



Presented by BU Happiness College

# The Basics of Getting Your Sparkle Back

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'My goal is just to fall back in love with myself and the world and life again.'

# Your sparkle



**Do I remember a time when I had my sparkle? What did it look or feel like? If not, what would I like it to look like?**

# Feeling less 'like you'



**What are some feelings that come to mind when you think about 'not having your sparkle'? What does this look or feel like to you day to day?**



# Getting back to basics #1

## Your Ideal day



### My Ideal Morning Routine



### My Ideal Evening Routine

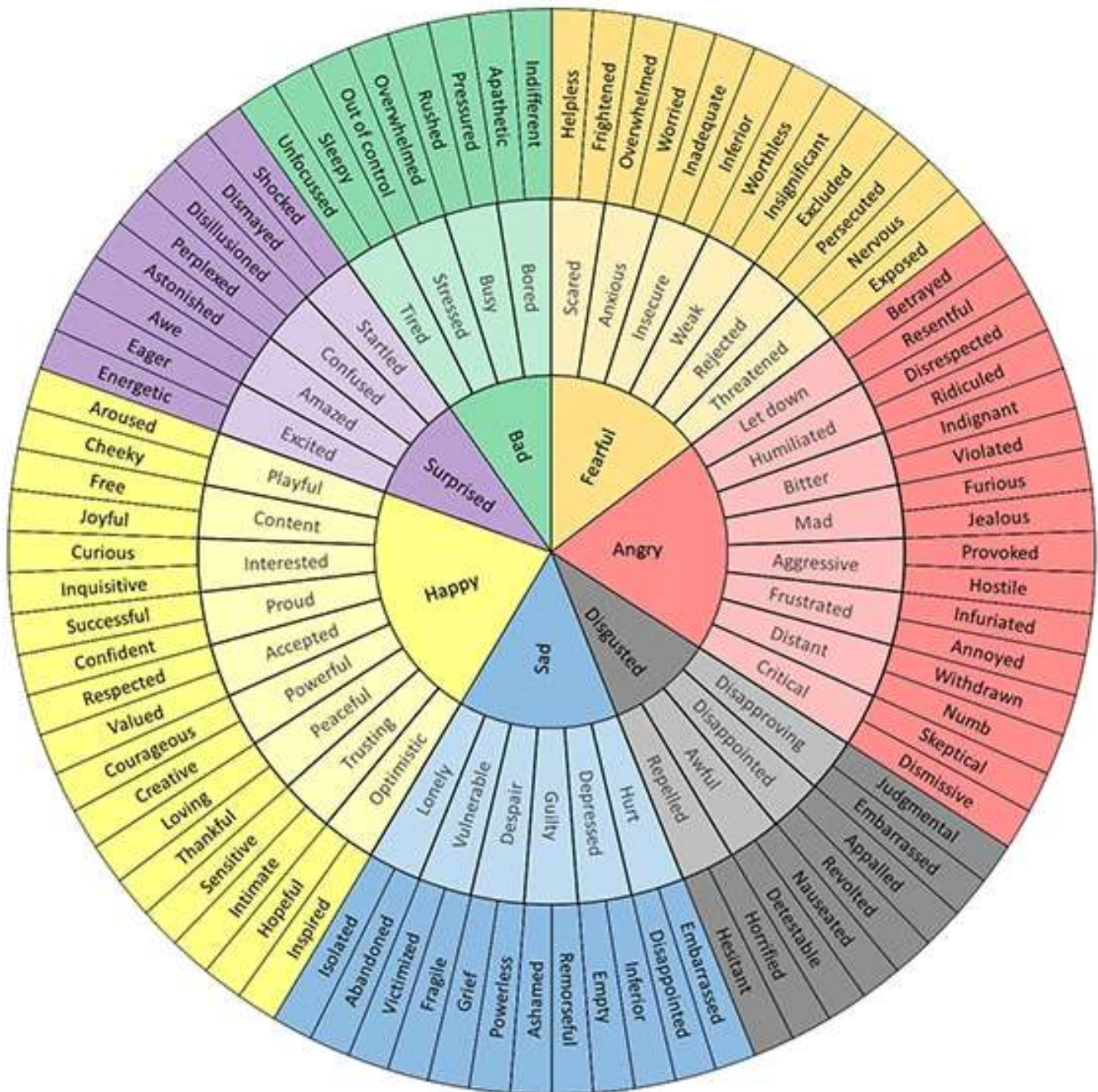


### Extras / anything different on the weekends



# Getting back to basics #2

## The Feelings Wheel





# The Feelings Wheel

**Looking at the feelings wheel. what are some hard feelings that have been coming up lately and why?**





# The Feelings Wheel

**Looking at the feelings wheel. what are some enjoyable feelings that have been coming up lately and why?**



# Getting back to basics #3

## Boundaries



Who or what have you been saying yes to to?  
Who are you letting push your boundaries?



What does it look like to reset your boundaries  
and start to prioritise you again?

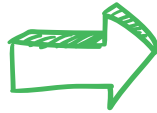


# Getting back to basics #4

## Simple reframe & language shift

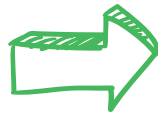
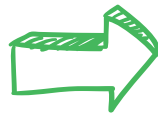


**Instead of this**



**Try this**

**How can you reframe your own thoughts?**





## Workshops to follow on from here

- ✓ **Shaping Your Life Blueprint**
- ✓ **Creating Your Sense of Self & Identity**
- ✓ **3 Steps To Healthy Boundaries**
- ✓ **Emotional Awareness 101**
- ✓ **The Warning Signs Of Burnout**
- ✓ **Building A Self Care Strategy Sheet**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...