



What inspires me?

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What is the inspiration?

- **This is a very pleasant state when it is easy to breathe, thoughts are clear, you want to turn mountains and there are forces for it. Each person has something of their own. Some kind of pulse that is superimposed on the previous experience and gives rise to new feelings and sensations. It is he who encourages us to do something – to open a business, write a poem, go on a trip.**



My inspirations



**PEOPLE I
COMMUNICATE WITH**



**CONSTANT
SELF-DEVELOPMENT**



COMPLETE SILENCE

Friends

- **A lot depends on them. Sometimes it is difficult to solve a problem without a "fresh look". You can fight over it more than one day, and then a stranger just look and immediately tell you what it is. Therefore, the advice of the people around us should never give up. It is very useful to listen to the superfluous opinion. And do not be shy to seek advice and help from family and friends**



Self-developme nt

- This is an axiom, which is confirmed by examples of successful people. In front of him always have to set new goals to strive for. So it will be kept at a constant interest even to a very beloved. Self-development may include reading books, learning a new language, computer program, professional courses and trainings. Sometimes you may even need a new education. In order not to lose sources of inspiration – always develop.
- A person must develop all the time to move forward.



A woman with her hair in a bun, wearing a blue long-sleeved shirt and dark pants, is sitting on a large rock. She is looking out over a vast landscape of clouds at sunset. The sky is filled with soft, warm colors of orange, yellow, and pink, with the sun low on the horizon. The clouds below her are thick and white, creating a sea of clouds effect. The overall mood is peaceful and contemplative.

Complete silence

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- **Our world is so arranged that there is always a lot of noise. Even at night, city dwellers often sleep to the noise of passing cars or the sounds of neighboring apartments. Try to stay at least 10-15 minutes a day in absolute silence – you can tightly close the Windows and put on headphones. Being alone with yourself, it is sometimes easier to gather your thoughts and listen to the inner voice. And then life will seem much more interesting and want to do something new.**



**THANK YOU FOR YOUR ATTENTION.
HAVE A GREAT DAY!**