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7 EASY WAYS TO GET INSPIRED



We could all use a little inspiration from time to time. In this week's publication, we take a look at seven surefire ways to find and maintain your inspiration.

1) Watch TED Talks

[TED \(Technology, Entertainment, Design\)](#) is an annual conference with the sole purpose of demonstrating unique and inspiring ideas, or as TED likes to say, "ideas worth spreading." Former guest speakers have included President Clinton, Bill Gates, Billy Graham, and Bono, as well as hundreds of Nobel-prize winning scientists, thought leaders, and social activists. Over 400 TED Talk videos are available for free online. When you get to TED, click the ["inspiring" tab](#) on the left-hand toolbar to be directed to the site's most inspiring videos.



2) Make an inspirational radio station

With [Pandora Radio](#), you can make a "radio station" of your favorite songs and artists that is playable from any computer with an internet connection. Once you sign up for a free account, you begin selecting artists or songs that you like. Then, Pandora's algorithm takes over--delivering you an entire catalogue of songs and artists that are similar to the ones you selected. If a song ever comes up that you don't like, skip it, and Pandora will delete that song and remember your preference. If you really like a song, give it a "thumb's up," and Pandora will recognize it as a favorite and play more just like it. To make an inspiring radio station, simply add some inspiring songs, and let Pandora take over. Pandora even offers a free [iPhone application](#).

3) Download an inspirational desktop wallpaper and/or screensaver

There are hundreds of websites that offer free downloads of inspirational desktop wallpapers. The same can be said for inspirational screensavers (though some are paid downloads). You can also make customized wallpapers and screensavers using your own digital images (e.g., images of your loved ones) and text.



4) Listen to inspirational speeches

Many of the most inspirational speeches of the last 100 years have been catalogued as video files or, at the very least, audio files. For instance, Martin Luther King, Jr.'s inspirational "[I Have a Dream" speech](#) is among the most-watched speeches on [YouTube](#). The website [American Rhetoric](#) has ranked and catalogued the [Top 100 Speeches of the 20th Century](#), where you will find audio links to each speech. Or, to have great speeches regularly downloaded to your computer, iPod, or iPhone, subscribe to the [Great Speeches in History podcast](#).



5) Have inspirational quotes delivered daily

You can have a daily inspirational quote delivered daily to your email inbox by signing up as a free member at: www.mydailyinsights.com. Once you sign up, you will receive a daily inspirational quote, as well as an inspirational story every Friday. Or, if you'd prefer to receive quotes as SMS messages on your phone, <http://www.ndeavr.com> allows you to do just that (for \$2 a week).



6) Make an inspirational news feed

There's plenty of good news out there, but you'd never know it by looking at the front page of your local newspaper. You can use RSS feed readers like [Google Reader](#) to subscribe to inspirational blogs, thereby creating an online newspaper of uplifting articles. Or, to hear about inspirational news stories in real time, use [Google Alerts](#) and use terms like "inspirational story."

7) DVR inspirational TV shows

Today, there are quite a few inspirational television shows on the air. Of course, [Oprah](#) has been the gold standard for inspirational TV content for over 2 decades now. [Extreme Makeover: Home Edition](#) is a show in which one needy family gets a complete home makeover each episode. [Biggest Loser](#) is a show where obese people compete to lose weight. Their stories of personal triumph are uplifting and riveting. Or, for pet lovers, [The Dog Whisperer](#) features stories of canine redemption.

