



# INSPIRATION

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"Inspiration isn't something that finds you; it's something you awaken within yourself every day."

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## CURRENT RESEARCH:

Research highlights that a clear purpose is linked to lower stress levels, better overall mental health, and greater resilience after negative events. It suggests that those with purpose tend to experience fewer mental health struggles, maintain better physical health, and navigate life challenges more effectively. This makes purpose a crucial factor in achieving both emotional and physical wellness.

American Psychiatric Association. (n.d.). Purpose in life: Less stress, better mental health. American Psychiatric Association. Retrieved February 8, 2025, from <https://www.psychiatry.org/news-room/blogs/purpose-in-life-less-stress-better-mental-health>

**Skill Practice:** Write some things (people, experiences, or ideas) that inspire you. Next to each, describe why it's meaningful in one word (i.e., "growth" or "strength"). Make sure the most important things go in the big jar.



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