

The Power of Inspiration

People have always been inspired by the lives of those who have been responsible in different ways for making the world a better place and influencing the world toward what is good. This worksheet invites you to identify those who might influence your life in the future.

Saint Thérèse of Lisieux (1873–97) was inspired by the story of the French saint Joan of Arc (1412–31). She identified with Joan’s commitment to self-giving on behalf of her people. Thérèse said, ‘When reading the accounts of the patriotic deeds of French heroines, especially the venerable Joan of Arc, I had a great desire to imitate them.’

Whose story has inspired you, and why?

What has this person done or said that you would like to imitate in your life?

What personal qualities would you need to develop in order to do this?
