



# TURN INSPIRATION INTO ACTION




Move the **spark of inspiration**   
from your **head**   
to your **heart**   
through your **hands**   
connected in **community**. 

**WHAT**  What new learning or information is inspiring you to start something new, stop something that no longer serves you, or change some part of your professional practice?

**WHY**  Why does this information resonate with you? What personal values or guiding principles does it align with or reinforce?

**HOW**  How can you begin to incorporate this information into your professional practice? What's the first step you will need to take? What needs to start, stop or change so this new practice can be implemented?

**WHO**  Who can you share your new learning with so they can become partners in collaboration and commitment to change?

*"Creativity embeds knowledge so that it can become practice. **We move what we're learning from our heads to our hearts through our hands.** We are born makers, and creativity is the ultimate act of integration—it is how we fold our experiences into our being." – Brené Brown*

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