

# BECOMING INSPIRED

## Who or what inspires you?

For some it's their work, career. For others, it's their family of origin, husband or wife, siblings or extended family. There are those for whom their children motivate them. And those who are moved by pets. Still others are inspired by education. And those for whom fun, play, time off and events make them happy. For some, vacations or leisure time or retirement are what keep them most alive and alert.



Do you know what makes you feel at your best? Is it something to do, something you feel? Or something you listen to or read about? For historians the past informs and awakens them, as well as biographies and different cultures. For entrepreneurs, their vision and ideas and possibilities may move them.

For some, color makes them feel enlivened. And still others are motivated by music. And those that feel revitalized and renewed by nature. Athletes may feel their most vital, well and energized by exercise, movement, competition and teamwork. Spirituality brings out the best in some. A natural and healthy lifestyle calms and creates peace and harmony for others. Meditation can bring a person to their deepest self and awareness of who they are and what their purpose in the world is.



*"The glow of inspiration warms us; it is a holy rapture."*

*-Ovid quotes*

## What Inspires You?

**Play  
Work  
Sports  
Sharing  
A Smile  
Singing  
Reading  
Self Growth  
Acts of Kindness  
Achieving Goals  
Laughter  
Moonlight  
Romance  
Dancing  
The Rain  
The Sun  
Walks  
Snow**



*"Do not quench your inspiration and your imagination; do not become the slave of your model."*

*-Vincent Van Gogh*

Volunteering and helping others makes some people shine and glow with pleasure as they see situations improve and others benefit from their hard work, words and deeds in the world. Does a beautiful photo inspire you? A gallery of stunning artwork? A museum of ancient artifacts? Looking up at a sky full of stars?

When people are at their most awakened they can create, they can function at peak performance. They can also be the most content, and experience bliss, heightened awareness as well as deeper love and romance.

*"Just don't give up on 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*



*"Genius is only a grater aptitude for patience."*

*-The Comte de Buffon*



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