my all time inspirations, and you can actually see a little tribute to him in the branding of This Electrified Life. He is a reminder to me of being fully self expressive without worrying what other people think. He is a reminder to me to embrace life and myself in all the quirks and imperfections.

So Download your PDF and start plugging yourself into the power grid of your connections.

Once you've written your list, you'll find some fun suggestions for bringing those people off the page and into your life for inspiration. I regularly listen to Bowie while having my morning coffee or cacao and have his portrait hanging behind me in my office.

Have a blast, meet your muses and tell me who you're choosing to spend time with over in the Smart Healthy Women Academy private Facebook group. Up next we're closing out this video training by getting PLAYFUL, I'll see you there!

Video 4

You made it! Welcome to the final video in the Live Life With Spark training series. I hope you are feeling like you're getting your spark back, and seeing the benefits of your creativity and expressive self. In this last video I'm asking you to go out of your comfort zone and return to a state of PLAY. This is a practice you can use again and again should you feel stuck or disconnected when the scales tip back into busy, overwhelmed, or uninspired - which WILL happen and that is OK. Wobbles are normal, our environment may change, our external world may change, our priorities may change, and heck you may even decide to change your mind - it is all OK. Simply choose to meet change with curiosity rather than chaos.

Play is so good for releasing overwhelm because it forces us to be present, release our ego, and come back to feelings of joy over end goals or achievements. I like to think of play as an instant circuit breaker to stuckness. And for those of you who may be cringing at the thought of play I'll bring you some scientific research to bring some seriousness to the silly.

Dr Stuart Brown of the National Institute for Play conducted neurological studies of the human brain, to find that "nothing lights up the brain like play". He found that regular play physically activates our brain to illicit a pleasure response which in turn fires stress fighting hormones, appreciation of the present moment, and a reset of sorts to our neural pathways. The way I see it is that our brains have become exclusive clubs reserved only for worry. Play or joy or creativity

knocks on the door and is turned away, we don't have time for that. But once we invited this lightness IN, we can begin to crowd the worry out.

The lightness and ability to explore and create changes the way we think and respond to what is going on around us. Studies show that regular play contributes to our resilience, optimism, creative thinking, self expression, problem solving, trusting relationships and stress regulation.

I've include a link to Dr Stuart Browns TED Talk on play in your PDF download for this video.

So if you've forgotten how to play, I've made this super easy for you. Your PDF download is my 7-Day prescription for play. If you're truly committed, you'll let go of the ego, the embarrassment, the cynicism, skepticism or sarcasm and give it a shot. My 1:1 clients have LOVED this activity and as a result of playing more, they are stressing less, trying new things, and giving themselves permission to do more of what lights their spark. I'd love to see what you get up to so share a photo of you in play mode on the Smart Healthy Women Academy private Facebook group.

If you enjoyed this video series please let me know in the group by tagging me @krisdeminick or by emailing me at kris@thiselectrifiedlife.com. If you have a friend that could do with a injection of spark please share this training series with them and enjoy getting lit together! And finally, if you'd like to delve further into this work contact me about [1:1 coaching](#) or to enquire about my next workshop in your area. Until then stay electric,