INSPIRED QUICK REFERENCE GUIDE

"Within the most profound and awesome creative expressions, accomplishments, and activities, inspiration is at work—guiding and propelling humanity forward, moving through us, and as us, when we allow it."

Activation Introduction

Wisdom 1 – Life Is for You: You *trust* that the Universe is benevolent.

Attributes	Affirmations	Actions	Activation
Trusting Optimistic Hopeful Confident Relaxed Allowing	Life is for me. Life is on my side. This too is for the good. This is a Benevolent Universe. I trust life. The Universe has my back.	See the good in surprises. Notice life's blessings. Review your life and find the gifts in the hard times.	TRUST Activation Link

Wisdom 2 – You Deserve Love: With *inner-honoring*, you receive your good.

Attributes	Affirmations	Actions	Activation
Honoring Accepting Present Empowered Compassionate Loving	I deserve love. I am enough. I love myself, as I am. When I care for myself, my caring for others grows. As I bring loving awareness to all my emotions, I transform. I receive all the good coming my way.	Practice self-compassion. Observe your emotions with a loving presence. Renew with inner-honoring activities.	INNER-HONORING Activation Link

Wisdom 3 – Life Is Guiding You: You notice signs and access your *intuition.*

Attributes	Affirmations	Actions	Activation
Intuitive Insightful Spontaneous Discerning Guided Sensitive	Life prompts me. I am guided. I am intuitive, and I trust my intuitive heart. I listen, look, and sense the messages that direct my way. I am open to synchronicity. Signs and symbols show up to show me my next steps.	Start an insight journal and document coincidences. Look for signs in your life. Examine fears and desires in order to experience intuition more clearly.	GUIDANCE Activation Link

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Wisdom 4 – Take Inspired Action: With *courage*, you move forward.

Attributes	Affirmations	Actions	Activation
Courageous Daring Heart-centered Authentic Powerful Vulnerable	I am courageous. I act in alignment with my soul's purpose. There is strength in being vulnerable. I am brave, bold, and brilliant. I act on guidance. I create beauty in the world by being me.	Learn to say no. Develop honest friendships for spiritual growth. Get comfortable being uncomfortable.	 Activation Link

Wisdom 5 – Learn as You Live: You *evolve* and become a better you.

Attributes	Affirmations	Actions	Activation
Learning Evolving Attentive Curious Open-minded Innovative	I learn from every experience. I love to learn. I am evolving in consciousness. Life is my school house. The more I play, the more I learn. I am a student of life.	Choose a new topic and study it. Spend time with people who you admire. Ask yourself, "What can I learn from this situation?"	 Activation Link

Wisdom 6 – Choose Gratitude: You *appreciate* life's events and people.

Attributes	Affirmations	Actions	Activation
Appreciative Thankful Grateful Content Enthusiastic Happy	I am grateful for my life. Thank you, everything. What I appreciate, appreciates. It is my joy to appreciate others. I am blessed. I see beauty every day in many ways.	Appreciate the people in your life. Start a gratitude practice of choice. When things are tough, give thanks for the learning.	 Activation Link

Wisdom 7 – Your Purpose Is to Give: With *generosity*, you give back.

Attributes	Affirmations	Actions	Activation
Generous Giving Kind Altruistic Compassionate Purposeful	I am here to serve. Giving is my joy. Life is for me, and I am for life. I contribute with my loving presence. I naturally find ways to give. My relationships are balanced in giving and receiving.	Give time or money to a cause you believe in. Vote with your dollars by purchasing in alignment with your values. Imagine your purposeful life.	 Activation Link

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