



MOTIVATION &
INSPIRATION

By Liana Rikberg

*Let go if the past
&
Enjoy life*

WWW.LETMEINSPIREYOU.SE

Your life

Who are you?

What do you love doing? How often do
you do what you love / really enjoy?

WWW.LETMEINSPIREYOU.SE

Your life

What perceptions / belief do you have?
About life:

About yourself:

About family:

WWW.LETMEINSPIREYOU.SE

Your life

What fears do you have?

If you can have and do anything what
would it be?

WWW.LETMEINSPIREYOU.SE

Your life

Did you know that around 40% of everything we do on a daily basis is habitual?

Good habits are worth being fanatical about. -John Irving



WWW.LETMEINSPIREYOU.SE

Your life

Are your habits empowering you?

Are they making you free?

Do they help you reach your full potential?

Do they help you come out your comfort zone?



WWW.LETMEINSPIREYOU.SE

Your life

*People don't do what they want, but
what they believe they are.*

*So what are you going to start believing
about yourself?*

*Take care of yourself!
Dont take yourself nor your body
forgranted.*

Dont forget that YOU are a miracle!

Your life goals

Study:

Self-image:

Culture/Beliefs:

WWW.LETMEINSPIREYOU.SE

Your life goals

Economics:

Health:

Relationships:

WWW.LETMEINSPIREYOU.SE

Your life

Where focus goes, energy flows.

What are you going to start focusing on:

WWW.LETMEINSPIREYOU.SE



Your life

*Don't let the fear stand in your way
between what you want & desire.*

Don't let this be your biggest regrets

1. I wish I had the courage to live a life true to myself, not the life others expected of me.
2. I never pursued my dreams and aspirations
3. I wish I hadn't worked so hard.
4. I wish I'd had the courage to express my feelings.
5. I wish that I had let myself be happier.



Your life

Notes:

WWW.LETMEINSPIREYOU.SE

Your life

Notes:

WWW.LETMEINSPIREYOU.SE

Thank you

If you have any questions, just let me know.

If you want to add me on Facebook pls write who you are and that you where part of this workshop.

Fb: Liana Rikberg

IG:Liana.letmeinspireyou

Much love

Liana