

6 Questions to Fire Up Your Inspiration



#1 - What is inspiration?

The standard definition of inspiration is “someone or something that gives you ideas for doing something,” but that gets us in trouble.

Real inspiration doesn't come from others – it comes from PROGRESS! Real inspiration comes from the small, every day wins we get by moving the needle a little farther forward.



#2 - How do you start when your inspiration is at 0?

We often believe we need inspiration before we get started on a task. But this dooms us to failure before we even begin. So how do we get started and build momentum for our inspiration?

The first answer is to just do it! If you just do it, inspiration follows as a result. But sometimes we need a little more. We have to believe that we CAN do it, that it will work, and it will be worth the effort. If you don't believe these three things, it's time to figure out what you need to do to boost your confidence - both in yourself and in your plan of action.



#3 - What is YOUR definition of success?

If you want to have lasting inspiration, you need to redefine success. Instead of thinking of success as reaching our goal, focus on success as sticking to the process and behaviors NEEDED to reach that goal.



#4 - Who do you see in the mirror?

To begin the process of growth, we have to take an honest look at ourselves in the mirror. If we think we have little room for progress, our inspiration naturally decreases. But if we listen to honest feedback and advice from others, we get inspired to change and improve.



#5 - What are you willing to give up to grow up?

Are you willing to give up immediate gratification for personal growth? Are you willing to give up your ego to follow the process? In order to make real progress and feel real inspiration, we need to be willing to give up at times to grow up!



#6 - Who am I willing to inspire?

As HR professionals, our role is to inspire others – not with lightning bolts or sugar rushes, but by teaching them the steps to create their own inspiration. It's easy to be inspired when you see people inspire themselves!