



## Sparks of Inspiration

Hi Reader

September is in the books, school is back in session (for the most part), and I have been thinking about the experience of being a student in the world today. With so much uncertainty, ambiguity, and fear going around, I can only imagine the impact this has on students of all ages. Navigating our formidable years is already challenging enough without additional pressure!

I hope that as parents, mentors, friends, and leaders, we can be there for our students to give them the emotional support to navigate these times and help them to realize that they are not alone. We are all riding this wave together, and we can support them to make it through stronger as we continue on our journey. I was reminded of something I wrote a while back that I wanted to share:

Peaks and valleys are just a natural part of the human experience. If you've been on the peaks, you also know you can end up in the valleys when things get tough. And yet we'd never appreciate peaks if it wasn't for the valleys. So, it's a natural part of being human. But how do we keep from getting stuck in the valleys for longer than we need to?

It comes down to this. The valleys are here to teach us. When we've learned what we need to, we naturally find our way to the next peak.

When a surfer wipes out during a big wave, they know the last thing they should do is struggle or panic because it exhausts and depletes them. Yet, when they relax and fully surrender to the experience, they get their bearings and naturally start floating to the surface.

Moving through the peaks and valleys of life is like that. I can't tell you how many times something has failed during a big project. And yet being able to fully relax into the uncomfortable valley of that experience and trust that the path would appear was the difference that made the difference; Every single time.

So, I share this to remind you, there is always a path. There's always a path. Keep surfing.

Stay safe and healthy!

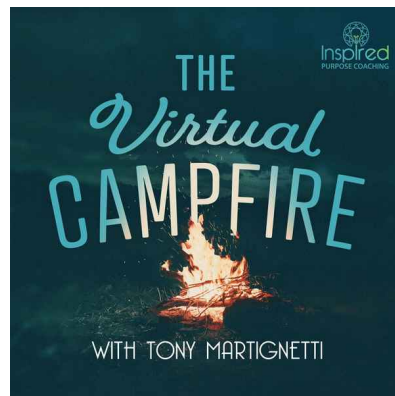
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## The Virtual Campfire

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 Paula Rizzo, "Embracing Life's Unknowns."

Paula talks about the value of change and the power of embracing the unknown when life doesn't go according to plan. Paula shares the service mentality she brings to her work and her belief in the importance of intentionality, knowing your "why," and having a plan to achieve your goals.

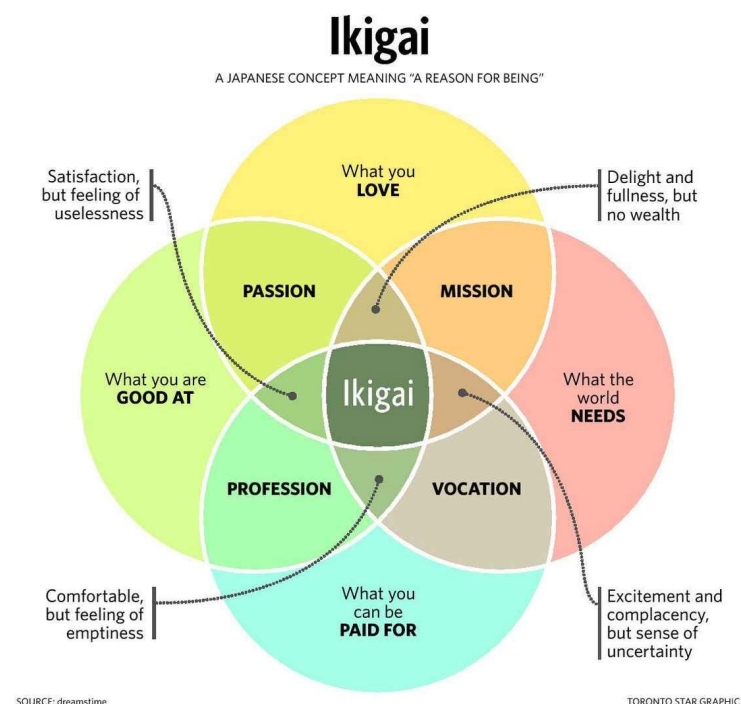
"It was the times when I didn't get what I thought I wanted that really made the biggest impact." – Paula Rizzo



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## To Find Your Ikigai, Start with an Open Mind

Often when I am connecting with people, I will bring up the concept of ikigai (pronounced lck-ee-guy). If you have not heard of it, it is a Japanese term that means “a reason for being” or your reason for getting out of bed in the morning. Check out the graphic below to get the gist of what this is all about:



In order to get to your “sweet spot” or ikigai, you have to ask yourself a few “simple-yet not-easy-to-answer” questions:

- What do I love?
- What am I good at?
- What can I be paid/rewarded for?
- What does the world need?

So where do we go from here? Well, this is where things get interesting. To kick off this process of exploration, you need to start with an open mind, don't begin to shoot down your ideas as soon as they enter your head. You need to allow yourself to dream a little bit, get some things on paper; there will be plenty of opportunities for you to edit later. Once you start connecting with what you love and what you are good at, share it with someone you trust and who know you well to get a second opinion. They will most likely see something that you don't see.

Now you can let a little bit of the outside world in, do some research see what is in demand, and how fields that interest you are evolving. The only way you can uncover the life of your dreams is by taking steps in the direction of what lights you up. One conversation at a time, you can find out more about what your next move could be. The foundational principles of ikigai are vital to remember: have an open mind, stay curious, and adopt a learning mindset. As Ralph Waldo Emerson once wrote, "All life is an experiment. The more experiments you make, the better."

Never stop evolving; you beautiful human!

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## Book Recommendation

### ***Essentialism: The Disciplined Pursuit of Less – Greg McKeown***

"Your obligation is to the highest point of contribution you can make."

What if doing less, and having less, actually leads to more fulfillment and higher achievement? Essentialism is more than a time-management strategy or a productivity technique. It is a systematic discipline for discerning what is absolutely essential, then eliminating everything that is not, so we can make the highest possible contribution toward the things that really matter.

By forcing us to apply more selective criteria for what is Essential, the disciplined pursuit of less empowers us to reclaim control of our own choices about where to spend our precious time and energy instead of giving others the implicit permission to choose for us.

The difference between essentialists and non-essentialists is how they allocate time and energy across three concentric circles in their lives. The outer circle is called "other." This includes things like your email, social media updates, or busywork tasks at work that vie for your attention. Non-essentialists start each day in this circle and often get stuck there.

The second circle (which is closer to the center) is called "family." Most of us consider our family to be important to us, but if we spend too much energy in the "other" circle, we'll be pretty exhausted by the time we're interacting with our families at the end of the day.

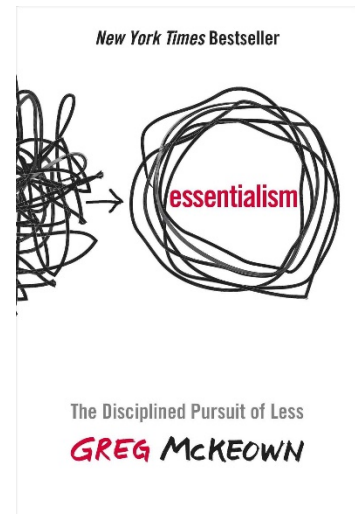
Finally, there is the third, innermost circle. This is what Greg calls "protect the asset," which is yourself. This is your most elevated, intuitive place, where you can make the biggest contribution. And if you really understand what you can contribute in this circle, the costs of ignoring or overlooking it becomes clear. Unfortunately, many non-essentialists get so caught up in the other circles that they never reach this point.

By contrast, an essentialist sets their priorities by starting from the inner circle and working their way out. They focus intently on what's most important to them and learn to avoid the trivial. They are fiercely protective of their time and energy because they understand what they are otherwise giving up.

When we think about our time, we need to replace our false assumptions with three core truths:

- "I have to" becomes "I choose to."
- "It's all important," becomes "Only a few things really matter."
- "I can do both" becomes "I can do anything but not everything."

**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:

"One day, you will wake up, and there won't be any more time to do the things you've always wanted. Do it now." – Paulo Coelho

"Fulfillment is not born of the dream; Fulfillment is born of the journey." – Simon Sinek

### Questions to Journal About:

- What does the 10X bigger version of your future look like?
  - What career move would you make if you knew you couldn't fail?
  - What permissions do you need to give yourself in order to become who you want to be?
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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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