



## Sparks of Inspiration

Hi Reader

I hope you have had a fantastic summer, and you made the best of your time, even though it was surely a departure from prior years. One of the things I noticed about my adventures this summer is that I had a greater appreciation for the little things. A simple moment dining outside made me smile a little wider than usual.

I had the opportunity to get into the mountains, which was truly amazing. Being in nature rejuvenates my soul and puts things in perspective. As I traveled along, my attention moved to the ground, and my family and I started to notice the diversity of mushrooms at our feet. Most of the time, we would just walk past them without even a second thought.

With my curiosity ignited, I started to dig in to find out more. I read books (I recommend: *Entangled Life: How Fungi Make Our Worlds, Change Our Minds & Shape Our Futures* by Merlin Sheldrake), and I discovered a fantastic movie called *Fantastic Fungi* (check out the trailer [here](#)). One of the fascinating insights is that mushrooms are just the "flower" of what is an incredible fungal network called the mycelial network that operates much like the human nervous system or the internet. The mycelial network is a vast microscopic web, an intergalactic ecosystem, or an infinite number of roads leading everywhere. This is all happened right under our feet! Now that is something to think about!

Stay safe and healthy!

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## The Virtual Campfire

If you haven't checked out my new podcast, be sure to find some time to give it a listen. One of my recent favorites is my interview with Franziska Iseli, "Consistency, Courage and Embracing Your Inner 'Rebel.'"

Franziska discusses her entrepreneurial journey and the insights she gained as she got her early entrepreneurial ventures off the ground. She shares why mindset is so essential and some experiments and experiences she engaged in to learn about mindset, human behavior, and her personal capabilities. Franziska also shares critical lessons she has learned along her journey, including the importance of embracing your failures, the power of taking imperfect action, and why you should release attachment to outcomes.



"Embrace failures. Be okay with failures. In fact, if we don't ever fail, it means that we're not trying hard enough." - Franziska Iseli

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## Expand Your Vision, Narrow Your Focus

If you're anything like me, then you tend to get thrown off track, de-railed from time to time from your goals, and you need to be guided back to the path. It could be a minor distraction, and you just need a reminder of your goals. Or it could be something bigger like feeling stuck in a pattern, paralyzed or uncertain about what to do next. I have been sharing this idea with my clients that they have found it to be really helpful. When you are stuck, step back to "Expand your vision, then narrow your focus."

Yes, expand your vision and narrow your focus. It is a paradox, but it makes a lot of sense when you deconstruct it. When you feel paralyzed, stuck in a pattern, or don't know what to do, then step back and expand your vision so you can see more options, possibilities, and resources. Once you see a new path emerge from your new insights, you can narrow your focus on that, take the call to action, and move forward. This is an excellent approach to creating a new perspective or a new path in your career or your life.

To illustrate this concept further, let's talk about the reaction of the restaurant industry to the COVID pandemic. It is not breaking news to tell you how badly the pandemic has hit the restaurant industry, and the far-reaching ripple effect of impact (employees, farmers, suppliers, etc.). Many dine-in upscale restaurant owners were struck with how to continue to serve food. If they continued to stay stuck in their current vision of "we serve food to people who come to our restaurant," they would have continued to struggle. Instead, they stepped back and saw that there are other ways they can bring their culinary gifts to the world and keep the engine running by creating gourmet meals-to-go. They changed their focus on what next steps they could take to make this shift happen and who they could

partner with to make it happen. Some of these shifts have opened up entirely new long-term business lines. At the very least, it has kept our favorite restaurants afloat during a challenging time.

So I ask you, how can you expand your vision and narrow your focus to unlock your next step?

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## Book Recommendation

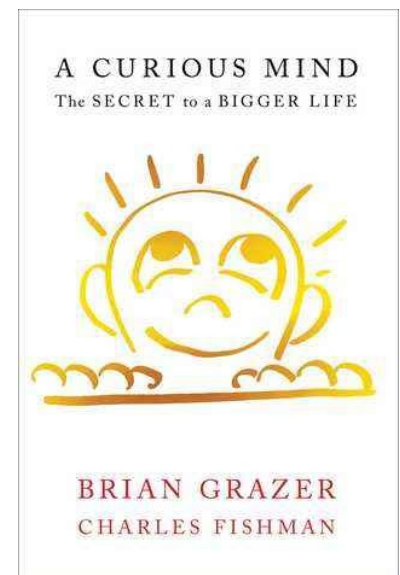
### *A Curious Mind: The Secret to a Bigger Life – Brian Grazer*

"Life is not about finding the answers; it's about asking the questions."

Brian Grazer is known as one of Hollywood's most successful producers (he is the one with the crazy hair). In the '80s, he teamed up with Ron Howard and eventually started Imagine Entertainment. With *A Curious Mind*, Brian reveals that curiosity has been the "secret" that fueled his rise as one of Hollywood's leading producers and creative visionaries, and how all of us can channel its power to lead bigger and more rewarding lives. The path of his career and the way curiosity informs it makes for fascinating storytelling, especially in the final section of the book, where Grazer details his encounters with Princess Diana, Norman Mailer, Lew Wasserman, Barack Obama, and more.

As an extremely curious person, I loved this book, and it resonated with how I navigate the world. Here are some of the key takeaways:

- The best way to meet powerful, influential people is by asking them to participate in a "curiosity conversation."
- Curiosity and persistence will guide and fuel you on your path through life.
- Curiosity enables profound connections with other people.
- Never order people to take the lead; ask them questions that encourage them to lead.
- Asking questions reveals your true values.



*A Curious Mind* offers a blueprint for how we can awaken our own curiosity and use it as a superpower in our lives. Whether you are looking to strengthen your management style, uncover a new source of creativity, or navigate a new path, the lessons in this book prove that the power of curiosity can change your life.

**Check out the Book Here**

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## Quotes and Questions

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

"The opposite of love is not hate; it's indifference. The opposite of art is not ugliness; it's indifference. The opposite of faith is not heresy; it's indifference. And the opposite of life is not death; it's indifference." – Elie Wiesel

"Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads." – Erica Jong

Questions to Journal About:

- What would be different in your world if you let go of the things that no longer serve you?
  - How can I be of service to the people around me right now?
  - What am I doing right now that I should stop doing?
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## Ways to Work with Me

You want to make a more meaningful impact. You want to feel more fulfilled, personally, and professionally.

In our work together and following the Inspired Purpose proprietary process, leaders like you can connect with your true purpose and make a positive impact on yourself and the world around you. I see you, I connect with you, and through honest conversations, I can help you increase your impact and find more fulfillment. Here are the different programs to fit your needs:

### Transformational Life and Leadership Coaching (1:1)

You know there is more to life than what you are currently experiencing. You know you could be playing a bigger game! If you are longing for a life that's more inspired, courageous, and fulfilling, then [email me](#) so we can explore what is possible through a complimentary [Inspiration Session](#).

### Inspired Action Accelerator Mastermind

Are you looking to accomplish an ambitious game-changing goal? Join me and a group of like-minded people to experience a transformation in your professional and personal life while forming strong connections. This is for you if you are ready to blaze a new trail, climb a new mountain, and you want a quantum shift in your thinking and mindset. Email me if this sparks your interest.

## Team Coaching & Inspired Strategy Session

You are a progressive leader who wants to do the deep work of defining and developing an inspired organization and the leadership culture required to make it happen. You are committed to developing courageous and inspired leaders, at all levels. If this is what you are looking for, then [email me](#) and let's schedule an Inspired Strategy Session to map out a vision for your inspired workplace.

## Speaking at Events

Need an inspiring speaker for your conference or corporate event? My signature talk is "The Inspired Workplace": The inspired workplace is characterized by inspired leaders who connect with people at all levels, a bold mission, optimized talent, and high performing teams who can navigate through challenges. Email me, and let's talk about how the lessons of Inspired Leadership can transform your audience.



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*Navigating leaders through change. Inspiration through honest conversation.*

I'd love to hear from you!

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