



## SPARK A RENAISSANCE - JANUARY 2021

Let's show up to a new year with a spirit of renaissance.

During the pandemic, one thing became imminently clear: While we were waiting to re-emerge into the full spectrum of life, the artists and creators who give voice to the stories that matter the most were incubating. They were asking: How do I lend my voice to the renaissance? The new awakening.

A renaissance is a rebirth and a renewal. Let's commit to a rebirth. Let's commit to activating our writing to bring forth a new world where writers have voices that change the future. Let's commit to a renewal, where we have energy and focus and fortitude to write what we will write and say what we will say.

### **MICRO-DISCIPLINE**

Uncommon Intentions

Write your "hook"

Know your big why

Reframe it as a question -- What if...the road to nowhere goes everywhere?

SMART goals and LEAP goals meet Creative Visualization

Creative Visualization using SoulFire techniques

Create the core desired feeling, and then...

Time Hacks | Pomodoro | Forest app

What to Remember Upon Waking morning discipline

### **THOUGHT LEADER**

Tara Sophia Mohr

Shakti Gawain

Danielle LaPorte

Henry David Thoreau

### **A BOOK THAT HAS SOMETHING TO SAY TO YOU**

Tara Mohr's Playing Big: Find Your Voice, Your Mission, Your Message

also:

The Complete Idiot's Guide to Creative Visualization by Shari Just and Carolyn Flynn  
Creative Visualization by Shakti Gawain

## **UNCOMMON LAWS**

Old belief: This isn't going to amount to anything. Why am I doing this?

New belief: I know my why. I'm doing this because...

## **AN INVOCATION**

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new, universal, and more liberal laws will begin to establish themselves around and within him; or the old laws be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings.

~ Henry David Thoreau

## **A MISSION**

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

~ Henry David Thoreau

## **WHAT TO REMEMBER WHEN WAKING**

David Whyte, from *Essentials*

in that first  
hardly noticed  
moment  
in which you wake,  
coming back  
to this life  
from the other  
more secret,  
moveable  
and frighteningly  
honest  
world  
where everything  
began,  
there is a small  
opening  
into the day  
that closes  
the moment

you begin  
your plans.

What you can plan  
is too small  
for you to live.

What you can live  
wholeheartedly  
will make plans  
enough for the vitality  
hidden in your sleep.

To become human  
is to become visible  
while carrying  
what is hidden  
as a gift to others

To remember  
the other world  
is to live in your  
true inheritance.

You are not  
a troubled guest  
on this earth,  
you are not  
an accident  
amidst other accidents,  
you were invited  
from another and greater  
night than the one  
from which  
you have just emerged

Now, looking through  
the slanting light  
of the morning window  
toward the mountain presence  
of everything that can be,  
what urgency  
calls you  
to your one true love?

What shape  
waits in the seed of you  
to grow and spread  
its branches

against a future sky?

Is it waiting  
in the fertile sea?  
In the trees  
beyond the house?  
In the life  
you can imagine  
for yourself?

In the open  
and lovely  
white page  
on the waiting desk?

*Order David Whyte's books from [davidwhyte.com](http://davidwhyte.com).*