

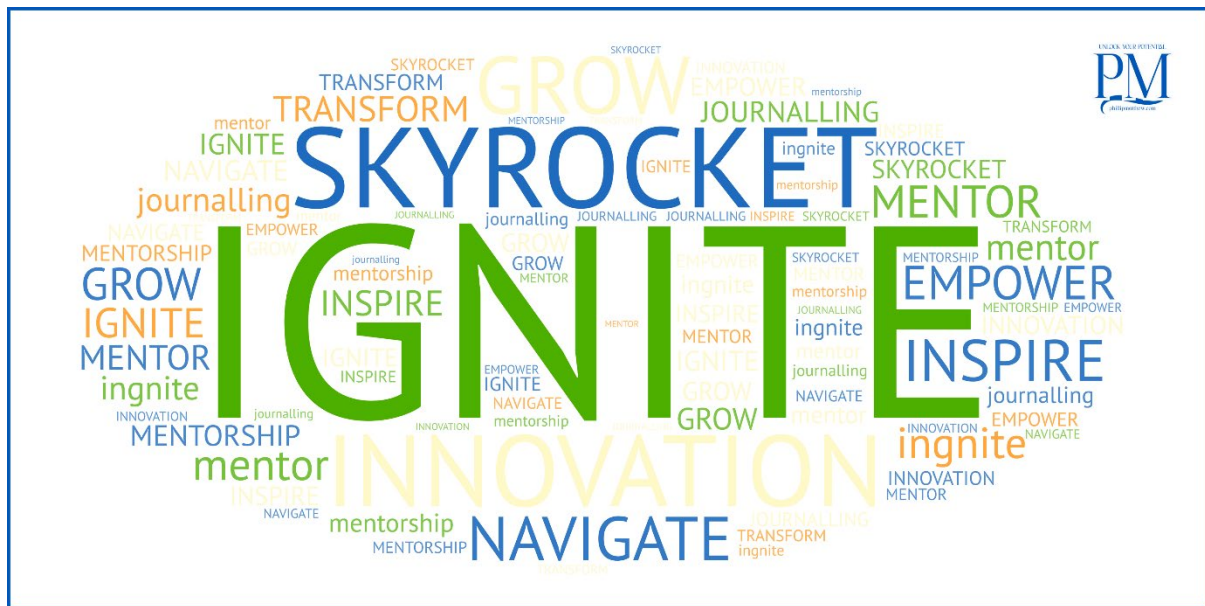
IGNITE Your Business:

Lighting Your Inner Leader

SPARK Resilience Action Plan



Build mental toughness to overcome setbacks with the SPARK framework.



SPARK Resilience Action Plan

Reframe setbacks and build resilience with this tool, inspired by Lighting Your Inner Leader.

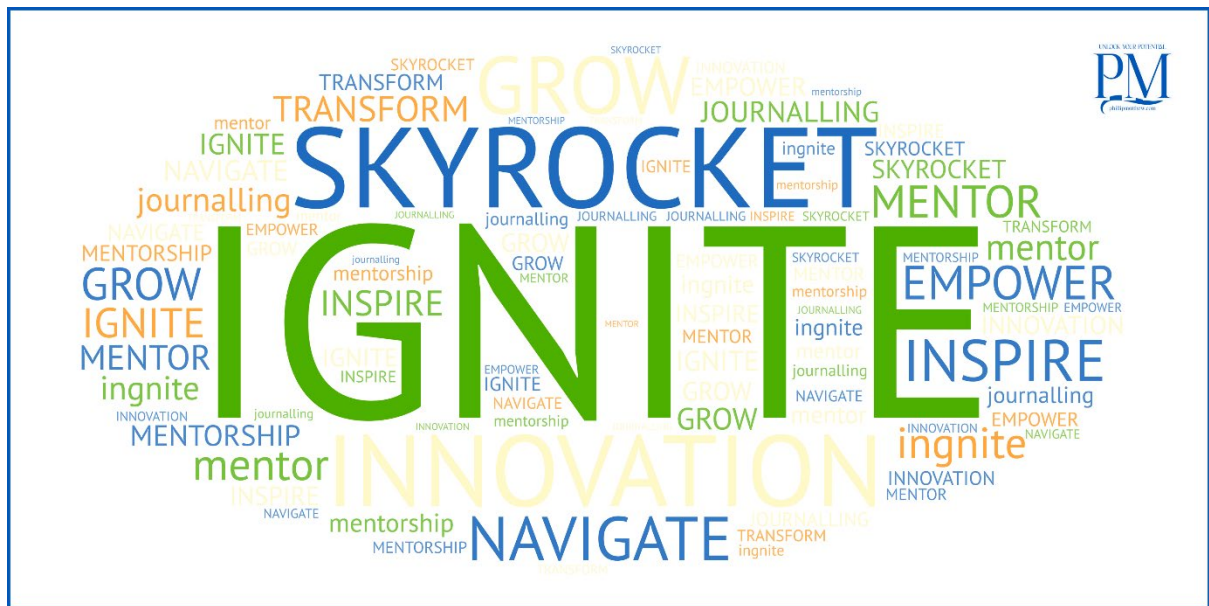
Use the UYP Formula to identify setbacks, reframe lessons, and take action. Complete weekly, track in the SPARK Progress Tracker, and discuss with Phil at

phillipmatthew.com/book-a-call. Download at <https://phillipmatthew.com/ignite/resources/>.

Example Entry:

Example!

- **Date:** 01/06/2025
- **Setback:** Failed product launch lost \$5,000.
- **Lesson Learned:** Marketing didn't target the right audience (Lawpath, 2025).
- **Reframed Mindset:** "This setback teaches me to refine my strategy."
- **Action Step:** Revise marketing plan with SurveyMonkey feedback, relaunch in 30 days.
- **UYP Mentorship Impact:** Phil's coaching clarified audience targeting, boosting confidence.



Blank Entry: (For Your Use)

- **Date:** _____

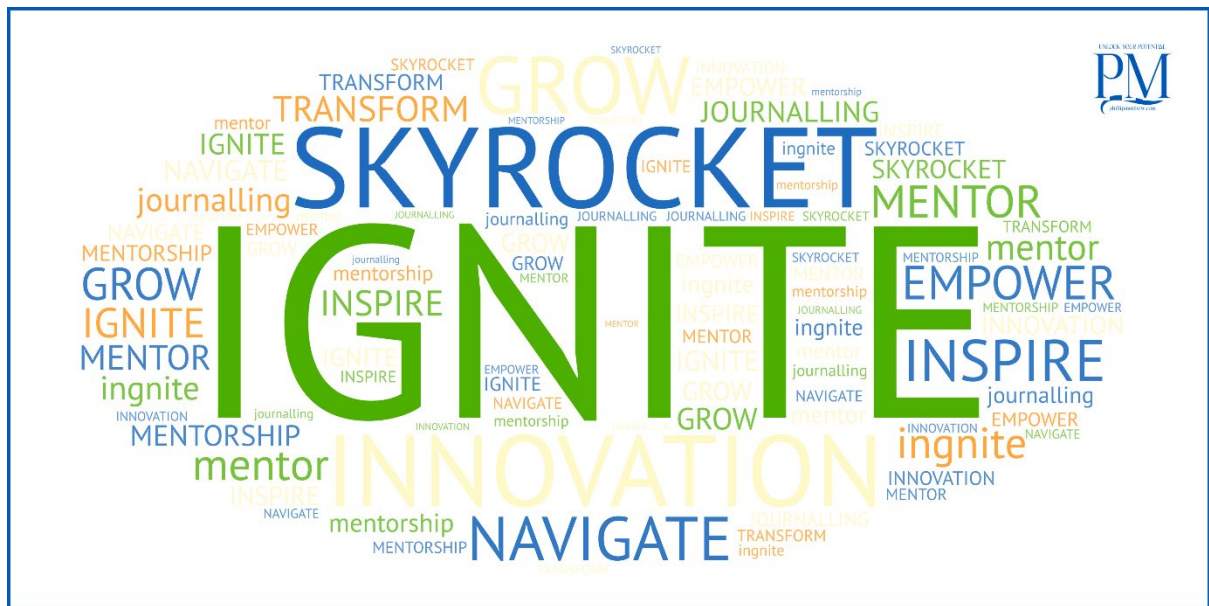
- **Setback:**

- **Lesson Learned:**

- **Reframed Mindset:**

- **Action Step:**

- **UYP Mentorship Impact:**



“Unlock resilience with consistent action.” – UYP Philosophy

Call to Action: Write one sentence on how reframing setbacks fuels your leadership.

Next Step: Discuss with Phil at phillipmatthew.com/book-a-call.

Find more resources at <https://phillipmatthew.com/ignite/resources/>.