

You Don't Need Inspiration!

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By Shery Ma Belle Arrieta-Russ

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Or do you?

Writers write. You shouldn't wait around for inspiration to come. But sometimes, there are days you can't get anything written down. Or you're at a loss for words. You can't think of anything to write. You don't have any idea what to write about.

And then you end up believing you're having writer's block.

You end up believing it too much, you stop writing altogether. You might even think of yourself as not a real writer.

And all because of what? You think your muse deserted you? You think you have writer's block?

Think again! You don't need inspiration to write! What you do need are prompts to help get your writer's mind working and your hands writing or typing.

These prompts are your beginnings; the glimmer; the little sparks that you can shape and fashion into stories, articles, essays and features.

You don't need inspiration. All you need is an idea.

And here are a dozen seeds you can try out for yourself:

1. The first typewriter was patented on July 23, 1829. Interview some of the writers in your group and find out how they write. You can develop this into a light-hearted articles about writers.

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2. Many fictional characters are not fictional at all. Write about one real person who has been fictionalized.
3. Electricity is a recent discovery. Think of 10 things to do when there's no power.
4. Pirates no longer just refer to the highwaymen of the seas. There are different breeds of pirates today. Write about today's pirates and what they're pirating.
5. Many words in the English language come from the names of people — such as mesmerize (from Mesmer, a hypnotist). Find out more words from people's names and write the story behind the words.
6. The US Declaration of Independence begins with this line: "We hold these truths to be self-evident, that all men are created equal..." Write your own Declaration of Independence by using the same line as your starting point.
7. How do you start a fan club? Write a how-to on organizing a fan club for a favorite author, singer, actor or sports figure.
8. How do planets die?
9. Expound or dispute this: "Where science ends, religion begins."
10. Take a look at your bookshelf. Pick one book and write a review of it.
11. How is privacy invaded on the Internet?
12. Write an article on how to choose a pet. Target your piece for kids aged 7–10

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Regain Your Motivation

By Wendy Hearn

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Do you feel your motivation has diminished recently? Or do you feel at the moment that it's gone completely? Do you

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wonder how you'll ever get it back?

It often happens that many people find their motivation decreasing or disappearing altogether. When this happens you tend to feel stuck and you're not really moving forward. You may feel frustrated because you're not making any progress. Seeing yourself making progress is one way to be motivated. But if that's not there, it becomes a vicious circle, because when you're not making progress, you don't feel motivated and vice versa.

When you want to increase your motivation, it's worth remembering that there's a difference between it and inspiration. Motivation is an external source which encourages you and gives you ideas. Inspiration comes from within and the encouragement and ideas are your own. When it comes from within, you own it and will feel inspired. When you feel inspired you'll take action and taking action is the key to achieving what you want, whether it's increasing your business, making changes in your life or progressing towards your dreams.

So, we're really looking to increase your inspiration here and not necessarily just to motivate you. I've found that people's inspiration drops when they've been doing the same thing over and over again for some time. You may feel you're stuck in a rut; it's become a bit of a drag. If you're feeling this way, it's no wonder your inspiration has decided to 'wander off'.

Sometimes you just need to take a break or have a rest from what you're doing and your inspiration may well come back. This break also allows you to re-assess what you've been doing and not doing. Perhaps then you'll see there are some changes you want to make, perhaps deciding to implement a different strategy or action plan.

Taking a break will mean different things to different people and you need to determine for yourself what this

break will be. Perhaps, you'll decide take a day or a week off work, to play and have fun. Or you may decide to go for a brisk walk. I'm even inclined to suggest to you that, while taking this break, you tell yourself that you're not allowed to do or think about anything related

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to work or whatever it is that you're taking a break from. It's surprising how much most of us react to being told we can't do or have something. The rebellious part of us often surfaces and wants to fight it.

Taking a break from whatever it is you've been doing will probably make you feel apprehensive. All your fears about how much you have to get done, you're wasting time, what if I don't want to go back to doing this, are likely to surface. It's a natural reaction, but the fear is usually much worse than the reality. You need to trust yourself, face up to the fears and know that you can handle any situation.

After a break, you'll feel refreshed and when you feel refreshed, your enthusiasm and inspiration will return. Then, you'll be ready to start moving forward again.

What I want for you is to take a break and allow your inspiration and desire for life and business to return to you naturally.

Wendy Hearn Personal and Professional Coach She works with business owners, professionals, executives and managers who are ready to enrich their lives. . . finding more success, fun, balance, joy and time. She coaches one-to-one with individuals and groups by telephone and email.<http://www.Business-Personal-Coaching.com>

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