



CREATING CLARITY OUT OF CHAOS AND CLUTTER

BY **TONYA LAMBERT** PHOTOS **TERRI FELTHAM PHOTOGRAPHY**

Have you hit that moment when you wondered what you were doing with your life and if you should be searching for something more? Jennifer Sparks hit her WTF moment a few years back. She was overweight, constantly on the go, rushing here and there — to work, to her children's school and activities, on errands, doing housework. She was on auto-pilot. Her life had become about simply getting through the day, so she could wake up the following morning only to do it all

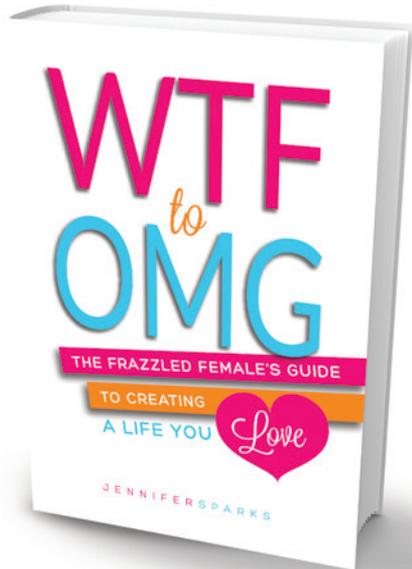
again, never feeling like she was making any progress.

Wanting more from life, Jennifer set about making changes. She began exercising and within a few years became an Ironman tri-athlete. She became a personal fitness trainer and life coach. She altered the way she looked at things, becoming more positive and more focused. Jennifer took her life from WTF to OMG and loves it. As a life coach, she helps other people create clarity from

the chaotic clutter that comprises most people's lives these days.

Being able to help others create the life that they want through her work as a life coach provides Jennifer with a great deal of satisfaction and happiness. However, she wanted to find a way to reach more people. The result of this desire to help others is her new book *WTF to OMG: The Frazzled Female's Guide to Creating a Life You Love*. The book, which is available at McNally Robinson's, d'Lish by Tish Café, Brainsport,

“ If it doesn't challenge you, it doesn't change you ”



Just for You Day Spa (both the Saskatoon and Regina locations) and online at amazon.com, comes with a downloadable journal, allowing the reader to work through their own issues and gain clarity. Jennifer will be launching a book club coaching program in the New Year that will include two group meetings per month (at d'Lish), supportive community, accountability, as well as the possibility to partake in a closed Facebook group throughout the month-long book club session. This design allows readers support to implement changes as they move forward. For those desiring further guidance and support, Jennifer has composed the 12-week Life M.A.P. (Mindset Alignment Program) consisting of journal and planner, companion workbook, audio/videos, lessons and activities all delivered from a secure online platform.

WTF to OMG is an action-based book with suggested activities at the end of every chapter. The book is designed to help you assess the state of your life, help you focus in on what is important to you, assist you to clear away the clutter and aid you in making better-informed and healthier decisions. Says Jennifer, "WTF to OMG is designed to get you personally connected to understanding why mindsets can make or break a person's spirit and overhaul their entire life."



TOP LEFT Ironman 2010 **TOP RIGHT** Jenny and Jason take part in the Dirty Donkey with the Swiftkick Mud Horror Team (July 2013) **BOTTOM** Ironman 2010 at the half way point of the marathon Jennifer Sparks and children Alex and Chiara.

Shannon D. Caldwell, transition coach and author, states, "When you hit your WTF moment, Jennifer's combination of storytelling, voice of reason and tangible action plans will have you swiftly working toward your own OMG life. Sprinkled with her personal experiences, Jennifer is easy to relate to and makes taking care of yourself as simple as 1-2-3."

"This book teaches you how to walk through life fully awake," notes Jennifer. "You can't just be in survival mode. You have to set your life up so you can thrive."

McNally will be hosting a book signing January 4th and Jennifer would love to meet anyone interested in the books' concepts or her programs. ■

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