

# Daily Dose of **INSPIRATION**

Inspiration can come from anywhere. So stick it everywhere!  
Simply print, cut out and stick these words up around  
your home to help you stay motivated.

This resource is provided for informational purposes only and is not intended as a substitute for a healthcare professional's independent judgment. Always follow the healthcare advice of your doctor. Do not change the way you take your medication without talking with your doctor. If you have suicidal thoughts, call your doctor or 911, or go to an emergency room. Take suicidal thoughts seriously and get help immediately.



# Aurora

*The ancient Roman* **GODDESS OF DAWN.**

Today is a  
**brand-new day.**

# Serendipity

*The unplanned occurrence  
of something good, or a* **HAPPY ACCIDENT.**

Sometimes even  
in the hardest  
moments, **life sends  
a smile your way.**

# Fortitude

DETERMINATION

Remembering how far you've come can give you the fortitude to keep going.

# Burgeon

*To bring* **NEW GROWTH.**

This month, spend a little time on your personal growth every day.

# Serenity

*A state of* **CALM AND QUIET.**

Close your eyes.  
**Take a deep breath.**  
Then take a moment  
to find your peace.

# Epiphany

*A moment of* **SUDDEN REVELATION.**

What was the last  
epiphany you had?

# Lucidity

**CLARITY** *of thought.*

Sometimes your **best thinking** happens when there's not much on your mind.

# Candor

*Being open and* **HONEST.**

Expressing how you feel can feel pretty great.

# Halcyon

AN IDEALIZED TIME *in the past.*

Take some time to reflect on some of your favorite moments from this year or this month.

# Resplendent

*Shining* BRILLIANTLY.

If you were a tree, what colors would your leaves be?

# Abounding

*Existing in* **GREAT SUPPLY.**

Make a list of the things you're grateful for.  
**The list might be longer than you think.**

# Benevolence

**DOING GOOD** *for others.*

Being kind to others is important, but **don't forget about yourself.**

Daily Dose of

**INSPIRATION**

