

YLS + INSPIRECORPS SESSION 2
INITIATIVE COMMITTEE

"Inspiration takes work. It doesn't always come naturally, and I find as a leader I have to work at it. I have to be conscious, I have to push at it. But it's so worth it."

CLIFF BOGUE, MD,
CHAIR OF PEDIATRICS, YALE SCHOOL OF MEDICINE AND
CHIEF MEDICAL OFFICER, YALE NEW HAVEN
CHILDREN'S HOSPITAL



Engines Of Inspiration



Values + Purpose

What are my most cherished values? How do they relate to this area? What is most important to me about this area?



Achievements

What would I ideally like to accomplish in this area in the next year? Three years? What would make me feel successful?



New Perspectives

What's a new way of thinking about this area, a view I haven't considered before? Consider asking a friend or colleague for a new perspective.



Activating Strengths

How am I currently using my strengths in this area? Where could I bring more of my strengths into the picture (and how)?



Unstructured Time

Looking at the calendar, when can I find a chunk of time to just breathe, decompress, play?



Movement + Presence

When and how can I build in a physical activity, movement, or a reset into my day?



Belonging

Where can I find common ground in this area with others? In what ways do I truly belong?



Getting a Lift

Who gives me an emotional lift and how can I spend more time with this person or these people to boost inspiration?



Shared Mission

Who shares the values that underlie this inspiration with me and how can I connect with them?



Mentors + Heroes

What mentors or heroes in this area can I reach out to for inspiration? Consider scheduling time to talk or simply reminding yourself of their wisdom and character.



Serving Others

How can I be generous and be of service to others in this area?



Vulnerability

Who can I let in and share some of my concerns about this area?



Inspiring Environments

What types of environments inspire me? Consider places, colors, smells, textures, images, and so on. How can I either change my current environment or go to a new one that will inspire me more?



Witnessing Excellence

Who and what about their excellence in life, work, or other domains inspires me? How can I see models of excellence in this area where I want more inspiration?



Shared Group Experiences

Is there a meaningful shared experience—doing an activity, learning something new, seeing a performance—I can organize and create to bring more inspiration to this area?



Overcoming Constraints

What barriers or obstacles are getting in the way in this area? What can I do to overcome them?



Making a Difference

What are my unique passions and qualifications that I can bring to this area of my life/ work? What can I do that no one else can do to make a difference?



Grief, Loss, or Failure

If I have experienced a significant loss or a recent failure, what can I learn from it? What do I want to carry forward with me?



Inspiration Practice as a Leader

One thing I do/engine I use to inspire myself right now:

One engine I'd like to use more of + what it looks like in action:

One thing that specifically inspires me about my initiative?

What will I do to inspire others around this initiative?

GROUP DISCUSSION

What did you learn by thinking about inspiration as an essential part of your leadership?



Inspired Insights + Notes