



INSPIRATION CHALLENGE

Using this worksheet, review all eighteen engines across all three categories.

1. Rate each on a scale of 1-5 in terms of how much this engine is a current source of inspiration for you.

2. Circle your top three. These are your inspiration fingerprint - or your unique combination of go-to engines you rely on.

3. Now pick one engine you've never considered before:

- What would it look like to intentionally activate this engine of inspiration this week?
- What could you do or think about differently to try out this engine?

Engines of Inspiration

How much do you use it?
(SCALE OF 1-5)



Connecting to & Voicing Values and Purpose



Using your Strengths



Progressing Toward & Achieving Success



Using Your Whole Brain with Unstructured Time



Developing New Perspectives



Activating Body Movement and Presence



Belonging



Admiring Our Mentors and Heroes



Getting a Lift



Serving Others



Sharing a Group Mission



Being Vulnerable & Transparent



Seeking Environments that Move Us



Overcoming Constraints



Witnessing Excellence



Using Your Unique Passions to Make a Difference



Sharing Experiences with Large Groups of People



Experiencing Grief, Loss, or Failure