

BRANDED GROUP + INSPIRECORPS

**SUSTAINABLE
INSPIRATION**
LEADING + INSPIRING SELF

INSPIRING LEADERSHIP
FOR EMERGING LEADERS

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Sustainable Inspiration

We've found that the traditional views of inspiration are unnecessarily limiting. Rather than viewing inspiration as a gift you hope will come to you, we recognize it as an opportunity and a resource to shape how you experience your work and the results you produce.

Traditional Views on Inspiration

- It's fleeting
- It's intense
- It happens to use ("the muse" idea), we can't control if it happens
- It's synonymous to generating "creative ideas" (i.e., scrolling on Instagram to "get inspired")

Defining Sustainable Inspiration

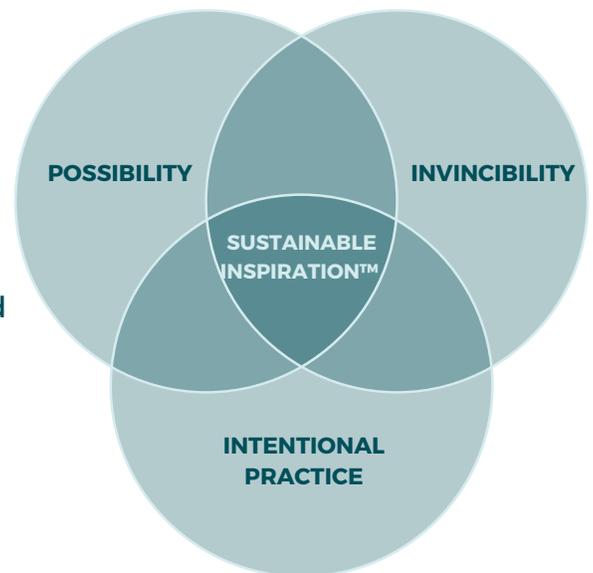
Based on our research on inspiration in the workplace, we redefine the initial moment of inspiration ("the spark") as: the intersection of possibility and invincibility.

Possibility

expands the boundaries of what could be beyond our current conceptions of what may "work".

Invincibility

is the confident energy that complements possibility. It helps translate the spark of inspiration into action.



Sustainable Inspiration™, which happens when we take on an "inspiration mindset," is the intersection of possibility, invincibility, and intentional practice.

Intentional Practice

builds an inspiration mindset and muscle that gets stronger over time so you can flex on demand. While once thought of as a fleeting emotion, with intentional practice, inspiration can last longer and happen more frequently.



Your Inspiration Fingerprint

Spark Inspiration

A Leaders First Job is To Inspire Self

Pick 1-2 engines of inspiration (see next page) that you could use more often. How will you plan for these?

Sustain it.

Design Your Intentional Practice

Identify the ways you will focus on sustaining inspiration

- Plan times in your day/week to go back to the engines for inspiration
- Manage your physical, mental, and emotional energy to keep energy high and bounce back quickly from setbacks
- Seek out social support or accountability from others
- Create a ritual that will spark positive feelings each day



Engines of Inspiration

PERSONAL INSPIRATION



Values + Purpose

What are my most cherished values? How can I think of and use them?



Progress + Achievements

What would I ideally like to accomplish in the week ahead? Three years? What would make me feel successful? How can I celebrate progress?



New Perspectives

What can I learn that will bring a fresh perspective? What's a new way of thinking I haven't considered before? Consider asking a friend or colleague for a new perspective.



Activating Strengths

How am I currently using my strengths? Where could I bring more of my strengths into the picture (and how)? Where can I acknowledge the strengths of others?



Unstructured Time

Looking at the calendar, when can I find a chunk of time to just breathe, decompress, play? Where can I build in small breaks throughout the day to recharge?



Movement + Presence

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

INSPIRATION FROM OTHERS



Belonging

Where can I find common ground in with others? In what ways do I truly belong? What can help me feel closer to my community?



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 a common mission with me? How can we better articulate and connect to our common mission?



Mentors + Heroes

What mentors or heroes 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? Where can I serve more in my community?



Vulnerability

What concerns do I need to express and share in order to feel supported and connected? Who can I let in and share some of my concerns?

INSPIRATION FROM SITUATIONS



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 build in opportunities to see and be inspired by their excellence?



Shared Group Experiences

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



Overcoming Constraints

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



Making a Difference

What are my unique passions and qualifications that I can contribute right now? 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?



The Economist:

"Intentionally Resetting to Fight Workplace Stress"

Chief Executive Magazine:

"When Is It Time For A Company Reset?"

Chief Learning Officer:

"Don't settle for engagement – strive for inspiration"

InspireCorps

[Youtube Reset Channel](#)

Dare To Inspire

[Resources + Inspiration Quotient Assessment](#)

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Key Insights + Notes

