

My Inspirational Jotter



'Inspiration' is ideas and thoughts that change our emotions, our state of mind, create a high level of feeling or activity, prompt our action or invention.

I feel inspired when I:

- Hear music that lifts my spirits
- See people smiling and helping each other
- Feel that I have the support of others to reach my goals
- Remember my past successes, like the time I worked really hard to get my promotion
- Read inspirational stories that relate to my life



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An inspirational person I know is: My Grandmother

The reason this person inspires me is because:

She is rarely angry at me even when I am angry with her and behaving badly. She has always found the positives in people. She listens to my opinions and ideas, and provides me with advice, which never feels like she is judging me. She has strong values and lives by those values and beliefs. I admire and love her.

I can be more like this person if I try to:

Be more patient and optimistic, understand that people have different opinions and ideas. Slow down, listen to people and help people when I can.

Things I love to do, which make me feel happy are:

Patting my cats; spending time with friends; walking on the beach; listening to my favourite songs; singing and laughing; sleeping in when I deserve it!



Tip: Make time for some of these things in your day; even seek them out if you feel in need of inspiration. Download your free inspirational monthly calendar from www.outfitinspirations.com.