

## Igniting Inspiration

**Feeling stuck?** Inspiration can come in many different forms. In life, we often get bogged down by busyness and routine. Sometimes it's hard to come up with insightful solutions to a difficult dilemma or we can get stuck in a monotonous routine. When you find yourself in need of a little inspiration, consider the following tips.

### 1. Change Your Language

Sometimes our own self-talk can obstruct our inspiration and creativity. If you think in close-ended statements such as "I can't..." or "That won't work..." you're more likely to create a negative self-fulfilling prophecy and remain stuck. Instead, come up with open-ended statements and questions such as: "There's always a way..." "What better solutions are possible here...?" Being open to new possibilities can lead to creativity and inspiration.

### 2. Embrace Failure

As Andrew Stanton, director of Finding Nemo and WALL-E, put it: "My strategy has always been: be wrong as fast as we can... which basically means, we're going to screw up, let's just admit that. Let's not be afraid of that." People who are taught to think about failure in a more positive light not only become more creative, but more resilient, too. Doing creative work is often described as a process of failing repeatedly until you find something that sticks, and creative people — at least the successful ones — learn not to take failure so personally.

### 3. Take a Break from the Mundane

Think and act outside the box. Give yourself a day (or at least a couple of hours) when almost everything you do is a departure from your normal routine: Take a different route to work, listen to unfamiliar music, try unusual foods, problem solve in a new environment, or watch a TED talk video on an innovative idea. Break from the mundane and experience your world in brand new ways. As your perspective widens to fresh stimulus, so will your creativity.



#### HOW TO USE YOUR EAP:

ERC is your company's Employee Assistance Program (EAP). For additional information, visit our website [www.ERCincorp.com](http://www.ERCincorp.com) or simply call 1-800-222-8590.