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Power Choices© August 2008

Power Choice – Inspire

What is Inspire?

(According to **Webster**)

1. To draw (air) into the lungs; inhale
2. To influence, stimulate or impel as to some creative or effective effort
3. To guide or motivate by divine influence

Why is Choosing to Inspire important?

The single most important single determining factor for great leadership success is to influence. As you can see, to influence is another word for **inspire**. Whether you are leading yourself others to a successful career, project or personal outcome the ability to inspire is the key. When we focus on inspiring ourselves or others, we set our selves up for success. That sounds like a pretty good reason for making the choice to inspire.

How can we Inspire?

The simplest way to inspire others, is to **be inspired** yourself, **act inspired** towards yourself and then you **are inspired**. Although I have stated that it is simple, it's certainly not easy. It's not easy to write a check, even if your hand is shaking as the bills are mounting – keep it simple, take deep breathes – and be calm, cool, and confident that the money will show up - does it! It's not easy to put one foot in front of the other and walk through the door of a company that might be closing – the inspiring person – keeps it simple, take action and focuses on the day ahead. It's not easy to think **inspired** unless you are **inspired** – feel **inspired** and you are! As Leanne and I say so often, "it's not easy, but it certainly can be simple!" That's how you **inspire**.

**"So show a little
inspiration/ show a little
spark/ show the world a
little act when you show
it your heart/ we've got
two lives--one we're
given,/ and the other one
we make/ and the world
won't stop/ and actions
speak louder/ listen to
your heart."**

Performed by
Mary-Chapin Carpenter



**"Good actions give
strength to
ourselves and
inspire good actions
in others."
Plato**



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"Most of life is routine - dull and grubby, but routine is the momentum that keeps a man going. If you wait for inspiration you'll be standing on the corner after the parade is a mile down the street."

Ben Nicholas

Now that's Inspiration!

Laura Novakowski

All too often we find ways to talk ourselves into a mundane, mediocre existence – at least, I know that I do. Then I talk with people that have found ways to overcome almost overwhelming odds – that **inspires** me.

In one instance, a woman's company had just been bought out by their competitor. The announcement was made and they are on a 60 day notice. She noticed how stressed, stretched and strained her co-workers were, she quietly went back to work. People stopped by her desk throughout the day and wanted to commiserate and complain. She quickly changed the topic back to the work ahead of the company for the next 2 months. Let's focus on business as usual. Our customers are our priority. The week of July 4th was her planned vacation week – she went to work everyday instead, ending the week on Friday the holiday at her desk serving the company and the client. Now that's **inspiration!**

Think about the movie starring Will Smith, **In Pursuit of Happiness** a true story about Chris Garner. Garner is a very bright man with a wife, a beautiful little boy and big dreams. He invests, rather unwisely in a product and loses it all. His wife leaves his small son and him virtually penniless. Brilliant in finance, he decides to go after an internship with Dean Witter. Already homeless and struggling, he has to make a choice to live without a paycheck for six months supporting himself and his son and getting through the rigorous program. Living and studying are almost overwhelming. He studies in stairwells lit by dim overhead lighting while his son slept in shelters. I won't tell you the rest of this story – it's a must see. Today Chris Garner is a millionaire. Now that's **inspiration!**

A woman's small daughter – the joy of her life suddenly dies at age six. Rather than her life being shattered she was inspired by her little girl's love of nature, children, animals and life. She used her time, talents and energy to start a not-for-profit organization called the Sylvia Center in Kinderhook, New York which focuses on connecting children with "*nature and learn about nutritious and healthy foods through joyful hands-on educational experiences.*" Located on the lovely Katchkie Farm in the scenic Hudson Valley, children of all ages are exposed to "*real foods and real flavors and the joy that comes from cultivating the land.*" Now that's **inspiration!**

Whether you have lost a job, a spouse, a child, life is tough and we have our challenges. Just keep in mind the old adage - "If life gives you a lemon, make a lemonade" Now that's **inspiration!**



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How Are You Breathing? *Leanne Hoagland-Smith, M.S.*

"It is difficult to inspire others to accomplish what you haven't been willing to try."
Unknown

Imagine my surprise when I looked up the word **inspire** and discovered that its first definition is "to inhale." Upon further reading, inspire comes from two Latin words. The first one is "in" and the second is "to breathe." In other words, **inspire** means "to breath in."

Many think of **inspire** more in the second definition of being able to influence or stimulate some creative effort. However for creativity to come from within each person means that something must have happened. You must take the physical action of breathing in first before you can benefit from what you are breathing in.

Singers are trained to breathe in and out using their diaphragms. The diaphragm is a partition of muscles and tendons between the chest cavity and the abdominal cavity much like a chasm between two ledges. Trained singers understand how by using this void their words have far more resonance. Learning to bridge this chasm is not an easy task.

How many people breathe only in part way? They breath in only to fill their lungs and never reach down deep inside to reach the diaphragm. What are they missing?

By only breathing partway, people miss the potential to truly **inspire** themselves and others to take advantage of the wealth residing within them selves. The exchange between air molecules is not as rich because less oxygen is residing within each molecule.

Imagine if Beverly Sills or Julie Andrews or Pavortti or Jussi Bjoerling had not breathed in to the best of their abilities? Would we have appreciated their incredible voices? Would they have **inspired** us to want to listen to more?

So how are you breathing? What are you inhaling into your body and your mind? Are you breathing in positive, proactive, oxygen rich molecules that have been electrically charged to stimulate your thoughts? Possibly, the reason why you have not realized the success has much more to do with what you are breathing (**inspiring**) that you ever thought possible.

It has been said: "That when you change how you look at things, the things you look at will change." Now that you know that **inspire** means to breathe in, how will that affect how you look at things?

Have you come to realize that **inspire** has much more to do with how you are breathing rather than the people you are associating with and the books that you are reading? In other words, **inspiration** must come from within.

Now is the time to truly breathe in, inhale down to your diaphragm and then exhale out. **Inspire** yourself to breathe deeply and what will follow is **inspiration**, the result of how well we breathe day in and day out.



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Writers often say they have a muse, someone who **inspires** them to create their masterpiece and thus their success. If a muse, a person to **inspire** can work to promote success for writers the same application can be made to business professionals. The business world of today is not what it used to be yesterday. We are in a period of financial stress as oil prices are rising creating an increase in cost for almost every product and service utilized in our lives. In such a period of financial stress, businesses all over the spectrum of function are reducing their size, families are downsizing their lives, even hospitals are closing all to just to be able to have part of system be it a family or organization be financially viable. Even the protection of a union can't protect its workers as many contracts incorporate clauses that allow employers to lay off their workers during times of financial stress. Our society is in crisis, so how can we as individuals have success in business? The answer lies in creativity. Creativity comes from drawing **inspiration** from the muses of our lives just as writers do.

Inspiring success is the first step to being able to ensure our own viability in today's business world. To do so we must attach sonar to our ears and listen to the things that the people we work for, live for, and service are saying to us. Opening our brains to be able to receive positive messages from the people around us, understanding where our talents are needed, and accepting the challenge of being able to draw upon the needs of those around us to create a place where we feel successful. All businesses require their people to be functioning in a positive way in order for them to be successful, especially today. The bottom line is if you are not on board with the success of the organization that you work with, you will not be working their much longer. The choice is yours; create a place of success there or move on to somewhere else where you can find a way to create a place of success.

The people who can help us create that success for ourselves are our own muses. A boss, a co-worker, a client all can be muses. As we listen to the needs of the people we are surrounded by we create for ourselves assurance that we will succeed. Happiness is apparent and breeds happiness. People know when you are successful, the aura of success surrounds you whether you can see it or not. Look around you? Do you see people being successful? Chances are if you do, you might be their muse. Allowing ourselves to be a muse to other people, **inspiring** others to succeed is almost as important as having a muse ourselves. People who work together to **inspire** each other create a coming together of attitude, behavior and skill that only leads to improved performance and the accomplishments of goals and dreams.

It is possible to be a success even in this world of increasing cost. **Inspire** others to do their best, **inspire** yourself to do your best, **inspire** yourself to listen for **inspiration** that emanates from others. Live life, **Inspire!**

Make everyday a day to remember!
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Rubber Ducks Inspire Me, .Ask why?

Special Section

Laura and Leanne

How can you **inspire** yourself or your business? What can you do take reach that next level of success?

First, learn to breathe correctly. Exercise your diaphragm. Practice breathing in and out deeply from that chasm between your lungs and your stomach.

Second, be careful of what you breathe. Associate yourself with people like you who generate positively charged molecules and atoms.

Third, take the time to breathe. Far too often in life we are too busy to breathe. We are out of breathe because we are running from this to that not even taking the time to smell (breathe in) the roses.

Every individual has the ability to **inspire** because we all the ability to breathe in. The issue is how we incorporate that ability into our every day lives.

One quick way to exercise your ability to **inspire** is to blow up a balloon. If you haven't blown up one for a while, you might have a surprise.

Blowing up balloons does require reaching down deep, inhaling (**inspiring**) a lot of air so that it can be exhaled into the balloon. Possibly your first couple of attempts will illustrate that you may need to practice a bit more with your ability to breathe in.

Another action is to take 2 – 30 minute walks each day. As you walk concentrate on your breathing. Take deep breaths and exhale slowly. Stimulate all those air molecules in your lungs to engorge themselves with rich, oxygen hair. Then have those same lungs expel all that carbon dioxide.

The ability to **inspire** begins within you. After all, you have control of how you breathe. Short breaths possibly generate short results. Long and deep breaths can probably deliver long term results.

Spock in the *Star Trek* series was known for this saying: "*Live Long and Prosper.*" We would like you to consider this new saying:

Breathe Deep and Prosper

More Inspire Quotes

*"The mediocre teacher tells.
The good teach explains.
The superior teacher
demonstrates.
The great teacher inspires."*
William A. Ward

*"A mediocre idea that
generates enthusiasm will go
further than a great idea that
inspires no one."*
Mary Kay Ash

*"When I'm inspired, I get
excited because I can't wait to
see what I'll come up with
next."*
Dolly Parton

*"Use your imagination not to
scar yourself to death, but to
inspire yourself to life."*
Adele Brookman



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