

INSPIRATION JOURNAL



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our work can be exhilarating when you're filled with enthusiasm and purpose.

On the other hand, even your favorite activities may require more effort on the days when you're feeling uninspired.

Finding inspiration and making it last helps you to unleash your creativity and reach your goals. Fortunately, those sparks are all around you when you're open to seeing them.

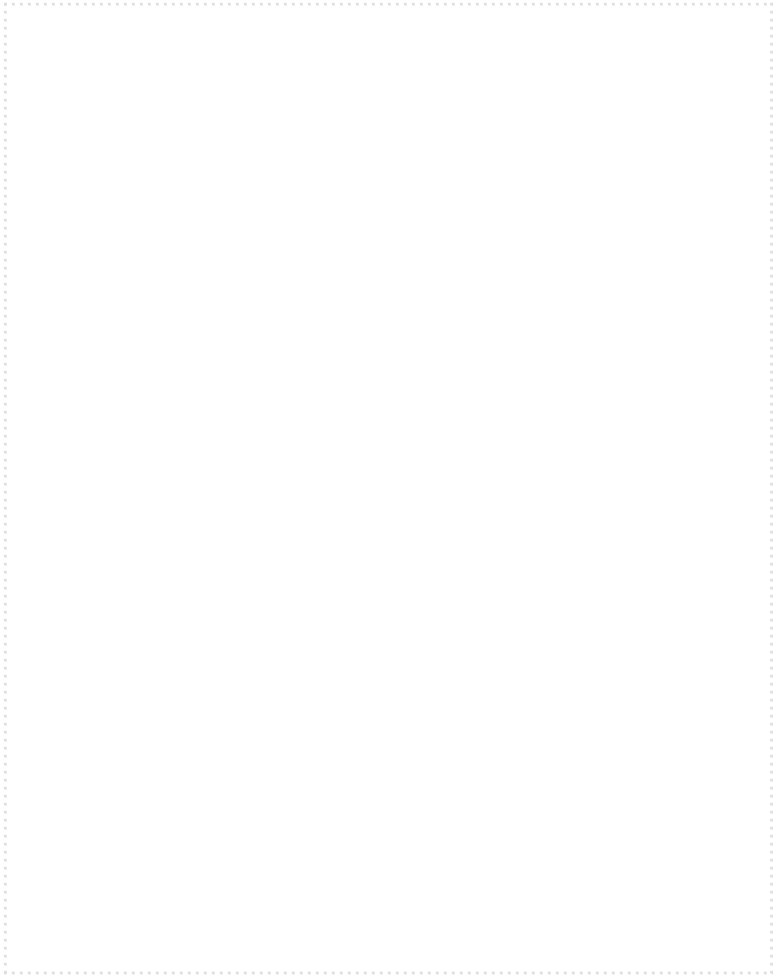
You can find inspiration anywhere you look:

- Playing with your children
- Volunteering at a senior center
- Making up a story
- Going sailing
- Watching a cartoon
- Drinking a cup of tea
- Growing orchids

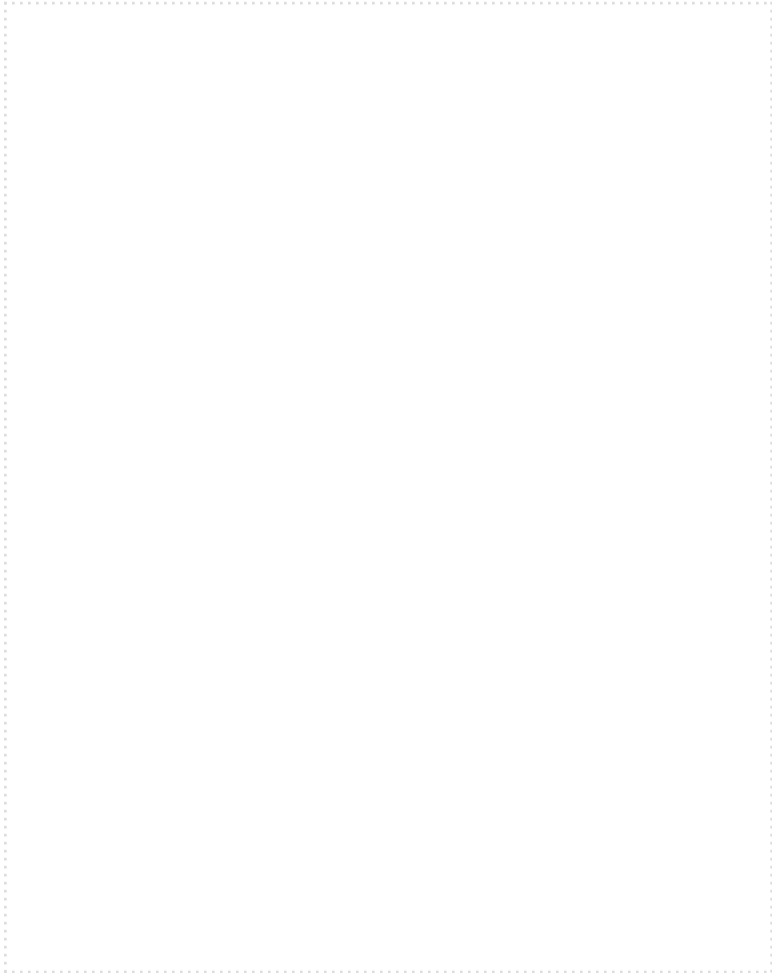
Inspiration takes hold when you're passionate about achieving something and confident that you can do it. These simple daily exercises will help you to feel more motivated and take action.

Spending just a few minutes a day going through the prompts in this journal can make a big difference. You'll figure out what's holding you back and open up new possibilities.

How can you make your workplace more inspiring?



How can you serve as an inspiration to others?



You can't wait for
inspiration.

You have to go after
it with a club.

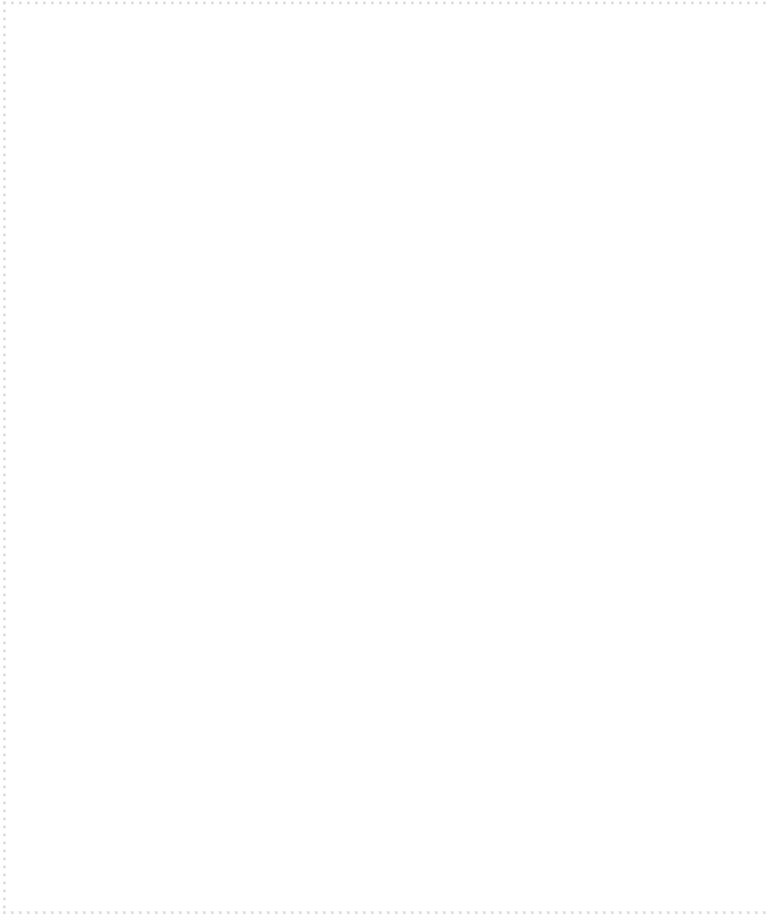
JACK LONDON



How can you benefit from knowing how to inspire yourself?

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Inspiration also means inhaling. How does your breath and posture help you to feel motivated?



We're always in
the middle of two
energies.

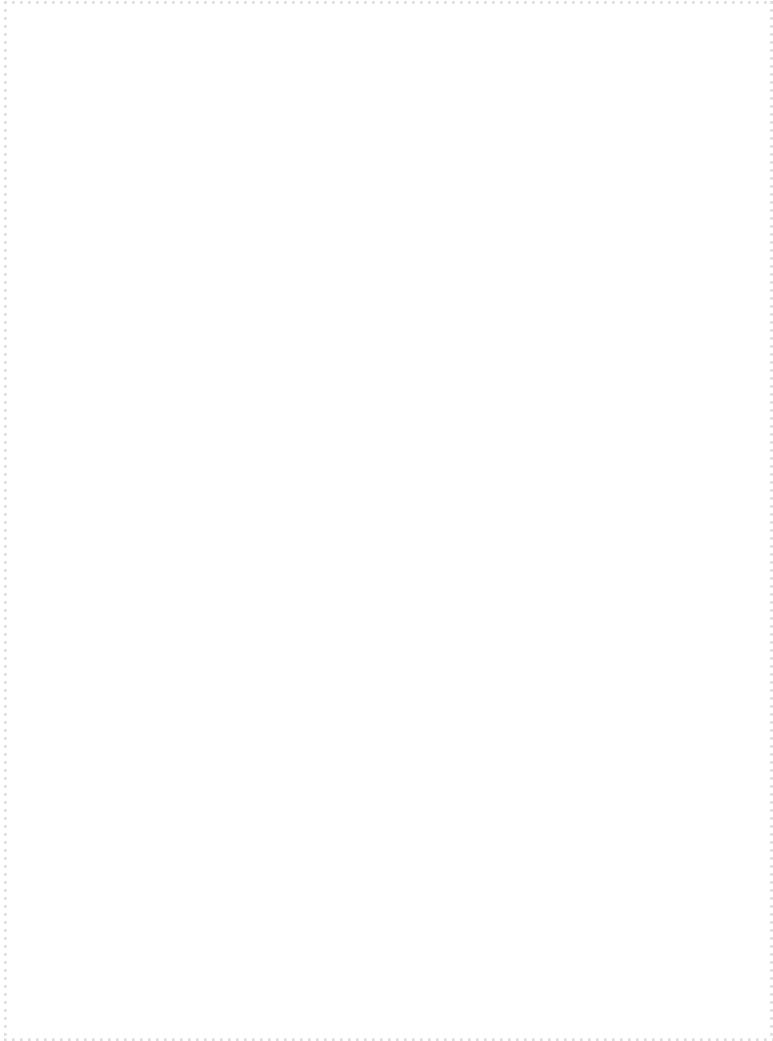


Gravity is pulling you
down; inspiration is
pulling you up.

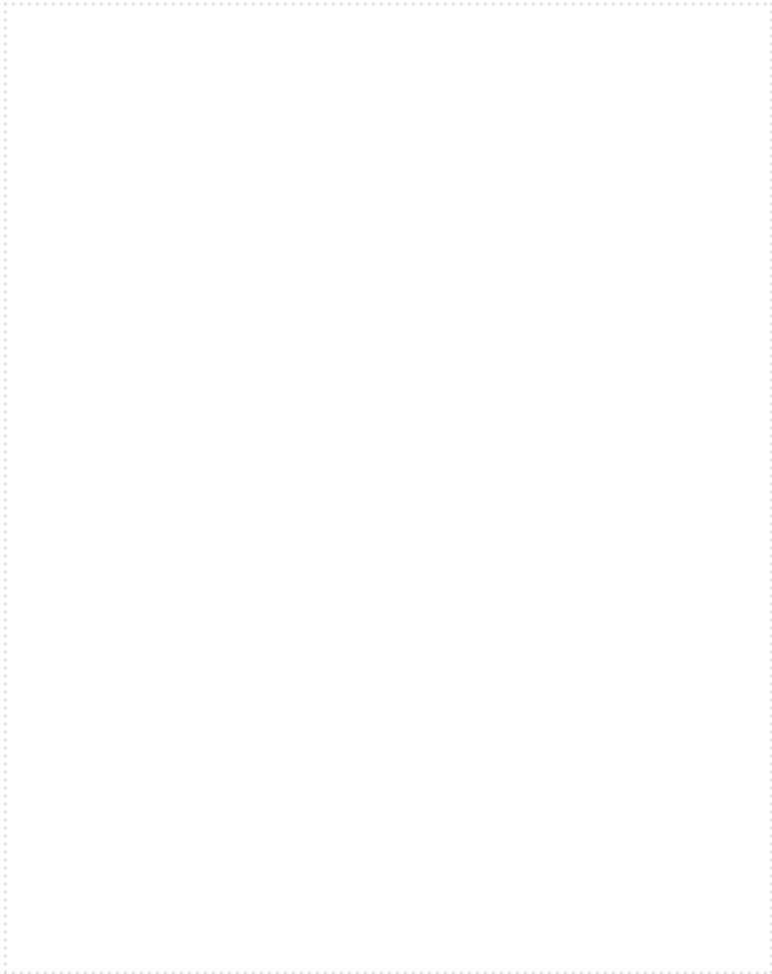
MANDY INGBER



How does nature inspire you?

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Describe a time when you had an unexpected brainstorm. What led up to that experience?



Inspiration exists...
but it has to find
you working.

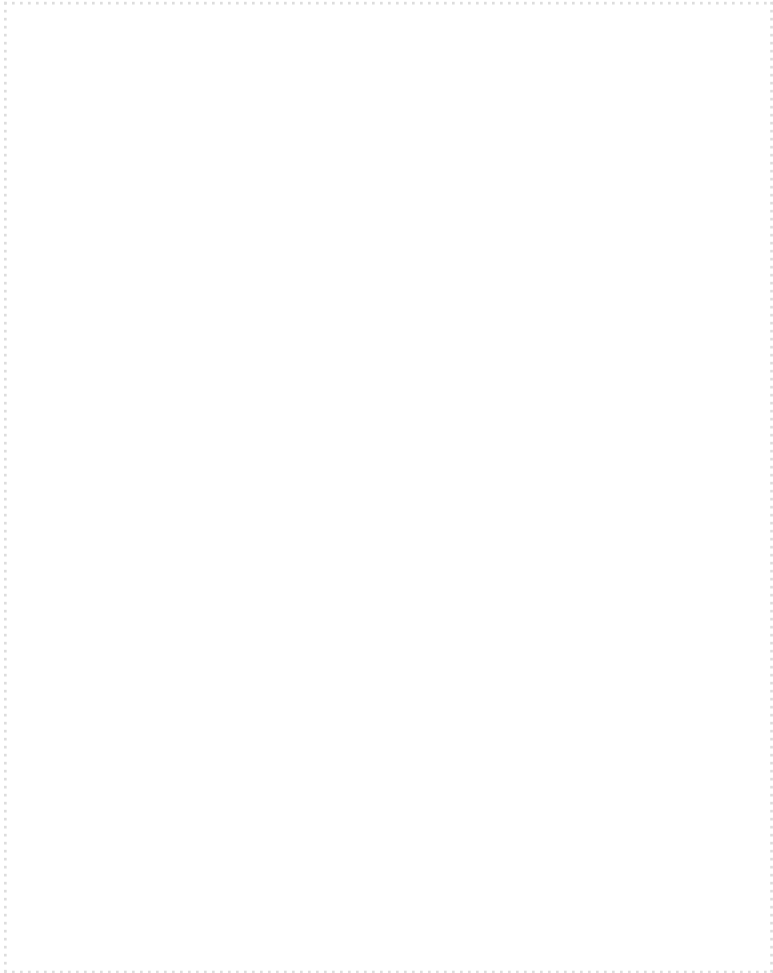
PABLO PICASSO



Who are 3 historical or literary figures that you would choose as role models? What is it about their lives that moves you?



How does your environment affect your creativity?



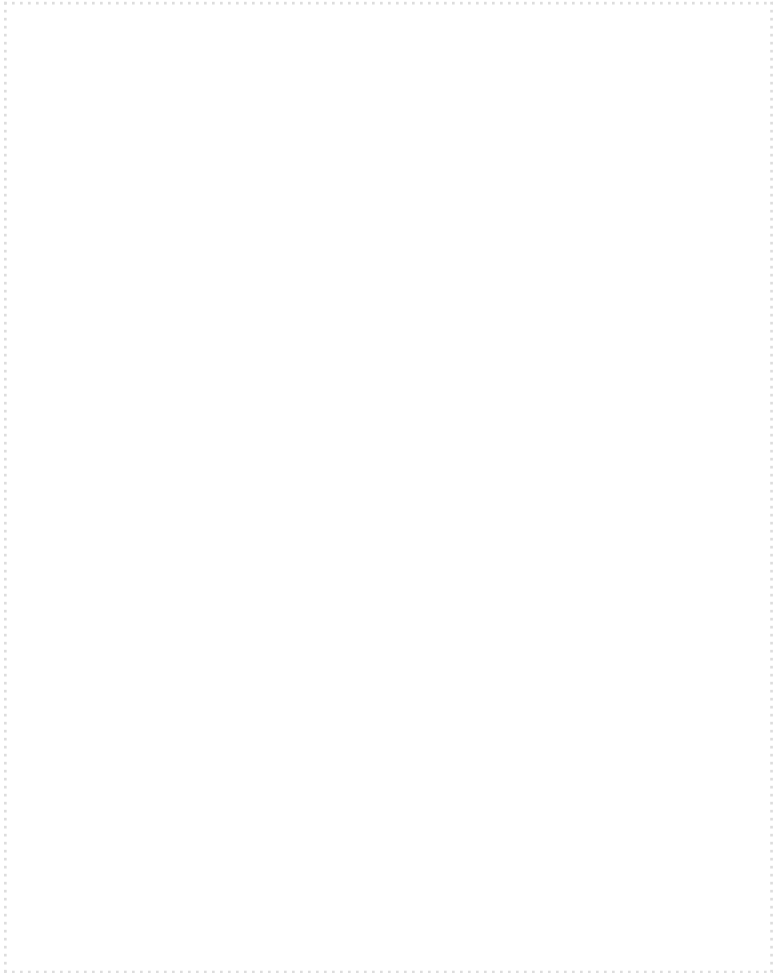
Just don't give up
trying to do what you
really want to do.

Where there is love
and inspiration, I
don't think you can
go wrong.

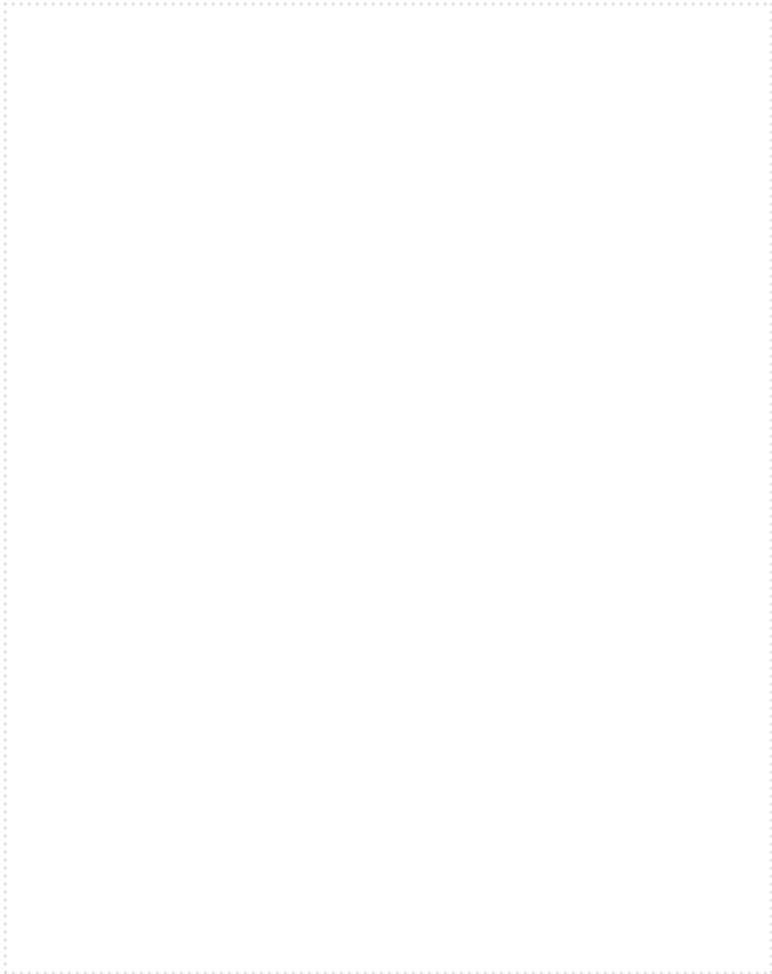
ELLA FITZGERALD



How can taking action lead to inspiration?



Varying your routine can help you to feel more inspired. List 5 changes you can make this month.

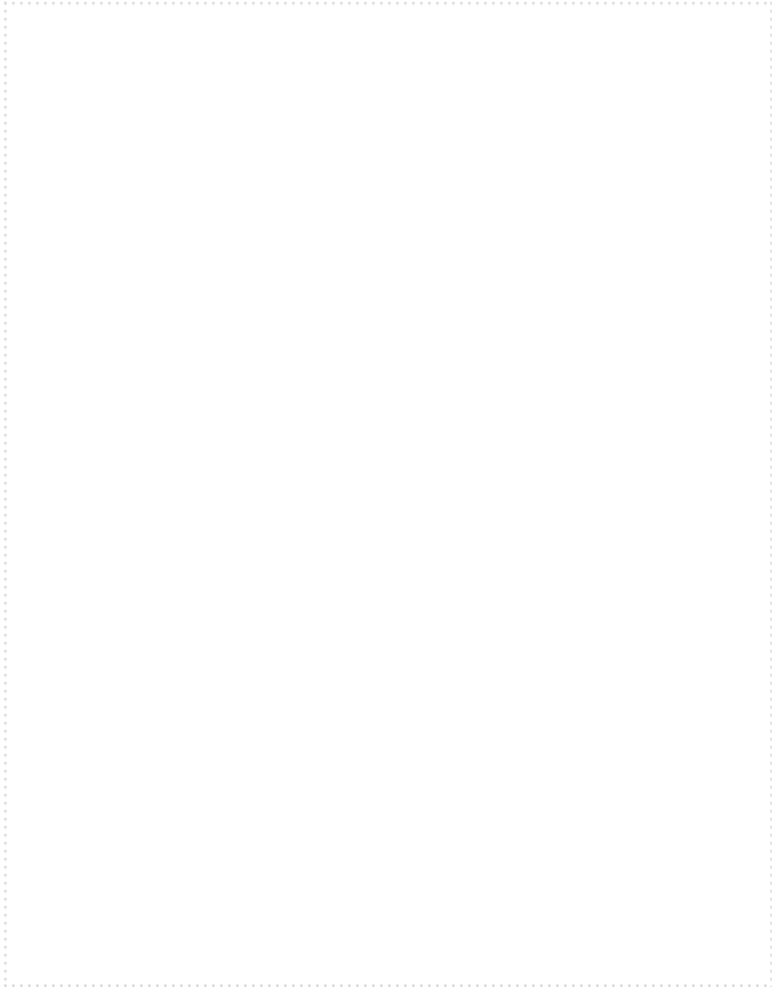


Action breeds
inspiration more
than inspiration
breeds action.

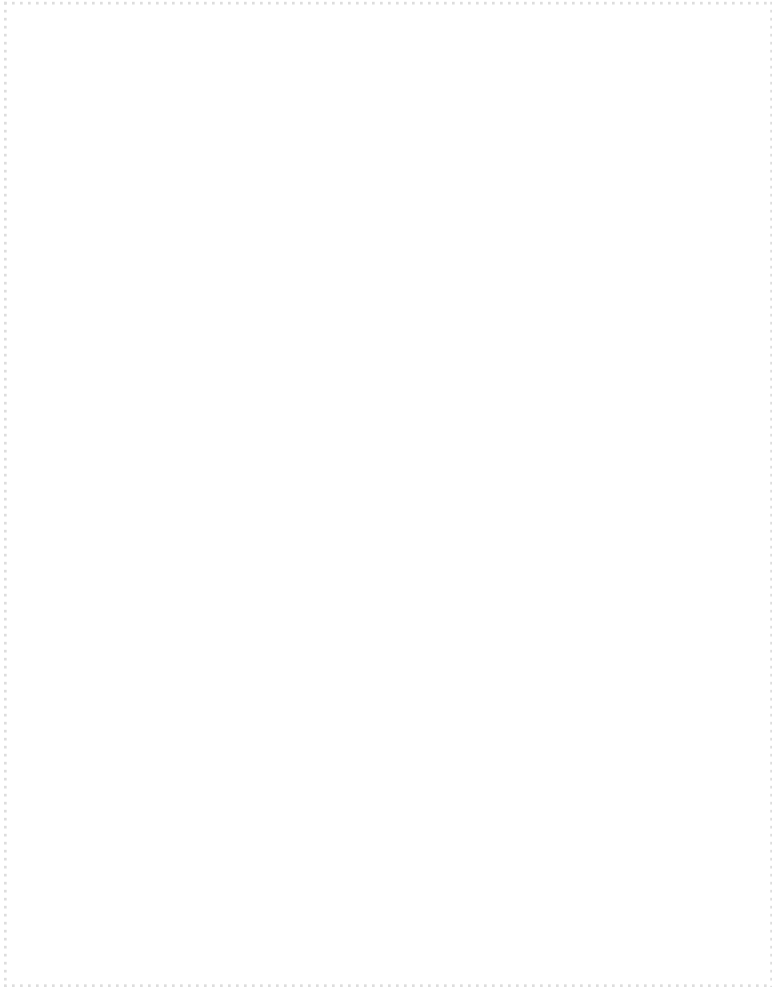
WILLEM DAFOE



**How would you describe an inspirational leader?
What kinds of qualities do they possess?**

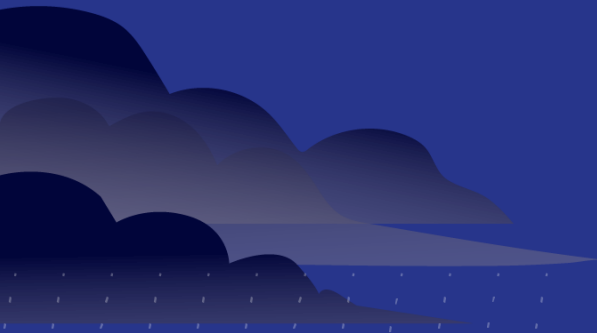


What are some unusual sources of inspiration that you have discovered?

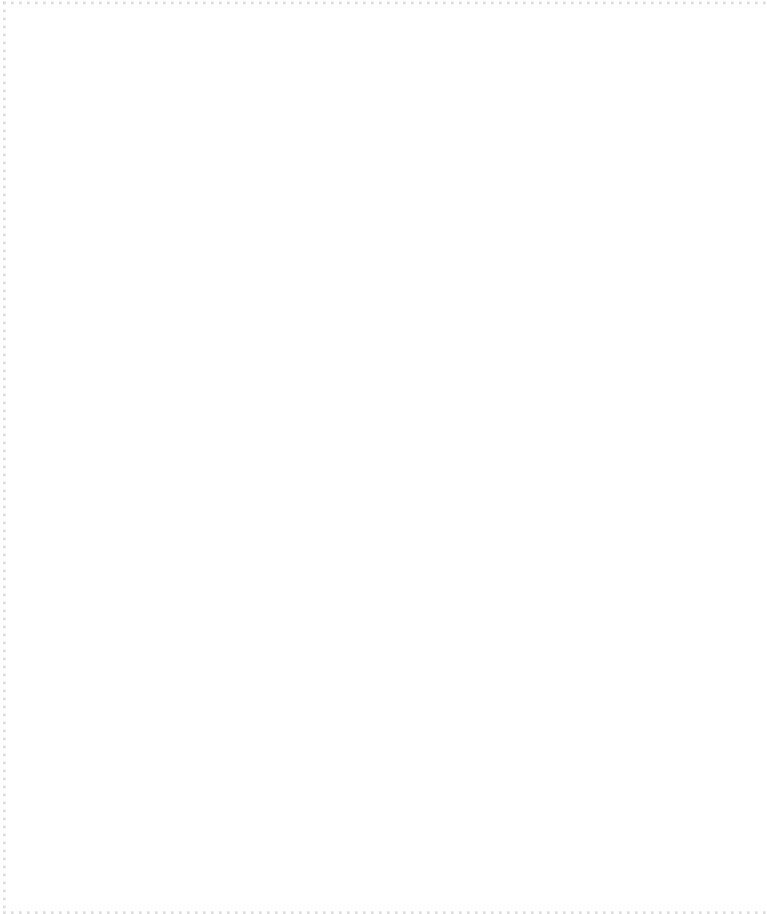


In life you need
either inspiration
or desperation.

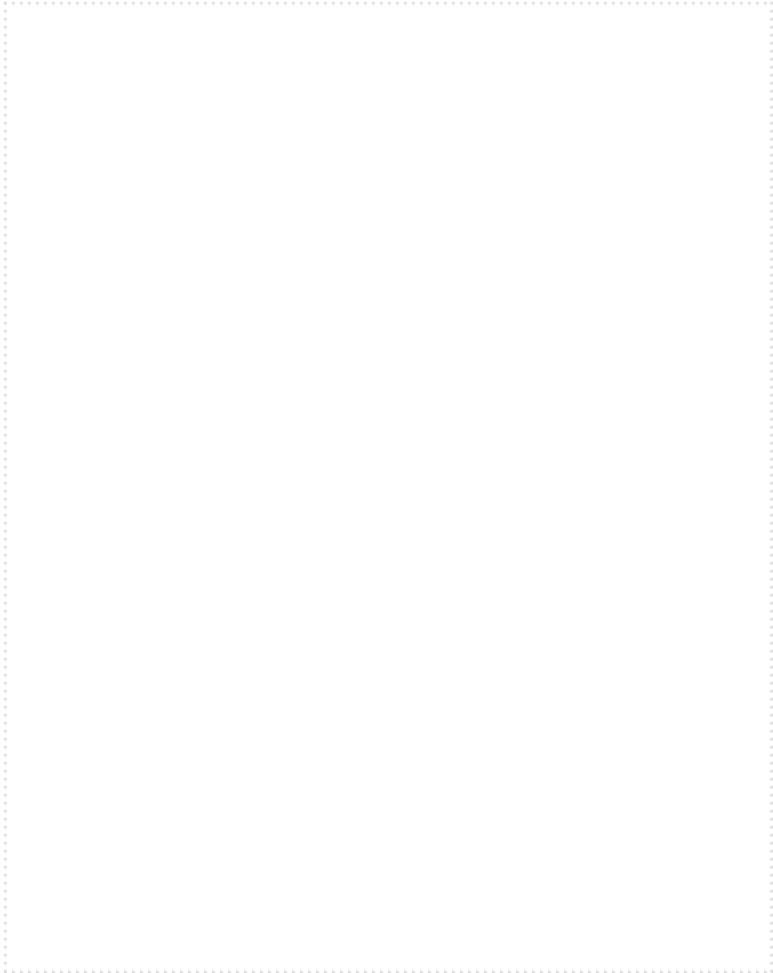
TONY ROBBINS



Art can be inspiring. Visit a museum or browse around online to find interesting images. What is it about them that you find stimulating?

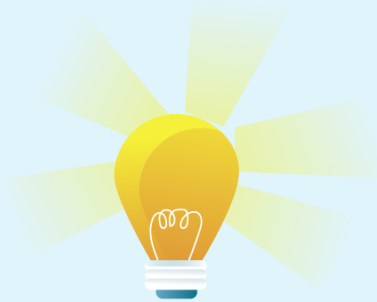


How does taking care of your physical health help you to feel more enthusiastic?

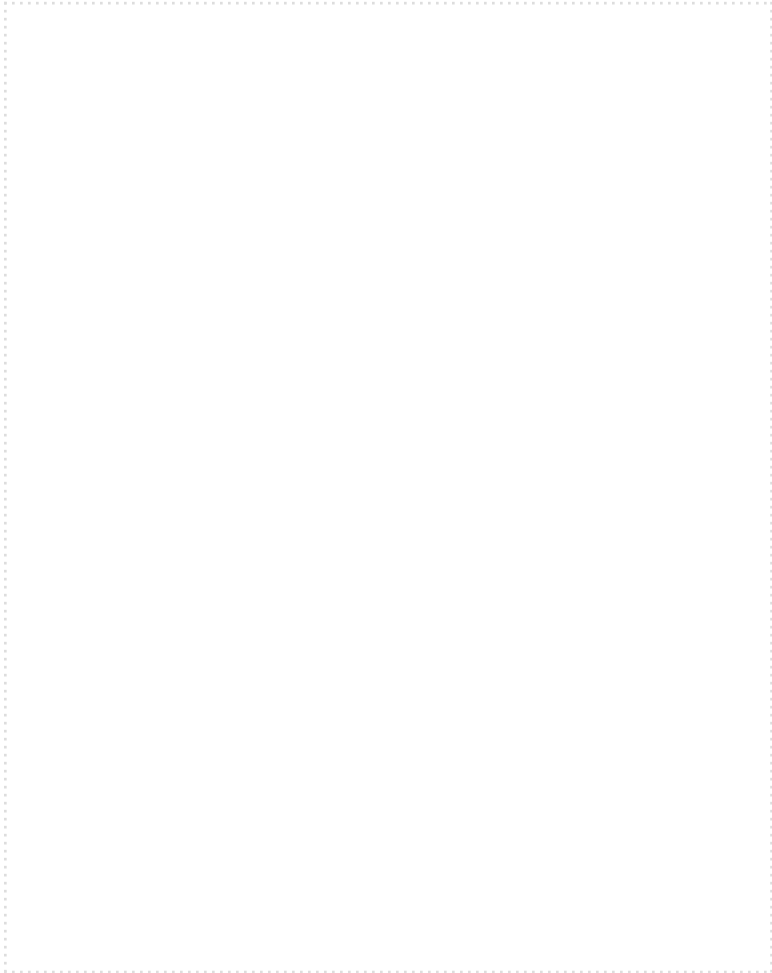


Just as appetite
comes by eating,
so work brings
inspiration.

IGOR STRAVINSKY



How does working out and moving around help to sharpen your thinking?



Imagine that you've been asked to give an inspirational speech to your local community. What would your message be?

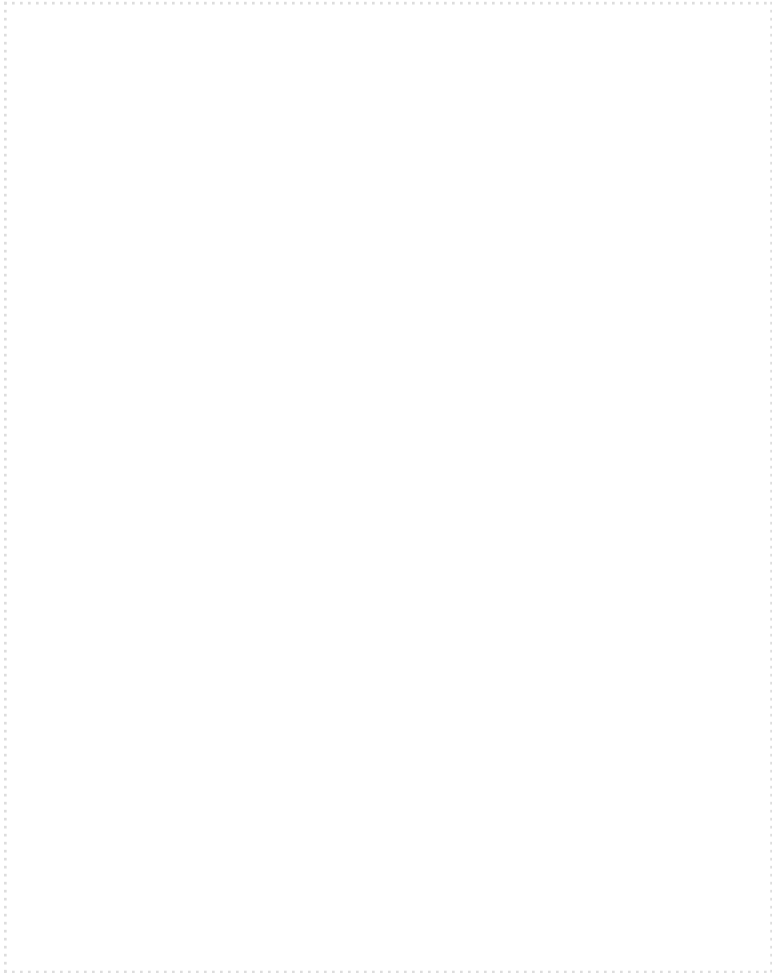
A large, empty rectangular box with a dotted border, intended for writing an inspirational speech.

Our moments of inspiration are not lost though we have no particular poem to show for them; for those experiences have left an indelible impression, and we are ever and anon reminded of them.

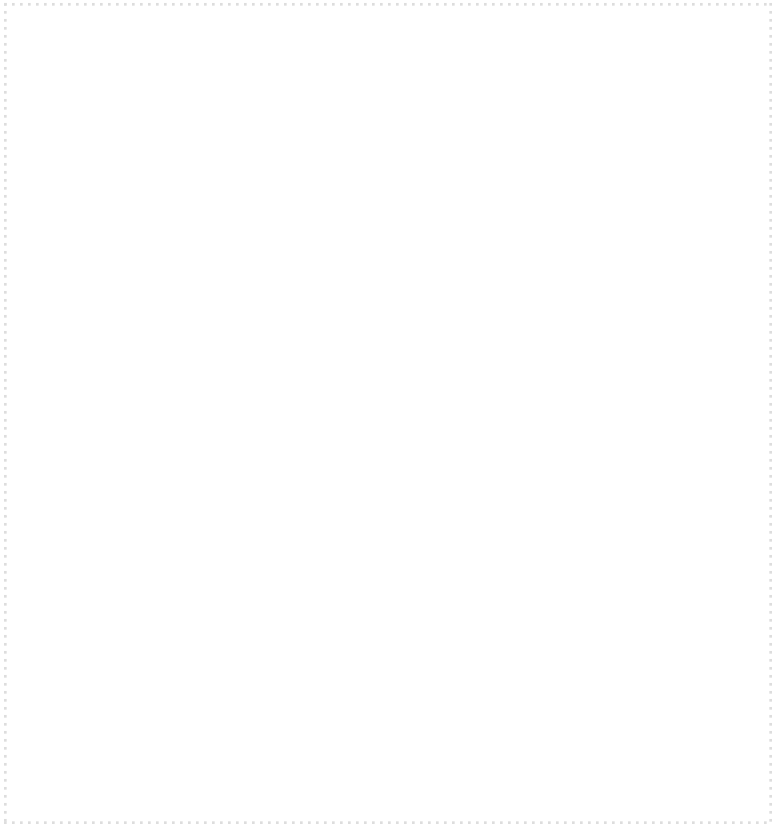
HENRY DAVID THOREAU



What can you do to sustain inspiration for the long term?



Great ideas can come to you when you're taking a shower or doing other routine tasks. Has this ever happened to you? What great ideas have surprised you?

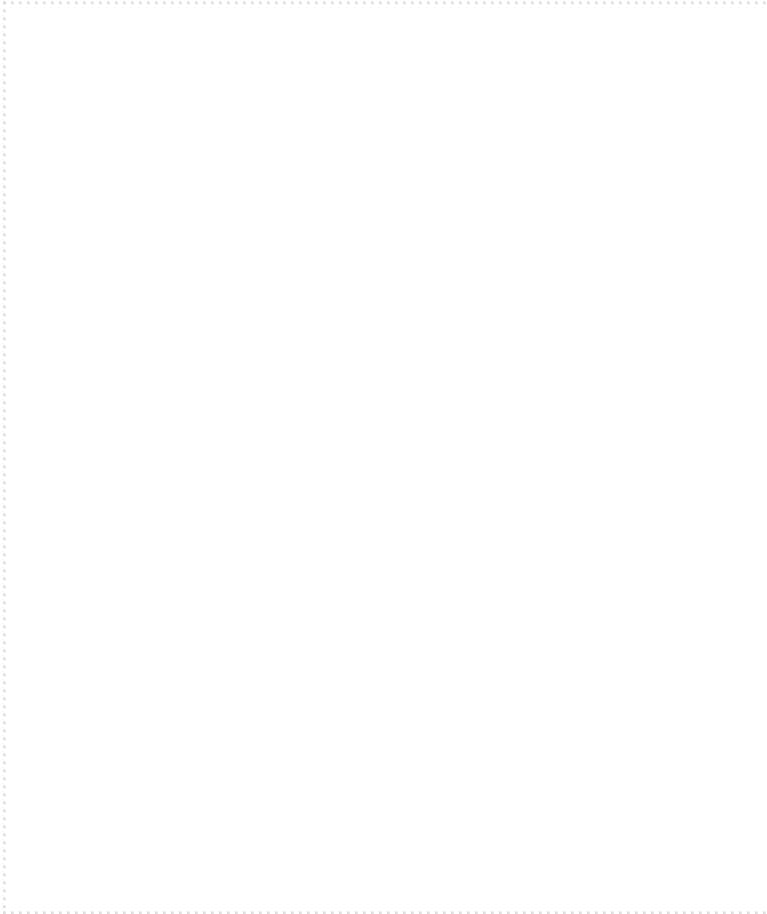


The ultimate
inspiration is
the deadline.

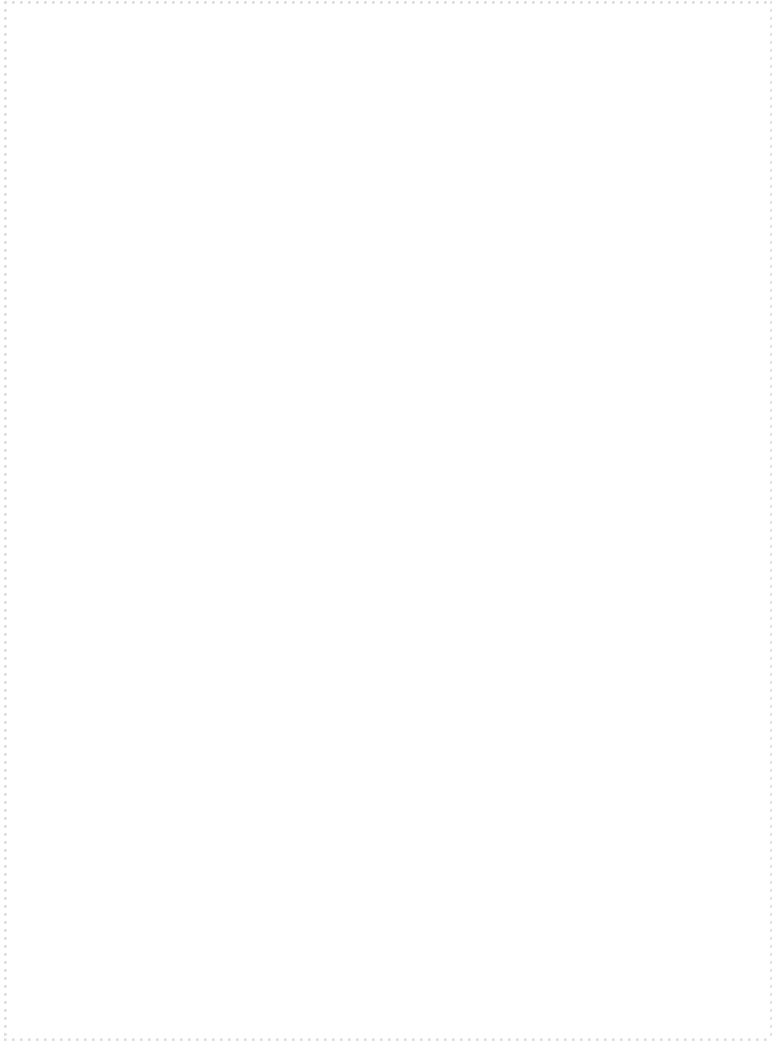
NOLAN BUSHNELL



Travel can change your thinking. Pick a destination and describe why it would be illuminating.



How do you feel when you're inspired?



Inspiration is a magical thing, a productivity multiplier, a motivator.

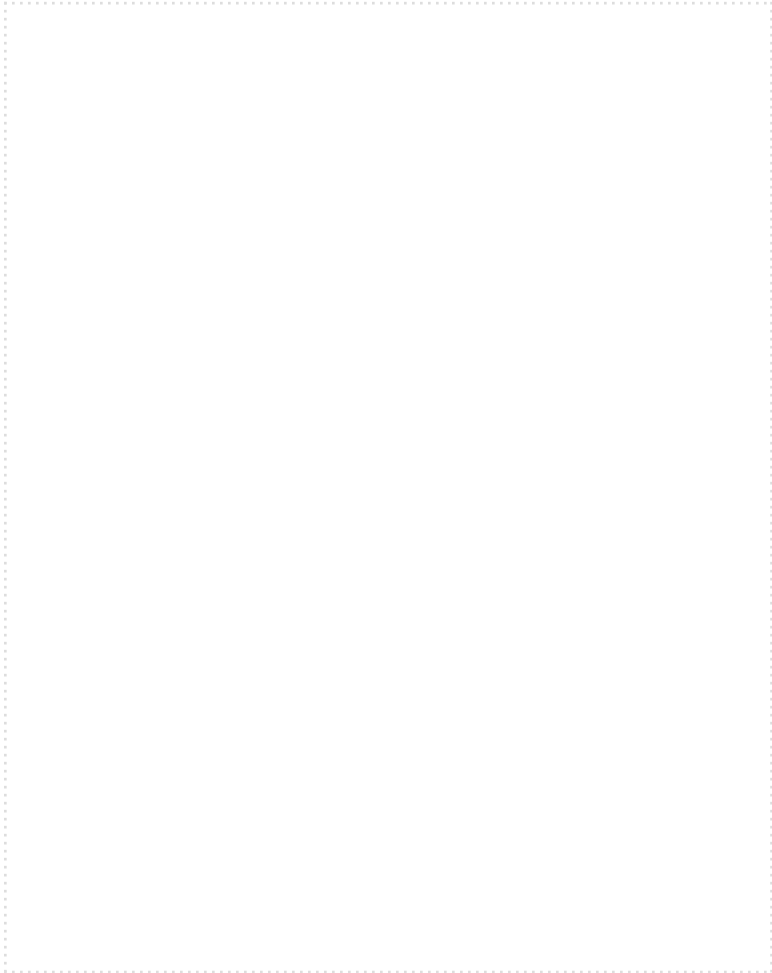
But it won't wait for you. Inspiration is a now thing.

If it grabs you, grab it right back and put it to work.

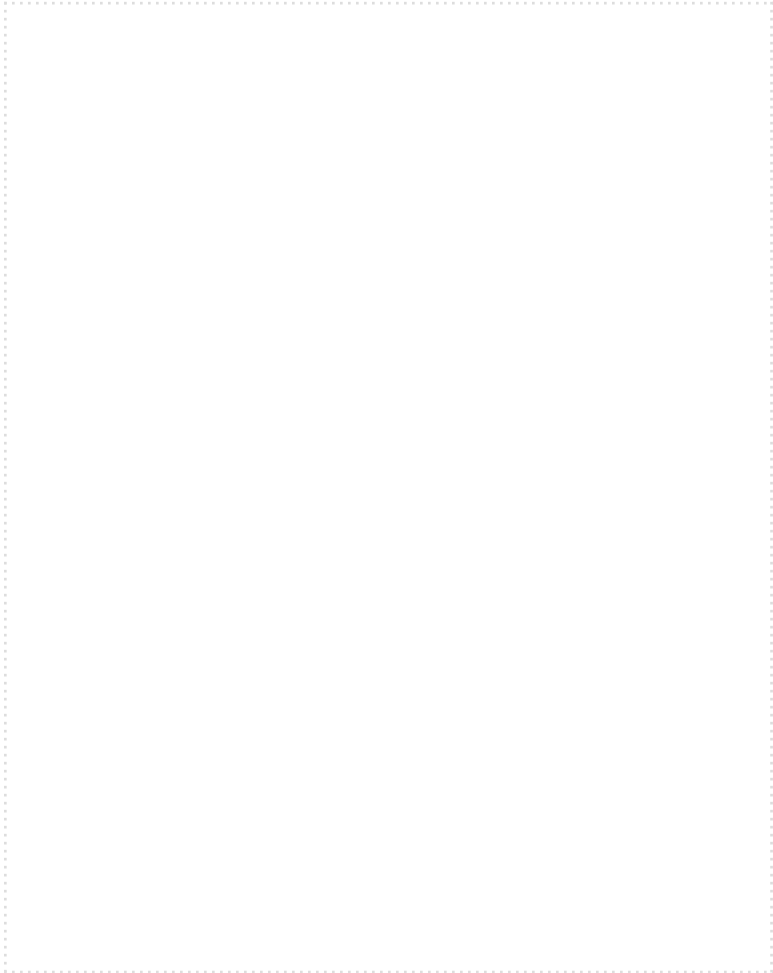
DAVID HEINEMEIER HANSSON



What kinds of books and movies stimulate your imagination?



**What time of day do you feel most creative?
How is this time different?**



Confidence imparts a
wonderful inspiration
to its possessor.

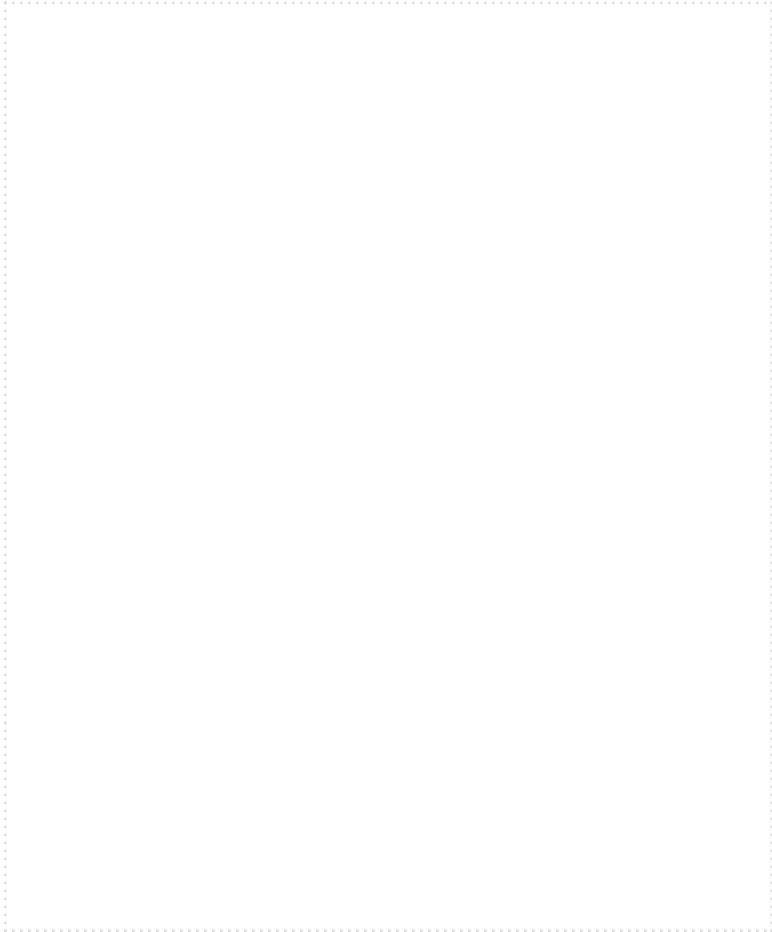
JOHN MILTON



How can you savor moments of inspiration?

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What is one creative thing you can do each morning?

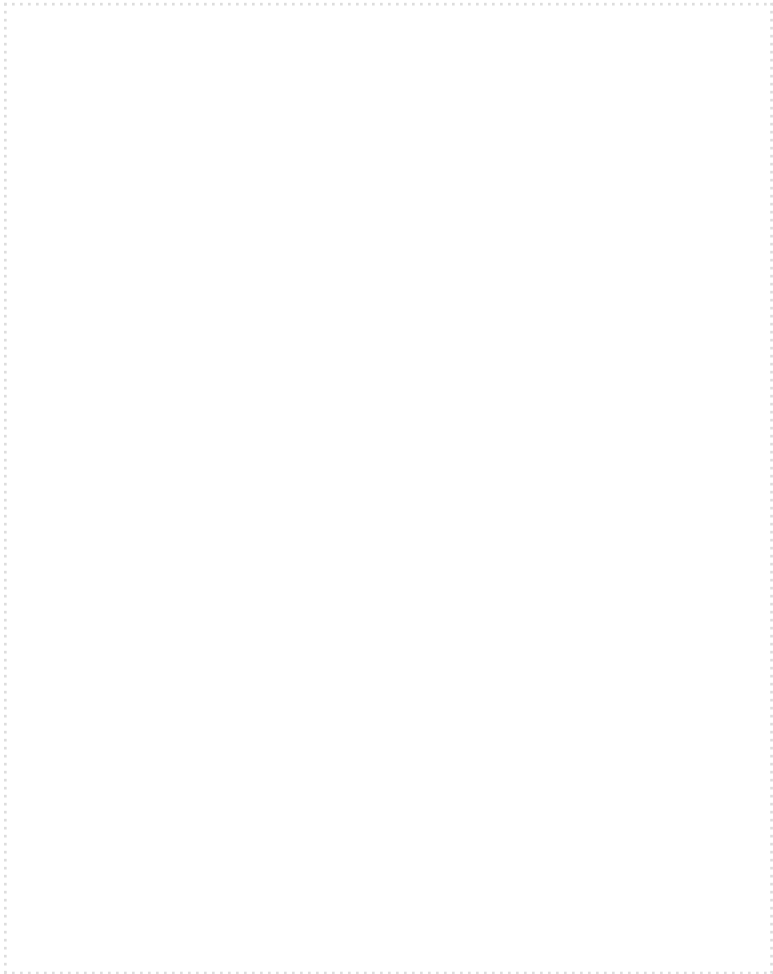


Nature has been for me, for as long as I remember, a source of solace, inspiration, adventure, and delight; a home, a teacher, a companion.

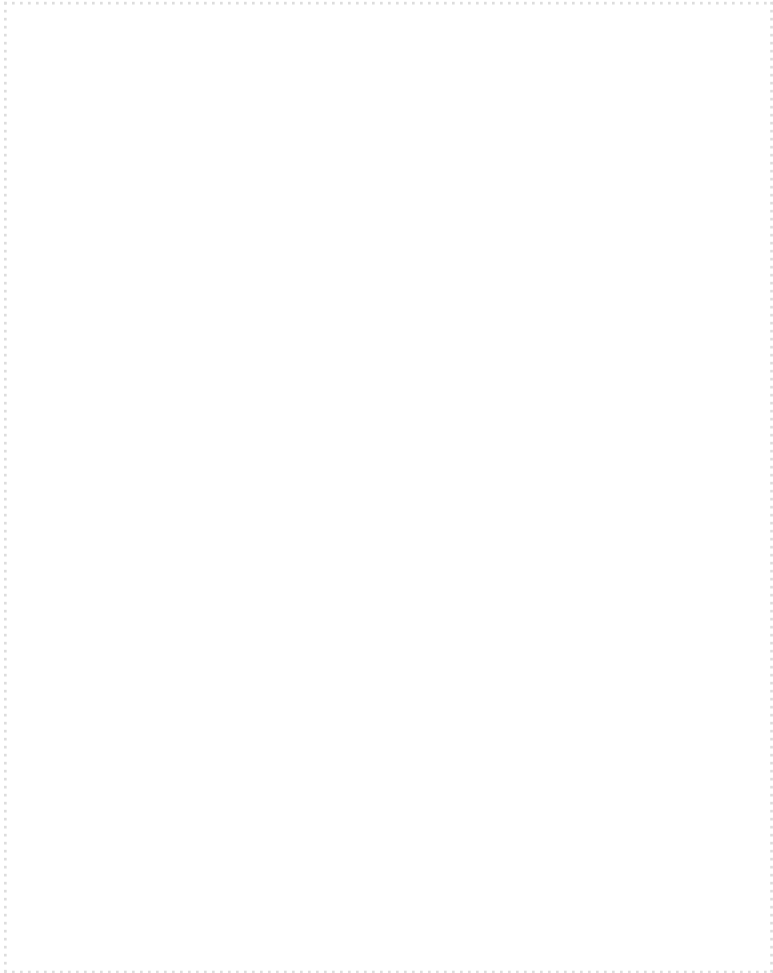
LORRAINE ANDERSON



What is the relationship between inspiration and intuition?



**How can meditation give you new insights?
Try it and see!**

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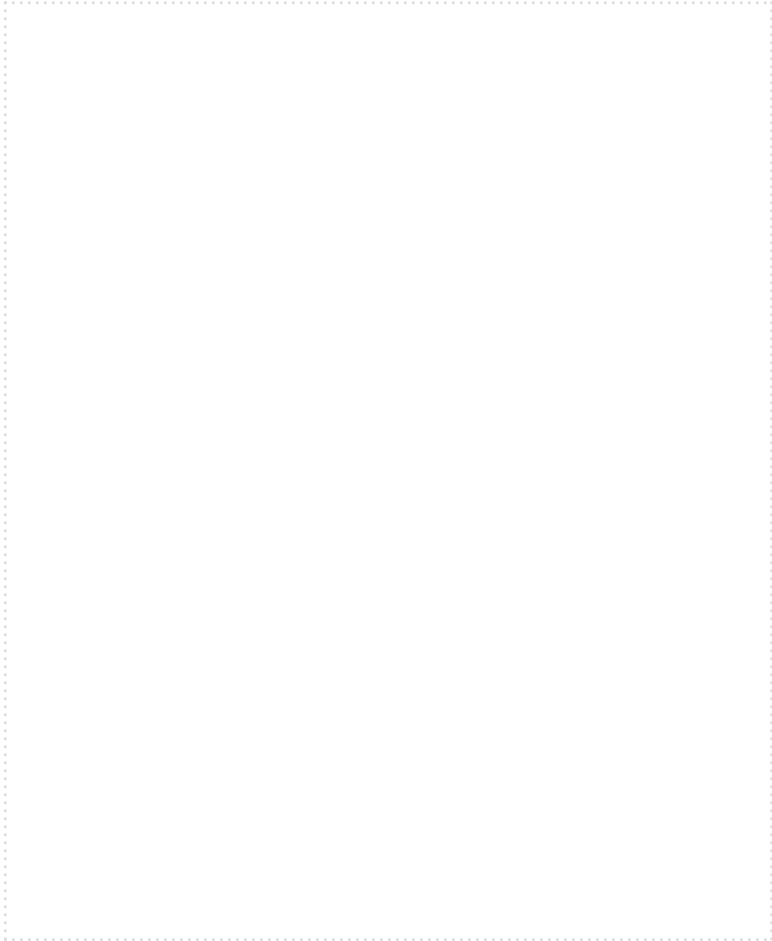
You can't use up
creativity.

The more you use,
the more you have.

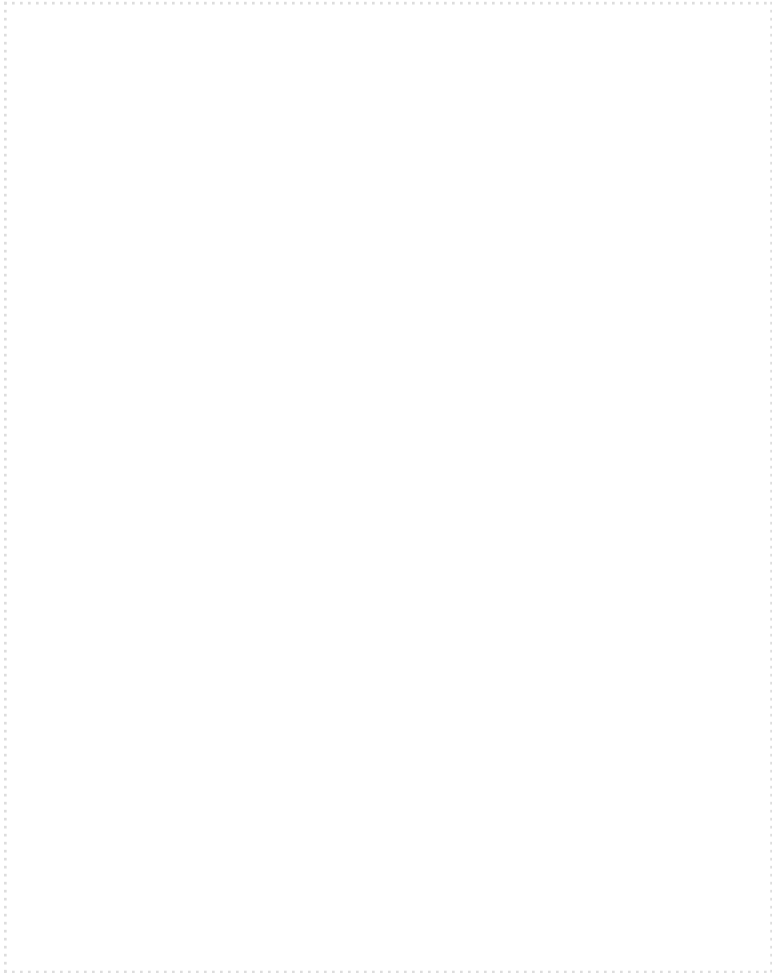
MAYA ANGELOU



Are there any areas in your life where you feel stuck because you're waiting for inspiration? What are some different approaches you could try?



**How can you share your feelings of inspiration
online and offline?**

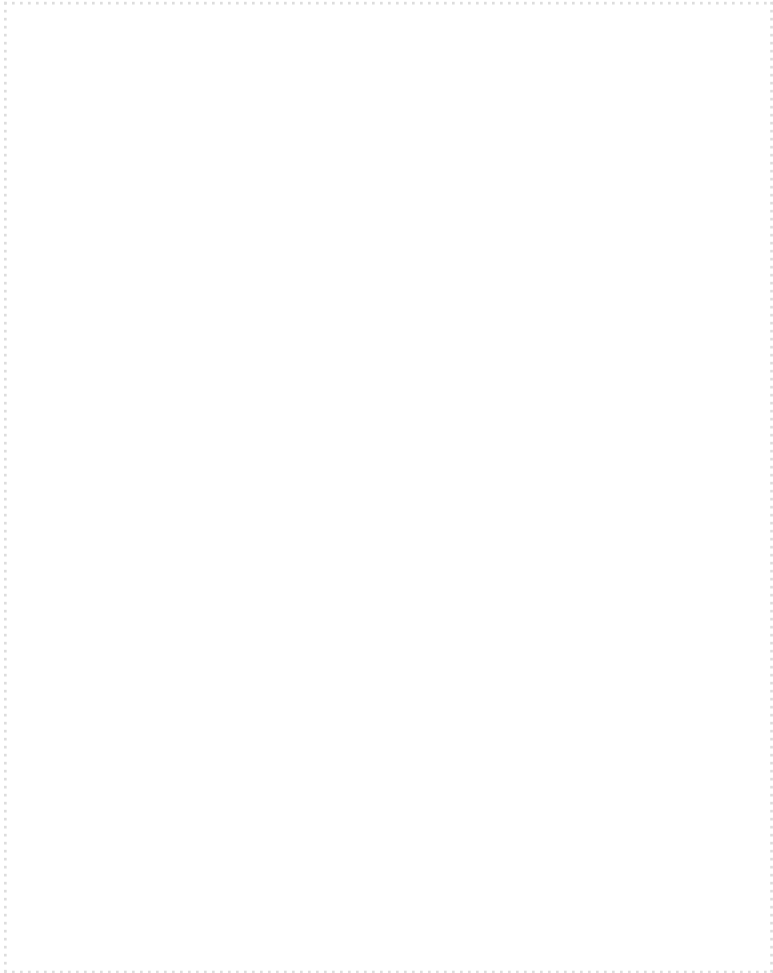


Everything has
beauty, but not
everyone can see.

CONFUCIUS



What does it mean to inspire by example? How can you do this?



How can you motivate yourself to work when you're feeling uninspired?

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If you are working
on something that
you really care
about, you don't
have to be pushed.
The vision pulls you.

STEVE JOBS

