

"This book really touched me. We all need encouragement and tools to keep believing in ourselves and to bravely forge ahead on the paths that call to us. Lois does this with wit, style and yes, plenty of SPARKLE!"

—Ophira and Tali Edut, *The Astro Twins*, authors of *Love Zodiac* and *Momstrology*

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NEW &
EXPANDED
CONTENT

Courage to Sparkle

THE AUDACIOUS GUIDE TO
CREATING A LIFE THAT
LIGHTS YOU UP

LOIS BARTH

COURAGE TO SPARKLE

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COURAGE TO SPARKLE

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GEM 12

THE 4CS OF CREATING A LIFE THAT LIGHTS YOU UP



Here we are and it's been a juicy ride! We've covered a lot of territory from Mining Your SPARKLE to Communication that Glistens and a whole lot more. I've run amok with my passions for acronyms, LOIS-isms, and a whole lot of content in service of supporting your most alive self. You've also rolled up your sleeves and done some deep work (either on paper or the reflective kind) on what living your most alive, authentic self looks and feels like for you, and what are the best actions to take in order to do that. It's been an honor and a privilege to have made this journey with you.

Insights + Implementation = Incredible Results

—LOIS-ism

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As promised, Courage to SPARKLE is a go-to Audacious Guide to creating a Life that Lights You Up. While I am highly reflective and I see the enormous benefit that our insights can bring to our lives, unless we implement them they are just a lot

of great “Aha” moments and won’t bring much to the party. However, if we integrate our insights with implementation, incredible results are possible. Here’s where my alliteration junkie will have one last spree: on how to use the 4Cs—Curiosity, Compassion, Connection, and Courage—to Create a Life that Lights You Up.

Curiosity

Curiosity saved my life and continues to save and enrich my life on a daily basis. I don’t mean “saved my life” as if I’d be physically dead without it. But I certainly wouldn’t be as alive and able to move forward with a specific type of engagement and pleasure without it. Curiosity has always led the way from my earliest exploration of what my Inner Critic looked like. It meshed with my day-to-day determination to look for luscious life lessons, even when they started out as lousy ones, and became a deep part of my growth both personally and professionally. Curiosity continues to play a huge role in my life. Curiosity leads the way in being fascinated by how we’re wired as human beings as well as how to overcome one’s obstacles and leverage one’s gifts on a daily basis.

I believe we are all innately curious; it’s simply been socialized out of most of us. Kids are naturally very curious. Children often say and do things that are “inconvenient” or “socially unacceptable” and when they do that, they nicely (if they’re lucky) get their wrists slapped (metaphorically or otherwise). While it’s important to have some decorum and play nice with the others in the sandbox of life, many of us get the message early on that curiosity will get us into trouble. Therefore, we shut down.

Move from Criticism to Curiosity.

—LOIS-ism

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Curiosity affects my perspective the way that yoga affects one's body: it keeps us flexible, open, and allows us to move from a black-and-white view of life to all the colors of the rainbow. On an interpersonal level, it provides flexibility in the ways that we start to look at people and situations.

Curiosity makes my world a whole lot more interesting to live in and is a daily practice, and it's the first step to creating a Life that Lights You Up. It does however take practice, and that's why I've provided an exercise at the end of this Gem to help you tap into your innate curiosity.

Next time you see yourself getting critical of yourself or others, take a moment to stop, breathe, and ask yourself: "How can I move from Criticism to Curiosity?"

Reflection Questions

1. Take something that is troubling you right now (aka Dimmers) and ask yourself: If I were to be curious about X, how might I approach it?
2. How might taking that approach make me feel?
3. What small action can I take?

Now look at a particular task or goal you have in your life (aka Shimmers) and ask yourself:

1. If I were to be curious about X, how might I approach this goal?
2. How might taking that approach make me feel?
3. What small action can I take?

Compassion

I'll repeat this over and over: criticism of ourselves and others constricts our body, our minds, and our spirit. Being compassionate toward others is not the same as condoning bad behavior, being a doormat, or going into denial. In addition, it's not about rationalizing our own behavior when we've made a mistake or acted inappropriately. Compassion provides a soft landing to open our hearts more, toward ourselves and others, while navigating life's sometimes seismic challenges.

Compassion toward Ourselves

We are often much more compassionate with others than we are with ourselves. I have one client who laughs sardonically and says, "If I treated others the way I treated myself, I'd have no friends." He's right and he's not alone. If you relate to my client and are really critical of yourself and have a hard time being compassionate, I'd start with treating and talking to yourself the way your BFF (or special person in your life who loves you dearly) does. At the end of this Gem, there is a meditation/guided visualization that will help you cultivate compassion toward yourself.

As you are well aware of by now, I'm a huge fan of "part work" which is about isolating and identifying aspects of ourselves and seeing them as individual characters within us that need to be heard. Next time when you were angry at yourself or lack compassion take a couple of deep breaths. Imagine that scared little child within you who needs some love and guidance. I can almost guarantee that you'd start to soften how you talk to yourself. Start to befriend that part of you who is clearly crying out in pain or is frustrated or scared. Getting more critical will just make them feel worse.

Compassion toward Others

How easy it is to judge another's behavior when we don't know the full story of what they're going through. Where there's judgement, there's usually a short supply of compassion. Compassion is not about focusing on who's right and wrong, but actively stepping into someone else's experience and exhibiting an open heart.

I heard this great story that epitomizes compassion in action. It was a cold, rainy, dark night and two women got into a pretty bad fender bender. Thank goodness nobody got hurt and both cars were still in working condition. One woman came out of her car screaming at the other woman about what "she had done." The other woman stood quietly, listened, and didn't defend or agree. Once the woman who was screaming stopped, the other woman looked her in the eye and in the most compassionate way said, "Look, we're two women alone on a desolate road in the middle of the night who had an unfortunate accident. We're very lucky that neither one of us got hurt and that our cars are still working. Let's work together, so we can remedy the situation and get home safe." The other woman's anger melted, and she agreed. They handled the rest of the incident as peacefully as they could and went on their ways.

One could say that the second woman had great communication skills or had the soundness of mind to address the unfortunate incident with a level head, and you'd be right. What spoke to me the most was when she said, "we're two women." Giving voice to what connected them, and their vulnerability in that moment, which allowed the other woman to shift. She leveled the playing field, softened her heart, and they both recognized that they were struggling with the same thing.

That's where the real power of compassion manifests itself.

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Compassion wakes our heart up to the fact that most of the time we're doing the best we can, with what we've got, given wherever we are in our lives. Compassion gives us front row seats to both our own and others' humanity and often our fragility. The more we look at what the other person may be going through, the easier we can view them through the lens of compassion and the more we can be in their world.

Reflection Questions

1. Take something that is troubling you right now (aka Dimmers) and ask yourself: If I were to be compassionate toward X, how might I approach this issue differently?
2. How might taking that approach make me feel?
3. What small action can I take?

Now look at something you're really excited about accomplishing in your life and ask yourself:

1. What would be the most compassionate approach I can take toward reaching my goal?
2. How might taking that approach make me feel?
3. What small action can I take?

Connection

We've spoken about many different ways to stay connected with the multiple aspects of yourself: first, how to identify your SPARKLE (*Gem 1—Mining for Your SPARKLE*) second, honoring your wiring (*Gem 6—Illuminating Your Unique Wiring*) third, keeping your energy focused (*Gem 9—From Dimmers to Shimmers*) and finally, building your Team SPARKLE (*Gem 10—*

Creating a Scintillating Circle of Support). These are all different ways to connect with yourself and others. Here are some ways to do just that.

The faster our outer world is, the slower our inner world needs to become.

—LOIS-ism

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Connect with Ourselves

STOP. Close your eyes. Breathe. Feel. Repeat. Do this as often as possible. The more frantic our outside world becomes, the more we need to stop and breathe to return to our center. Give yourself a break and regroup. There is a boatload of different ways to take care of yourself that we've spoken about. Nothing can substitute for making a choice to be present. If you go through these four steps consciously three to five times a day for one minute each, you'll be amazed how different you'll start to feel. One of the most important ways to connect is to be very clear about where you want your focus to be and then put your attention there. It's not an exact science, and it won't happen overnight. The clearer you are about who you are, and the more you honor it, the deeper the connection you'll have with your spirit, your passion, and your SPARKLE.

Connect with Our Truth

I do believe that our body is hardwired with a BS meter that tells us when something feels right and when it feels wrong. Take a moment when your body gives you a signal, whether it's a "yum" or "yuck," and listen to it.

While I'm a very reflective person by nature, and can be

quite analytical, it has always been the signals in my body that have been my own GPS. They let me know when I am on and off track, as well as which people have tribe potential and which aren't. Listen. The more we learn to really trust ourselves and listen to that "little voice of instinct," the louder and more pronounced that voice becomes.

Connect with Others

There are many different ways to connect with others that can build important relationships. We've addressed this a lot in *Gem 10—Creating a Scintillating Circle of Support* and *Gem 11—Communication that Glistens*, in addition to providing many tools that are sprinkled throughout the book.

We need different types of connections at different times in our life, both personally and professionally. Build your community and reach out to them in a way that is helpful, fulfilling, and be available for them to reach out to you.

Find Little Ways of Making Meaningful Connections

Find a way to connect that is truly fulfilling and fun for you. It may be sending a card, giving a quick compliment, or picking up the phone and saying, "I had ten minutes and wanted to say hi." It doesn't matter; it's the quality not the quantity.

While writing this book, I learned the impact of making brief but quite lovely connections. As I got close to my lifeline (LOIS-ism for deadline) for this book, I would spend entire days in front of the computer and didn't see a soul all day. Many an email text or phone call may have been exchanged, but I had very little in-person contact. I was not lonely because I was in the world of my book, but I was clearly alone. During the last several weeks, I frequented a relatively healthy fast-

food place right next door, where I'd get my roasted chicken and veggies on a fairly consistent basis.

Being my mother's daughter, I would strike up conversations with many of the very friendly servers. There was one in particular, though, who really made me feel special. A young man named Wade would see me coming and by the time I got to the counter, he had not only put in my order that he had memorized, but my "tasting menu" (a small sample cup of saffron rice, mashed potatoes, and corn) was almost always waiting for me. I'd joke with him by calling it that; the irony of a "tasting menu" for a fast-food joint was not wasted on either one of us. Hector, the man behind the grill would call out 'Hello, half-chicken-all-dark-all-thighs lady!,' which made me smile while other customers would just scratch their heads in confusion. I would take my cornbread to go in a separate bag and scout out the "dining in" patrons. I'd casually go up to a table and say, "Hi, would you like to have my extra cornbread?" For the most part (I did have a few occasional odd looks) they would light up and graciously accepted it. Yes, we all love free food, but it was that someone thought of them and extended themselves. The whole encounter took about ten minutes at the most.

I felt energized, and it was my version of my afternoon coffee break. It helped to launch part two of my writing day. I was reminded of the power of connection, even on a very small level, and the rich experience of what both giving and receiving can provide to making our days a tad more magical.

Now more than ever, given the isolation we've been through with the pandemic over the last several years, it's essential for us to make a concerted effort to make connections with ourselves and others.

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Reflection Questions (Dimmers)

- When I ____, I feel connected with my SPARKLE.
- One way I can connect with others when I'm feeling alone and isolated is: ____ .
- I always know something rings true for me when I ____ .

Reflection Questions (Shimmers)

- When I ____, I feel more connected with my SPARKLE.
- One way I enjoy connecting with others is: ____ .
- I always know something rings true for me when I: ____ .

Courage

Ah, our last tasty C of the 4Cs: *Courage!* I *love* words! To me, they are tasty little morsels with no calories. And understanding the roots of the words is the topping on the proverbial cake. Courage comes from the Latin word for heart, "cor." In one of its earliest forms, the word courage meant "to speak one's mind by telling all one's heart." I love that definition and I'd expand it to mean telling all one's heart, not only with our words and actions, but with our passions, our hunger, and our light. Courage gives us the ability to both play a big game and create a soft landing in our own lives and in the lives of others. Courage occupies a special pocket in my heart, a poignant reminder of the irrepressible spirit of humanity. The power of stepping up, stepping out, whether we are shaking in our boots or reveling in what's on the other side of our fear, truly makes me SPARKLE!

Defining Your Brand of Courage

What I see has stopped myself and so many others from not only stepping into our courage but also recognizing when we truly have been courageous is what I call the Supersize Myth. Everything is so big these days, especially in the United States. You go to a movie and the large popcorn is the size of New Jersey. We get these bigger-than-life messages for us to “play big” and “go as fast as we can.” Whether it’s about how to lose thirty pounds in thirty days or earning seven figures by the end of the year, we’re immediately on society’s stopwatch to “accelerate to our perfect life.”

This messaging and mindset are exhausting and demoralizing and steals our most precious gift; the ability to experience joy and fulfillment in the day-to-day and in small as well as significant ways.

One of the greatest “accidental silver linings” of the pandemic is really understanding how tenuous—as Mary Oliver, National Book Award and Pulitzer Prize Winning poet, says—“your one wild and precious life” is.

I’m one of the few motivational speakers that doesn’t believe in “Dream Big” or “Dream the Impossible.” I’m not saying there’s anything wrong with having BIG dreams and going for it, “if” that’s your particular vision. What I say is don’t DREAM BIG, DREAM YOU! What do your dreams *look* and *feel* like? Why do they matter to you? Are you sure they’re *yours* and not what your third-grade schoolteacher told you they *should* be?

For some it may be canyoning off a local waterfall, others saying a firm but friendly “Thanks but no thanks,” and for others, it may be willing to open their heart to love even though they’re terrified of getting hurt. On a professional level, it may look like starting a new career from scratch even though you

have no idea what that looks like or how to begin. All of your acts of courage count. Please know that!

Celebrating Your Big and Little Cs

I think it's essential for us to recognize both our little and big acts of courage which I call our *Big and Little Cs*. One person's little C is another person's big C, and they all matter. They all need to be recognized and celebrated. When we do that we reinforce that we are truly courageous, which champions us to be even more courageous. When we do that, we're listening to the unique imprint within us that's beckoning us toward our individual path.

A while back I was facing a tough financial decision where I was judging myself for being so cautious and "playing it safe." I called, of all people, my brother Steve, the residential serial entrepreneur of our family. We are alike in so many ways, except financially. I'm much more of a thriftista and he's a risk taker.

I told him my plight and asked if I was being a chicken. He laughed and recollected a story of when I was five and he was nine. I got my first "piggy bank," an austere grey metal box that only had a slot for dimes. Every week I'd joyfully deposit my dimes and shake the bank with glee as the rattle of cha-ching filled the air.

My brother kept protesting, "Lo, there's no way to take out the money, no rubber stopper, no nothing, you can't take out the money, it doesn't make sense!" He laughed as he told me the story because I kept saying, "I don't want to take the money out. I just want all those dimes to add up, I love hearing the sound of more money in my bank."

I had absolutely no recollection of that moment but we both laughed at how early our innate proclivities towards saving

and spending revealed themselves. Steve then said, “You feel better when you’re saving, it gives you a sense of security. It’s not being a coward; it’s honoring who you are and your overall financial makeup. Trust that.” I got off the phone and realized he was right.

At that moment I was exercising my Little C by making a financially albeit conservative decision that was in line with my values that felt calming and soothing, rather than focusing on what everyone else was doing with their money at the time. In retrospect I made the right decision—*for me!*

How about you? What are some dreams, aspirations, or a small or significant issue you have addressed that will take courage in order to do it? Only *you* get to decide what they are. And when you do them, I encourage you to get support and celebrate all of them, not just the “big” ones.

What Courage Looks and Feels Like at Different Stages of Your Life

When I was growing up my parents used to call me B.B., a nickname for Brass Balls. Now, I’d like to think of myself as O.O.: Onyx Ovaries! Scappy, fearless, willing to take risks but still going at my own pace.

I’ve done things that most people have said, “OMG I could never do that!” and it’s not necessarily true that *they can’t do them* as much as *they don’t want to*. I was a stand-up comic for six years and I’m a public speaker. I’ve gone up to total strangers on the street and sung birthday songs to them because I overheard it was their birthday, dressed up in a gorilla costume, and did a song and dance for a top CEO as a surprise retirement party. The list goes on. Yes, many times I have been nervous, and I’ve also overcome debilitating stage fright. I feel good about having conquered those fears.

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I'm certainly not minimizing that in many ways I have chutzpah and moxie, and I appreciate that about myself. But as I get older I find the ways courage shows up are way more subtle and more about being vulnerable, facing raw feelings, owning my truth, and being willing to be positively visible, in many different ways.

I know I'm not alone. Whether it's between the clients I'm working with or the groups I'm speaking to, or friends and colleagues, I often find it's the more subtle acts of courage that frighten people the most. It can be anything from setting boundaries, managing an expectation, chiming in an idea at a team meeting, asking for a raise, or promotion, or being considered for a group project. Often the root of our fears is about what people will think of us, what soft part of our belly will be exposed and then used against us that scares us most. And for every occasional time, when my "worst case scenario" happens, I get to see it wasn't nearly as scary our gloom and doom as I had negatively fantasized about. And the great news is that there are countless times when none of my fears happened or came close.

That's why in this chapter of my life when a feeling of community and connection is so vital to me, I'm practicing a different type of courage; the courage to speak my truth to people and in situations that matter to me.

What does courage look like for you at this stage of your life? What small or biz action can you take to step into it?

Be Beautifully Honest—My Favorite Little & Big Cs!

Be Willing to Be Beautifully Honest.

—LOIS-ism

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I truly believe honesty and kindness can be good partners in the dance of life. They don't have two left feet and don't step on each other's toes.

Coming from being a card-carrying member of the Recovering People Pleasing Club, I've learned that the impact of people pleasing is far-reaching and can take us down the rabbit hole of despair and isolation.

I believe both men and women struggle with people pleasing; it just shows up in different ways. Again these are broad-stroke observations, but I see these patterns repeating themselves over and over. I find most women people please because they are afraid of someone being angry and retaliative (which can happen at times) with them. On the other side, I find many men are often afraid of women getting "emotional" and unraveling in ways that make them feel helpless. I call People Pleasing an *Equal Gender Offender*.

So if we're going to as I mentioned in my forward, "Lead with our SPARKLE When the Pathway is Dim," I believe we need to be able to take risks and part of that is the willingness to have courageous conversations where honesty and kindness partner with one another. I define that as being "Beautifully Honest."

While I often give my clients and friends a few tips and language hacks in order to have more successful outcomes, I can say having a clear intention, a kind tone, and focused empathy, are my guiding principles. I do not do it perfectly, or without hiccups. But I continually find that when my intention is *truly* to be honest and kind in my communication, to heal the divide between myself and another person, miracles happen. If and when I'm willing to be the "go first girl" and initiate the dialogue, often self-righteous defensiveness from the other person is replaced with humility and vulnerability. And that

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“weird vibe” between us dissolves and a genuine connection has taken its place. Simple but not easy.

Just last month I was absolutely irate with a company that I’ve been a customer with for over ten years. Shoddy non-existent customer service drives me crazy. I was really clear on what I wanted and what was written in the contract was consistently being ignored. I stayed persistent in communicating my dissatisfaction and kept escalating it till I reached out to the District Manager. I was clearly in a reactive mode. We made an appointment to speak the next day.

I made sure to hit the pause button, calm down, and get clear what I wanted from the call. When he called there was trepidation in his voice. He sheepishly introduced himself, and I laughed and responded, “You sound *terrified* to talk to me. If you can just honor our original agreement outlined in my countless emails and the contract, we’re all good and I promise it won’t be scary!” He breathed a sigh of relief, apologized for the miscommunication, provided me with what I had asked for, and told me it was the most pleasant call he had all week. I replied, “Oy, that’s quite a job you have there.” His response was, “Since I spend almost all my days being yelled at, yes, it is.”

I thanked him for his timeliness and for addressing my issue. I then asked permission to have a formal Beautifully Honest conversation. He wasn’t sure what that meant but said “Of course.” I expressed my dismay and confusion that a global company of that size has such poor customer service. I said it from real curiosity and not finger-pointing and truly wanted his feedback so I could understand where the breakdowns were and what they were doing to remedy it. He shared his frustration and the different elements that contribute to the problems.

He thanked me and gave me his cell number and told me moving forward that if I need *anything* just to text him and he’d

make it happen. He also told me that he feared my call the most, yet by far it was the best.

The whole call took less than fifteen minutes, whereas before the call, all the emails back and forth with other team members, hijacked my entire morning, and put me on dimmers.

That's why even when I'm nervous about having these Beautifully Honest conversations, I am reminded of the miracles that are ever-present, if once again, I can be the "go first girl." I am also discerning when and who I have those conversations with. I make sure that if I'm still hurt or emotionally triggered to hit the pause button and wait till some healing on my end has passed. I focus "on the prize" of a genuine connection and understanding to replace the need to be right or validated. I am discerning who I do and who I don't have these conversations with, because it takes energy and focus. I choose to have them with people who are open "enough" to receive them knowing there are no guarantees.

As one colleague of mine astutely pointed out, we live in a world of extremes. On one side there's a severe lack of sensitivity and on the other, an over-the-top hypersensitivity. We must find a middle ground to connect.

I truly believe Beautifully Honest conversations can get us there. I often find we have so much more commonality (in most cases) than differences and we can respect all perspectives (within reason of course).

Whom do you need to have a Beautifully Honest conversation with? What are your fears about it? What kind of support do you need? What is possible by having them?

Facing the Battiness of Your Fears

It's bad enough when the world is *bat crazy*, but what do you do when there's an *actual* BAT flying in your bedroom,

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unexpected, and totally uninvited at 11:30 p.m. on a school night? As I mentioned in the early part of the book, Marty and I had a visit while watching Seinfeld when our “friend” whom we’ll call Bobbie the Bat crashed the “party.” The more we tried hiding from them the more they flew towards us. What a great reminder of “avoiding your fears” only brings them literally to your doorstep. Plus the validity of someone being blind as a bat!

We tried everything from drenching the house with peppermint oil, (we could hardly breathe), getting way too much information about white-nose diseases and other maladies bats carry, and the fact that during the day they fold themselves up like an accordion and hide in the crevices of your curtain and drapes. We spoke to the “experts” who basically said to just wait for the bat to come back and “shoo” it out the door. “Shoo, like giddy up, out you go.” To say the next twenty-four hours we were on Dimmers was an understatement.

The next day when we were finally not jumping every time there was any sound or flapping type movement, Bobbie the Bat paid us a visit. We both screamed and grabbed whatever silly object was in front of us, from a colander to a swifter, even a fly swatter. It’s amazing how quickly two fairly smart people who pride themselves on having more than average amount of common sense, succumb to totally ineffective strategies. After Bobbie the bat had a few power laps around the entire “shared” common space, I picked up the broom that was “duh” right next to me. The bat came towards me, and with the slightest tap, went down, and flew out the window.

We high-fived each other for great teamwork, even though the rest of the night, we jumped with every flapping of moths outside the window or semblance of motion in the house. Our own Batty PTSD.

Lesson Learned: We can do all the planning in the world,

but more often we need to face our fears literally head-on. And in our minds, we sometimes see them as big looming, and scary, more often than not, I often find that sometimes just a tiny tap at our fears that will “take them down.” *When we get to the other side of our courage, we truly know what it feels like to SPARKLE.*

So whether your acts of courage are death-defying and bigger than life, or everyday acts of courage; stepping up, speaking out, forging new relationships, deepening others, or just going for something that both excites as well as scares you, DO it anyway!

Take those little and big Cs of Courage. I can't guarantee what will come of them, but I can assure you'll come away with a new perspective, of yourselves, and what you're capable of, and when you do, you automatically give others the permission to do the same. And in doing so, you'll give yourself and others the Courage to SPARKLE!

Life is Short!

Life is Precious!

Sparkle NOW!

I hope this book has shown you HOW!

Thanks for tuning in and not tuning out. What the world needs, especially right now, is people who are tuned in!

EXERCISES



Exercise 1—The 4Cs

Part 1—When on Dimmers

Stop. Close Your Eyes. Breathe. Feel. Stay in your body.

1. Curiosity—What’s going on right now for me (e.g., feelings, experiences, insights)? What can I learn from this challenge right now?
2. Compassion—If my BFF (or someone who consistently has your back) was speaking to me, what would be the kindest, most loving thing they would say? How would they tell me to take care of myself? How can I integrate their voice into my own life?
3. Connection—What is the most productive way to stay connected with myself? My truth? Others in my life?
4. Courage—What am I most afraid of? What is an action I can take in the face of my fear that serves me?

EXERCISES

Part 2—When on Shimmers

Stop. Close Your Eyes. Breathe. Feel. Stay in your body.

1. Curiosity—What’s going on right now for me (e.g., feelings, experiences, insights)? What can I learn from this blessing right now?
2. Compassion—If my BFF (or someone who consistently has your back) was speaking to me, how would they help me celebrate this gift in my life? In what loving ways would they support me to take care of myself? How can I give that to myself?
3. Connection—How can I stay connected with myself to really take in this blessing? What rings true to me? How can I celebrate with others?
4. Courage—How have I been courageous? What will be my next courageous action?

ABOUT THE AUTHOR



Lois Barth, Human Development Expert, Speaker, Leadership & Executive Coach, and author of *Courage to SPARKLE: The Audacious Guide to Creating a Life that Lights You Up*, brings more than twenty-five years of combined experience as a speaker, coach, actress, comedienne, singer, arts educator, and health care practitioner to the party.

Lois uses humor, stories, and powerful exercises backed by brain science in her high-energy interactive programs to help her audiences and clients to thrive personally and professionally. She sees having the *Courage to SPARKLE* as a metaphor to

shine bright, share your gifts, and make a difference. As a result, individuals and groups are more engaged and productive in their lives.

Lois has a B.S. in Human Development, is an ICF-certified life & executive coach, in addition to having multiple coaching accreditations, and was the life coach for three national makeover campaigns: SELF, Fitness, and FITSTUDIO (Sears) in which, thus far, 1.8 million people have participated in. She is the creator of SMART SEXY TV: What Nobody Talks About But Needs To Hear, her own YouTube series which brings a humorous, light-hearted approach to communication, motivation, and empowerment.

Lois was the “Stress Less...SPARKLE More” Lady for C.T. Style TV (ABC affiliate) has been published and quoted in the *New York Times*, *Wall Street Journal*, *Fast Company*, *Woman’s Day*, and *Elle.com*, to name a few. She has been the keynote speaker for many groups such as L’Oréal, Women in Trucking, American Red Cross, Capital One Bank, the Society of Women Engineers, and the United States Navy amongst many others. She is a contributing writer for three anthologies: *Have I Got a Guy for You*, *Empowering Women*, and *Money Talks; 100 Strategies to Master Tricky Conversations about Money*.

To learn more about her Courage to SPARKLE keynote, workshops trainings, and coaching, please go to www.lois-barth.com.



Like spending time with a light-a-fire-under-you coach, loving friend, and stand-up comedienne all rolled into one, *Courage to SPARKLE: The Audacious Guide to Creating a Life That Lights You Up* is a go-to guide for the smart, sassy, and sophisticated reader who wants to be championed both personally and professionally. Lois' motivation meets methodology style opens minds and hearts with powerful solutions to live your truth, own your value, and create a fulfilling life. With Lois' GEMS you will learn how to:

- Clarify what makes you SPARKLE
- Communicate Powerfully and Advocate for Yourself
- Overcome Perfectionism and Shine Brightly in the World

"*Courage to SPARKLE: The Audacious Girls' Guide to Create a Life that Lights You Up* is a wonderful blend of deeply spiritual principles combined with powerful solutions that guide us to step into our power, nurture our intuitive selves, support each other in doing the same and cheers us on in the process. Plus it's just a fun read! This is a powerful and transformational book that I highly recommend to all my clients."

—Aleta St. James, Energy Healer and Life Coach, Author of bestseller *Life Shift*

"This is the perfect guide to success and fulfillment. In these gotta-highlight/wanna-read-this-over/love-how- she-said-that pages, she gives us the tips—and tricks—we need to get there."

—Victoria Moran, author of *Living a Charmed Life* and *Main Street Vegan*

"Lois Barth has written this book to guide people who want a better life! This even helps boardroom cowboys to SPARKLE!"

—Jeffrey Hayzlett, Primetime TV & Podcast Host, Chairman, C-Suite Network



LOIS BARTH, Human Development Expert, Speaker, Certified Life and Executive Coach, and Author uses humor, stories, and powerful exercises to champion both individuals and groups to shine their light in the world and have the *Courage to SPARKLE*. As a certified executive coach she works with heart-centered mission-driven leaders to concretize their vision and works with their team in order to increase engagement, strengthen communication, productivity, and workplace culture. She was the life coach for three national makeover campaigns—*SELF*, *Fitness*, and *FITSTUDIO*—in which 1.8 million people have participated. She is the creator of *SMART SEXY TV: What Nobody Talks About But Needs to Hear*, addressing communication, stress, and empowerment with humor. The "Stress Less...SPARKLE More" Lady for *C.T. Style TV* (ABC affiliate), Lois has been published and quoted in the *New York Times*, *Wall Street Journal*, *Fast Company*, and speaks regularly at corporate, non-profit, association, entrepreneurial and leadership conferences.