

BELIEVE IN YOU

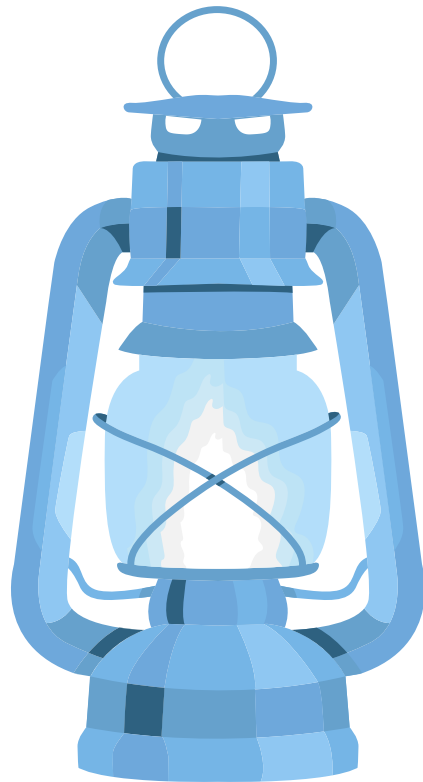
Name:

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INSPIRATION

The spark that ignites greatness

A 5 DAY JOURNAL EXPERIENCE



The **future** belongs to those who
believe in the beauty of **their dreams**

Eleanor Roosevelt

This journal is designed for students and adults. *Go Be Great!*

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BELIEVE IN YOU

INSPIRATION

/noun/

The spark that ignites motivation, creativity, and enthusiasm within a person, propelling them forward towards their goals and dreams.

Welcome to the 5 Day Inspiration Journal.

Human experience is a blanket sewn together with moments of inspiration, boss-level challenges, incredible victories, and personal connections that we treasure. Each person threads their own unique narrative through life's blanket – you are a unique part of a shared journey of human greatness.

Inspiration serves as a guiding light, showing us the path forward during even the darkest moments of the journey. Throughout history, inspiration has empowered people to break through limitations, and achieve greatness against all odds.

As we journey through life, experiences and connections help us uncover the treasures that inspire our hopes and dreams. This 5 Day Journal is designed to help you find those treasures.

Use this journal whenever you need to shine a light on what inspires you. Embrace the journey, share your light with the world, and let your greatness be inspirational. GO BE GREAT!

You are an inspiration. We Believe In You.

This journal is free to everyone as a public service of Varsity Brands.

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BELIEVE IN YOU

Practice mindfulness in your own way.

**In the midst of movement and chaos,
keep stillness inside of you.**

Deepak Chopra

Mindfulness is a process of finding present-moment awareness and nonjudgmental acceptance of thoughts and feelings.

By practicing mindfulness, you can deepen your connection to the present moment, find clarity, insight, and inspiration.

Cultivating mindfulness allows you to live with greater curiosity, compassion, and self-awareness.

Cultivate a sense of calm.

DAY 1

Practice daily mindfulness with just a few minutes of mindful breathing. Take slow, deep breaths, and pay attention to the sounds around you.

Can you hear cars passing by outside? Are birds singing in the distance? Do you hear footsteps of the other people around you. Do the same thing with your vision by looking at the details in objects around you.

Slowly take in and then release a deep breath. Continue deep breathing while looking around the room. Find an object with interesting detail. It could be a pattern on a wall or the details of a book cover or picture.

Write a description of what makes this object interesting to you.

BELIEVE IN YOU

Cultivate your creative spirit.

Creativity is intelligence having fun.

Albert Einstein

Creative activities like writing, painting, and making music can unlock the imagination and innovation in all areas of life.

These creative pursuits provide a path for self-expression, exploration of ideas, and discovery of unique perspectives. Experiment with different forms of creative expression, and push your imagination beyond what's comfortable.

DAY 2

Believe In Your Imagination

Your imagination is the key to problem-solving and adaptive thinking. The world around you is full of challenge and opportunity.

Creativity allows you to turn a challenge into an opportunity. Imagination transforms a life of struggle into a meaningful story of achievement.

Every human has the potential to be creative. Choose any creative activity that interests you (music, creative writing, art, photography, etc.).

Next, let go of any feelings of comparison or expectation. Allow yourself to appreciate this activity as a form of authentic self-expression.

Describe a creative project that you would like to start (or continue).

Write a few words about what this self-expression means to you.

BELIEVE IN YOU

Look for meaningful connections.

Alone we can do so little;
together we can do so much.

Helen Keller

Build supportive relationships with like-minded people who share your interests and can encourage your dreams. These meaningful connections will offer collaboration, feedback, support, belonging, and purpose.

Find your people and have meaningful conversations. Share personal experiences and exchange ideas. These important connections will ignite inspiration.

Lift each other up!

DAY 3

Investing in relationships based on trust and respect will create a supportive environment where everyone feels safe, valued and empowered to pursue their dreams.

The best way to have a support system is to be a support system. Encourage your friends as they share their greatness with the world.

Think of a time when you and a friend or adult mentor had a conversation that left you feeling inspired. What was it about that conversation that left you feeling energized and excited?

Describe in a few sentences what made this conversation special. How has it positively impacted your relationship with that person?

BELIEVE IN YOU

Cultivate an attitude of daily gratitude.

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings.

William Authur Ward

Cultivating an attitude of gratitude involves acknowledging and appreciating the blessings, opportunities, and meaningful experiences in one's life.

Gratitude inspires a sense of abundance, contentment, and optimism, shifting focus away from scarcity and negativity toward abundance and possibility.

DAY 4

Take time every day to be grateful.

Taking time to reflect on and express gratitude for the people and experiences that improve your life will cultivate a mindset of appreciation and receptivity to inspiration.

Keeping a gratitude journal and writing thank-you notes reinforce positive emotions and deepen connections. Cultivating gratitude in daily life amplifies feelings of inspiration and joy, creating a foundation for growth and resilience.

Think about a routine part of life. Choose something you *have* to do, but never really *want* to do. Now, re-frame your routine with gratitude.

Create a list of ways that this routine helps you work toward something good. **List 3 things that make this routine a positive part of your life.**

BELIEVE IN YOU

Rise to the challenge. Embrace a growth mindset.

Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are.

Bernice Johnson Reagon

People who focus on growth through struggle empower themselves to pursue their passions and unlock their potential. This fuels inspiration and fulfillment.

Adopting a growth mindset will allow you to be more curious, resilient, and open to new experiences, expanding possibilities for inspiration and accomplishment. Rising to the challenge will unlock inspiration for yourself and others.

This is what hard looks like.

DAY 5

When asked what it will take to accomplish a dream, most people refer to hard work as a requirement. However, when struggles and challenges finally arrive, many people feel resentment or discouragement.

A purposeful attitude of growth mindset allows you to embrace the challenge when it arrives. You can say to yourself, "This is what hard looks like. I'm ready to get to work."

It's natural to feel discouraged - everyone feels this way at some point. However, let's use that feeling to develop growth mindset.

Think about a challenge or mistake that left you feeling discouraged. Next, make a list of 3 things that you learned from that experience. **Write a short paragraph about how that challenge made you stronger.**

BELIEVE IN YOU

Set your imagination free. Choose inspiration.

ONE: Set a timer for 15 minutes. Take 3 deep breaths to clear your mind.

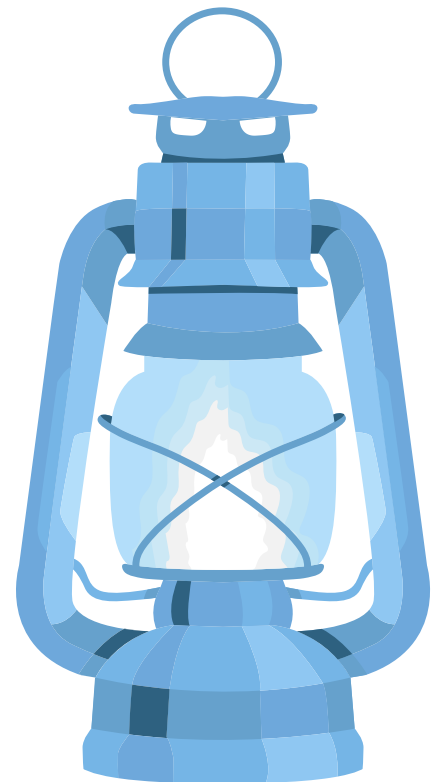
TWO: Choose an object from the room you're in. It could be anything – a pencil, mug, picture, plant, etc.

THREE: Take 1 minute to look closely at the object. Notice its shape, color, unique features, etc.

FOUR: Now, imagine that this object holds an important secret – a power or clue that will unlock something incredible.

FIVE: Use the rest of the time on your timer to write a short story or poem, or to draw a picture, that tells the story of this object.

Set your imagination free.



BELIEVE IN YOU

LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
 - Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
 - Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.
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You are a light. You are the light. Never let anyone – any person or any force – dampen, dim or diminish your light.

John Lewis

Be inspired. Be an inspiration.

For more information about the CADA Student Leadership Standards visit www.cada1.org

BELIEVE IN YOU

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