

Day 3 Inspire

Quote

A word of encouragement from a teacher to a child can change a life. A word of encouragement from a spouse can save a marriage. A word of encouragement from a leader can inspire a person to reach her potential. John C. Maxwell

Bible Verse

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 1 Timothy 1:6-7

Inspiration

Teacher

<http://www.upinspire.com/inspire/1184/this-math-teacher-kept-a-big-s>

Gratitude link

The Science behind gratitude

<http://www.happify.com/public/articles/the-science-behind-gratitude/>

Journaling

Who in the past has inspired you? What form did that take?

Who inspires you now?

Who do you think is inspired by you?

Technique

Stencil

<http://www.youtube.com/watch?v=WF4D0aHQzS0>

Action

Write a letter of thanks to someone who inspires you or inspired you.