

Terms of Use

Last updated: October 11, 2026

These Terms of Use ("Terms") apply when you use sparkyourpath.com or buy or use anything from Spark Your Path, a business of Lisa Adams LLC ("Spark Your Path," "we," "us," or "our"). By using the site or making a purchase, you agree to these Terms. If you do not agree, please do not use the site or our products.

1. What we offer

- Free resources, such as checklists and guides, delivered by email.
- Digital products, such as downloadable guides and workbooks.
- Live and recorded workshops and intensives.
- Group programs, including the Built for One cohort, and coaching.

Each paid offer's sales page describes what is included, its price, and any offer-specific terms. If a sales page or signed program agreement says something different from these Terms, the sales page or agreement controls for that offer.

Paid subscriptions to our Substack newsletter are sold and managed by Substack under Substack's terms, not these Terms.

2. Not medical, mental health, legal, or financial advice

Spark Your Path is business education and coaching. Lisa Adams writes and teaches from lived experience with OCD, HSP, and ADHD traits, 35+ years in radio, and her training as an ICF-certified coach. She is not a doctor, therapist, psychologist, attorney, or financial advisor, and nothing we provide diagnoses, treats, or replaces care from a licensed professional.

Our content discusses patterns such as obsessive loops, overload, and inconsistent capacity in a business context. Please work with a qualified professional for medical, mental health, legal, tax, or financial decisions. If you are in crisis in the United States, call or text 988 to reach the 988 Suicide and Crisis Lifeline, or call 911 in an emergency.

3. Purchases and payment

- Prices are listed in U.S. dollars and may change. The price you pay is the price shown at checkout.
- Payment is due in full at purchase unless a payment plan is offered on the sales page.

- Payments are processed securely by Stripe. We never see or store your full card number.
- If you choose a payment plan, you agree to complete every scheduled payment. If a payment fails, access may pause until the balance is current.

4. Refunds

Digital products

Because digital products are delivered instantly and cannot be returned, all sales are final once the file is delivered. We will make it right if something goes wrong on our end:

- If your file does not arrive, will not open, or is damaged, email us within 14 days and we will send a working copy or refund you.
- If you accidentally buy the same product twice, we will refund the duplicate.

Workshops, programs, and coaching

- Cancel any time before the first live session of a workshop, the Built for One cohort, or a coaching package, and you receive a full refund.
- Once the first session has taken place, fees are non-refundable, including for sessions you do not attend.
- Unused sessions do not carry over past the end of the program.

To cancel, email hello@sparkyourpath.com before the first session starts. If an offer's sales page or your program agreement states different refund terms, those terms apply to that offer.

Payment disputes

If something is wrong with a purchase, please email hello@sparkyourpath.com before contacting your bank. Most issues can be fixed within a day or two. Filing a chargeback for a product you received and used may result in loss of access to that product.

5. How you may use our materials

When you buy a product or join a program, you get a personal, non-transferable license to use the materials for your own business. You may print copies for yourself. You may not:

- Share, forward, post, or resell the materials, in whole or in part.
- Copy or adapt the materials into your own products, courses, or client programs.
- Remove copyright notices or attempt to bypass file protections.

Want to use our materials with a team or clients? Email us and we will talk about a license.

6. Intellectual property

Spark Your Path, the Built for One Method, the SPARK framework, Story Architecture, and all content, guides, worksheets, emails, graphics, and branding we create belong to Lisa Adams LLC and are protected by copyright and trademark law. Short quotes with clear credit and a link back are welcome. Anything more needs written permission.

7. Results

We teach methods that have worked for us and others, but every business is different. Your results depend on your effort, your market, your capacity, and factors outside our control. We do not guarantee any specific income, growth, or outcome. Any examples or testimonials we share describe individual experiences, not typical or promised results.

8. Programs and coaching

- You are responsible for your decisions and actions in your business.
- To reschedule a coaching session, please give at least 24 hours' notice. Sessions missed without notice may not be rescheduled.
- What you share in coaching and program sessions stays confidential, except where the law requires disclosure or someone's safety is at risk. We will only share your results or words publicly with your written permission.
- Group programs work because members respect each other. We may remove anyone who is abusive, harasses others, or shares other members' information, without a refund.

9. Your privacy

Our Privacy Policy explains what information we collect and how we use it. You can find it linked in the footer of sparkyourpath.com, or request a copy at hello@sparkyourpath.com.

10. Site availability

We work to keep the site and downloads available, but we cannot promise uninterrupted access. We are not responsible for problems caused by your internet connection, device, or software, or for brief downtime during maintenance.

11. Limitation of liability

To the fullest extent the law allows, Lisa Adams LLC is not liable for indirect, incidental, or consequential damages, including lost profits or business interruption, arising from your use of the site or our products. Our total liability for any claim is limited to the amount you paid us for the product or service the claim relates to.

12. Ending access

We may suspend or end your access to a product or program if you break these Terms, for example by sharing paid materials. If access ends for that reason, no refund is due.

13. Governing law and disputes

These Terms are governed by the laws of the State of Idaho. If a dispute comes up, we both agree to first try to resolve it informally by email. If that does not work within 30 days, either of us may pursue mediation or bring a claim in the state or federal courts located in Ada County, Idaho.

14. Changes to these Terms

We may update these Terms as our offers change. The date at the top shows the latest version. The Terms in effect when you made a purchase apply to that purchase.

15. Contact

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