



User Guide: IGNITE Your Business – SPARK Resilience Action Plan

Introduction

Download the SPARK Resilience Action Plan at <https://phillipmatthew.com/ignite/resources/> to reframe setbacks and build resilience, inspired by IGNITE: Lighting Your Inner Leader. Use weekly, track in the SPARK Progress Tracker, and discuss with Phil at phillipmatthew.com/book-a-call.

How to Use

1. Download Template: Access PDF, PDF Digital, or Google Doc at <https://phillipmatthew.com/ignite/resources/>.
2. Complete Weekly: Fill Page 3 (Blank Entry) with Date, Setback, Lesson Learned, Reframed Mindset, Action Step, UYP Mentorship Impact (optional). Example (Page 2): Date: 01/06/2025; Setback: Failed product launch; Action Step: Revise marketing plan with [Survey Monkey](#) feedback.
3. Spend 10 minutes reflecting.
4. Track Progress: Log in SPARK Progress Tracker <https://phillipmatthew.com/ignite/resources/>. Save locally or use Google Forms/Sheets, Notion, or paper.
5. Discuss Insights: Book a call at phillipmatthew.com/book-a-call to review leadership growth.

Digital Tracking Setup

- Google Forms: Create fields for Date, Setback, Lesson Learned, Reframed Mindset, Action Step, Mentorship Impact. Save in Google Sheets.
- Example: Date: 01/06/2025; Setback: Failed product launch; Action Step: Revise marketing plan.
- Alternatives: Google Docs, Notion, or paper.
- Review weekly to align with IGNITE's 12-week plan.

“Unlock your potential with daily clarity.” – UYP Philosophy

Next Step:

Discuss progress with Phil at phillipmatthew.com/book-a-call.