# The Small Spark Plan

Choose one tiny, meaningful action when motivation feels distant—without turning recovery into another performance.

**Use this at your own pace.** There are no perfect answers. Write in the spaces, skip anything that does not fit, and come back later if useful.

## 1. What is happening?

What have you noticed lately? Include the situation, your body, your thoughts and what you needed in that moment.

## 2. What matters here?

Circle or write the values, needs or priorities that feel most relevant now. Examples: rest, honesty, pleasure, steadiness, privacy, connection, autonomy.

## 3. A kinder, more useful interpretation

What is the harshest story your mind is offering? What is another explanation that is realistic, compassionate and open to evidence?

## 4. One next experiment

Choose one small action that is specific enough to try this week. What might get in the way, and what would make it easier?

## 5. Support or professional care

Who could help? What would you like to ask, delegate, document or discuss? New, severe, persistent or concerning symptoms deserve appropriate medical or mental-health assessment; do not assume everything is menopause.

Editorial foundation: Behavioural activation, values clarification and self-compassion.

Related article: https://maplemenopause.com/loss-of-motivation-perimenopause-menopause/