

Good morning and happy Monday team!

I hope you all had a fantastic weekend and are excited to start this new week. There are many concepts that I bring up in counseling sessions, one being inspiration. I truly believe that **inspiration is an essential piece to self-care**. Hopefully, we feel inspired to be at work this week.

This may sound lofty, but it is absolutely possible to seek out inspiration in even the most mundane days. This week you are going to **commit to helping yourself feel inspired**. When we feel inspired, we feel full of possibility and hope. We feel like a fire has been lit under us; we feel motivated and propelled to act.

Inspiration propels a person from apathy to possibility, and transforms the way we perceive our own capabilities.

This week's invitation

- Change your environment: Try out a new coffee shop or grocery store this week
- Learn something new
- Create a vision board: Think about your big dreams and desires, and find pictures that represent those visions
- Try a new art form, or listen to a new type of music
- Keep an inspiration notebook
- Follow ten people on social media who inspire you
- Go beyond your comfort zone: Nudge yourself out of your usual routine. Try something you have never done before that pushes you.
- Read an autobiography or memoir by someone you admire
- Watch an inspiring TED Talk
 1. Shawn Achor's "The Happy Secret to Better Work"
 2. Ingrid Fetell Lee's "Where Joy Hides and How to Find It"
 3. Elizabeth Gilbert's "Your Elusive Creative Genius"

Inspiration awakens us to new possibilities by allowing us to transcend our ordinary experiences and limitations. Choose some of these options in your daily routine and **feel inspired to make the most of this week**.

"If I cannot do great things, I can do small things in a great way."

- Martin Luther King Jr.