

FOUNDATIONS

INSPIRATION ASSESSMENT WORKSHEET

Describe a recent inspiration, thought, or idea that excited you:

Describe the initial thought(s) you attracted and emotion you felt after you received the inspiration:

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Describe the fear that arose when considering the action:

Fear can show up in many different thought forms such as; not enough time or money, not the right skill set, too tired to take action, concern for what others might think and infinite other thoughts.

Describe the one action you could have taken in the moment you received the inspiration: