



# Inspiration Slides

Introduction to a series about how to inspire yourself and manage emotions through believing, visualizing, music and thinking positively.

# Key Points



## **Believe in yourself**

Have faith that you can accomplish your goals and dreams



## **Visualize success**

Picture yourself achieving your desires in detail



## **Take action**

After believing and visualizing, start working to make it happen

Believing, visualizing, and taking action are key to creating the life you want.

# Manage Emotions



## Music can help calm you

Studies show listening to relaxing music lowers stress hormones and heart rate



## Manage worry with positive thinking

Replace worried thoughts with uplifting, empowering beliefs about yourself

Using music and positive thinking can help you better manage difficult emotions and worry.

“Whether you think you can or  
you think you can't, you're right.”

HENRY FORD

# Images



**Person meditating**

An image of a woman sitting cross-legged with her eyes closed and hands resting on her knees, looking tranquil and focused.



**Person playing piano**

An image of a man seated at a piano, fingers poised elegantly over the keys as he plays a beautiful melody.



**Person painting**

An image of an artist standing in front of a canvas with a palette of paints, brush in hand as she brings a landscape to life.

# Process



# Tips

- **Visualize success**

See yourself achieving your goals in your mind's eye.

- **Believe in yourself**

Have faith in your abilities to accomplish what you set out to do.

- **Take inspired action**

After visualizing success, take practical steps to make it happen.

- **Manage worries and fears**

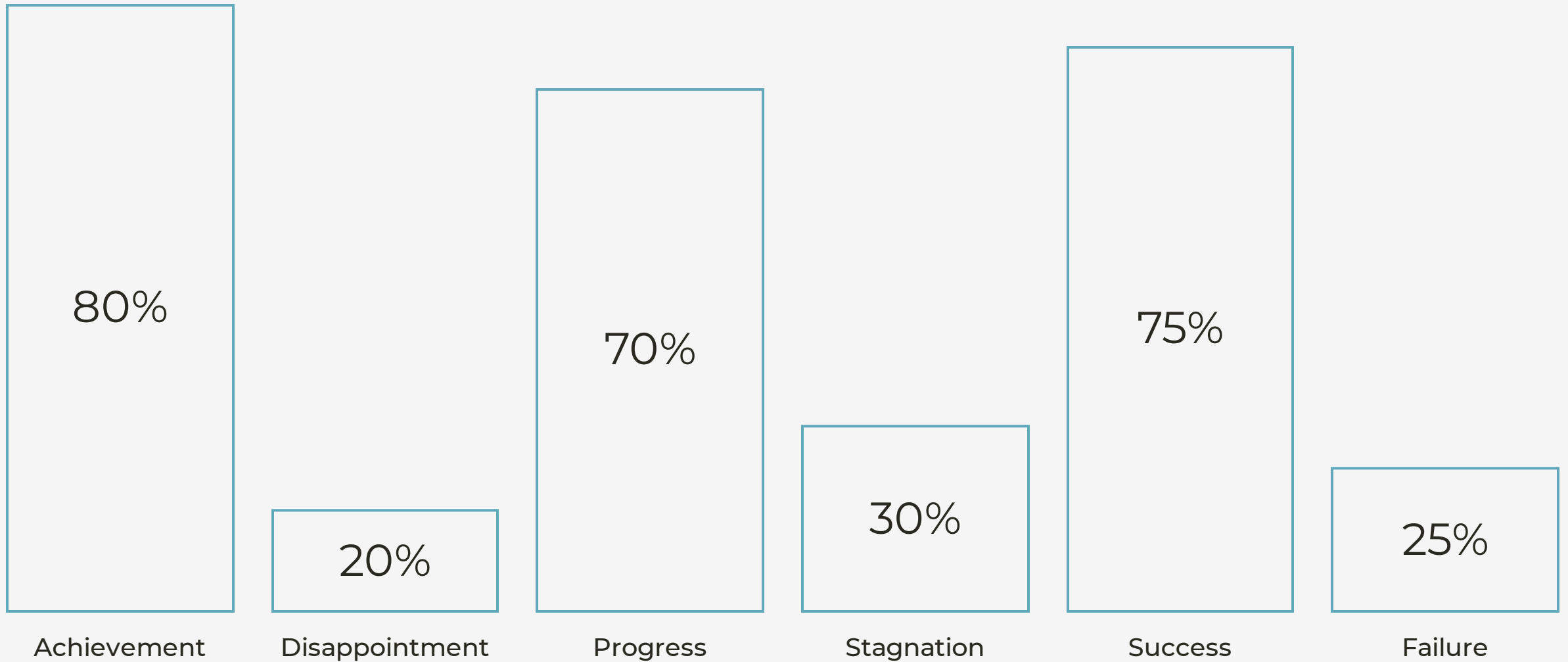
Don't let anxiety and doubt hold you back. Stay positive.

- **Create the life you want**

Your life is in your hands. Make it what you want it to be.

# Comparison

Comparison of inspired action vs uninspired inaction (values in percent)







## Key Takeaways

This slide is about inspiration and motivation. The key takeaways are to believe in yourself, visualize success, take action on your goals, and manage worries through music and positive thinking.