



AMY SPARKS

How To Get Through a Major Life Transition

As a realtor and life transition guide, I can support, uplift and guide you through your most challenging transitions into your next home. My work is based on two guiding principles: that our home is a source of our wellbeing and that we can create a happy new life as we grow into our next chapter. I do this by helping you find your next home as well as a supportive community through “The Sparks Collective” as you reconnect with yourself.

It's time for you to start envisioning your next chapter. There is light at the end of the tunnel. Want to dream up what your new life will look like? This toolkit will help you get started.

It's time to rediscover your spark.

Are you ready?



A Home for Healing



Why is finding a new space - *one that resonates with your heart and soul* - so important? This is the place for you to come back home to yourself so that you can thrive through whatever comes next in life.

The benefits of finding a new space include:

- It is a great reminder that you are independent and capable!
- Creating a sanctuary in which to heal, be alone and express your emotions.
- Processing what you have been through and setting the tone for your next chapter.
- Reconnecting with yourself, your dreams, your style, your aspirations and your goals.

Get Clear on What You Want

There are many things to consider when finding a new space. Asking yourself the following questions will help alleviate sensations of overwhelm and hone in on places that will truly bring you joy and comfort during these uncertain times.

- **Divorce Timeline & Budget:** Do you plan to buy a home immediately? Perhaps you need to rent first and then you can look into purchasing a home? I'll work within your divorce timeframe and budget.
- **Rent/Own:** Do you prefer renting or purchasing a new home?
- **Location/Setting:** Do you prefer downtown living or being closer to hill country? How do you feel about master planned communities? Do you envision living in a condo or a house?
- **Size:** Do you like small spaces with minimal space and furnishings or do you like to have extra room to accommodate growth and expansion?
- **Children:** Which school district do you want them to attend?
- **Design:** Are you into modern, traditional, deco, retro, bohemian style? Perhaps you had to compromise your personal style in your last space and now you get to design your dream home!
- **Light:** Do you prefer natural light or are you OK living in spaces that have shade and/or require the use of artificial lighting?





I've Been Through This Firsthand

Having personally experienced the devastation of divorce and the prospect of starting over, I know the importance of maintaining a deep commitment to emotional and physical health with the appropriate support. After my divorce, I heavily relied on the expertise and encouragement of a life and business coach, personal trainer and therapy. The team of professionals that I created to help me reconnect with myself was paramount in my healing. This was how I developed the idea behind **The Sparks Collective**. Over the years, I have gathered a community of incredible experts and professionals.

Now, I have the opportunity to provide you with hand-selected introductions to inspiring individuals who will support you along your own healing path. **The Sparks Collective** is designed to help you reignite your inner flame.



Finding the Right Support Network is Key

The Sparks Collective provides a personalized approach to match your personal and unique needs and goals. From life coaches, financial advisors, divorce navigators and style/beauty experts, tailor-made introductions and connections will bring you home and back to a place of wholeness, confidence and belief in yourself. This network of incredible people will walk alongside you, as you step fully into every phase of your reinvention.

Management

Figuring out finances, logistics and legal issues after a divorce is complicated. Rest assured these important matters will get tended to, so you can focus on tending to yourself.

A sampling of experts:

[Divorce Lawyer](#) Margaret Tucker | Scott Thompson
[Financial Advisor](#) Matt Rappaport | Meagan Recinos
[Divorce Navigator](#) Lisa Schnitzer

Wellness

Let's get you back to a place of feeling good emotionally, mentally and physically so you can approach the next phase with strength and confidence.

A sampling of experts:

[Personal Trainer](#) Sonya Cantu
[Acupuncturist](#) Debbie Kung
[Therapist](#) Valerie Granoff

Home Search

We'll find you a home that feels like a comfortable and happy haven in which to begin life anew.

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A sampling of experts:

[Realtor](#) Amy Sparks
[Interior Design](#) Angela Vandewalle | Morgan Zator
[Closet Designer](#) Mary Cipriano

Transition

Once you find your new home, it's time to focus on your reinvention! Settle in so you can reconnect with yourself.

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A sampling of experts:

[Life Coach](#) Ashley Kelsch
[Reiki/Sound Healing](#) Jessica Neideffer
[Stylist](#) Stephanie Kagan



What's Next?

Thank you for your interest in working with me and **The Sparks Collective**. I hope this toolkit provides some support and encouragement as you embark on this journey of healing and reconnecting with yourself, your space and the people around you. I've included a few of my favorite questions, recommendations and referrals to kickstart the process and I also have SO much more to share with you!

If you'd like to work together to find your next home or would like more referrals specific to your healing journey, please contact me. I'd love to keep you up-to-date on new offerings, insights and info about The Sparks Collective, so please sign up for my email newsletter too.

I look forward to hearing from you!

XO, Amy

