

The Inspiration Workbook ©



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Introduction

Inspiration – it can strike us at any time, then turn around and disappear just as quickly.

No matter what you want to accomplish in your life, a little inspiration isn't going to hurt you. Finding the things, people or places that inspire you could be just what you have been missing in your life.

Inspiration is the little extra that will get you over the obstacles we all have to deal with. It's the thing that will help boost your motivation when it wanes. If I were one for clichés, I'd even say it is the straw that stirs the drink.

The problem is inspiration is fickle. It isn't easy to tap into, and it's even harder to keep.

That is why we created this workbook. We will introduce you to a straightforward 3-step process:

- What
- How
- Who

What: What's the point of being inspired, if you don't have any idea **what** you want in life? Just knowing **what** you want is the first step to staying inspired.

How: Having an actual plan is the next key to staying inspired. Setting a few goals is a great way to stay inspired. In this section, you will take what you want from the chapter before, and then plot some goals, so you know **how** to get there.

Who: The idea of this section is to help you figure out who inspires you. **Who** is someone you look up to? **Who** is someone you are doing this for? **Who's** story is so inspirational it will keep you going when things get tough?

This simple 3-step system won't be the answer to all of your problems, but it will undoubtedly help you tap into the immense power of inspiration.

What are you waiting for? Let's get inspired.

What?

Let's start by figuring out what it is you actually want. This might seem totally apparent to you, but have you ever actually sat down and really thought about it?

I mean really thought about it?

In this section you are going to figure it out using a couple different exercises. Let's get started

101 Things You Want to Do

This isn't something you need to do all in one sitting. In fact, it might be close to impossible. This doesn't seem tough, but I guarantee you will struggle with it. Think about everything you want to accomplish, do, eat, visit, etc...

This exercise alone will be inspirational because you will spend so much time thinking about all these enjoyable things you want to experience.

- 1.
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- 101.

Let's Narrow It Down a Bit

OK, having 101 things to do is great. However, it isn't really realistic to start working on 101 goals at once. Inspiration will help you, but not that much!

In this next section, we are going to look at several areas of your life and choose one single thing you want to accomplish for each category.

You can think as big or as small as you want but for the purposes of this workbook, choose things you could realistically achieve in a year. Don't be afraid to push yourself though!

Financial

List a financial goal that you'd like to accomplish in the upcoming year.

Family

List a family-based goal that you'd like to accomplish in the upcoming year.

Career

List a career goal that you'd like to accomplish in the upcoming year.

Health

List a health-based goal that you'd like to accomplish in the upcoming year.

Just For You

List a goal that is purely “selfish”. Something just for yourself, not category needed.

Now you have 5 (more or less is fine too) that you can accomplish in the upcoming year (more or less, also fine).

Feeling inspired yet? You might be! Well, if you aren't, then don't worry we still have **the how** and **the who** coming up.

How

Ahhhh, the how. Now things get interesting.

Learning the “how” of reaching your goals, is inspirational in itself because it helps your dreams become more concrete.

Depending on your goal you may not know each and every step you have to take to reach it. That’s fine, the idea here isn’t to plot every remaining day of the year.

All you need to figure out is the general path towards what you want. The best way to do that? Break down what you want into smaller more achievable goals.

If you set a goal for the upcoming year, what can you do this month to help get you there? What about this week? ...what about today?

Simply choose 1 goal from the 5 you set in the last section.

My Chosen Goal: _____

Now Set some micro-goals that will progress you towards that chosen goal:

Things I can do today to progress me towards my goal:

- 1.
- 2.

3.

4.

5.

Things I can do the next few weeks to progress me towards my goal:

1.

2.

3.

4.

5.

Things I can do the next few months to progress me towards my goal:

1.

2.

3.

4.

5.

Once you have this list. You have essentially created a todo list to reach your goal. Even more powerfully, you have rough deadline for each of your tasks.

In fact, if you want to be even more keen, go back and put a specific date beside each task.

When ready, using some extra paper, put each of the main goals you chose for different areas of your life through the same process. I would suggest sticking to maybe 1 or 2 at a time though.

How are your inspiration levels now? You not only know **what** you want, but now you know **how** you are going to get it.

That just leaves **who**...

Who

This section is all about finding (or recognizing) the people that will inspire you to stick to your goals.

Some people are inspired by people who are close to them in real life. This is great because you will have actual access to them. You can pick their brain over coffee, or you could even get them to mentor you.

Let's start there...

Real Life Acquaintances Who Inspire You:	Why Do They Inspire You?

Are you able to spend any time with these people? You should try reaching out to at least one of them. A simple meeting over coffee is a great place to start.

Not everyone has someone in their life that can inspire them. Even for the people who do, these people may not have accomplished the things you want. The people in your life may not be enough inspiration.

If this is the case, then you need to branch your search out a little bit. Luckily, we live in an age where the entire history of human knowledge is freely available at our finger tips.

For this final exercise you will come up with a list of people who inspire you. You need to do some homework here! Try to find people who have accomplished the things you want to accomplish.

You want to lose weight, well check out some weight loss stories on MyFitnessPal or Instagram. You want to be the best real estate agent in your city, then use Google to find super successful real estate agents.

The inspiring people you find, might not be able to give you personal advice, but you can still follow them (or read their stories).

- You can learn what they had to sacrifice to make their goals a reality.
- You can be inspired by their story of triumph
- You can learn from the mistakes they made
- You will realize you aren't alone
- You will have someone to aspire to be like
- Etc...

Now on to the final exercise, find some people (famous or not) who inspire you.

Who Inspires You	Why They Inspire You	Where To Follow Them (i.e. a social media account, a blog, etc...)

Conclusion

Now that you have worked through this guide, you should be feeling a little more inspired. The more you commit to it, the more you will be inspired.

You now know:

- What you want – exactly – and have it written down.
- How you will accomplish that – and have a to-do list to guide you along the way.
- The people in your life who inspire you – and a plan to reach out
- All the other people who can inspire you – and a way to follow them.

This workbook won't guarantee that you are successful, but it will ensure that you are inspired enough to give it your best shot.