



Being Inspired Worksheet

What inspires you? When we feel stuck or flat, it can be hard to muster the energy to take the next step. Let's explore three avenues of inspiration: other people, nature, and ourselves.

Inspiration from the Outside - People

Listening to teachers can be extremely powerful. It reminds us that we still have so much to learn, which helps keep the ego in check and keep us open to possibilities and other perspectives. When we work with teachers, we can get access to years of experience and wisdom.

But just listening isn't enough, we have to also be willing to take action.

Take a few minutes now to "sit with" each of these teachers, reflect on their messages, and note down what they inspire you to do.

Sadhguru

<https://www.youtube.com/watch?v=N1nUjWKKVa8> (5:49)

Reflections:

Sadhguru inspires me to: _____

Chuck Spezzano

<https://www.youtube.com/watch?v=UCk-iUwBBwA> (6:31)

Reflections:

Chuck Spezzano inspires me to: _____

Brahma Kumari Shivani

<https://www.youtube.com/watch?v=bwP2qIC8sc4> (5:59)

Reflections:

Brahma Kumari Shivani inspires me to: _____

Iyanla Vanzant

<https://www.youtube.com/watch?v=AuTDWnz6Tgg> (3:52)

Reflections:

Iyanla Vanzant inspires me to: _____

Inspiration from Outside: Nature

For thousands of years, people around the planet have lived in close companionship and harmony with nature. It is only in the last few thousand years that we (in the colonized West) have deliberately removed the natural world from our day-to-day life experiences. Even then, many of us feel the longing to return to our original home, and we achieve this through finding ways to be in nature, even just for short periods of time. The natural world has inspired entire civilizations, and simply connecting can shift our inner resistance or allow for emotions and thoughts to evolve within us.

Watch this next video, and reflect upon the impact it has on you.

<https://www.youtube.com/watch?v=TFIE91RWWAg> (until 5:12)

After watching this video, I notice:


Inspiration from the Inside

In addition to inspiration from the outside, there is huge potential for inspiration from the secret worlds within us.

Reflect upon a time you were inspired from within.



Actions I will take starting today:



- ◇
- ◇
- ◇
- ◇
- ◇