

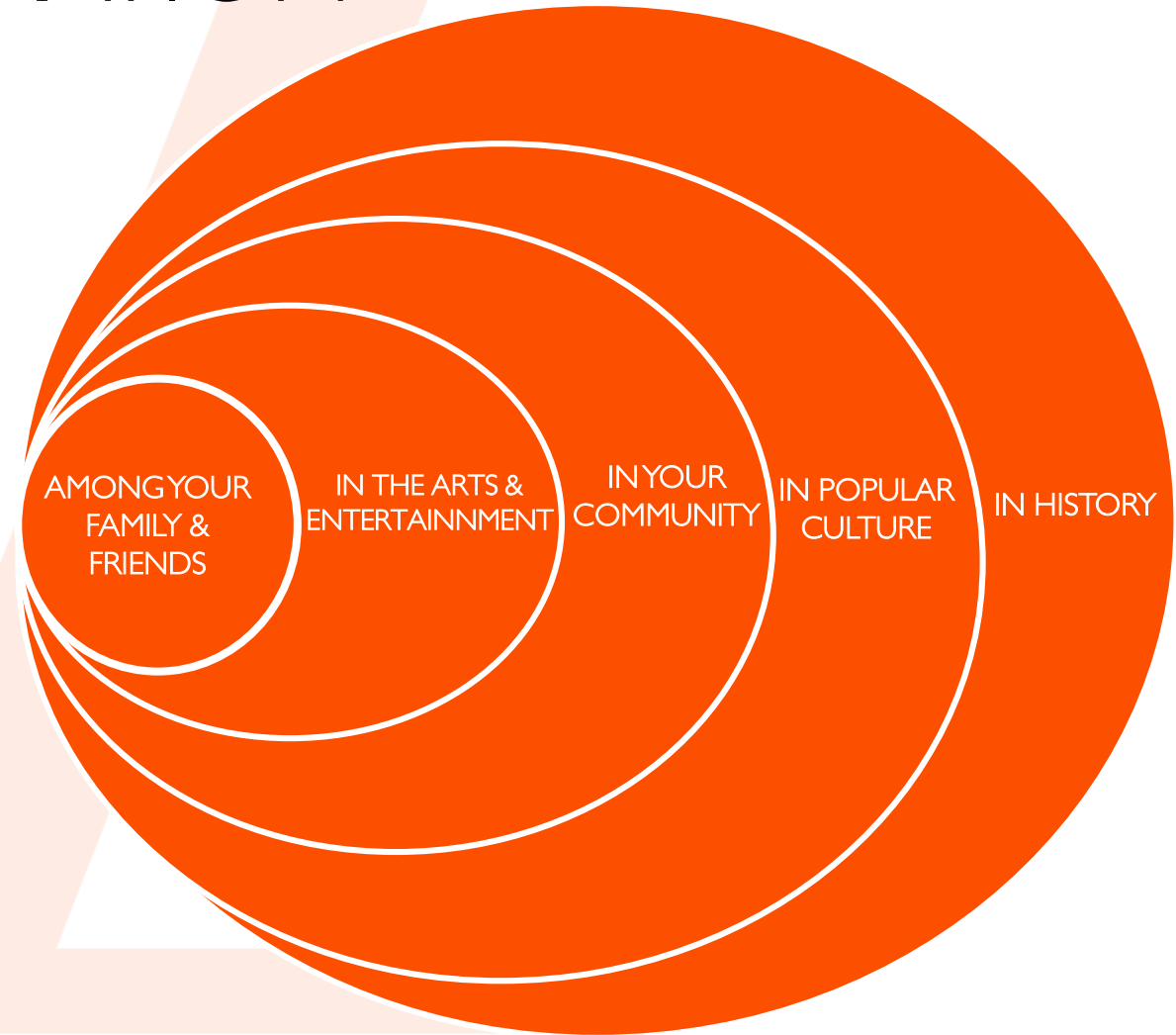
Download exercises on  
Lancaster Website – section  
“Live with Light The School”

Video #3 Your Inner Sun

# SOURCES OF INSPIRATION

We all draw our inspiration from different sources and aspects of life. What does inspire you?

You can share your inspirations with others.



LIVE WITH LIGHT THE SCHOOL

Video #3 Your Inner Sun

# FIND YOUR PASSIONS

Download exercises on  
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What recharges you? (except the sun and a coffee)

.....

What do you do when you need to reconnect with yourself, recharge?

.....

How do you find a state of flow?

.....

When I was a kid, I wanted to be a .....

## Video #3 Your Inner Sun

# IDENTIFYING VALUES

Download exercises on  
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You need to be clear about the values that inspire you.  
Put these values in order for yourself. Add others that occur to you.

Your values:

- 
- 
- 
- 
- 
- 
- 

Adventure      Beauty

Audacity      Freedom

Justice

Empathy

Créativity

Video #3 Your Inner Sun

# WRITE YOUR OBJECTIVES

Think about your life and determine what are your objectives, and why.

I WANT	BECAUSE

How would you like to get there? What small steps could you take / implement from tomorrow to make it happen?

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