

THE SPARK NOTEBOOK

GIVING YOU THE TOOLS TO BE (AND LOOK LIKE!)
THE SMARTEST PERSON IN THE ROOM

Thank you for pledging to The Spark Notebook Kickstarter campaign!

We're thrilled to see this project coming to life and we can't wait to share it with you. In the meantime, we've got you covered with an assortment of some of the best productivity-prompting pages you will see when The Spark Notebook debuts in January 2015.

The Spark Notebook is a place for you to store your most important notes, goals, and big ideas, so you're always at the top of your game. It combines the beautiful design of sleek, professional notebooks with the functionality of big life-planners and organization guides.

The notebook has tons of features, like monthly and yearly goal pages and 30-day challenges, that actually help you step up your game and take your work to the next level — something a traditional notebook can't do.

With over 200 ink-proof and acid-free pages, your most important ideas will never get lost. And at a compact 5.75" x 8.25", this notebook fits easily in most bags so you'll always be able to keep it with you.

You can get started with the Spark Notebook experience now, by using the samples of our best pages included here: Monthly Goals, Weekly Outlook, Project Planner, and 30-Day Challenge.

We can't wait to see what amazing things you'll do.

MONTHLY GOALS

MONTH:

WHAT AM I GOING TO MAKE HAPPEN?

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WEEKLY OUTLOOK

MONDAY

TUESDAY

WEDNESDAY

MORNING

MORNING

MORNING

NOON

NOON

NOON

NIGHT

NIGHT

NIGHT

THURSDAY

MORNING

FRIDAY

MORNING

SATURDAY

NOON

NOON

NIGHT

NIGHT

SUNDAY

PROJECT PLANNER

PROJECT

GOAL

TARGET COMPLETION DATE: _____

✓	START DATE	TASK ITEM	DUE DATE

NOTES

HOW TO CREATE A 30-DAY CHALLENGE

The purpose of a 30-day challenge is to create small changes in your daily life that will lead up to a larger change or accomplishment. Making big changes, especially all at once, is hard for most people. Little changes are easier to accept and make it easier to build sustainable good habits. There are a number of factors you have to consider when you're designing your very own 30-day challenge (which we recommend you do every month!):

WHAT DO YOU WANT TO CHANGE, DO, OR ACCOMPLISH?

As with any good challenge, a 30-day challenge should have a final purpose or result. Creating an awesome 30-day challenge actually requires backward thinking. Define your *desired* end result *first*.

When you're thinking about the big picture of your challenge, give some consideration to how much time you can commit daily, because this will determine how much you can change, do, or accomplish within 30-days.

MAKE IT ATTAINABLE.

The purpose of a challenge is exactly that—to challenge you. But, you have to be realistic about what an attainable challenge is and what is going to result in inevitable failure.

You want to pick something that can be done in the allotted time frame (30 days) without an unreasonable time investment. Most challenges will center on improving/expanding skills you already possess. Or, you can pick a challenge that fits within an even bigger challenge. For example, if your goal is to eventually run a marathon, you might start with the challenge of running a 5k or 10k every day for 30 days in order to train!

BREAK IT DOWN!

A good 30-day challenge will be easily broken down into smaller sections that will eventually add up to your desired outcome or result. Think about how your challenge can be divided up into smaller, actionable sections that you can work on mastering.

Try to establish milestones along the way. If you want to read a 400 page book for your 30-day challenge, that means you need to have read 200 pages by Day Fifteen.

The possibilities are endless! Challenges come in all shapes and sizes; they are largely determined by what you want to do. You don't have to do everything at once; just pick a 30-day challenge that excites you and that you can stick to. There's always time for another one later!

30-DAY CHALLENGE

START DATE:	END DATE:
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FOR THE NEXT 30 DAYS, I WANT TO . . .

I WANT TO MAKE THIS HAPPEN BECAUSE . . .

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-

MY PLAN OF ACTION IS . . .

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I FULLY INTEND TO COMMIT MYSELF TO THIS FOR THE NEXT 30 DAYS.

X _____
(signature here)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30