



SPARKLE™

Daily Journal



myMentalHealthMastery.com/SPARKLE

by MH Mastery

SPARKLE™ Daily Journal - 31-Day Edition

Coming Home to the Light That Is Already Yours - One Small Spark at a Time

My Personal Journey to Sparkle Recovery

This journal belongs to:

Started on:

**SPARKLE™ is not about becoming brighter for the world.
It is about coming home to the light that is already yours - one small spark at a time.**

★ Sparkle Poem

- ★ **S** - Safety in my body, I return to my flame.
- ★ **P** - Play is my language, not silence or shame.
- ★ **A** - Alive in my colors, I dare to be bold.
- ★ **R** - Rebellion in radiance, my story retold.
- ★ **K** - Kindness to self is the crown that I wear.
- ★ **L** - Light in the shadows says joy still lives there.
- ★ **E** - Every spark I choose is sovereignty mine -
- ★ I sparkle because I want to, and that is divine.

★ Sparkle Saying

"My sparkle is sovereign. My aliveness is mine."

How to Use This Journal

- ★ Use this journal after watching a Daily SPARKLE™ Sprinkle, at the end of the day, or anytime you want to notice one small moment of aliveness.
- ★ Notice one small Sparkle Moment. Name what you felt in your body. Write why it mattered.
- ★ Catch what you almost missed. Choose one spark to carry forward. Finish with your Sparkle Sentence.
- ★ Daily SPARKLE™ Sprinkles: myMentalHealthMastery.com/daily-sparkle-sprinkles/
- ★ The SPARKLE™ Light Room: myMentalHealthMastery.com/light-room/

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Week 1: Coming Back to Yourself

Begin gently. Start small. Notice the tiny signs that you are still here.

Days 1-7

Watch the matching Daily SPARKLE™ Sprinkle, then use the page that follows.

myMentalHealthMastery.com/daily-sparkle-sprinkles/

Day 1: One Small Spark Counts

Week 1: Coming Back to Yourself

Date:

Today's Spark: Start small.

Try This: Choose one small thing today that feels like a little return to yourself.

Today's Sparkle Moment

What made me feel even a little more like myself today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 2: Your SPARKLE™ Is Still There

Week 1: Coming Back to Yourself

Date:

Today's Spark: Quiet is not the same as lost.

Try This: Notice one tiny sign of yourself today.

Today's Sparkle Moment

What tiny sign reminded me that I am still in here?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 3: You Do Not Have to Force Joy

Week 1: Coming Back to Yourself

Date:

Today's Spark: Joy does not need pressure to return.

Try This: Let one small pleasant thing land today without needing it to fix your whole mood.

Today's Sparkle Moment

What small good thing reached me today, even briefly?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 4: Slow Return Counts

Week 1: Coming Back to Yourself

Date:

Today's Spark: A soft flicker is still a sign of return.

Try This: Notice one small flicker today - interest, warmth, softness, laughter, curiosity, or color.

Today's Sparkle Moment

Where did I notice even the smallest flicker of aliveness?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 5: Recognize What Still Feels Like You

Week 1: Coming Back to Yourself

Date:

Today's Spark: Self-return can begin with recognition.

Try This: Choose one thing today that feels like you: a song, scent, color, outfit, phrase, place, texture, or small habit.

Today's Sparkle Moment

What still feels like me, even if it feels small?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 6: Let Beauty Be for You

Week 1: Coming Back to Yourself

Date:

Today's Spark: Beauty can be remembrance, not performance.

Try This: Add one small beauty cue today just for yourself.

Today's Sparkle Moment

What small beauty cue felt like it was truly for me?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 7: Come Back Gently

Week 1: Coming Back to Yourself

Date:

Today's Spark: You are allowed to return at a pace your body can receive.

Try This: Choose the smallest honest spark today - something doable, kind, and true.

Today's Sparkle Moment

What is one gentle spark I want to carry into tomorrow?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Week 1: Coming Back to Yourself Reflection

Look back gently. Notice what lit up.

This week, I felt a little more alive when...

The small spark I almost missed was...

The body feeling I noticed most was...

One sparkle moment I want to keep is...

Next week, I want to notice or create...

My weekly Sparkle Sentence: This week I remembered...

✦ Keep your spark going: myMentalHealthMastery.com/daily-sparkle-sprinkles/ | myMentalHealthMastery.com/light-room/

Week 2: Tiny Sparks of Joy

Let joy return in small ways - not forced, just small moments your body can receive.

Days 8-14

Watch the matching Daily SPARKLE™ Sprinkle, then use the page that follows.

myMentalHealthMastery.com/daily-sparkle-sprinkles/

Day 8: Let One Small Joy Reach You

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: A small joy still counts.

Try This: Let one small joy reach you today without asking it to change your whole day.

Today's Sparkle Moment

What small joy reached me today, even for a moment?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 9: One Song Can Shift the Moment

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: One song can become a doorway.

Try This: Play one song that gives you a little lift, softness, memory, movement, or spark.

Today's Sparkle Moment

What did one song help me feel or remember today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 10: Color Can Lift the Room

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: Color can be a tiny form of aliveness.

Try This: Add or notice one color today that gives you a little spark.

Today's Sparkle Moment

What color gave me a small lift today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 11: Laughter Counts

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: Even a small smile can count.

Try This: Notice one thing that makes you smile, laugh, or soften.

Today's Sparkle Moment

What made me smile, laugh, or soften today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 12: A Tiny Treat Can Be Tender

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: A tiny treat can be a small act of tenderness.

Try This: Choose one tiny treat today that feels kind, simple, and yours.

Today's Sparkle Moment

What small treat felt kind to me today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 13: Let Light Touch Your Day

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: Light can help your body remember ease.

Try This: Spend a moment near light today - sunlight, a lamp, shimmer, or a bright space.

Today's Sparkle Moment

Where did light touch my day today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 14: Joy Can Return in Small Ways

Week 2: Tiny Sparks of Joy

Date:

Today's Spark: Joy can return as a small yes.

Try This: Notice one small yes today and let it matter.

Today's Sparkle Moment

What small yes did I notice today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Week 2: Tiny Sparks of Joy Reflection

Look back gently. Notice what lit up.

This week, I felt a little more alive when...

The small spark I almost missed was...

The body feeling I noticed most was...

One sparkle moment I want to keep is...

Next week, I want to notice or create...

My weekly Sparkle Sentence: This week I remembered...

Week 3: Beauty Without Pressure

Let beauty be for you - not performance, not approval, just a gentle return to yourself.

Days 15-21

Watch the matching Daily SPARKLE™ Sprinkle, then use the page that follows.

myMentalHealthMastery.com/daily-sparkle-sprinkles/

Day 15: Beauty Without Pressure

Week 3: Beauty Without Pressure

Date:

Today's Spark: Beauty can be gentle.

Try This: Choose one small beauty cue today with no pressure attached.

Today's Sparkle Moment

What helped me feel tended to without feeling pressured?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 16: One Small Detail Is Enough

Week 3: Beauty Without Pressure

Date:

Today's Spark: One small detail can remind you that you matter to yourself.

Try This: Choose one small detail today - earrings, gloss, scent, softness, color, or polish.

Today's Sparkle Moment

What small detail helped me feel a little more connected to myself?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 17: Softness Counts

Week 3: Beauty Without Pressure

Date:

Today's Spark: Softness is a spark.

Try This: Add one soft thing to your day - fabric, tone, music, lotion, light, or a slower moment.

Today's Sparkle Moment

Where did I let softness count today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 18: Kindness, Not Criticism

Week 3: Beauty Without Pressure

Date:

Today's Spark: Your body does not need more criticism to come alive.

Try This: Replace one critical thought with one kind observation.

Today's Sparkle Moment

What kind observation could I offer myself today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 19: Pretty Can Be Private

Week 3: Beauty Without Pressure

Date:

Today's Spark: Pretty does not have to be for display.

Try This: Choose one small pretty thing today just because you like it.

Today's Sparkle Moment

What did I choose simply because it felt beautiful to me?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 20: Beauty Can Bring You Present

Week 3: Beauty Without Pressure

Date:

Today's Spark: Beauty can give your senses somewhere gentle to land.

Try This: Notice one beautiful thing slowly today.

Today's Sparkle Moment

What beautiful detail helped me feel present?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 21: Sparkle Without Performing

Week 3: Beauty Without Pressure

Date:

Today's Spark: You do not have to perform your sparkle.

Try This: Choose one spark today that is only for you.

Today's Sparkle Moment

What did I choose for myself without needing anyone else to notice?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Week 3: Beauty Without Pressure Reflection

Look back gently. Notice what lit up.

This week, I felt a little more alive when...

The small spark I almost missed was...

The body feeling I noticed most was...

One sparkle moment I want to keep is...

Next week, I want to notice or create...

My weekly Sparkle Sentence: This week I remembered...

✦ Keep your spark going: myMentalHealthMastery.com/daily-sparkle-sprinkles/ | myMentalHealthMastery.com/light-room/

Week 4: Softness, Play, and Aliveness

Let softness count. Let play be small. Let aliveness return honestly.

Days 22-28

Watch the matching Daily SPARKLE™ Sprinkle, then use the page that follows.

myMentalHealthMastery.com/daily-sparkle-sprinkles/

Day 22: Softness Is a Spark

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: Softness can be a sign of return.

Try This: Choose one softening cue today - music, fabric, warmth, gentler words, or a slower pace.

Today's Sparkle Moment

What helped me feel even a little more unbraced today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 23: Play Can Be Small

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: Play does not have to be big to count.

Try This: Do one small playful thing today - hum, doodle, dance for ten seconds, wear a fun color, or make something ordinary lighter.

Today's Sparkle Moment

Where did I let a little playfulness in today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 24: Your Playful Self Did Not Disappear

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: Your playful self may be quiet, but she is not gone.

Try This: Notice one thing that used to make you feel playful, curious, expressive, or alive.

Today's Sparkle Moment

What reminded me of my playful self today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 25: Let Your Body Feel a Little Ease

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: A little ease still matters.

Try This: Give your body one small ease cue today - warmth, water, rocking, music, a softer seat, or less rushing.

Today's Sparkle Moment

What helped my body feel even a little more at ease?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 26: Aliveness Can Be Honest

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: Aliveness does not have to be bubbly.

Try This: Name one honest spark of aliveness today - something you want, miss, like, notice, or care about.

Today's Sparkle Moment

What honest spark of aliveness showed up in me today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 27: Let Delight Be Small

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: A tiny delight can still brighten the moment.

Try This: Let one tiny delight count today.

Today's Sparkle Moment

What tiny delight did I let matter today?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 28: Slow Return Is Still Return

Week 4: Softness, Play, and Aliveness

Date:

Today's Spark: Slow return is still return.

Try This: Notice one way you have returned to yourself, even slightly.

Today's Sparkle Moment

Where can I see evidence that I am returning to myself?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Week 4: Softness, Play, and Aliveness Reflection

Look back gently. Notice what lit up.

This week, I felt a little more alive when...

The small spark I almost missed was...

The body feeling I noticed most was...

One sparkle moment I want to keep is...

Next week, I want to notice or create...

My weekly Sparkle Sentence: This week I remembered...

✦ Keep your spark going: myMentalHealthMastery.com/daily-sparkle-sprinkles/ | myMentalHealthMastery.com/light-room/

Week 5: Carrying Your Spark Forward

Choose one spark to keep and carry it into ordinary days.

Days 29-31

Watch the matching Daily SPARKLE™ Sprinkle, then use the page that follows.

myMentalHealthMastery.com/daily-sparkle-sprinkles/

Day 29: Choose One Spark to Keep

Week 5: Carrying Your Spark Forward

Date:

Today's Spark: You do not have to keep everything.

Try This: Choose one spark from this journey that you want to keep practicing.

Today's Sparkle Moment

What spark do I want to carry with me?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 30: Sparkle Can Live in Ordinary Days

Week 5: Carrying Your Spark Forward

Date:

Today's Spark: SPARKLE™ can live in ordinary moments.

Try This: Add one small spark to an ordinary part of your day.

Today's Sparkle Moment

Where did SPARKLE™ show up in something ordinary?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Day 31: Keep Coming Back to Yourself

Week 5: Carrying Your Spark Forward

Date:

Today's Spark: Getting your sparkle back is not a finish line.

Try This: Choose one small spark to carry into the week ahead.

Today's Sparkle Moment

How do I want to keep coming back to the light that is already mine?

What I Felt in My Body

Lightness Warmth Energy Softness Curiosity Confidence Calm Joy Play Other

Why It Mattered

This small moment mattered because...

What I Almost Missed

Was there a good moment I could have overlooked?

One Tiny Spark to Carry Forward

Tomorrow, I want to notice or create...

My Sparkle Sentence

Today I remembered... Need a start? I am still here. My light can return slowly. One small spark is enough.

Final 31-Day Sparkle Reflection

Look back gently. Notice what lit up.

Across these 31 days, I felt most alive when...

The spark that surprised me most was...

The body feeling I noticed most was...

The practice I want to keep is...

The part of myself I recognize more clearly now is...

My final Sparkle Sentence: Today I remember...

✦ “My sparkle is sovereign. My aliveness is mine.” ✦

Stay in the SPARKLE™ Universe

Daily SPARKLE™ Sprinkles

31 evergreen videos with one gentle truth, one tiny practice, and one daily way to reconnect with yourself.

myMentalHealthMastery.com/daily-sparkle-sprinkles/

The SPARKLE™ Light Room

Journals, cards, videos, practices, and tools to help you get your light back.

myMentalHealthMastery.com/light-room/

SPARKLE™ Articles and Shorts

Explore vitality, beauty, joy, softness, play, and self-return.

myMentalHealthMastery.com/SPARKLE

Keep choosing the sparks that feel like yours.