

007

# Inspiration



LearnThis

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# 8 Ways to Inspire Others



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Have you ever looked up to someone or admired something about another person that really inspired you? Well, there are certain things about a person's character that enable them to inspire others, and there are also a number of steps you can do yourself to help inspire others. These are some of the steps you can use to inspire others.

## **Find and Know What You Love**

Inspiring others is a difficult task. The success rate of it is incredibly low and you will experience many failures if you look at every person you hope to inspire compared to how many people you actually do inspire. Some huge seminars and motivational speakers make a real lasting difference in only a few people's lives in as many as a thousand attendees. If you look at those same odds for yourself, you might easily be discouraged if you hope to inspire others in something that you don't truly love to do. If you love something dearly, however, you won't care how successful you are inspiring others and will continue to persevere no matter what you face along the way. You may find that some people would rather make fun of you or your ideas, disagree and argue or even take pride in your own failures instead of being inspired. None of that matters with things you love because you will continue to do it anyway. So having that depth, that love and passion for something will protect you from all the failures before even taking any steps to inspire others.

Can you make the most of failures and continue to drive your passions? Will you continue trying to inspire others if you don't first succeed? These are the questions you must know you can handle and say yes to if you are working to inspire others with something that you love. If you're not able to take that on, then stop right now. Otherwise, embrace your passions and get on with inspiring others to find and discover those same things!

## **Think Big and Noble**

Once you know you have something you value and have great passion for, start thinking about how big you really can make it. How many people could you potentially inspire and what are some of the ways you can impact more and more people. Don't look to inspire one person, look to inspire a hundred! This goes back to the success rate here as you will likely not succeed with working to inspire at a very small level, you need to think bigger and have many people available to inspire. Perhaps it is your group of friends or colleagues. Explore how you can take it past that group, invite others and have them grow your influence beyond your initial ideas for inspiration.

Thinking big is not only about inspiring more people but also about the [impact of inspiring others](#). Don't settle or compromise to inspire others into simple actions or minor changes in their life, aim to change everything! Look to inspire in many areas instead of just one. Think big about the impact you might have and this will give you a much better chance of leaving some kind of impression. If you promote 100 ways for someone to change and they take on just one, remember you have still changed them!

Another useful way to inspire others is to work at inspiring some noble idea or practice. It's much easier to gain attention, followers and support for noble actions than it is for individual gain or what some might think are more selfish reasons. An offer to change that has an important impact on the world, society or large group is far more attractive to onlookers than some short lived personal gain. So keep those areas of influence as big as possible!

## **Express With Passion**

Passion is something you must have and be [willing to express it](#) if you really want to inspire others. You can gain a lot of influence just by showing that you are excited and passionate about a topic. You make it much harder on yourself to inspire others if you are boring, not excited or enthusiastic about your topic. Passion inspires all on its own just because of the curiosity it creates for why someone loves something so much and to understand what is it about that thing they feel so confident in.

Practice It Yourself

## **Practice It Yourself**

You need to practice or be involved in what you want to inspire others to do. It's the age old saying of practice what you preach and it holds true for anyone trying to inspire others. So, while

you do need to practice it as some level, it's important to understand that you don't have to be an expert in order to inspire others. Just the act of doing it with passion is what is needed. Ultimately, if you really do want to inspire others to do something then it should be part of your life. Most people who do enjoy something will get better at it as well so this is a useful just on its own to be more experienced with your topic or area of inspiration.

## **Welcome Others**

If you want to inspire others to do something, this is the step that most people fail miserably at. You must welcome others and even invite them specifically and individually to join you or to start themselves. Just seeing or hearing about a topic is not enough and so extending a personal welcome to others can be a major help for leading them to take the first step. Once they are involved, keeping in touch and extending that welcome even longer will ensure the welcome is felt at a personal level.

## **Encourage and Help Followers**

The best part of inspiring others is to have interest in not only what you do, but to also recognize your followers and have an opportunity to see them grow and change as well. Offering your help to them, teach them things you've learned along the way, talk about your failures and achievements and ask them questions about their own progress and findings in new things they are trying. You can carry your inspiration a lot longer if you are involved with your followers growing as well. Help them to take similar steps you did in your achievements and always encourage them to keep trying!

Look at what other help and resources might be available and share anything you can to make things easier for others. If you can reduce a few trouble areas or help others avoid some common pitfalls, you will bridge the gap of fear a lot easier for people on the verge of taking that step towards some new initiative. The easier you can make it with a clear guide and help system, the better!

## **Be Consistent**

Consistency in actions, knowledge and at least some level in achievement is important to inspire others as well. If you constantly change your methods, your interests and your areas in which you hope to inspire others, you will have little success. People want to see and associate your results with a plan that they can also follow to achieve the same thing. You need to demonstrate this consistency through your actions but you can also do this by using story telling for some inspirational message. Stories let you repeat and show past experiences and they can easily be repeated or shared with others who were not directly involved and they are still a great inspiration to people wanting to know of personal experience with the new topic. Use stories that embrace consistency so that people will see that what you have to say and teach is something that will last. Without that, it's very tough to inspire others.

## **Stay Positive**

Inspiring others is a very tough job and comes with no shortage of challenges, failures, criticism and negative people and attitudes to impact progress. To get past this, you must stay positive, expect some failures yet still work past them and present that optimism to others no matter what the circumstance. Doubt is very powerful and if you show any of it, you can easily destroy any small influence you might have instilled in a person.

Holding a positive outlook is also something you must maintain over time as sometimes inspiring others takes just a few minutes, but it can take weeks, months or even years to slowly impact them. Any doubt or negative attitude you show will move them backwards much farther than if they simply had that themselves. Keep in mind that potential followers are looking up to you and will be carefully examining all of your actions and comments before they decide to give in and follow your inspiration.

# 8 Methods to Find Inspiration

## Search Out New Experiences

Inspiration comes about because of change or seeing the possibility of change. If you always do the same things, this will be either minimal or non-existent. You must search out and have new experiences in order to find inspiration. This works by seeing new places or people that can inspire you. There are many ways to find and the inspiring moments and things will differ for everyone. They might include some of these which I often find inspirational:



- Nature and God's creations
- Creative art and writing
- Stylish music and sound
- Innovation and brain science
- Life impact stories ([Arswino always has great examples of that at his blog](#))
- Underdog stories. Check out Lance's example here at Jungle of Life: [So Much More Than A Football Game](#)
- Overcoming crisis and trauma

These are just a few and everyone will have their own personal favorites that interest and inspire them. If you don't go searching for this material to inspire you however, don't expect it to simply come knocking on your door. You must search for it!

## Keep An Open Mind

Once you do find new experiences, the unknown often drives fear or a defensive attitude towards it. The change that inspiration is generated from will only be held back by those initial worries or reactions so you must keep an open mind in these situations to see them from new perspectives. You want to let it shape your thoughts, change your initial response and give yourself some time to ponder the new things before denying any possible acceptance or further exploration of the subject. You never know what you could be missing if you close your mind to new ideas.

## **Watch Your Emotions**

Emotions are often tied to that initial response but they also relate so closely to your past experiences they are often limiting or blinding what we dare to see or believe. A story that might be inspiring to one person can easily make another upset or angry based on how they relate their own experiences to that. Pay attention to your emotions, watch them carefully and try to control them. They can hide many subtle things that lead to inspiration at the wrong time or place. Keeping them under control and always trying to change the perspective you experience things in can help with getting past a negative emotional response.

Your emotions could just as easily be signals to find inspiration as often you feel deeply connected to something or you care a great deal about specific topics so you naturally gravitate and have interest there. Use this when it ties in well with the types of inspiration you want in your life.

## **Share the Experience**

Finding inspiration comes a whole lot easier when you are actually talking about it doing that and talking with other people. This is where inspiration feeds inspiration in many cases as simply sharing one inspiring story with a friend or colleague can spark them to think of their own inspiring messages and it often waterfalls into a deeper relationship as you discuss important things between you. Each of those items shared also reveals something that has meaning to a person and knowing that thing is meaningful to them will automatically add importance to it in your life, especially if you already valued it.

Sharing stories of meaning and value are also a great way to discover new things and inspiration as well. The first step about searching for inspiration is made a whole lot simpler when other people bring those stories to you directly in conversation. Of course you will never feel the same hear about a story then experiencing it directly but often it inspires you enough to go make a similar experience yourself and get over your fears of leaving your comfort zone. Offering that same to others by sharing your experiences builds a stronger relationship where you can continue to share the inspiration and drive each other to find more of it.

## **Seek Out Solitude**

While sharing your experience with others has it's set of advantages and methods to find more inspiration, so does solitude at the opposite end of the spectrum. Solitude offers a way to focus your mind and body, which can allow you to tune in to your surroundings, your thoughts and your life. It lets you notice some of the things that inspire subtly and that you would have missed if stuck in a hectic noisy environment.

Solitude is also a place where we can find time for reflection and deep thinking. It helps a person link their actions and experiences to their thoughts, their hopes and their faith. Spending time in solitude can relax the mind and sharpen your senses which makes the impact of inspiration often

more intense and lasting. Solitude will be different for different people, some may enjoy that time to think and study, others may meditate to relax the mind and body, and some may spend the time connecting spiritually through prayer and their internal connection to God. All these things help calm the emotions, alert the senses and help to make points of inspiration more obvious in your life, an important way to find more of the inspiration you are looking for.

## **Keep in Mind Your Role Models**

Role models come about because they either inspire a person or make them jealous. Ask yourself what does your role model do that you like about them. Don't look for what they have or can offer you, but only in what they do. Is it how they handle a situation, the steps they take to overcome hardship, their ability to lead and accomplish great things or perhaps it's the methods they use to build and encourage strong relationship. Whatever it is, you can draw on that not only for seeing the inspiration but also to seek out more.

Do your role models align with the areas in your life you are passionate about? In other words, are they the source of inspiration that is most important to you? It's worth looking at how your role models steer you as often people have role models that steer them away from the important areas of their life and do so more because of social influence than heartfelt inspiration. I'm not suggesting you carve out your role models only from what is important to you right now, as that would limit finding new inspiration, however, it is important to ensure your role models are truly impacting you with inspiration that matters to you and not just because of social influence.

## **Align Your Actions**

While most of this step will be broken out in my next article about taking action on inspiration, I think some alignment of your actions with what inspires you will also help you find more inspiration. Taking action towards something reinforces in our minds that action and it can quickly build the neural connections in your brain to learn that new action and associated inspiration that led to it. This makes inspiration last and grow in value in your mind so putting attention to something that inspires you along with specific actions will only strengthen that. This stronger connection will drive you to seek out even more, as the value you have towards that grows stronger and stronger. If you continue to take action on new inspirations, they will develop easier, strengthen themselves and associations with other inspirations and lead to developing new [beliefs](#) and [passions](#) .

## **Follow Your Faith**

Finding inspiration is not easy, especially in our hectic world with so many false social influences and media bombardment. Connecting what is really important to you with what you encounter is something that you must learn to do to separate the noise from the inspiration in your life. This comes as no small tasks and while the steps above might all help in that, it's going to come down to you trusting yourself and your beliefs to actually recognize what is inspirational to you. You must learn to trust your own judgment here, no matter the source. That source of judgment is

founded in the faith you have towards knowing what matters, knowing what is right and knowing you will recognize the differences as you encounter them. This faith, whether you consider it spiritual or not, is one to be followed when seeking out inspiration.

# 8 Steps for Acting on Inspiration

## Research and Learn the Subject

Obviously I'm a big proponent to learning and so learning more about any subject or person that inspires you is a great starting point for activating your mind on the subject. Once you activate your mind by learning more about the subject and by thinking more about it, it will more easily lead into action in your life. If you can excite your mind and generate more and more interest in doing something, then the actions come much easier later on.

There is a definite balance here to maintain between too little time before action and too much. That point will not be equal for everyone and I think it needs experimentation to realize. If you spend all your time learning about a subject and don't take any action, then the learning can be more of the inspiration than the action and when it does come time to take actions, then the learning component is greatly reduced. On the other hand, if you take action without knowing anything about the subject, it's possible to cause more harm than good by either frustrating yourself or in some cases causing emotional, physical or relational pain because of the actions you took without understanding them well. Balance this by knowing at least enough about what new things you are getting into and find the right people to help or guide you and you can make the learning experience align with the actions you take keeping the inspiration that drives it satisfied and in balance.

## Connect with Others

A great way to act on inspiration is to look to share and connect with others that have similar interests and activities. As I outlined in the finding inspiration article, this strengthens the inspiration and gives you people to talk with and share more experiences about the events that drive this.

These connections can easily develop into closer relationships and friendships and these will give you friends and colleagues to act out your inspiration with. You can use each other and work together to achieve the results you want in this related area.

## Ask For and Accept Help

Connecting with others is great when perfectly aligned as your energy and synergy can be very motivating, but that is not enough with inspiration. Inspiration is about change and new things,

so there are always areas you will face that will be a challenge to act on. This is where these connections come in as you now have people to ask for help when you need it. They can guide you in areas they are stronger at and they can encourage you to drive through challenge far more than you could tackle on your own. Don't be afraid to [ask for help already](#) , and then be willing to accept it. Accepting it is the part that means action and there is no exception with that here.

Do the same for others by helping where you can you will continue to promote your inspiration not only in yourself, but also in those learning from you.

## Take Action Soon

Don't wait too long to take action towards something that inspires you. I already mentioned the item of learning and researching a subject, but there's more than that. Often people are afraid to do something because it is so grand or noble or simply outside their comfort zone. It can be the simple things that as an action, shift from from a wisher on inspiration to an actor on inspiration.



Look at the things that inspire you from the first section on finding your inspiration and pick some action to do more of that or to begin implementing one of these items in this article to make it real. A small step today that gets you closer just lets you take a bigger one tomorrow and it will send you down the path towards the results you hope to achieve from whatever inspired you in the first place. If it is a person that inspires you, then contact them. You'd be surprised how easy this can be, even if they are busy people, famous or in some other way, hard to reach. People who inspire others, do so because of connections and they know this, so will generally be happy to talk to you, to help or to at least give you some direction to get you started.

The sooner you start doing something real with your inspirations the sooner you will gain the results hoped for. This enables you to then move on to new inspirations or to grow the original one with more intensity, more importance and dedication in your life.

## Visualize Results

Action is definitely more important to take than this step, but this one can give you nearly all the same benefits when the action is simply not possible yet or because of where you are. The imagination of the mind is a wondrous thing, it simply doesn't know the difference between what is imagined and what is real. This gives you a fantastic ability to experience achieving what you want from these inspirations even when you are not doing an real actions on them. There have been countless studies and brain research conducted about how the mind's imagination can be used to become stronger, more creative, confident and even better at actions when they are finally performed for real either the first time or after many repetitions.

If you add visualizing your results into your steps for acting on inspiration, you will see the benefits without the practice. Beyond this, it also helps you to realize what your true desired

outcomes are as you can imagine it before it happens. This visualized results can be a strong motivator to take even more action!

## Be Persistent

I've touched on [persistence](#) before in my productivity series, and it is just as valuable here. Persistence is about being [headed in the right direction](#), making progress in that direction and consistently steering your actions toward your goals. Since taking action on inspiration will always be in some way challenging, it's important to accept setbacks and failures along the way. If you learn from those, get back up and be persistent by trying again, you will make great progress and eventually be where you want to be. You can't let a setback stop you!

## Set Goals

All of this is based on getting somewhere new with inspiration and so you can't do that without some goals in mind. It may be some new ability to learn, material possessions, or a special talent or ability, no matter what it is, you won't easily get their without setting some goals for guidance. Goals are a brilliant tool if used well and typically abysmal failures if not understood well or planned properly.



Your goals must connect to something with meaning in your life. Luckily this topic of inspiration largely addresses this as inspirational expectations are usually seated in something already important to a person.

Goals must also be measurable. This inherently makes them something you need to consider and be realistic with as you will have to have a way to measure it. Something to count, to see or specifically identify and recognize. Go ahead and set audacious goals but if you do, ensure you can easily recognize progress and keep driving forward. If you struggle with goals, be a little less aggressive and set easier goals to train yourself and gain some ground with accomplishment while acting on your inspirations.

Also, ensure your goals are time based with specific dates so that you can focus on them and know when they need to be checked, changed and rewritten. Don't leave your goals to be static. Taking on a challenge with something that inspires you will be new, and so will the goals so you can't expect to set them early and never need to adjust them along the way. Go ahead and drive towards them, work hard to reach them but don't worry if they need to be adjusted along the way.

## Be Enthusiastic

I just love this one! It is so powerful and yet so under used by people who want to act on something that inspires them. Even more of a crime is when people are inspired by another

person, and that person is extremely enthusiastic yet that doesn't seem obvious to the person looking to then act on that enthusiasm. Well, I can tell you, if you put more enthusiasm into your actions, you will make much faster progress. Enthusiasm will build confidence as well and it automatically attracts others and inspires them to find out more. Wouldn't that be impressive to act on an inspiration and take it full circle, by inspiring someone else with the same thing! I think so!

Not only will enthusiasm drive even more inspiration but it will help to engrain deeper beliefs in your mind. Energy and excitement in the mind build stronger neural connections with new activities and things you learn so that enthusiasm can slowly turn into a deeper passion or conviction. This will ensure you lock in place the beliefs needed to act on that inspiration at any time. The passion will become stronger and in turn, that will continue to then be something you express, where once again you've come full circle as you begin to inspire others with it.

## ABOUT THE AUTHOR

Mike King is the author of [Learn This](#) and has created this content via his blog site for all to enjoy.

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