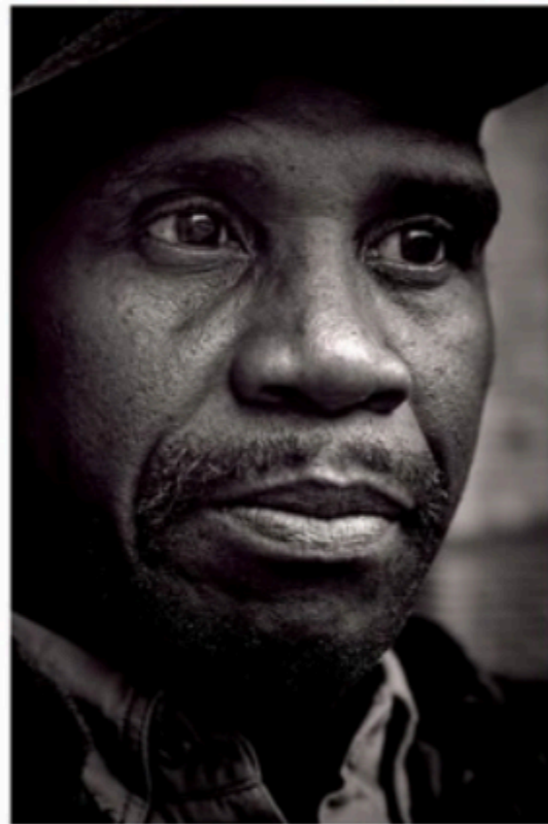
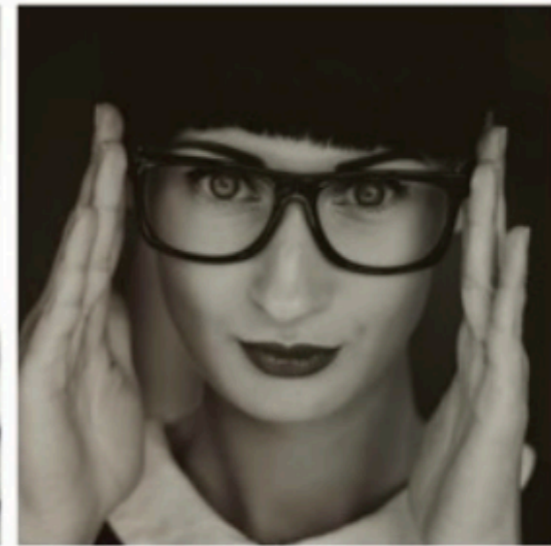
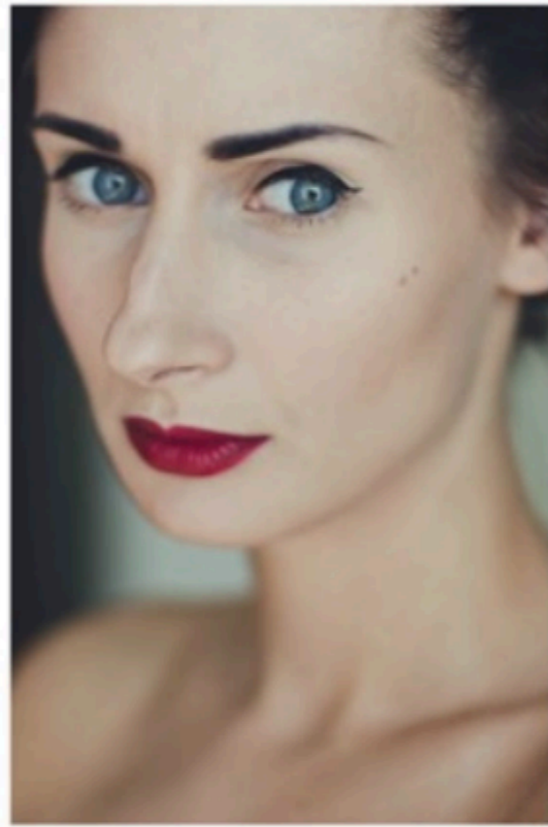


Who Inspires YOU?





THE COLLEGE PREGNANCY RESOURCE

Who Inspires YOU?

The reason people inspire us is that we see something in them that we wish we could be ourselves.

You may be inspired by an author, political figure, actress, singer, or athlete. Whoever it is, they represent the something within you, and therefore, you admire them for living out their Limitless Spark.

Avi Project

THE COLLEGE PREGNANCY RESOURCE

Take Action!

In your journal, write down **AT LEAST 1** person you know personally who inspires you and another who is famous who you follow on social media, TV, movies, or books.

What is it about each of them that you admire?

Write down at least 3 things about each person.

Avi Project

THE COLLEGE PREGNANCY RESOURCE

Are you able to see any relation between the two types of people?

Is it what they do for a living? Is it what they stand for and believe?

Can you incorporate what you admire about them into your life to give you meaning and purpose?

Write down what comes to mind...



THE COLLEGE PREGNANCY RESOURCE

Find a Mentor

It's important we're always looking for ways to grow and be **INSPIRED!** Mentors can be found through the people we know personally, people we look up to, as well as people we have never met before now.

Social media has changed the way we gain knowledge. You don't have to wait to meet someone to learn from them anymore.



THE COLLEGE PREGNANCY RESOURCE

Find a Mentor

So TODAY, in your attempt to find your “Limitless Spark”, follow two NEW to you people on social media that have the same values and interests you do, and subscribe to their newsletter if they have one.

If you think you have already discovered your Limitless Spark and you know someone, NEW TO YOU, that you can follow, that's in the same category that you are interested in learning more about, then by all means follow them.

You're on the right track!

Avi Project

THE COLLEGE PREGNANCY RESOURCE

Find a Mentor

- Who did you choose to follow?

Write their names down in your journal.

Avi Project

THE COLLEGE PREGNANCY RESOURCE

Next Steps...

DAILY...

- Watch for their postings on social media
- Read their newsletters the day they are sent to your inbox
- Write in your journal anything that is posted that moves you to take action.
- Follow through on whatever you felt prompted to do!!!