



## Sparks of Inspiration

Hi Reader

And the beat goes on! The weeks continue to roll by as we stay home to flatten the curve. As I talk to people, I hear a lot about their challenges, and I also hear a lot about their strategies to stay sane while they juggle work, personal chores, homeschooling, and staying healthy. Creating and sustaining a routine is one of the best things you can do to maintain a healthy and positive mindset. You might need to get creative and be flexible about your routine (getting up earlier, work around naps, walking phone calls, etc.), but ultimately where there's a will, there's a way.

I would like to take this a step further, why not try something new during this disruptive time. **Our brains crave novelty**, so why not embrace something new (besides learning how to use Zoom)? Having something new to learn will give you something to get excited about and take your mind away from the constant news cycle.

Stay safe and healthy!

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## Everyone Is an Artist

I have been thinking a lot about creativity lately. I have found myself getting into a creative groove during the pandemic. I was a creative child who was nudged into a more practical and lucrative path by well-meaning adults. What I have discovered is that you can't block the light of a creative forever; eventually, it has to shine through in one way or another.

The thing with creativity is that it shows up in many different ways. We all have the capacity to be creative in our own arenas. The way I define creativity is the

production of something novel, useful, and uniquely beautiful, whether it is a new process, experiment, spreadsheet, painting, writing, or a piece of music. When you adopt a creative mindset to your work or life, you can infuse a fresh perspective on just about anything.

With this in mind, I have been exploring the artist's journey, and I stumbled across this concept that translates well with how to adopt the creative mindset. Being an artist is about not knowing. It's about starting a painting and not knowing what's going to emerge. It's about allowing the truth of your gesture to express itself. It's about responding intuitively and honestly to the mark you have made. It's about being frozen by self-doubt and inner criticism and going ahead anyway. It's about allowing yourself to be surprised by what bubbles up from your unconscious and onto the canvas. It's about stepping into the unknown, the mystery, and finally trusting yourself. And it's about facing and embracing our inalienable freedom and agency every time we paint.

Your life is meant to be a canvas for you to create the most beautiful painting you can imagine; **You are an artist; An artist of your own life**, according to Don Miguel Ruiz, author of the classic book *The Four Agreements*.

Why not make it a masterpiece! Start creating something amazing; it is never too late!

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## Book Recommendation

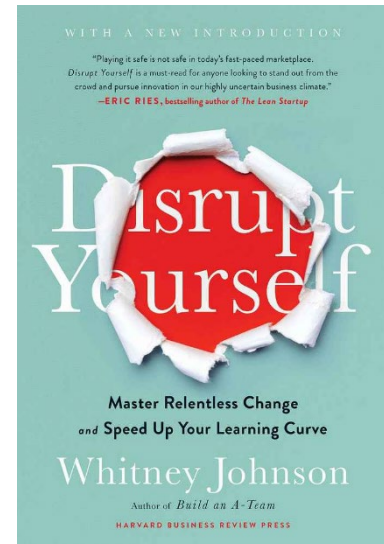
***Disrupt Yourself: Master Relentless Change and Speed Up Your Learning Curve* - Whitney Johnson**

When you disrupt yourself, you are walking into the unknown, exposing yourself to the risk of failure. *Disrupt Yourself* was published in 2015, but it is a book that is just as meaningful for our current times. Whitney Johnson applies Clayton Christensen's concept of "disruptive innovation" to careers and personal development. She makes the compelling case that managing the S-curve of learning can help you make sense of and re-define your career path. The "S-curve" has slow growth at first, then explosive growth, then slow growth again. Depending on where you are on the

curve, you can use different levers to move to your next step in your path.

Whitney introduces the Seven-Points of Personal Disruption Framework to help people understand their path on the curve:

- Take the Right Risks
- Play to Your Distinctive Strengths
- Embrace Constraints
- Battle Entitlement
- Step Back to Grow
- Give Failure its Due
- Be Discovery Driven



Recently, I was honored to be certified by Whitney and her team as a Disruption Advisor. Through the application of the frameworks of Personal Disruption codified in the books *Disrupt Yourself* and *Build an A-Team*, I set people up for success, and calibrate them for high growth environments.

[Check out the book here](#)

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## Is This All There Is?

Do you sometimes ask yourself: “Is this all there is?” Do you want to make a more meaningful impact? Through honest conversations, leaders like you can connect with your true purpose and make a positive impact on yourself and the world around you. Through honest conversations, you can challenge your mental models, break through your patterns of thinking, and shape your legacy.

Respond to this email to have an honest conversation and start shaping your legacy.

[Book A Conversation Here](#)



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Every month, I like to leave you with a quote I'm pondering and questions that will keep you thinking:

"Every human is an artist, the dream of your life is to make beautiful art" – Don Miguel Ruiz

Questions during Challenging Times:

- What are you learning about yourself during this time?
  - Have you experienced a shift in your mindset, lately?
  - What is your re-emergence strategy?
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***Navigating leaders through change. Inspiration through honest conversation.***

**I'd love to hear from you!**

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