

Hello

You don't know me, but I know you.

I know you wear many hats; best friend, lover, mother, daughter, sister, partner.
I know you work long hours, take pride in what you do and how much you have achieved.
More importantly, I know you are exhausted and take very little time for you.

I know because I am you.

And if you are anything like me, life is a juggling act. That constant need to be 'on' caretaking other peoples needs at work and home. Trying to balance 'it all' feels like you do nothing well, including honouring what you need for yourself.

When life spins out of control for too long, that feeling of chaos can feel 'normal'. You forget what it feels like to be still, centred, curious, filled with child-like energy and lightness.

You just want to stop.

You desperately want to do something different, to flip the switch; rediscover your wisdom, reclaim your power, and reignite your spark.

After 30 years of corporate life, I had reached my limit. The 9-5 grind, the frustrations, the bureaucracy that didn't make sense, and the constant need to be 'on'. I craved more.

I needed something that ignited my own inner fire.

Something that gave me space and time.

Something that alchemised my own personal experiences, knowledge and introspections.

When I couldn't find that 'something' out there I created it for myself and others like me.

That's how **The Spark Inside** was born.

My mission is to support professional women to rediscover their innate wisdom and power.

To fall in love with themselves, embrace their divinity; reshaping themselves and humanity in

the process. Because as **'you let your own light shine, we give permission for others to do the same.'***

Here's where I can help.

Download your FREE copy of the '7 Simple Morning Rituals to Start Your Day and reach your Divine Potential' and see how other successful women ritualise their mornings. These tips are designed to help take the stress out of your morning and ease you into your day.

And because rituals, routines or habits are nothing without support and accountability. Over the next 7 days I'll also send a daily email to check in and see how you are doing.

You were designed to sparkle.

Now is **YOUR** time, let your inner light shine.

Much Aroha

Cat 



*from 'Our Greatest Fear' by Marianne Williamson

7 Simple Morning Rituals

to start your day and reach your Divine potential

1. Wake up at the same time every day

It not only makes it easier to wake up it helps you sleep better at night, decreases irritability and increases your immunity.

Find a time that works for you during the week as well as the weekend.

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2. Quiet contemplation

Mediating or journalling in the morning helps to calm the mind, lower stress levels & helps stay focussed during the day.

3. Stretch and Move

Stretching first thing before getting out of bed helps to get the blood flowing and it just feels good!

Exercise in the morning isn't for everyone, however the endorphin hit gets you going and keeps you going.

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4. Fuel your Body

Eating breakfast kick starts your metabolism & helps burn calories though the day.

5. Light and the Vagus Nerve

Getting natural light on our eyes first thing in the morning supports our circadian rhythms and enhances wakefulness in the morning.

The vagus nerve is the longest cranial nerve a key player in our digestion & linked to mental health. The best way to stimulate it is, a cold shower or humming.

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6. Hydrate

Drinking water in the morning helps with rehydration after sleeping. It supports gut health, helps fight toxins & boosts your metabolism.

Try adding a little lemon for taste.

7. Set an Intention

Intentions are not just for yogis. An intention helps you to stay focussed and achieve more. Saying it out loud or writing it down helps you remember it & give you a renewed sense of clarity and purpose throughout your entire day.

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