



Finding What Inspires You in Life

Feeling uninspired? This happens, but you can get your creative juices flowing again following some easy steps.

You've probably experienced moments when a new thought appears out of nowhere. During this moment of inspiration, you may feel excited and find the motivation to create new things, solve problems, or pursue goals. But if inspiration isn't happening as much as it used to, it can make you feel stuck. Even the most successful people have difficulty finding inspiration or identifying what inspires them. Your ability to be inspired isn't gone forever, but it may need a bit of encouragement to appear once again.

What is inspiration?

Derived from the Latin word "inspirare," meaning to "breathe into," inspiration is the feeling of being mentally stimulated to manifest what we want to create. Being inspired can give you the ideas and desire you need to solve complex problems, develop something new and exciting, or change directions in your life. Inspiration embodies positive thinking and awareness of the possibilities. It's free of limitations and represents pure, spontaneous thought.

How is inspiration linked to mental health?

When something inspires you, your motivation and excitement can increase. This, in turn, can lead to improved clarity, higher energy levels, and more creativity. Feeling inspired can elevate your mood and contribute to a positive outlook and general sense of well-being. Persistently feeling uninspired and unmotivated can be a sign of low mood or a symptom of depression. If you have felt unmotivated and hopeless for more than 2 weeks, it might be a good idea to talk with a mental health professional.

Finding inspiration in 8 steps

Sometimes finding inspiration isn't about actively pursuing it but allowing it to find you. For example, you may recall inspiration hitting you at the most unexpected times, like while driving or in the shower. Most likely, those were times you permitted thoughts to manifest naturally without conscious effort.

Here are 8 strategies that may allow inspiration into your life:

1. Changing things up

Exploring new locations or just getting out can help with creative ideas. According to one [2021 study](#), gazing at aesthetically pleasing artwork may help spur inspiration. It might be worth adding a trip to an art museum to your list of new things to do. Switching routines or doing something you've never done before can also help you with creativity.

2. Journaling your ideas

Inspiration may occur if you spend some time allowing your thoughts to flow without limitations. For example, try to give yourself the freedom to jot down any idea or goal that comes to mind without thinking about the challenges they present or worrying much about the *how*. If you're having a hard time letting it flow, try [using writing prompts](#) to spark that creative energy.

3. Immersing yourself in nature

Nature provides an environment for letting go of intrusive thoughts and worries, allowing creativity to flow. Consider taking a stroll through a park or visiting a community garden to help ignite your inspiration.

4. Remembering who you are

How do you know what inspires you? By connecting to yourself and what matters to you. Feeling uninspired about life may be a result of focusing on things that may not align with your true self or life purpose. Perhaps you've lost touch with activities you were once passionate about, or you've left some of your dreams behind. If this resonates with you, consider taking some time to reacquaint yourself with what used to inspire you or activities you once enjoyed.

5. Working on your self-esteem

When you aren't feeling positive about yourself or tend to self-sabotage, you may less likely feel inspired. Self-respect is critical to inspiration. If so, consider learning ways to boost your feelings of self-worth, overcome impostor syndrome, or manage self-doubt so inspiration can flow.

6. Asking yourself, 'What would I do if fear wasn't a factor?'

Fear is a natural human emotion. When it shows up, inspiration may not have a safe place to land in your thought process. So, by allowing yourself to brainstorm ideas without fear or judgment, you may find that new concepts flow more freely.

7. Surrounding yourself with inspiring people

Inspiration can be contagious. Consider being around people who are experiencing a creative flow state. If you have difficulty finding inspirational people, you could try joining online communities

or local organizations with folks who share your interests. Negativity can also be contagious. So, it may be beneficial to avoid people who consistently discourage your creativity.

8. Eliminating the pressure to be inspired

Inspiration naturally ebbs and flows. Consider acknowledging that you're currently in an uninspired state and allowing yourself time for those brilliant thoughts to appear naturally. It's natural to feel uninspired at times or not know what inspires you. Try to leave judgment or guilt out of the process. If inspiration is shy at the moment, it might be a good time to focus on some practical tasks in the meantime.

Recap

Inspiration often appears when you least expect it. Therefore, cultivating inspiration may require allowing it to occur naturally through immersing yourself in nature, visiting new places, or being around inspiring people. It can also involve a little soul searching to rediscover your passions or managing any self-esteem challenges or fears. Inspiration may come and go, but it never goes away entirely. Sometimes, all it takes is a little patience and allowing your mind to wander a bit for inspiring thoughts to make an appearance again.

Source: [How to Find What Inspires You \(psychcentral.com\)](https://www.psychcentral.com/inspiration/how-to-find-what-inspires-you/), edited.