

Who Inspires You?

We often look for inspiration from artists, writers, philosophers, historical and religious leaders, and great minds that by their words or actions open our own minds and hearts. Some of us are inspired by others accomplishments; people overcoming great difficulties; people daring to do what seems impossible. Sometimes we are inspired by a friend or family member, possibly someone with whom we work, and oftentimes by a mentor or role model.

I have many individuals to whom I have been inspired throughout my life. Of recent, who inspired me to actually write on this subject for my newsletter is a friend Sherri. In addition to parenting 2 young children, running her fitness business she has raised over \$650,000 for St. Jude's during the past 7 years. Sherri has put together a team of fitness professionals and dance performers (ordinary folks) to entertain for the benefit. Her motto is "Those that are strong in mind and body and in good health should give back to the sick and less fortunate." The teams, both children and adults train all year; provide support to children with cards and such. There are many other aspects of this event she coordinates which makes it such a great success. I attended this year's benefit and was so energized, enthusiastic and passionate that of course, I now along with my daughter are getting involved for next year.

Inspiration creates life satisfaction and fulfillment by:

Challenging us to be better, follow our values, stretch to our potential.

Providing examples of how it can be done, paving and guiding the way. You can let the success of others move you forward toward your own success. After all, people who are doing things you want to do or have things you want are examples of what is possible for you.

Lifts us out of the muck into what is possible. Rather than complain and have regret you can move forward with new and better choices.

You can bring inspiration into your life:

Create a list of those who have and do inspire you. What do these individuals have in common? How do they reflect your values?

Allow yourself to be inspired. Inspiration is a quality and state of being. One must live in a state of being that allows for inspiration to take root. Be an active learner who can gain from the inspiration of others.

Keep these individuals with you, present in your mind and spirit as you approach your life. They will provide you support and solutions in the face of fear, stuckness, obstacles, and challenge. They will keep you present with your passion, enthusiasm and energy.

Surround yourself with those who inspire you. Choose friends and individuals who share the values and desire for more out of life as you do. They may have a different passion but by nature of having one is like-minded.

Respond to their inspiration. How do you want to be? What do you stand for? What will you do? It does not need to be in the form of servicing a charity. Just being the kind of person you want to be is a valuable response.

I must say, I have been blessed with a career path which has allowed me the opportunity to meet and therefore be inspired by others on their journey as they realize their goals, aspirations, dreams and higher potential.

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If you would like to consider hiring a coach to help you achieve your most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at lisa@baystatecoaching.com for a complimentary coaching consultation.

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