

New Year Resolutions | *Bring the spark back into your life*

Tired of the same old boring resolutions? Why not make this year sparkle by setting New Year resolutions that feel inspiring, fun and fulfilling. Our free New Year bonus pack has 52 questions to help spark your imagination and get you thinking BIG!

Step 1

Download the brainsparker app from iTunes. It's free!

Step 2

Select the "New Year Pack" from the [main menu/my collections] screen. Deselect all the other packs.

Step 3

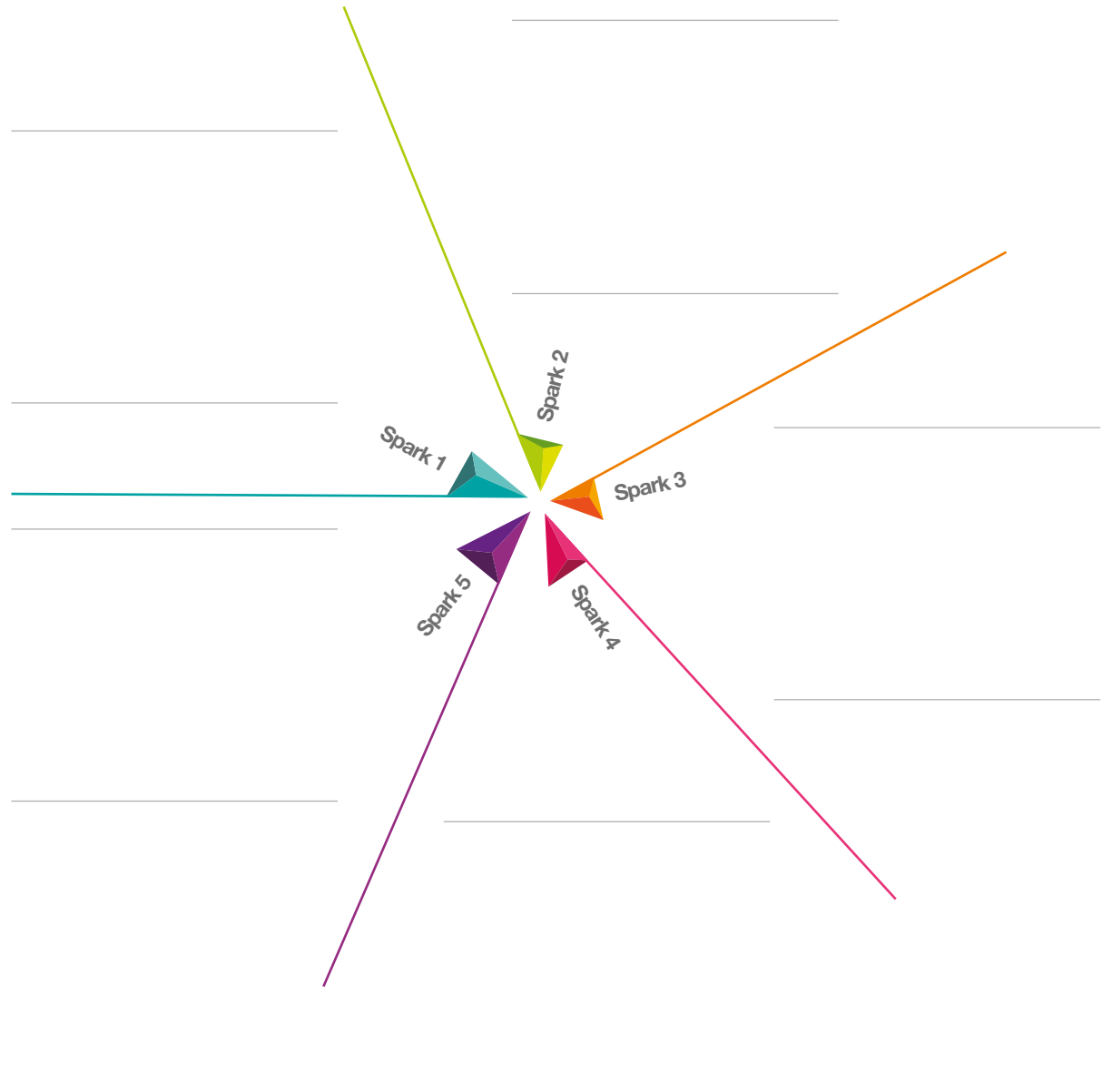
Think about the year ahead. Shake to shuffle up your pack and tap to pick a random spark card. Reflect on the question you see. What new ideas and thoughts does this trigger? Jot these down in the space provided for Spark 1.

Step 4

Don't stop there! Shake again and tap to pick another random spark card. Write your new ideas down in Spark 2. Repeat this again until you have completed all five sparks.

Step 5

Now take some time to review your notes. Which ideas feel the most inspiring, fun and fulfilling? Choose your Top 3 and write these down on the next page.



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by the end of the year i will...

the actions i need to take are:

▾

▾

▾

brainsparkerapp.com | *think creatively*



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▾

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Tips

- ▾ Keep this page where you can see it everyday.
- ▾ Take photos of your goals & use them as screen wallpapers.
- ▾ Set up monthly reminders to keep track of your progress.