**Creative Suggestions**

**Future Coaching for Young Women**

**Inspiration Cards**

**A collection of cards to inspire you to live your ideal life every day**

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| **Never underestimate the power of you.** | **Always try to choose love over fear.** |
| **Every mistake is an opportunity to improve your life.** | **Every little step will bring you closer to your goal.** |
| **Live in gratitude, and beautiful things will come to you.** | **Go into nature and you will become inspired.** |
| **Put aside some time to be creative, and you will find joy.** | **Your potential is limitless. Reach for it.** |
| **Every moment is precious. Don’t waste a moment.** | **What do you really want to do with your life? You can do it.** |
| **Don’t be afraid to travel alone. You will grow in confidence.** | **There are very few ‘shoulds’ in life. Think about the ‘coulds’.** |
| **Don’t underestimate the power of your image.** | **There is only one you. Be who you are.** |
| **What makes you feel alive? Do it.** | **It is okay to want to be alone.** |
| **Are you spending time with people you like.** | **Always try to look through the eyes of others.** |

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| If in doubt, reach out. You are never really alone. | Are you following your passion? This is your purpose. |
| Do you have a vision board? Visualise your dreams. | **Are you experiencing your life? Explore your senses.** |
| Rewrite your personal story. Life begins again every day. | **Don’t be afraid to be assertive. Your voice matters. You matter.** |
| You are your own best friend. Take care of yourself. | **Love others and you will be loved in return.** |