3 Keys to Living Your Inspired Life

KEY #1 – GO DEEP on YOUR WHY

Why is a great question to ask yourself. (No, not the melodramatic "why me" type of question that's usually muddled with regrets and self-pity).
Ponder this story …

Twenty-years ago, a group of nine high-school best friends answered a question "What do you want to be when you grow up?" They put the answers in a sealed envelope to be opened and shared with each other when they meet to celebrate their 20th reunion. At this celebration, they find out that each of them has similar answers and sentiments, "I want to be a great mother, a wonderful wife, and raise responsible children." They look at each other and smile, realizing how similar their answers are. No wonder they have been friends for so long, they think alike and really know what each wants in life.

What's wrong with these answers? Nothing, you may say.
Aren't those good enough roles to be achieved as a woman? *Then one of the friends raises this intriguing thought – "Every woman who's married and has children wants to be a great mother, a wonderful wife, raising responsible children. No one ever plans to be a bad mother or wife. Is that all we want to be in life? Is that why we are here?"*

The word why is pregnant with curiosity. Continue to be inquisitive about your answer. It'll create a ripple effect that expands within your mind, heart and soul. One day, you realize you're on a mission, you cry with joy and feel you are pulled forward by a cause larger than yourself. That's when you know you're living your inspired life.

Let's ask (more) questions …
Why am I put on this lovely planet?" Why do I get up in the morning? Why do I do what I do? Why are birds always cheerful in the morning? (why can't I?).
…… When your WHY is big enough, it'll move your body with passion.

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KEY #2 – LET THE CHILD in YOU PLAY

Here's another story …

The games room at the Boys & Girls Club was buzzing with loud sounds and activities. Young Tian sitting by himself at a long dining table, he seemed absorbed into the chess board spread in front of him. "Are you playing by yourself?" I asked gently. With his chin glued on the table, his eyes moved up looking at me, he nodded. "Would you teach me how to play chess?" I smiled. He perked up, sat straight, pushed the board toward the middle of the table and began his lesson.

Tian goes to this club five days a week after school. He wasn't the boy I thought he was. He's quite cheerful and animated. He was deep in thought when I saw him from a distance. "It's not easy to play by yourself, you know … I have to play two different minds. Sometimes, I get dizzy (his fingers of both hands were moving fast next to his temples, indicating confusion to me).
"I loooove playing chess." He taught himself by watching the grownups play and he asked questions. "Loooots of questions," he said (he loves stretching the 'o' in a word). Then he practices every day at the club – playing with someone or by himself.

Young minds are inquisitive. They never cease learning. Learning is fun, it's a game they enjoy playing. And they never run out of questions to ask either, they only run out of adults willing to answer questions. George Bernard Shaw, an Irish playwright, literary critic, and a winner of the Nobel Prize for Literature once said, "We don't stop playing because we grow old; we grow old because we stop playing."

Let the child in you continue to play. Playing energizes you, it keeps your creativity going, it makes life fun. Playing allows you to learn, expand, and rejuvenate. Playing helps you connect with others, and with your fun self. And asking the right questions can be one of the games you play with your mind.

Don't stop playing. Play all out. Stretch yourself to the fullest. It's not about winning or losing, it's about playing. Consider your job a fun game. Consider any project like a game you've been waiting for. Celebrate when you score, do better next time when you don't. Make life a fun game to play, and you'll never stop being inspired and inspiring others.

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KEY #3 – JUST DO IT!

We've got to thank the brilliance of Nike for sharing this promise.
How many times do you stop yourself from taking the next step just because you think it isn't time, or it isn't good enough yet? And then someone else does it, and you beat yourself up for not going with it the first time. "I don't have time. I'm too old. I don't have money. I'm not ready yet. I don't have …." are the common responses we hear someone say. We often hear it as well, in the chamber of our own mind.

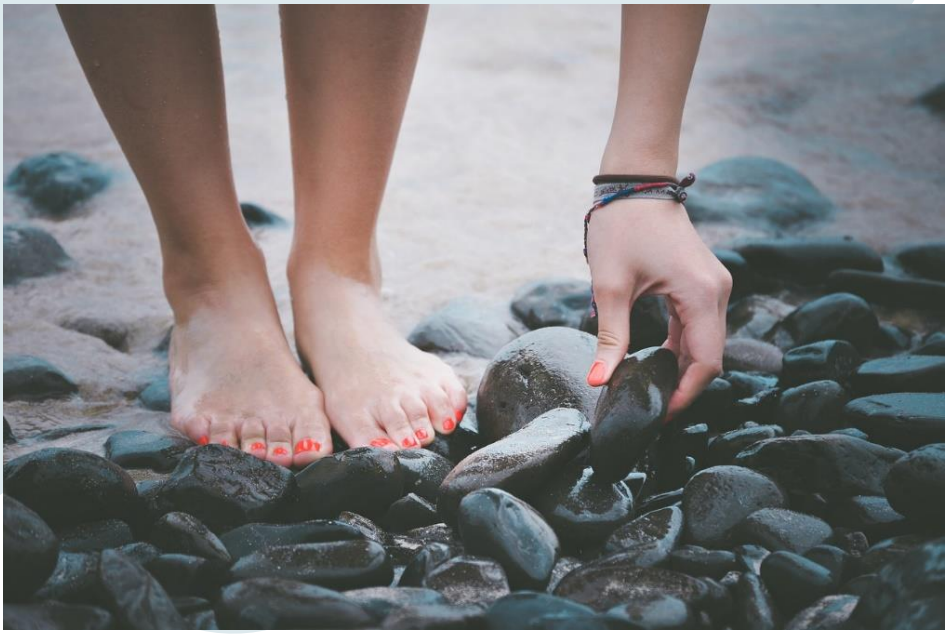
See if this story resonates with you ...

A stay-at-home mom friend of mine loves going to the beach and collecting pebbles with her two young children. Jar after jar accumulate over the years around her house. She's been thinking about doing something productive with them. She shares interesting ideas, thinks out loud, her close friends and husband are very supportive of her ideas, but she never gets around to implementing them.

One day, while watching local TV news, she learned that a 9-year old girl has been successfully raising money using pebbles. The girl has a table in front of the local grocery store, trading inspiring words written on the pebbles for a few dollars for the Animal Allies. She raised $500 in one weekend. My friend even remembers seeing this girl on the beach, collecting pebbles.

Taking action on something, even though it isn't perfect, makes you gain experience and feedback that allows you to perfect your next step. Think about it. Each imperfect step you take is going to perfect the next one. You're able to see the results. Thus, helping you improve. You're much better off than those who don't.

Why wait?
Why stop?
Just do it!!



Let's continue our conversation,
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