

# INSPIRATION

## Try FINDING INSPIRATION

My Own:

- Idea
- Experience
- Feeling
- Belief
- Culture
- Music
- Environment

Responding to:

- Culture
- Dance
- Music
- Visual Art
- Writing
- Reading
- Everyday Things

## Try CAPTURING or RECORDING INSPIRATION

## Try CREATING INSPIRATION or RESPONDING for INSPIRATION

### Perspective

- What is my belief?
- What is my interest
- What do I value?
- What is my response?
- How do I move in this environment?

### Reflection

- How will I be inspired?
- Imagine
  - Remember
  - Know
  - Respond

### Perspective

- What does it mean to me?
- What may this mean to presenters?
- What may this mean to others?

### Reflection

- How do I feel?
- How am I thinking?
- What do I know?