

The background of the image is a deep blue night sky filled with stars and the Milky Way galaxy. The galaxy's bright, hazy band of light stretches vertically through the center of the frame. In the lower portion of the image, the dark silhouettes of a forest and a mountain range are visible against the lighter sky. The overall mood is serene and inspiring.

*Inspiration
Journal*

INSPIRATION JOURNAL

ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update her opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, the author does not assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

Copyright © 2020 Bronwyn Leroux

Your 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
- Going for a drive
- 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.



**You can't wait for
inspiration.**

**You have to go after it
with a club.**

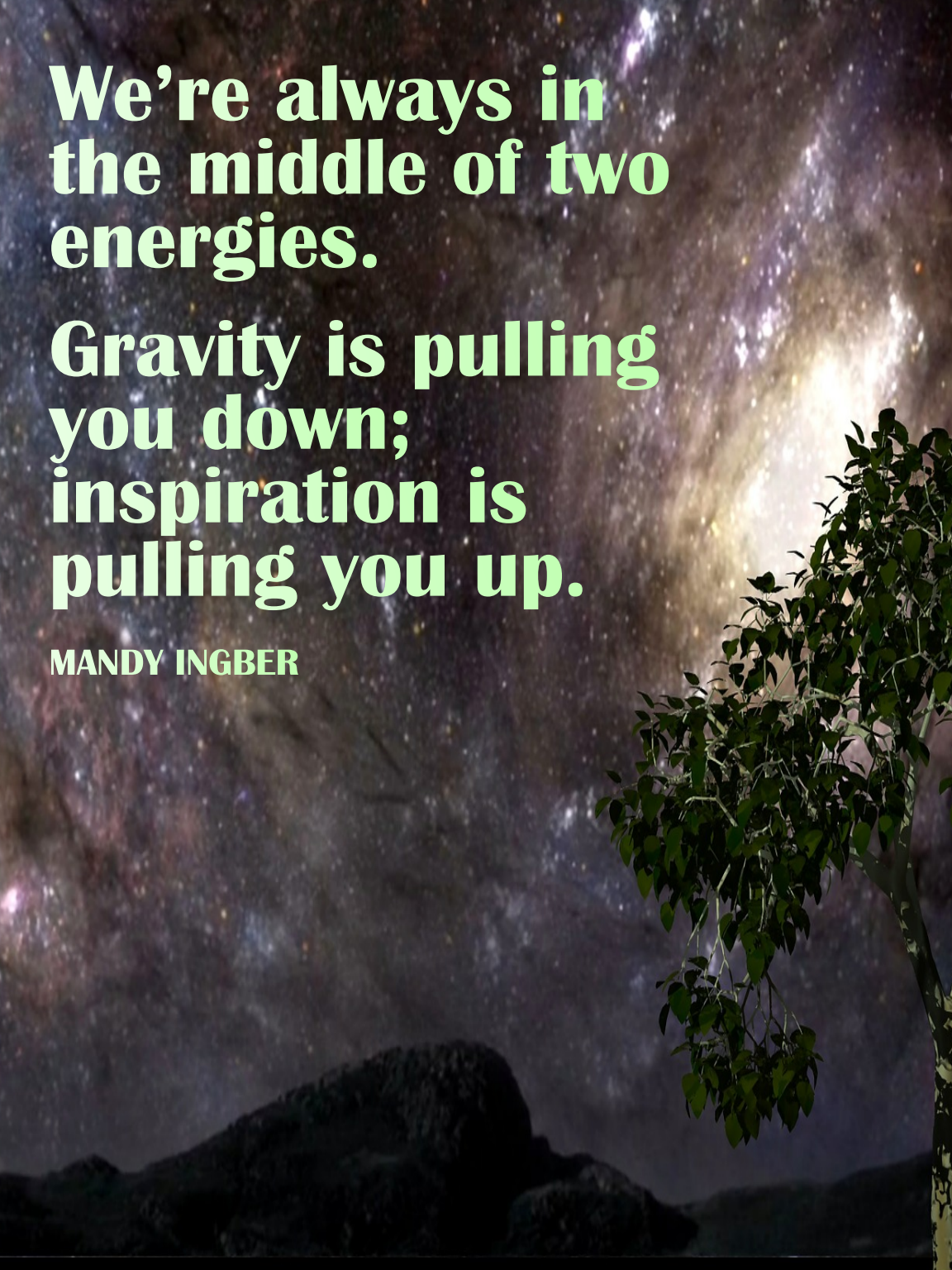
JACK LONDON

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

**We're always in
the middle of two
energies.**

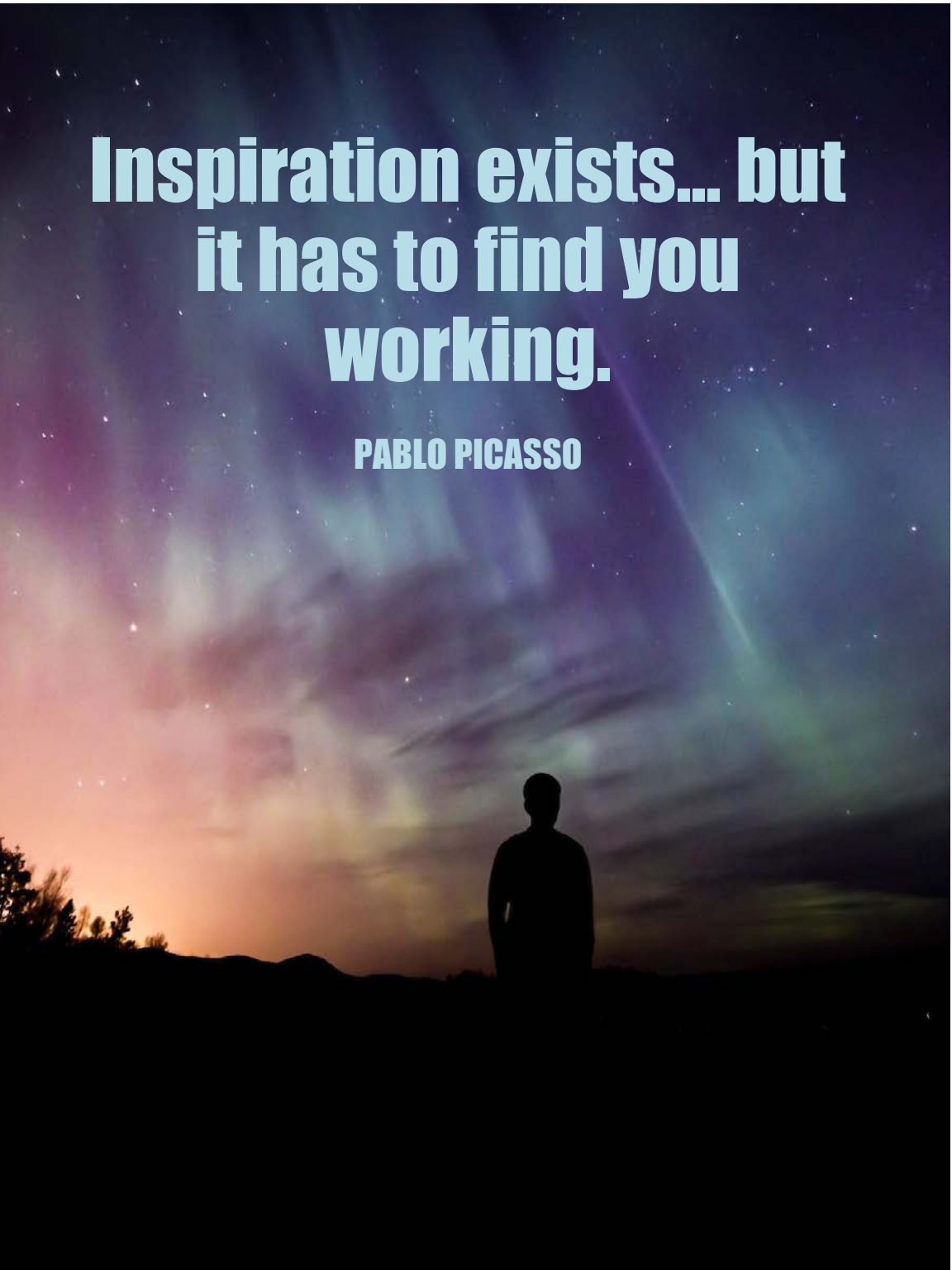
**Gravity is pulling
you down;
inspiration is
pulling you up.**

MANDY INGBER



How does nature inspire you?

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?

**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



A night sky with the Milky Way galaxy, a silhouette of a person on a swing, and a wooden fence.

**Action breeds
inspiration more
than inspiration
breeds action.**

WILLEM DAFOE

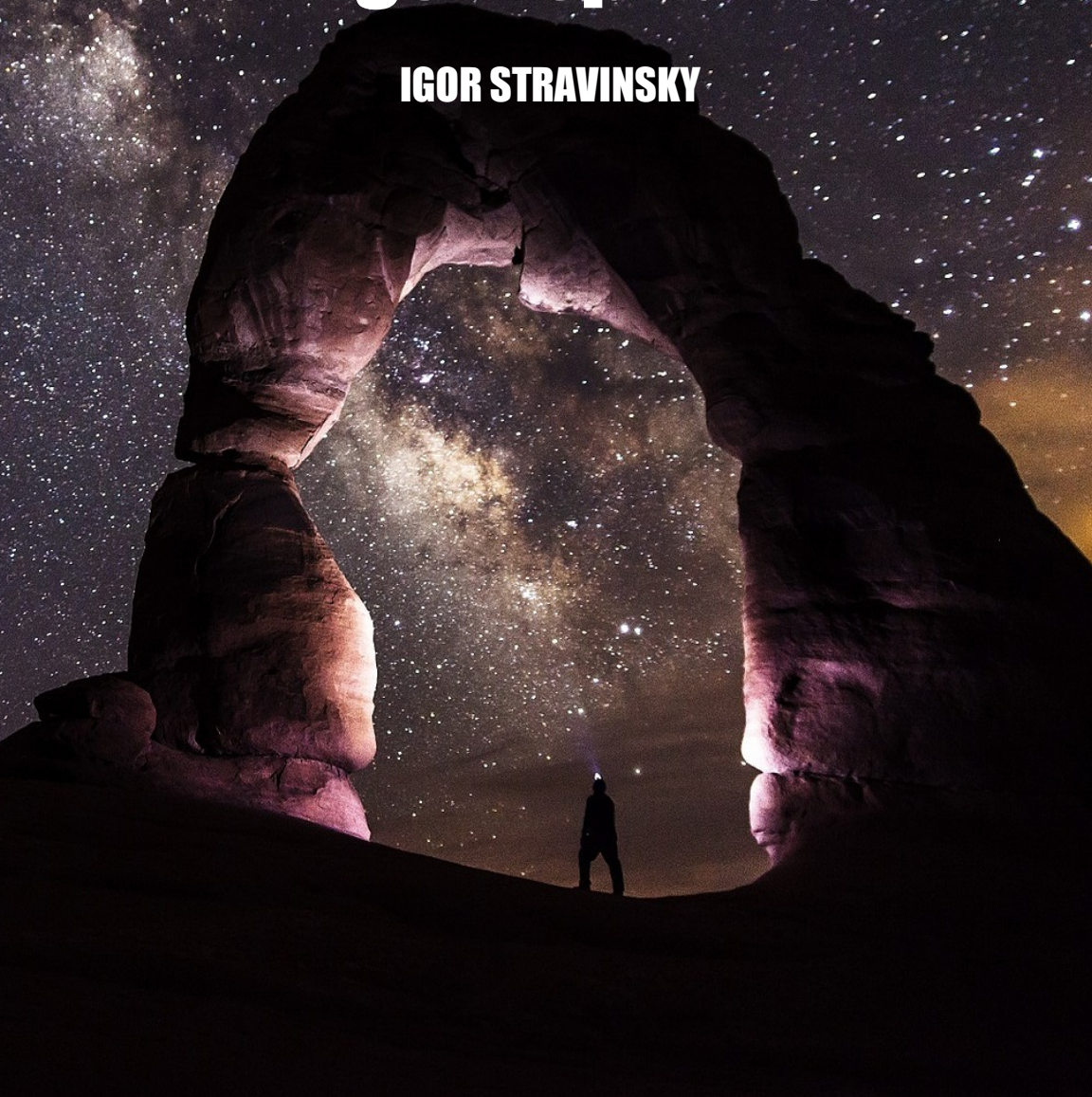
A composite image featuring a vibrant, multi-colored spiral galaxy in the upper half, with a bright core and swirling arms of blue, purple, and yellow. The lower half shows the Earth's horizon from space, with a bright sun or star rising over the horizon, casting a golden glow over the clouds and the dark landscape below. The background is a deep black space filled with numerous stars.

**In life you need
either inspiration
or desperation.**

TONY ROBBINS

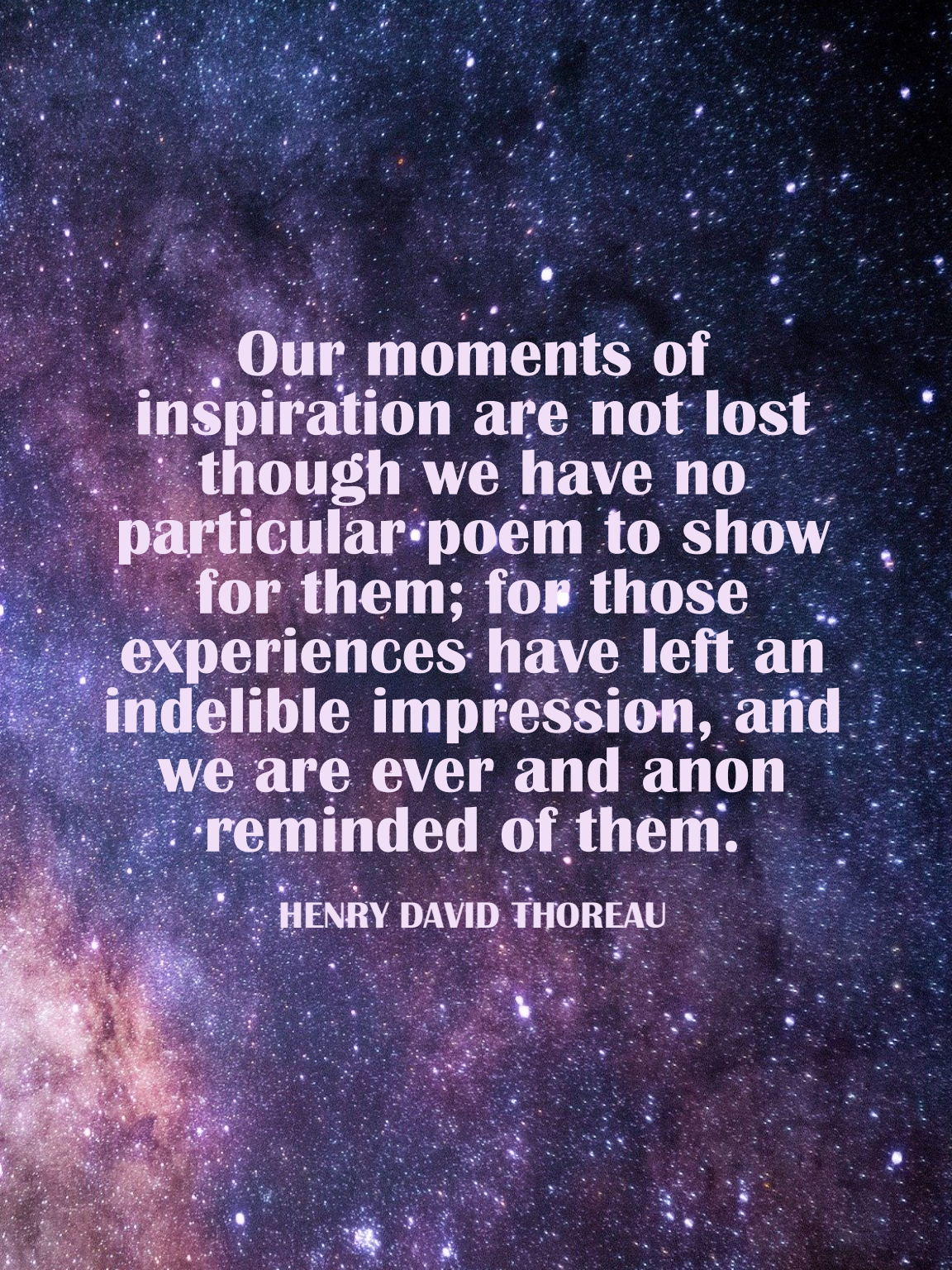
**Just as appetite comes
by eating, so work
brings inspiration.**

IGOR STRAVINSKY



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

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


A starry night sky with a colorful nebula in the bottom left corner. The text is centered in white, bold font.

**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?

A person stands in a snowy field at night, holding a flashlight that illuminates the ground. The sky is filled with stars and the Milky Way galaxy. The person is silhouetted against the bright light of the flashlight.

**The ultimate
inspiration is the
deadline.**

NOLAN BUSHNELL

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

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

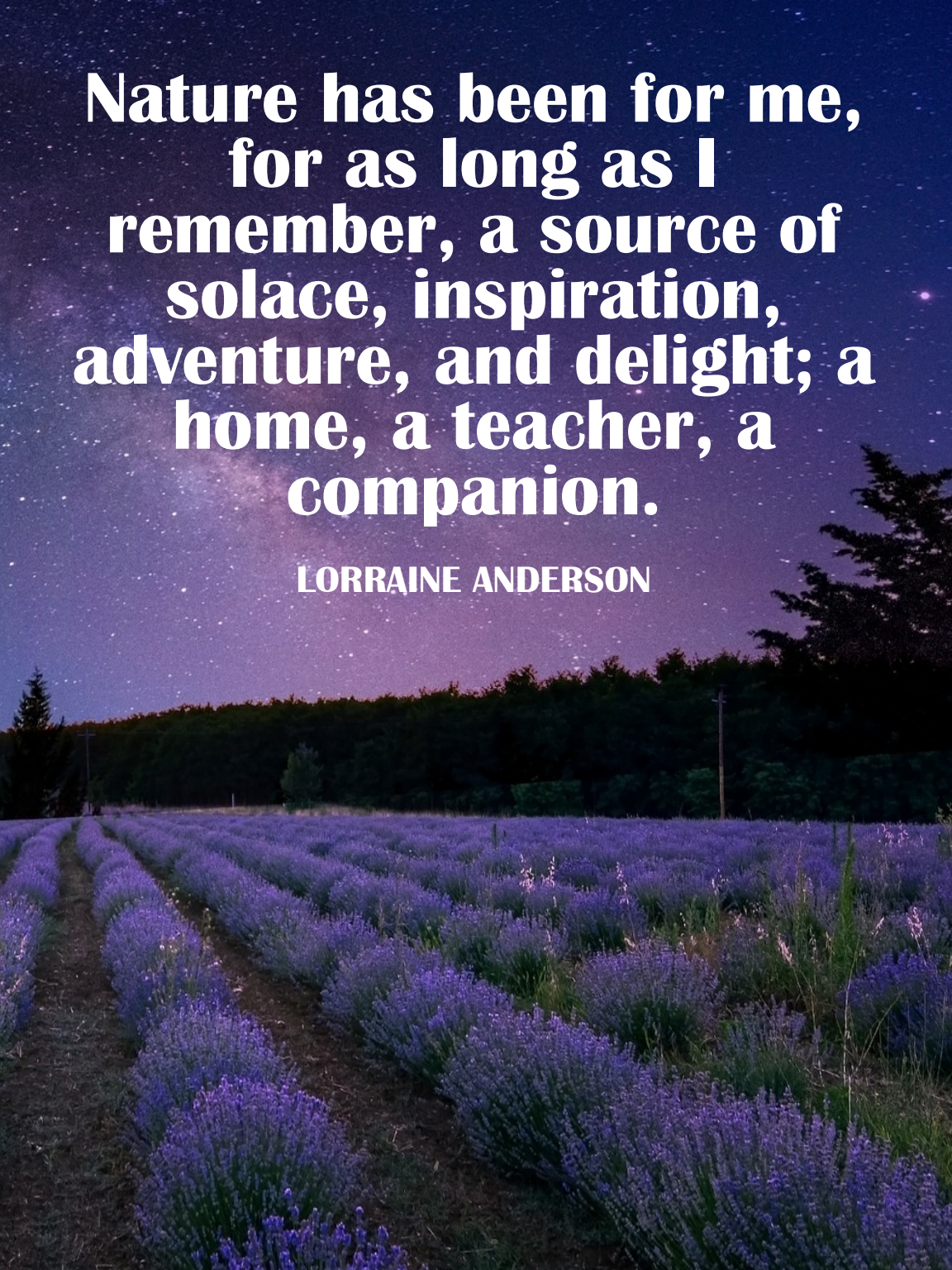
**Confidence imparts
a wonderful
inspiration to its
possessor.**

JOHN MILTON



How can you savor moments of inspiration?

What one creative thing can you do each morning?

A photograph of a lavender field at night. The foreground is filled with rows of purple lavender flowers. In the background, there is a dark line of trees and a night sky filled with stars and the Milky Way galaxy. The text is overlaid on the top half of the image.

**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!

**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?**

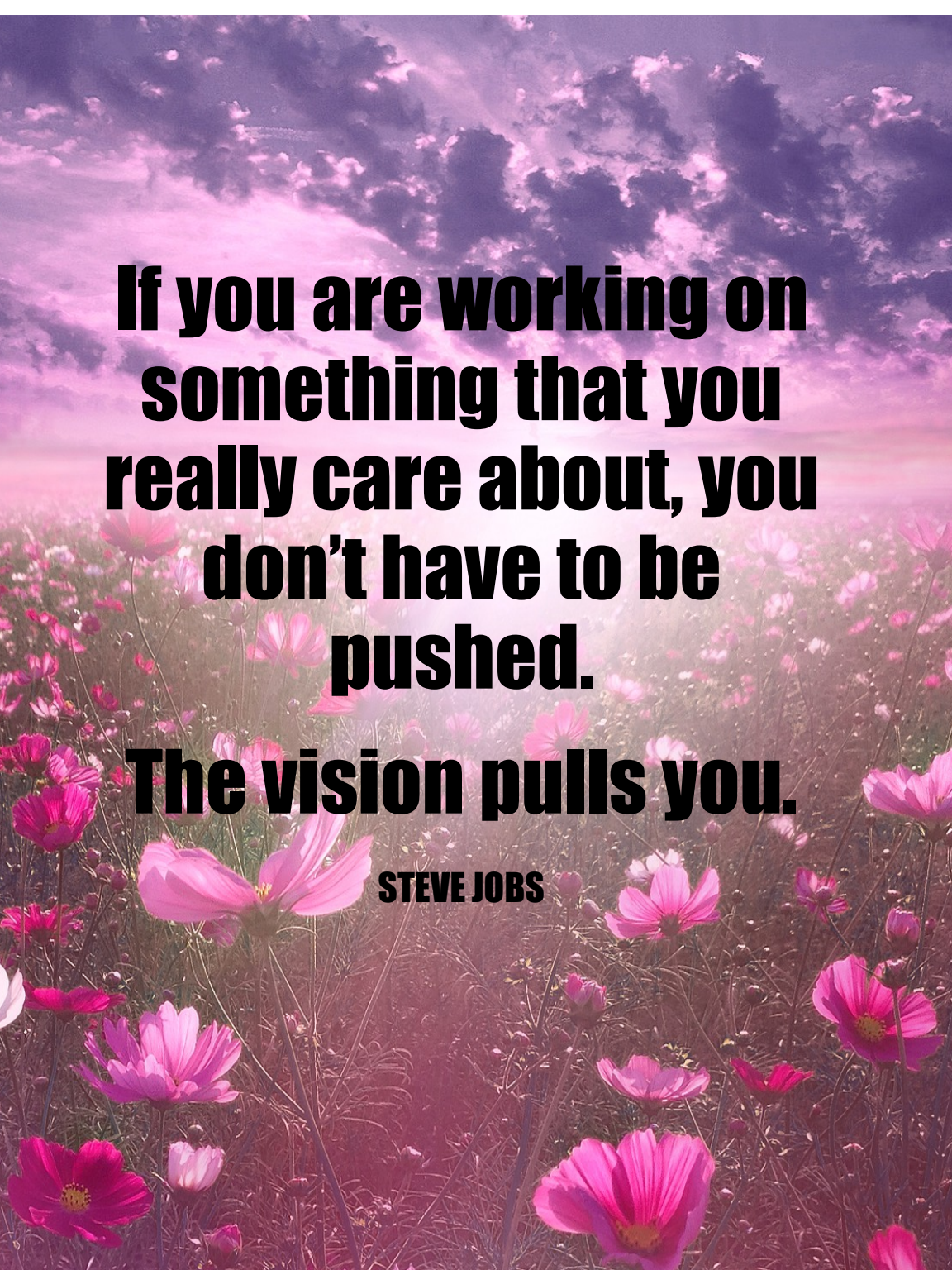


**Everything has
beauty, but not
everyone can
see.**

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?



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

The vision pulls you.

STEVE JOBS

