



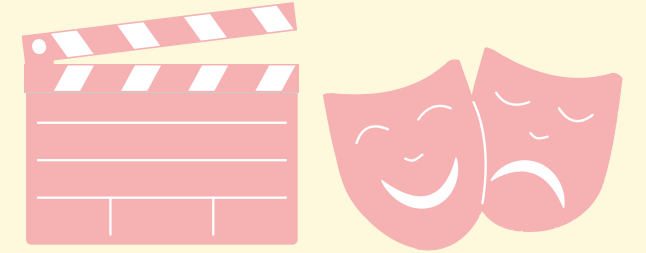
People (e.g. celebrities, activists, family, friends, clients, colleagues, teachers, artists, scientists, healthcare workers, religious leaders, athletes etc.)

believe →

Words/Phrases or Inspirational Quotes



Activities (e.g. writing, meditation, gardening, walking, dancing, drawing, etc.)



Films/TV programmes/Plays (this could include TED talks or YouTube videos)



Music (e.g. singers, songs, playlists, albums, soundtracks or genres of music)

Sources of Inspiration

YOU CAN DO IT!

In what ways have you been inspirational? (Think about any obstacles you have overcome, goals you have achieved, or something you have done that you are really proud of!)



Books/Other Publications (e.g. novels, poems, personal development books, articles, short stories, spiritual texts etc.)



Places (e.g. beaches, nature reserves, forests, mountains, buildings, cities, villages etc.)



Works of Art



Businesses/Organisations (e.g. charities, websites/blogs, social media accounts, apps etc.)