

# INSPIRED



A WORKBOOK FOR LIVING YOUR HIGHEST POTENTIAL

**TINA** KLONARIS-ROBINSON

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# INTRODUCTION

When we speak of our human *potential*, we're referring to abilities and talents each of us was born with and has within us that could be developed and become useful for different purposes in the future. Our highest potential—the best and most purposeful we are capable of being in a given moment—changes throughout our lifespans. Every situation draws new capacities out of us and can make us more resilient and stronger if we choose. Like plants that go dormant during winter and then undergo growth spurts in the spring, we go through cycles of gestation followed by personal growth and creative expansion. When we're *inspired*, or “filled with spirit,” our potential is being activated.

Who is this book for? Those who:

- Are keenly interested in self-inquiry and personal growth.
- Have a dream or a goal they are deliberately pursuing.
- Feel creatively blocked or stuck in some area of their lives.
- Want to optimize their talents, skills, and efforts.
- Are taking something in their lives to the next level.

At various points on the journey through life, we all find ourselves experiencing different emotions and thoughts about our purpose and potential. Do you know where you are in your journey? Do you have a sense of where you would like to be? Clear or confused, use this book to locate yourself and decide where you want to go next.





No matter how much inner work we have done, sometimes we still feel as if we are only just beginning to know and take responsibility for ourselves. When we face challenges or feel disconnected for any reason, it is possible to become fearful. Perhaps during such times in your own life, you have felt lost and disoriented or blocked. When this happens, it's important to take action. Use the reflective exercises and affirmations in this book to avoid getting trapped in an uncomfortable place. Use it to establish an intentional practice of doing something productive every day to clear your mind and shift your mood so that it can help you to take the steps necessary to achieve the results you want.

Perhaps you are generally content and already know what you need and want to create in your life, but you just do not know how to get to your destination. Alternatively, maybe you are on track to get where you want to go in life and have a good sense of the path before you, but you would like to explore alternate routes or somehow improve your efforts so your journey is easier or you can experience more happiness. I designed this book to help you explore different options and look at the same issues from multiple angles.

For whatever reason you feel personally drawn to explore your highest potential right now, this workbook offers you an opportunity to practice mindfulness and deepen your awareness of your thoughts, words, and actions so that you can be fully present to the gifts inside you, the opportunities around you, and the possibilities that exist to express your highest potential. Living a meaningful life



that brings you joy is an adventure that requires you to draw upon your greatest aspirations, hope, and spirit.

If you have ever felt timid about naming the extraordinary vision you have for yourself or didn't dare to dream because someone told you this was too much or you didn't deserve it, or perhaps because someone close to you displayed envy, I invite you here at the start of our process to imagine how you would act if those critics and the barriers they represented for you were gone. What would you do if you could do anything and succeed? That's a question I will repeatedly ask you in these pages with the intent to show you that courage, determination, and freedom are sourced from the inside.

Sometimes we don't want to appear too bold or courageous because we don't want to highlight other people's inadequacies. Sometimes we dream too small because we don't want to experience the pain of disappointment if we fall short of our goals. But small dreams don't make us wake up excited in the morning, whereas our big goals and aspirations—at least the ones that matter, the ones that are authentic to us—fill us with so much vital energy that we leap out of bed ready to go. These make us feel much more passionate and invigorated. Actions born from inspired energy, like this, are magical.

By asking you to do reflective writing and visualization exercises, answer thought-provoking questions, and speak affirmations, *Inspired* will push you a



little further (or a lot), along your path. Take the offerings you find here as far as you want. My goal is to help set your dreams in motion. How you use this book and to what extent you implement my suggestions is determined by you. What ultimately comes from this process will empower you and change your life only as much as you let it.

As you work on the 26 lessons of *Inspired*, please adopt an openminded attitude of curiosity. There is no right or wrong answer to any question. The purpose of the questions is simply to prompt you to know yourself better. You can work on your assignments alone or in a small group where time is first spent on working side by side on the exercises in a given lesson and then on discussion. Group members should be mindful to be respectful and compassionate listeners when someone else is sharing.

The pace at which you move through the book is up to you. You may tackle one lesson a day or one lesson a week. You may find that you wish to go through the entire book in one sitting or do every lesson over the course of a few days. However you choose to approach this material, just remember that you are a courageous soul with a brilliant mind, someone capable of doing anything and everything to which you put your mind.

TINA KLONARIS-ROBINSON



# A JOURNEY OF AFFIRMATION

Reaching your highest potential is a journey—one that may last a lifetime, as we're constantly evolving. In order to reach your highest potential, inspiration is necessary. It's important to feel motivated by a purpose and to be as conscious of your thoughts, words, and actions as possible so you can stay aligned with your goals. With affirmations, you can support yourself to become more aware and grow as a person.

Affirmations are positive statements or declarations of things we want to be true or make real in our lives. They help us to create mental pictures that inspire, energize, and motivate us. They help us set clear goals and stay focused and on course. In this workbook, I will give you powerful affirmations to work with and also teach you to write your own affirmations based on the discoveries you make while doing the exercises.

Developing a personal affirmation practice will help you take steps to fulfill your purpose and live into your highest potential. If you use affirmations regularly, you'll soon see subtle and dramatic changes happening within and around you. This is the magical aspect of affirmations. You'll soon become conscious of how powerful a creator you are. You'll become more aware of your desires and this clarity will help you make better choices. The results you get after having spoken an affirmation sometimes come from taking clear action and sometimes they occur as if by chance. Paying attention and being intentional in how you think, speak, and act enables you to notice either way.



As your guide, it is my deepest desire to serve you. I hope to inspire you to dream and take action to create a life that feels good for you. May you dream big! Always remember that your dreams matter and they're precious because they are part of you.

Throughout this book, you'll find uplifting and inspiring messages designed to help you set positive intentions and affirmations that you can use to activate those intentions energetically. Our thoughts and words are like magnets. Whatever we focus on, we attract into our lives. As you take the essence of the lessons into your heart and reflect upon the exercises or think about what you want for your life right then, in that moment, you will be asked to speak an affirmation aloud—perhaps repeating it several times—and let it affect you. Allow the experience to be whatever it is. No matter what arises—and an array of different thoughts and feelings will arise—it is okay.

- Affirmations can help you reverse a negative thought or feeling. They are a way of turning around a negative thought that creeps into your mind.
- Affirmations can help you to highlight an already present idea and intensify it by adding a positive emotional quality to it.
- Affirmations are a means of acknowledging and reminding yourself of great qualities you possess. You can use them whenever the voices of doubt or fear set in and blind you to how special, deserving, lovable, and talented you are.



- Affirmations are a way of breaking a negative pattern of speaking and creating a new habit of speaking from an empowered point of view about your expectations. They shift you to “I can do it” instead of “I can’t do it.”

Life is full of exciting discoveries. When you speak an affirmation, you will learn immediately what is true and not true about what you’re saying because your mind will chime in to tell you. You will also feel it. Affirmations are a way of eliciting guidance from your subconscious mind and your higher spirit. It can be fun learning how to develop the ideal affirmation for a given moment that will put some wind under your wings and help you fly.

I encourage you to have fun with your intentions and make this a daily practice. In this book, there are 26 lessons, giving you 26 opportunities to hone your skill as an affirmer of your potential and become an inspired creator.

## HOW TO WRITE AFFIRMATIONS

Affirmations are positive statements that affirm what we want, rather than what we don’t want. To better understand this, look at an example of two ways we could speak about the same topic. Pay attention to how each of the following statements makes you feel.

Negative statement: *“I am not afraid of public speaking.”*



Even if you did not mean to, with this assertion you are putting attention on a fear you want to overcome, even though this fear is something you wish to eliminate from your life.

This statement already feels false because when you say it you are suddenly keenly aware that you are afraid. So, it feels like a lie.

A better way to phrase your affirmation is as follows.

Positive statement: *"I courageously speak with ease and my words flow freely."*

Can you feel and see the difference? Not only is the word *not* entirely absent from the second statement, but the assertion you are making describes a state of being that seems highly desirable and attractive. If your positive assertion still feels like a lie, you can modify it slightly so that your mind accepts it as true. For example, you might say: *"I am courageously learning to speak with ease."* Phrased like this, you are speaking your intention for what you envision becoming true for you. This affirmative statement feels good and it is empowering.

The best way to write an affirmation is to imagine whatever you want as already present and whatever you would like to achieve as already accomplished. Asserting what you *are* rather than what you *would like to become* at some future time is a much more powerful approach. Present tense is rule 1.



Also never use negative words. For example, never begin with *"I do not . . ."* or *"I am never . . .,"* or by using other comparable terms of negation. The subconscious mind ignores them and hears the opposite. Avoiding negatives is rule 2.

You can begin an affirmation in any manner you choose. For example, you could begin your affirmation with phrases like:

- *"I can . . ."*
- *"I trust . . ."*
- *"I expect . . ."*
- *"I have . . ."*
- *"I love . . ."*

Perhaps the best way to start an affirmation in a positive voice is with an I AM statement: *"I am courageous," "I am happy," "I am healthy."* Remember, expressions of "wanting" would imply that you are not where you want to be yet, so saying *"I want . . ."* or *"I need . . ."* simply reinforces an absence, lack, or deficiency of something. When you begin an affirmation with *"I am . . .,"* you are affirming what you envision yourself already to be or to have.

With practice, you will get very, very good at writing affirmations that are personally meaningful to you in every type of situation. You'll be able to create an affirmation on the spot to flip negative thoughts around so you can refocus your





mind on solutions and ideas that help you create progress toward a goal. In what seems like no time at all, you'll find that positive thoughts and words flow freely through your mind and off your lips.

As affirmative thoughts and speech become second nature, you will begin to see evidence in every area of your life of how consistently using this practice leads to change.



## LESSON 1

# WHAT IS MY PURPOSE?

You were born with great PURPOSE. Breathe and take in the idea that you are here for a reason. In this lesson, you're going to explore your purpose.

Everything you do in every moment serves your purpose, even the detours and mistakes. Trust that every experience is necessary for your growth. When you know that everything you do is in service to your highest calling, you can see your purpose clearly.

Let's begin. Read the following affirmation a few times: *"As I listen to my heart, my purpose is revealed."* Then take a moment to think about it. Breathe and notice how you feel. Read it again. When it feels right, close your eyes and take another deep breath, focus on your heart, letting the energy of the affirmation infuse your body and soul, and then say it aloud as many times as you need to truly mean it. Own it!

Keeping an open mind and drawing upon your natural curiosity, write down your answers to the following questions. There are no right and wrong answers. This is an exploration.



1. If you could spend your days doing what you truly came into this life to do and doing everything that makes you feel happy and fulfilled, what would you be doing? When you imagine this purpose in your mind's eye, what are you seeing yourself doing?

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2. How do you feel when you imagine living your purpose? Write down a list of positive things you feel when you're living your purpose.

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3. What are some words you can use to describe your purpose? Be specific.

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4. What could you do today that relates to your purpose? Make a note of every action you could take to live your purpose whether it is something small or something large.

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5. What skills and talents do you have that enable you to live your purpose?

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6. Where could you go to get help to live your purpose? Could you take a class? Could you find a mentor? Could you read a book or watch a video that would show you the steps you need to take? Make a list of resources that are available to you or that you would like to find.

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Remember to be kind and compassionate with yourself. There may be good reasons you haven't felt that you were living on purpose until now. You were learning important lessons to help you to arrive here, where you are ready to fully embrace your path. We can be so hard on ourselves for our mistakes and delays, or angry about the obstacles we've faced that felt so unfair and frustrating. When, in fact, those experiences could have given us the greatest lessons and we can be in the perfect place today right now to open the doors to our amazing and wonderful inspired life and realize our potential.

If a negative thought should arise, as they occasionally do, please use it as an opportunity to practice changing your perception. Go back to the affirmation you learned at the beginning of the lesson. Putting your right hand over your heart, say, *"As I listen to my heart, my purpose is revealed."* Then listen for the voice of your heart speaking.



LESSON 2

# WHAT AM I PASSIONATE ABOUT?

PASSION can make you courageous. Breathe that in. In this lesson you're going to explore your passion.

It takes courage to live your dreams, so use your passion to fuel your courage. By getting in touch with the things that matter to you, you can light the fire of your passion. What is passion? Passion is an intense and motivating emotion, a compelling enthusiasm, a strong desire to accomplish something, or a devotion to a person or cause.

Let's begin. Read the following affirmation a few times: *"As I discover my passion, I am led to live the life that I love."* Then take a moment to think about it. Breathe and notice how you feel. Read it again. When it feels right, close your eyes and take another deep breath in, focus on your heart, letting the affirmation infuse your body and soul, and then say it aloud as many times as you need to truly mean it. Own it!



Keeping an open mind and drawing upon your natural curiosity, write down your answers to the following questions. Remember, there are no right and wrong answers. Just explore.

1. What do you most value in your life? What do you feel so intensely about that it draws your focus again and again, and compels you to act? Make a list.

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2. While considering each of the items on the list you just created, ask: Why do you feel so passionately about this? For example, if you feel passionately about protecting elephants in the wild, you may answer: *"Because they are beautiful creatures who deserve to live," "Because they are majestic and an ancient form of life that has walked the Earth for thousands of years," "Because they are sentient beings with feelings," or "Because they are unique and the world would be a less special place without them."*

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It's possible that at this point in time that you may not know what you feel passionate about. That's okay. As you do the exercises in this book, you may find that when you least expect it passion will arise. A passion could be a simple. If you were to ask my grandmother what her passion is, she would tell you she loves to feed her grandchildren. Just pay attention to how you feel during the day and do your best to stay connected the reasons why you do what you do. The more you follow the guidance of your heart, the more aligned you will be with your passion.

Passion and purpose are intimately connected. Again thinking about my grandmother, her purpose was to make her grandchildren feel so loved, and her passion for feeding them was a living demonstration of that love, her form of self-expression. When you find your passionate purpose, you will be so motivated by it that you will feel energized. It will be the driving force behind everything you do if you let it.

If you ever feel uninspired and passionless, go back to the affirmation you learned at the beginning of the lesson. Put your right hand over your heart and say, *"As I discover my passion, I am led to live the life that I love."* From time to time you may notice new passions arising and old ones fading. This is natural. When you experience the first flickering flames of a new passion you can increase it by paying attention to it.



### LESSON 3

# HOW DOES THE DIVINE LIVE IN ME?

You are DIVINE. Breathe that idea in. In this lesson, you're going to explore your divinity.

The Divine inhabits every cell of your being. That which is holy lives in your heart, your mind, and your soul. You can never be separated from it. Life itself is a mysterious force. You are alive because this force runs through your body. It came into you from the moment of your first heartbeat. Imagine the first moment you came into being as a cosmic collision between stellar forces. Because we cannot see the God or the force of life except through the movement of the stars and planets and our perceptions of the physical world, it is helpful to visualize what this looks like.

To begin, imagine that from the very moment you came into being with the first flicker of your life at the moment of your conception or the first flutter of your heart. See the blood that runs through your veins as a beautiful river of life that is always giving to you. See the Divine in every cell and part of you and understand yourself as an extension of divine energy in physical form. When think about it



in this way, as every part of you being connected to God, it may be easier to see how you are magnificent in every way, brilliant in your very existence.

Once you are connected with your divine essence, read the following affirmation a few times aloud: *"I am a radiant being filled with the light and love of God."* Then breathe and notice how you feel. Read it again. When it feels right, close your eyes and take another deep breath in, focus on your heart, letting the affirmation infuse your body and soul. Say the affirmation aloud as many times as you need to truly mean it.

Keeping an open mind and drawing upon your natural curiosity, write down your answers to the following questions. Remember, there are no right and wrong answers. Just explore.

1. Write down some impressions from the experience of doing the visualization and speaking the affirmation several times. How did it feel in your body?

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It is powerful to connect with your divinity. If you ever forget your own magnificence, repeat the affirmation, *"I am a radiant being filled with the light and love of God."* Go about your day and live secure in the knowledge that you are a sacred being, someone whose essence is beautiful and whose life has a great and meaningful purpose.