

## FOUNDATIONS

### INSPIRATION ASSESSMENT

Before beginning this exercise, take a few moments to sit in a quiet, comfortable place. Take a few deep breaths, allow yourself to relax and become present in the moment. Once you feel centered open your eyes.

Observe your surroundings, choose an object in your immediate environment that catches your attention. It can be something small like a flower, or a book, or something larger, like a piece of furniture, or a painting. What draws you to this object? What do you find interesting, intriguing or fascinating about it? Answer these questions in the space below.

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Take a few minutes to really listen to the object. What sounds or sensations do you associate with it. Does it have a texture, temperature, scent or weight? Pay close attention to the details and nuances that you may not have noticed before. Write your observations in the space is below.

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Reflect on the object and its significance to you. How does it make you feel? What memories emotions or thoughts do you have? Allow yourself to fully experience and embrace these feelings without judgment or analysis. Write this down in the space below.

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Based on your observations and emotional response, consider the inspiration that arises within you. What ideas or actions come to you? is there something you feel compelled to create, explore or pursue? Trust your inspiration and follow the path that feels most aligned with your Inner Self.

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In the space below, write down any insights or intentions that emerged during this experience. It can be a simple phrase, sketch, number or a detailed description.

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Notes:

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