

# *REDISCOVER YOUR SPARK*

---

**A MIDLIFE GUIDE TO PURPOSE & POSSIBILITY**

*Coach Trent Fisher*



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

REDISCOVER YOUR SPARK  
A MIDLIFE GUIDE TO PURPOSE & POSSIBILITY

“You are not too old, and it is not too late.”  
Rainer Maria Rike (*adapted*)

*It isn't about starting over.*

*It's about starting true.*

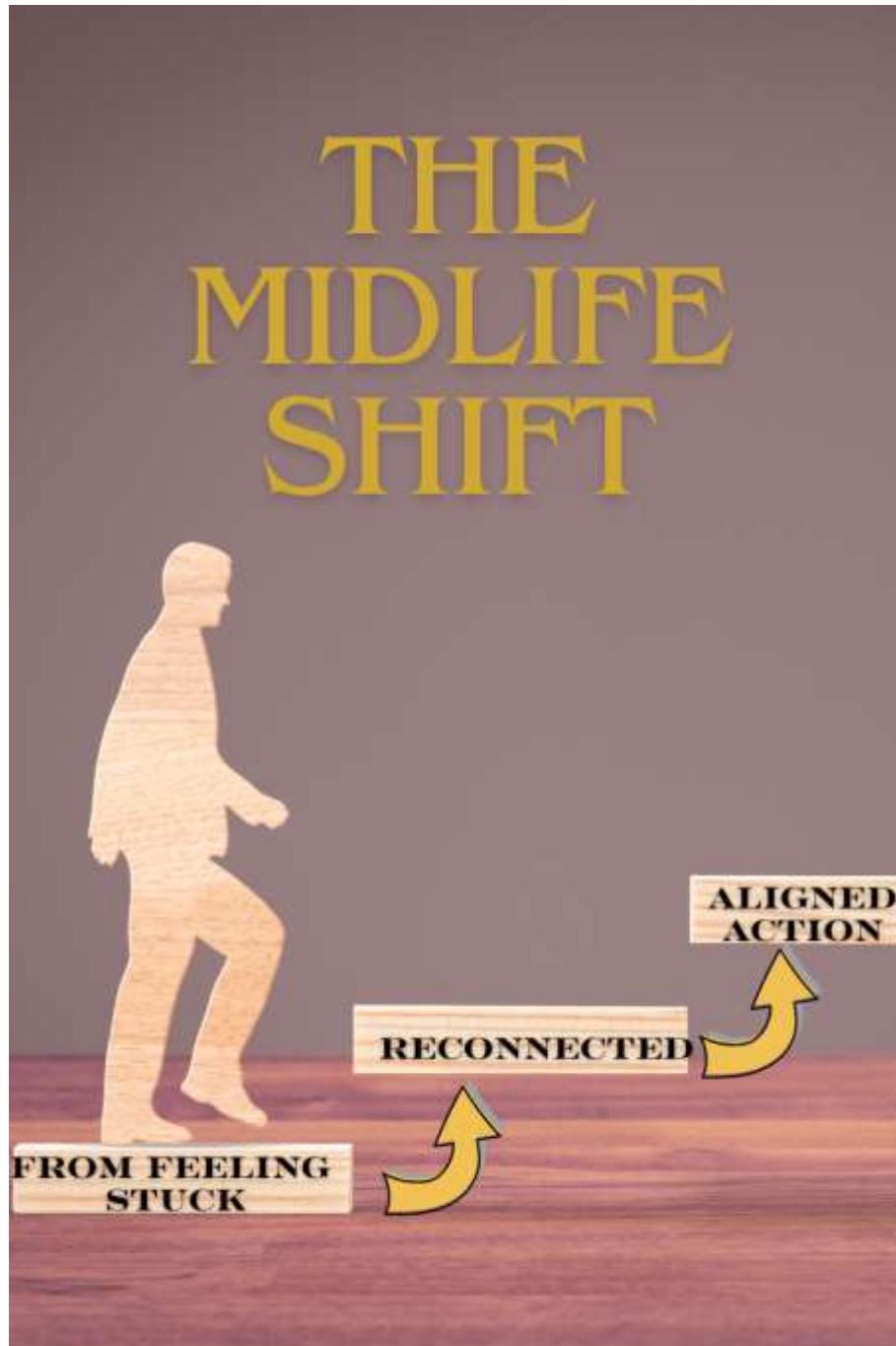
**WELCOME**

Midlife can feel like a confusing crossroads. Maybe you've checked off the boxes you were told mattered—a career, family, stability—and yet something feels... missing. This workbook is your invitation to pause, reflect, and begin again with intention.

You won't find a one-size-fits-all formula here. Instead, you'll discover a safe space to explore, dream, and begin mapping a path that feels like home—because your purpose isn't something you chase. It's something you uncover.

Take your time. Trust the process. You are not behind.

*Welcome to your re-awakening.*



A 3-Phase path      AWARENESS ➡ ALIGNMENT ➡ ACTION

# TABLE OF CONTENTS

Introduction: How to Use This Guide..... 1

Step 1: Where Am I Now?..... 2

Step 2: Who Am I Becoming? ..... 4

Step 3: Clarify Your Why ..... 6

Step 4: Creating Your Spark Statement ..... 9

Step 5: What Comes Next..... 10

An Invitation to Go Deeper..... 11

## Introduction: How to Use This Guide



I created this guide not just as a coach—but as someone who’s walked this path. I know how it feels to crave something more but not know where to begin. This is your place to start.

As you use this guide:

- Give yourself space emotionally and physically.
- Use a journal or print this workbook and write directly on the pages.
- Be honest. This is for you and no one else.
- Don’t rush the process.

“Sometimes when you're in a dark place, you think you've been buried, but actually you've been planted”

**Christine Caine**

## AWARENESS

### Step 1: Where Am I Now?

*You can't know where you're going  
if you don't know where you are.*



1. What feels out of alignment in my life right now?  
(Work, relationships, health, creativity, purpose,  
etc.)

2. What have I outgrown, but still hold onto?

3. On a scale of 1-10, how fulfilled do I feel?

4. What emotions visit me most often these days?

5. What parts of me have I silenced to “keep the peace” or “stay safe”?

## *ALIGNMENT*

### **Step 2: Who Am I Becoming?**

*Midlife isn't a crisis, it's a calling.*



1. What would I do if I weren't afraid?
2. If my life felt rich with meaning, what would be different?





## Step 3: Clarify Your Why

*When you know your why, the how becomes easier.*



Use the 7 Levels Deep exercise to uncover your deeper purpose. Start with your answer to the first question: *Why do I want to change my life now?* Then, after you've written your answer, ask yourself: *Why is this important to me?* – and repeat seven times.

Prompt: **Why do I want to change my life right now?**

*Why is this important to me?*

*And why is this important to me?*

*What about this is important to me?*

*So, this is important to me because?*

*Is this really what's important to me?*

*Is this what's important to me, or is it really something else?*

*Why is this important to me?*

## Step 4: Creating Your Spark Statement



*Purpose isn't a job title.  
It's how you show up to life.*

Use what you've uncovered to complete this:

My life feels most meaningful when I \_\_\_\_\_

I feel most alive when I \_\_\_\_\_

The world needs more \_\_\_\_\_ and I can help by \_\_\_\_\_

\_\_\_\_\_

I am here to \_\_\_\_\_

## ***ACTION***

### **Step 5: What Comes Next**

Choose one small, soul-aligned action you can take in the next 7 days. It doesn't have to be big. It just has to feel true.



Examples:

- Sign up for a class or workshop
- Call someone and have a real conversation
- Take a solo walk in nature
- Journal 10 minutes each morning
- Book a Discovery Call with a coach (yes, that's me 😊)

**“Don't ask what the world needs. Ask what makes you come alive and go do it.”**

**Howard Thurman**

## An Invitation to Go Deeper

If this workbook spoke to something inside you, imagine what 7 weeks of focused, personalized guidance could do.



Pivot to Purpose is my signature 7-week program designed to help you:

- Reconnect with your soul's voice
- Reimagine what your life can look like
- Take real steps toward living on purpose

Learn more at [trentfisher.com/coaching](https://trentfisher.com/coaching) or [book a free Discovery Call](#).

You don't have to figure it all out today. But you don't have to stay stuck either.

*You are not broken. You are becoming.*

***Let's find your next chapter together.***

*PEACE*