



sparkle & sage
LOVE YOUR LIFE, LIVE YOUR SPARKLE

SPARKLE STARTER PACK

3 Gifts to
Help You
**Own Your
Sparkle**

www.paulaonysko.com

YOU BELONG

I created this Sparkle Starter Pack just for you.

You are busy, vibrant and talented. You fulfill many roles in your every day, often putting others before yourself. You don't realize all your gifts because they come so naturally to you that you could do them with your eyes shut.

You sparkle. You shine.

And still, there is more.

Regardless of the outward success you have created, you feel a block inside. You can't fully articulate why or how, but you know it's there. And it stops you in one or a few areas of your life.

You wish you could get a handle on this. You've tried. You've set a goal or two, gotten really excited to change, made some progress, and then, WHAM! The Wall. Ouch.

Time to find a window.

You are a perfectionist. You want to do a great job. You care what others think – probably more than you should. Who are 'they' anyways -- those people whose opinions rock your world? You sure are ready to let that all go. Gosh, you would be so much happier if you did.

You want to feel free and unstoppable. To heal past hurts and reframe anything that has a grip on you. To create a life so juicy you can't believe you get to live it.

And you are ready to feel good about yourself – amazing in fact – to catch a glimpse of your reflection and think, "Hot damn, that woman is rockin' it." It's not just about clothes or curves but an inner conviction that pours out and screams, "**I'm so worth it!**"

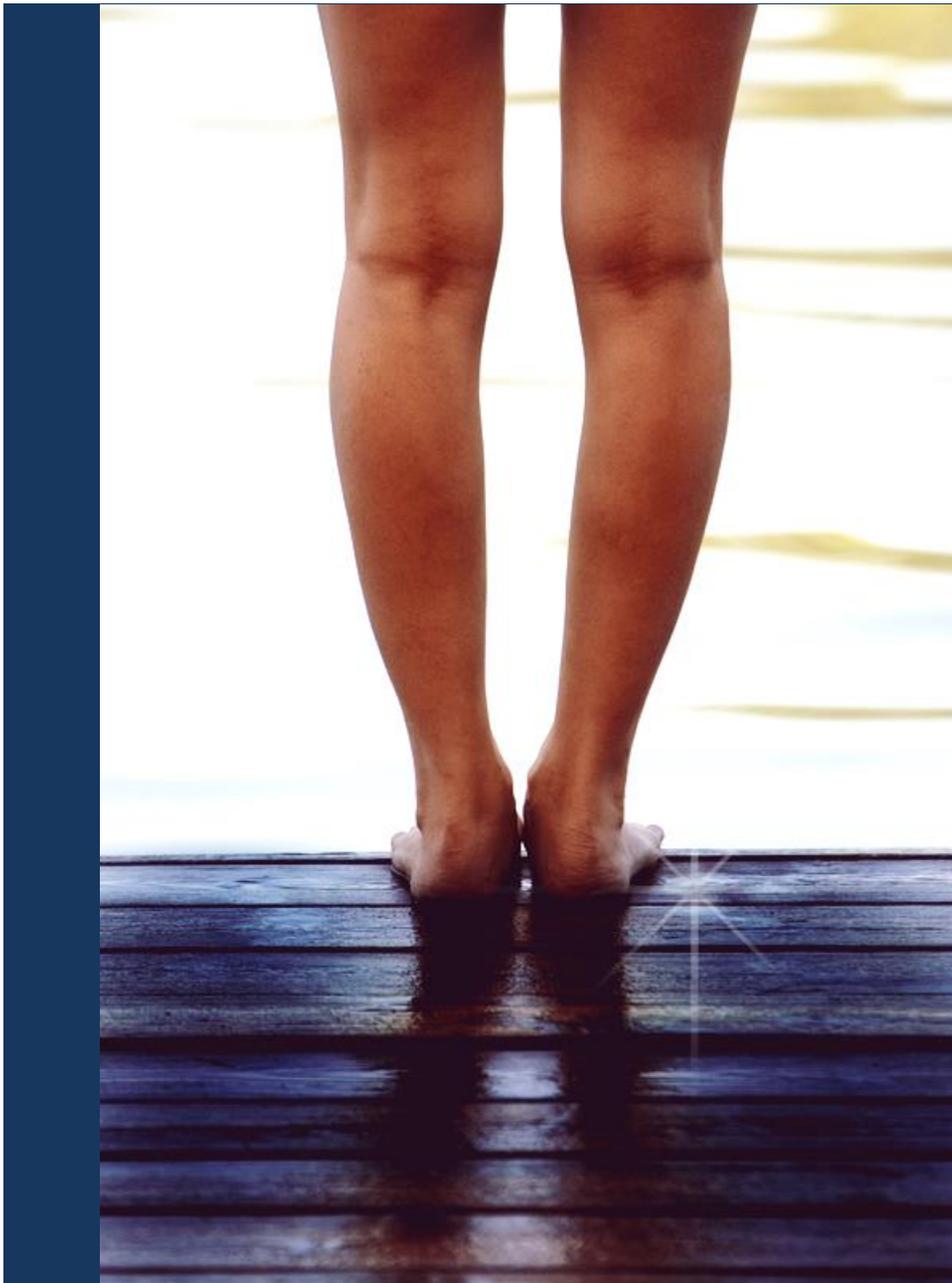
Imagine your pride when you discover that reflection is you.

Enjoy!
Paula Onysko

GET *Sparkling!*

Here are 3 bite-sized gems for you:

1. 10 Clear Choices to Living Your Sparkle
2. Manifesto: 40 Freeing Reasons to be Imperfect
3. Body-Love Basics for a Sparkling Life



1

10 Clear Choices to
Living Your *Sparkle*

We all have it... a unique sparkle.

Often we can see it more easily in others than in ourselves. People who are comfortable in their own skin. People who look great and others want to know, “What’s their secret?” People who are doing what they love and with such passion that others say, “Must be nice.”

It is nice. It’s awesome, and it’s possible for more than just the ‘lucky’ few.

Living your sparkle is about being your best YOU.

It’s about looking and feeling fabulous in a body you adore and nurture. It’s about discovering your greatest gifts and passions and then living them out loud. It’s about surrounding yourself with people who inspire, love and believe in you -- beyond any story that keeps you small. It’s about stretching to the edges of your comfort zone and then grabbing your wings because it’s time to fly.

It’s about living for something more than a pay cheque or holiday. It’s about celebrating every moment and day by day, authoring an autobiography so juicy that even you can’t put it down while reading it at the end of your life.

It’s about becoming your biggest fan — giving first to yourself, and then to others, knowing that the greatest gift you offer is a whole, happy YOU.

Sparkle goes beyond the perfect body, house, car, spouse or job.

It is not contrived or manufactured. It’s not sold in a bottle or on a shopping rack (although let’s face it, clothes that show off your sexy curves rock!) It’s not limited to a particular class, age, race or country. It knows no borders and it definitely does not have “should”, “can’t”, “never”, “realistic” or “not enough” in its vocabulary. It’s what many people spend a lifetime longing for not realizing **it was inside them all along to enjoy.**

That all sounds wonderful but how do we live it?
How do you tap into your sparkle?



Quite simply, you choose.

I CHOOSE TO LIVE MY *Sparkle*



I choose to make myself a priority, nourishing my body, heart and mind.

I choose to have more faith in my dreams than my past stories or excuses.

I choose to take consistent inspired action, discovering that self-love grows as I do.

I choose to get clear on what's most important and have a weekly schedule that proves it.

I choose to live with intention and then gather evidence that my intentions are manifesting.

I choose to create space for opportunities to find me. And then say, 'Hell Yes' when they arrive!

I choose to wake up and be WOW'ed by life, anticipating synchronicities and everyday miracles.

I choose to let life lead me, trusting my heart's wisdom as my sage guide.

I choose to take a chance on me, believing I'm worth every step... even the scary ones.

I choose to surround myself with things and people who excite me, and then ride that energy to the stars.

“ “ My sparkle is my soul’s DNA. No one can replicate it. I am in competition with no one. If I hide it, the world misses out. I miss out. My purpose is to **live my sparkle**. When I do, my world expands, opportunities flow and happiness has a home.



2

MANIFESTO:

40 Freeing
Reasons to be

Imperfect

Inherent in living our sparkle is living life a little messier than we may like.

Let's face it, some of the world's best inventions came out of 'mistakes and mishaps'. The Universe loves to create those so we see more possibilities than the single track we may otherwise be on.

Unfortunately, for many of us, doing life messy doesn't fit the standard we were brought up in.

We were taught, "If you are going to do something, do it well, or don't do it at all."

Sound familiar?

That quest for perfection has led to many wonderful traits. It has inspired you to perform at a high level and achieve wonderful successes. It's allowed you to develop skills that you can earn a great living from. And it's helped you define a sense of who you are and what you contribute to the world. Beautiful!

But that same quest for perfectionism, taken too far, can become your curse:

- It can prevent you from trying new things (even though you secretly want to).

- It can squash your happiness (because it's never happy no matter how well you did).
- It can push you beyond what's necessary (and disappoint you when nobody notices your extra effort).
- It can compromise your health (you want to be great at everything, but that wears thin).

Yet now, more than ever, the world needs your sparkle and that sparkle shows up when we relax our own rules. Imperfection gives you freedom to be the sparkle just as you are.

When we truly embrace the benefits to our health and happiness in being 'just as you are' life gets juicy! We define our own style, write our own creed, model our own goddess figure and voice our own truth. We create and explore. We do it messy. And fun. And we make no apologies for living it out loud. In fact, **living our sparkle liberates others around us to do the same.**

Read the Manifesto on the next page every day. Hang it on your wall. Let it lead you toward taking imperfect action and letting others see the real "I M PERFECT" you! She's gorgeous, talented... and a whole bunch of fun!

MANIFESTO: 40 Freeing Reasons to Be *Imperfect*

You will be consumed by happiness and not your internal scorecard.

Your face will look years younger, your stress lines will disappear.

Your voice will find new courage, your mind will see beyond black and white.

You'll become a creative genius, you'll colour wherever the hell you want.

You'll try things you may suck at and laugh your butt off exploring.

You will care less what others think and discover more what you believe.

Your body will have more energy and your libido will rock the house.

You will define your own style and let your goddess figure flow.

Your eyes will dawn a new sparkle, your heart will grow new strings.

Your past will no longer haunt you and your future will be more fun.

Your head chatter will leave the building as your intuition shares who's boss.

You will be more successful, you will break your every rule.

You will make decisions faster, you will be less afraid to try.

Your days will flow with synchronicities and freedom will call out your name.

You'll allow yourself more play time and get far more done with less.

You'll stop the need to people please, 80/20 will become your new beat.

You'll still be brilliant at what you do. In fact, you'll kick it up a notch.

You won't notice imperfections in others because you're not keeping track in yourself.

You will like yourself so much more. Heck, what's not to freakin' love?

You probably will live longer and you won't be living a lie.





3

BODY-LOVE

Basics for a

Sparkling Life

I don't know about you, but I want a rockin' body that supports my sparkling life.

I want to look fabulous at 50 and 60 and have the energy to pursue my passions and keep up with future grandchildren.

Our bodies are the sacred vessels that will take us through this life. They are beautiful, efficient and ideal suited for the journey. They move and bend. Their muscles love to be sculpted. They perform hundreds of processes day and night, most of which we are completely unaware of. They provide instant feedback – through intuition and other bodily signs -- that can guide us through any life situation.

So often I see women trying to accomplish amazing things in life but skipping the steps to building and maintaining a strong wellness foundation. We listen to Dr. Oz, read up on the latest wellness products, but forget the simple basics that can sky-rocket our health.

Your body isn't asking for much – just a few foundational things.

I share these body basics on page 12 not from a place of “You should do these things” (who the heck needs more ‘shoulds’!) but from the voice of your inner child who craves the routine that will see her thriving. Is there more you could do? Sure, but more to do often overwhelms. So start here.

See the sacred gift in each action – it is symbolic and powerful.

As you carry out the action, repeat the affirmation to ground this wisdom into your body.

Remember consistency is the key. It's not what we do once that determines our success but what we choose to repeat again and again.

And simple wins the day!



When the grass looks greener on the other side of the fence, it may be that they take better *care* of it there. ~ Cecil Selig

BODY-LOVE Basics

	Ideal Quantity	Sacred Gift
<p>Drink Water Our bodies are around 65% water and we can expel 6 to 9 cups of water each day. Time to replenish!</p>	<p>Drink 2 to 3 litres of water daily. Start the morning with lemon water (a few wedges in a glass); excellent for detoxing the liver.</p>	<p>As I drink this water, I am connected to the flow of life.</p>
<p>Eat Your Veggies & Fruit We are typically eating too much food with little nutritional value that our bodies can't use. This causes excess weight, fatigue and promotes unwanted health conditions. We need alive food. That's what sustains life.</p>	<p>Eat 4 servings of veggies and 2 fruits daily. Choose a variety of fresh vegetables, ideally from local producers and organic.</p>	<p>I eat food that is alive and nourishing so that I may <i>feel</i> alive.</p>
<p>Get Your Protein Protein is essential in sustaining energy throughout the day. When paired with complex carbs from veggies and whole grains, it keeps your metabolism fired, helps build muscles and eliminates those nasty cravings.</p>	<p>Include a lean protein with every meal and snack. (e.g. chicken, fish, egg whites, beans, lentils, hemp, greek yogurt, almonds)</p>	<p>With protein, I sustain my energy so that I can be my best all day long.</p>
<p>Get Delicious Sleep Night-time is when our body repairs and rejuvenates. Without proper sleep, your body fatigues, energy fades, hormones go for a ride, your immune system dives and emotional stability leaves the building! YIKES!</p>	<p>Choose a consistent bed time, preferably well before midnight. Get 7 to 8 hours of uninterrupted sleep. If you're a new mom, nap to catch up.</p>	<p>I gift my body the sleep it needs to repair and rejuvenate. As I sleep, my soul plugs in and is given new life.</p>
<p>Move Your Body Your body was designed to move, not sit much. Find the activities you love and make them part of daily life. Walking, dancing, swimming, gardening, house cleaning, running errands on foot and playing with your children all count!</p>	<p>Enjoy 30 minutes to 1 hour each day of movement you love.</p>	<p>I adore a healthy fit body that reveals my shapely curves.</p>
<p>Bask in Self-Love If you won't love and nurture yourself, who will? Self-love is the new medicine. This can be morning quiet time, an evening hot bath, a break from the kids, a weekend get-away or a simple smile to yourself in the mirror that whispers, "I adore you".</p>	<p>Gift yourself handfuls of daily self-love.</p>	<p>My body and life mirror my commitment to myself. As I honour those commitments, my self-love and confidence grow.</p>

BODY-LOVE Basics Worksheet

Week: _____

As I nourish and love myself, my body and life sparkle.

Activity	Mon	Tues	Wed	Thru	Fri	Sat	Sun
Lemon water first thing							
2-3 litres of water							
4 servings veggies							
2 servings fruit							
Protein with every meal							
30+min of movement							
Handfuls of self-love							
8 hrs. of sleep							

Take the 30-day Body-Love Challenge:

**FREE
COACHING**

Follow these body-love basics for 30 days and see how much more amazing you feel. Send me a testimonial of your success and I'll put you in the monthly draw for a free coaching session so you can continue down your fabulous new path.

ABOUT PAULA



I am a life coach, wellness mentor, consultant, writer and speaker. I'm also a wife, mom, singer, dancer and lover of all things simple and sparkling.

I am passionately committed to helping women transform their bodies and lives by guiding them to align intention, energy and inspired actions. I draw on years of coaching experience, fitness training, corporate life, communications expertise and my own wellness journey to guide fabulous women to 'own their sparkle'.

I am spiritual yet practical. I believe we create our lives in partnership with the Universe. We do our part; the Universe does its magic. Once we understand how it works... wowzers, look out! We can apply it to any situation, goal or dream.

My life mission is simple: live my unique sparkle and help others do the same. The world needs your sparkle. And your sparkle is enough.

The moment I stopped caring as much about what others thought, I found my "Paula Style". Life began to sparkle. People asked what I was doing differently. Self-love is a true mirror of beauty... and a pathway to happiness.

YOUR NEXT STEP

If you resonated with my words, then welcome. You belong. Consider signing up for my free guided meditation to inner peace on my website. It's another step to claiming your best life.

How I Can Help

If you want to dive deeper, I love working with women one-on-one as they shift from struggle to sparkle. Many come to me when other programs haven't worked.

I am the queen of reframing any situation and moving you forward. I don't judge and I don't believe stories that keep you stuck or small. I hold you in your Highest Light. I help you grow your wellness foundation so that your body is supporting you. I reconnect you with your passions and help you integrate them more into your life. I teach you techniques to release past hurts so you can be free of them. And I help you become the active creator in your life – so life isn't just happening to you, you are authoring it in partnership with the Universe.

Our journey is juicy, profound and so worth it. It's one of the greatest investments you'll ever make.

To learn more, visit www.paulaonysko.com/coaching

Thanks for sharing this time with me. You matter.

To Your Sparkling Life,

Paula



RAVING Review!

“There are no words that do justice to what Paula’s coaching program has done for me. I wish I had found this a lot earlier. I get tears in my eyes and goose bumps because I know great things are in my future. Do this for you! You are so worth it! Everything in your world changes... relationships improve, your health improves, your outlook...your life. You will truly uncover the diamond in the rough you have always been.”

~ Karen