

Don't look now, but you're an inspiration!



Ever wonder what it takes to inspire other people? Maybe you think you need to be the very best at something or be a renowned expert or leader.

But you know what? No matter who we are, we inspire others all the time. You're already an inspiration to others — even though you may not know it.

What is inspiration?

Have you been inspired somewhere along your life path? Perhaps your parents, friends, relatives or even complete strangers were figures who inspired you.

If so, then you know that inspiration is a positive force. It can lead you to find your passions, bounce back, achieve more and live a happier, healthier life.

How do you inspire others?

Inspiration takes many different forms. Here are just a few ways you may already be an inspiration to those around you:¹

- **You show you care.** The simple act of asking how someone is or wishing them a great day can be an act of care. Calling or being with a friend during a hard time is caring. Every small thing you do for someone shows you care.

- **You encourage.** People who inspire provide encouragement to help others continue and move forward — even when the going gets tough.
- **You listen.** You can inspire someone just by being the person they can talk to without worrying about being judged, criticized or corrected.
- **You keep promises.** You're authentic. If you say it, you do it. When others trust you, that alone provides inspiration.
- **You set an example.** Perhaps more important than anything, you inspire by example. If you've bounced back from difficulties, you've shown you're resilient. If you show up ready to pitch in and work hard, you're a role model. Any of your positive attributes are motivation for others to follow in your steps.

Do any of these behaviors sound like things you do? If so, you're already an inspiration. Keep it up!

¹Wallen, Daniel. [The simplest ways to inspire people and change their lives.](#) Life Hack. Accessed August 2018.

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