

WORKSHEET: YOU ARE INSPIRED

When life feels boring or even downright excruciating, looking for sparks of inspiration can help shift our mindsets to a place where anything feels possible.

Take a moment to think about all the people and experiences that have inspired you or are currently inspiring you. It might be someone you know personally, a famous person, a life-changing trip, or an amazing book. Write them down here.

What qualities in other people or things inspire and motivate you? Why?

How many of those qualities have you adopted in your life?
How could you adopt more?

Equally important, allow yourself to become inspired by the past version of you. What were you doing? What decisions have you made that inspire you? How can you use that inspiration to make inspiring decisions now?

What settings can you put yourself in to be more open to sparks of inspiration? Clubs? Books? Movies? Social media accounts? E-newsletters? Write down possibilities here, and steps you can take to make the inspiration connection.

Put it in action: Set a timer for 5 minutes and allow yourself to act inspired. You can do whatever that means to you. But here are a few ideas: make a gratitude list, write out some goals that have been floating around in your head, sit and meditate, dance to an upbeat song, or find a place to sit and watch the sunset.

