

Open yourself up to new inspiration



Inspiration is that flood of excitement you feel when you get a great idea or discover something that really gets you motivated. But we all go through dry spells when we may feel stuck or uninspired. How do you get out of those phases?

Shake up your routine to discover new inspiration

There's no single path to inspiration. But there are different strategies that can help light a spark. Here are some examples:

- 1. Remind yourself of what makes you happy.** Make a list of things you love to do, like sports and activities. And things you love to see like waterfalls, wildlife or funny videos. And places you love to go like the park, beach or mountains. This list may reawaken passions or goals that didn't work at other times of your life. Maybe now's the time to try that awesome dream you've had on hold.
- 2. Do something that's out of your comfort zone.** Go away for a weekend alone, get an edgy hairdo or set a fitness goal that's a stretch. It's not about risking harm — it's about trying something new and, perhaps, finding fresh inspiration in unfamiliar territory.
- 3. Meet new people.** New people = new perspectives = new ideas. Developing friendships can enrich your life and open all kinds of new, exciting opportunities.
- 4. Daydream.** Give your mind well-earned time off and simply let it wander sometimes. A fabulous idea or spark of creativity may just show up when you simply relax and imagine.

Be ready to explore and expand your boundaries. You never know who or what might open the door to new inspiration.

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