

# INSPIRATION

Who inspires you in your life?

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What are their qualities that stand out in your mind?

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What would they tell you to help you with your challenge or change?

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What could you say to someone else that would encourage them to move through a difficult situation?

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Create a power statement to help you make the change you want. Make it simple and direct. The subconscious is a very literal part of us, so be very specific with your words. For example: I am a non-smoker; I am taking action toward my goal; I am strong.

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