

Flourish!

Choose well – Think well – Live well

Choose Inspiration!

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 12:2 NKJV

When we are inspired by something or someone, we feel uplifted.

Look for a positive and inspiring news story today and share it on social media.

- **Choose an inspiring Bible character and study their life. Why do you find them inspiring and what do they inspire you to do?**

Choose an inspiring Bible verse and create a piece of art for your home.

Find a praise song that inspires you. Share it with someone and describe how it makes you feel.

Who has been the greatest inspiration in your life? Tell them about the positive difference they have made to your life.

- Read the biography of an inspiring person and discover 5 important lessons you can apply to your life.

Read the beatitudes in Matthew 5:3-12. Choose 3-4 of them and write how each beatitude inspires you to live well today.

Make a list of the different qualities of God and be inspired by His loving character.

- **Ask someone from an older generation to tell you an inspiring family story.**

Start a scrapbook or decorate a notice board with inspirational verses and quotes that you find encouraging.