

Inspiring yourself

Inspiring yourself is an amazing journey because you look up to sources that give you reasons for daily living. You find people who encourage you to be great, you look around society to be the best of what and whom you can be to make a change or impact and you also go through experiences that help you to see better and brighter days later on in the future. Inspiring yourself also means allowing what you see others do and say that help create a movement or shift in ones thinking to help create a positive impact that can encourage an individual to live better.

Having a low sense of inspiration may lead to you not having any sense of reasoning or purpose for living so ultimately, you may just go through the motions in your daily life. But when you're inspired, you're motivated to impact change and also make a difference. You're more than likely to try and make someone smile, share an experience that can be life changing, someone who tries to make a difference within other people more than themselves and someone who has overcome a journey or experience that was challenging but found a way to overcome.

Sometimes in life, we forget what we've had to overcome that has made us who we are today and often times, when we look into the core of what we've experienced, we can use that source as a power of inspiration. Inspiring yourself is key to finding reasons to living and always with inspiring yourself means that you have a level of hope that you can take that will help you stay on the path of achievement, success and accomplishment to whatever it is that you're after. Life is what you decide to make of it or where you decide to water it or what seeds you decide to plant.

Writing your story

For this activity or exercise, write down moments of where you felt most challenged, stressed, anxious, loss of hope, felt like giving up, etc. and think about:

1. What made you overcome that moment?
2. Why did you take B instead of C?
3. How did you feel after?
4. Why are you still standing today?
5. Are you grateful for learning about that experience?

