



Intuitive Life Coaching – Helping you find your inner sparkle. Dare to be different  
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## **Connecting to your Inner Sparkle by Sarah E Haywood**

When was the last time you felt yourself sparkle? That joy oozed from you as if it were your very essence of life.

These times have taught us to focus on so much that has us considering ourselves from another's perspective, but what about if you were to see yourself truly for the first time from your own? Pure innocence of joy draws out the best in you. It allows you to feel gratitude and love for all in your every day. By letting go of the worries of today and focussing on what you wish to create now, will change your view to something positive.

In this World your purpose is to learn about who you are and what you can do to serve others to make it a better place for all. How much time have you taken to consider this? Through the art of creativity and connecting to the inner sparkle of light within you, you can find your own inner joy.

One of the biggest things holding many back, is the lack of love they have for themselves. The inability to be free in a world full of so many restrictions. Yet this is only a perception. Freedom is a choice. What one thing could you do today that would bring a smile to your face and connect you to that brightness that is you?



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Laughter is a priceless gift. It has the ability to lift any mask away and show the beauty within. It allows the sparkle in your eyes to glisten to others, encouraging others to do the same. There is no one in this World who can shine more brightly than you. It is only your own perception of self when compared against others that creates a view that this is not true to this.

Imagine a day where your heart is filled with joy and everything that you do within it feels amazing. Where all the people you meet around you are mesmerized by who you are and what you do and consequently join in with the feeling by embracing who they are too. How wonderful would it be to spread such positivity?

No day is ever the same. In fact, no second can ever be repeated. When life is this precious, what are you waiting for? What can you do now to celebrate this wonderful life that is yours?

Set yourself free to be who you would love to be. Let know one tell you who you should be. Simply allow yourself to express to the World who you are and say out loud, “this is me” with no doubt as to who you are?

You are priceless for never will there be another you. Let this be your permission to sparkle and emanate love and joy in all you do.

With love  
Sarah x