

The Power of Gratitude





IN THIS ISSUE

November 2025

MINDSET & MOTIVATION 03

MINDSET & MOTIVATION
Worksheet 05

FREQUENTLY ASKED
QUESTIONS 06

SPARKLE RESOURCES 07

THE POWER OF GRATITUDE



Gratitude is one of the simplest yet most powerful shifts we can make in life. It's more than saying "thank you" — it's a way of seeing the world. When we choose gratitude, we train our minds to notice what's right instead of what's missing.

It's easy to focus on what we don't have, what didn't go our way, or what we wish were different. But gratitude changes the lens. It reminds us that even on the hardest

days, there's still something good — a lesson learned, a person who showed up, a moment that made us smile.

Gratitude doesn't mean ignoring challenges; it means choosing to see value in them. Every experience — the good and the hard — shapes who we're becoming. When we start to appreciate the process, not just the outcome, life feels richer and more meaningful.

The most beautiful thing about gratitude is that it grows the more you practice it. The more you express thanks, the more you find to be thankful for. It builds resilience, strengthens relationships, and grounds you in perspective.

Here are a few ways to practice gratitude daily:

SAY IT OFTEN.

Let people know you appreciate them. A simple “thank you” can change someone’s entire day.

WRITE IT DOWN.

Start a gratitude list or journal. Seeing it on paper helps remind you of all the good that surrounds you.

SHIFT YOUR FOCUS.

When something feels frustrating, ask, “What can I still be thankful for in this moment?”

CELEBRATE THE SMALL THINGS.

Gratitude isn’t just for big milestones — it’s for the ordinary moments that make up most of our days.



Gratitude turns “I have to” into “I get to.” It transforms routine into purpose and challenges into opportunities. It doesn’t wait for everything to be perfect — it finds the good right where you are.

This November, let gratitude be your daily mindset. Not because life is perfect, but because there’s always something to be thankful for.



NOVEMBER GRATITUDE

Use this November Gratitude Worksheet to focus on the positives in your life, appreciate the people and moments that matter, and cultivate a mindset of gratitude. A few minutes of reflection can shift your perspective and boost your well-being.

1. THREE THINGS I'M GRATEFUL FOR TODAY

1.

2.

3.

2. A CHALLENGE I'M FACING — AND ONE POSITIVE ASPECT I CAN APPRECIATE



Challenge:

Gratitude/Insight:

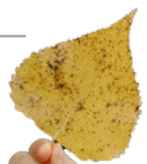
3. SOMEONE I APPRECIATE RIGHT NOW

Name:

Reason:

4. A RECENT MOMENT OR EXPERIENCE THAT BROUGHT ME JOY OR PEACE

5. *Reflection:* HOW FOCUSING ON GRATITUDE IMPACTS MY MINDSET



FREQUENTLY ASKED QUESTIONS

DO CLUB SPARKLE PRODUCTS INCLUDE ANY ARTIFICIAL FLAVORS?

You may notice our labels indicate only Natural Flavors. This is due to our products containing only flavors isolated from natural sources like fruits, roots, bark, and herbs. Club Sparkle products do not contain any artificial flavors.

IS THE CLUB SPARKLE OPPORTUNITY FOR EVERYONE?

The Club Sparkle opportunity is for everyone, regardless of gender, race, age, religion, political or other personal beliefs. Our unique business model appeals to women, men, couples, singles and families of all backgrounds.

WHY IS CLUB SPARKLE CONFIDENT THAT THIS OPPORTUNITY WILL HELP PEOPLE?

If we can create tremendous success in the toughest market in the world (Japan), we can help people become successful anywhere.

In Japan, we have successfully obtained thousands of satisfied customers who have opened their minds and hearts to the Club Sparkle opportunity. We have helped people from all backgrounds across Japan achieve positive life-changing health, wellness and income results through our innovative business opportunity and product trends. In fact, Club Sparkle has made such a great impact that it was rated one of the TOP 10 Innovative Companies and Nectura was rated one of the TOP 10 Product Trends in Japan!



VISIT [CLUBSPARKLEUSA.COM/FAQ](https://clubsparkleusa.com/faq) TO SEE OUR MOST FREQUENTLY ASKED QUESTIONS!

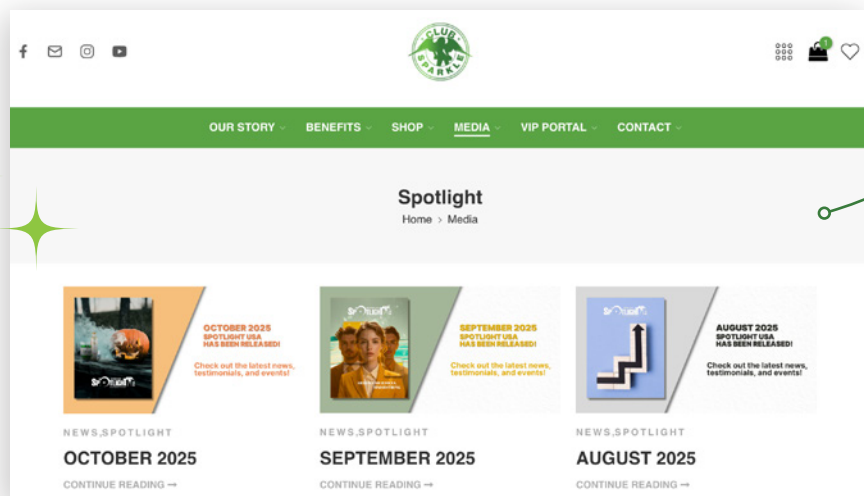
If you don't see your question listed, email us at support@clubsparkleusa.com

— we'll be happy to answer it and may even add it to our FAQ page!

Monthly SPOTLIGHT USA

Sparkle Highlights of the Month

You can explore *all past and current Spotlight USA* issues directly on our website at clubsparkleusa.com under the **MEDIA TAB NEWS**.



Each monthly Spotlight is packed with valuable content — from mindset and motivation topics to the latest company updates, frequently asked questions, product spotlights, and community stories. Whether you're looking for fresh inspiration, want to revisit past Spotlights, or stay up to date with upcoming releases, this section has it all.

Visit clubsparkleusa.com today and see what's shining this month!

www.clubsparkleusa.com

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