



September Sparks:

INSPIRING WORDS +

ENERGIZING ACTIONS

1. Words for Clarity & Focus

Use when you want to see your next step more clearly.

- Align – bring your actions in line with your values.
- Simplify – clear out distractions.
- Prioritize – choose what matters most right now.
- Decide – stop wavering and commit.
- Focus – put your energy where it counts.



Notes:

2. Words for Courage & Confidence

Use when you're stepping into something new or challenging.

- Brave – act despite fear.
- Trust – believe in your own wisdom.
- Dare – push past your comfort zone.
- Rise – step up to meet the moment.
- Own – claim your space, your voice, your story.



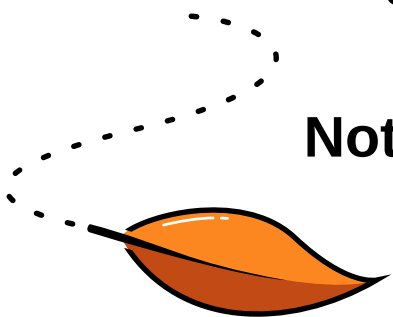
Notes:

3. Words for Energy & Inspiration

Use when you want to keep your spark alive and your momentum going.

- Ignite – start with intention and energy.
- Flow – move with ease and adaptability.
- Nourish – fuel your body, mind, and spirit.
- Celebrate – honor progress, big or small.
- Shine – let your light be seen.

Notes:





September Momentum: Your Spark to Step Forward

September inspires change with shifting leaves and renewed energy. These practical steps harness that momentum for meaningful actions in your second act, fostering progress, clarity, and confidence.

- **Identify What's Draining You:** List three draining activities, commitments, or habits. Release one this month—or all three if you're ready to feel your energy flowing again.
- **Design Your Next 90 Days:** Instead of vague goals, map out a specific 12-week action plan with milestones that move you closer to your second act vision. Treat it like a project, not a wish.
- **Create a September Shortlist:** Write down 3 things you will complete this month. Keep them small, specific, and doable so you can feel that spark of accomplishment.
- **Invest in Your Growth:** Sign up for a workshop, class, or dive into a book that excites your curiosity. Growth fuels momentum.
- **Name Your Turning Point:** Notice the transformation in nature. What shift is calling inside you? Write it down and let it guide your next step.
- **Choose Your September Word:** Select one guiding word that embodies the spark you want to carry through this season. Keep it visible as your daily reminder.





September Momentum: Your Spark to Step Forward

- **Reconnect With an Old Dream:** Pull out a journal, sketch, business plan, or idea you tucked away years ago. Bring one piece of it into the present — rework it, modernize it, or take one action on it this month.
- **Write Your “Why Now” Statement:** Complete this: *“This is the season I must step forward because...”* Read it daily to stay connected to your momentum.
- **Show Up for One Bold Step:** Register, apply, or commit to something you’ve only been “thinking about” (a class, group, collaboration, or opportunity). Action locks in momentum.
- **Audit Your Energy:** Track what truly energizes you vs. what drains you for one week. Then deliberately remove, delegate, or pause one draining activity so you can redirect that time and energy to your second act work.
- **Curate Your Circle:** Intentionally reach out to three people who inspire, challenge, or elevate you. Make one plan with each before the month’s end. Surrounding yourself with the right energy sparks movement.
- **Claim Your New Rhythm:** Restructure your daily or weekly routine so your second act isn’t squeezed into scraps of time. Protect a non-negotiable block each week for forward motion.