

## How to rediscover your inspiration

What happens when you get more inspired:

- 👉 Your levels of creativity increase
- 👉 You experience improved self-esteem
- 👉 You feel more energised and optimistic.

*"You have to collect the dots in order to connect the dots."*

Marlies Butterworth, Spark Unlimited

*"In a culture obsessed with measuring talent and ability, we often overlook the important role of inspiration."*

Scott Barry Kaufman, Scientist and Author

### Coach yourself questions

What could you read, watch or listen to that could provide new inspiration?



What time of day could you commit to some intentional inspiration?



### 4 ideas to prime your mind for inspiration



#### 1. Immersive Inspiration

Read, watch or listen to something new and different for short bursts each day. Pick a time that you can protect during the week.

- 👉 Borrow ideas from others to get new sources of inspiration.

#### 2. Collective Curiosity

Broaden your perspective and make it easier to come up with ideas by getting inspired together as a team

- 👉 Create a Slack/Teams channel as a place to share inspiration with others on your team.

#### 3. Instant Inspiration

Intentionally surround yourself with sources of instant inspiration that take you away from your day-to-day norms.

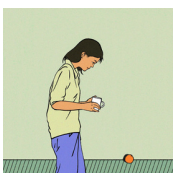
- 👉 Follow inspirational pages. Listen to positive playlists, exercise or get doodling!

#### 4. Stay open, say yes

Say yes to things that have the potential to provide you with inspiration. Stay receptive to outside influences and ideas.

- 👉 Get involved in virtual and real-life challenges, even those that may scare you at first!

### Recommended resources



**There's a Name for the Blah You're Feeling: It's Called Languishing**  
by Adam Grant



**5x15 stories on YouTube**  
Be inspired by this varied playlist of short talks and stories.



**How to get inspired at work**  
We discuss where inspiration comes from and how we can cultivate it on [Squiggly Careers #76](#)