365 DAYS OF inspiration

www.summersdale.com

DAILY GUIDANCE FOR
A MORE MOTIVATED YOU

Robyn Martin

365 DAYS OF INSPIRATION

Copyright © Summersdale Publishers Ltd, 2022

All rights reserved.

Text by Olivia Coppin

Shooting stars © Victoria_vector_art/Shutterstock.com

No part of this book may be reproduced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publishers.

Condition of Sale
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

An Hachette UK Company
www.hachette.co.uk

Vie Books, an imprint of Summersdale Publishers Ltd
Part of Octopus Publishing Group Limited
Carmelite House
50 Victoria Embankment
LONDON
EC4Y 0DZ
UK

www.summersdale.com

Printed and bound in China

ISBN: 978-1-80007-444-6

www.summersdale.com

Substantial discounts on bulk quantities of Summersdale books are available to corporations, professional associations and other organizations. For details contact general enquiries: telephone: +44 (0) 1243 771107 or email: enquiries@summersdale.com.

To .....

From .....

www.summersdale.com

introduction

Welcome to this book, and congratulations, for you have already taken the first steps toward unlocking inspiration by having a sense of openness and curiosity. You currently stand on the start line of a journey into the unknown. You have no idea what you will find within yourself and how your mind may flourish. How exciting!

Seeking inspiration is not only for those on creative endeavours. Feeling inspired also helps us to embrace new opportunities, to transcend self-imposed limitations on our capabilities and to take action to achieve goals. It can be found in anything and anyone when we start to look for it. With an inspired outlook, everyday interactions and experiences can become a source of joy and learning.

Nestled within these pages are tips for every day of the year, to help inspire you to live as your most enthusiastic, motivated, creative self. You may choose to read them in order, following the seasonal changes and flow of the year, or you may prefer to dip in and out, allowing yourself to trust you will find whatever inspiration you need that day. Whichever way you choose to read these tips, know that all it takes is commitment to one small act to transform your day, and your mindset, into something magical.

www.summersdale.com

january

01

**Today is your day!
Your mountain is waiting,
so get on your way.**

DR SEUSS

www.sunrisesdale.com

02

Set aside a jar or prepare a journal to be filled with a new note anytime you encounter something that inspires you. Contribute to it every day, and you'll find that you have a treasure chest of inspiration to return to, any time you need it.

03

Take a quiet moment, close your eyes and visualize yourself achieving something. It could be as simple as lacing your trainers up as you prepare to go for a jog, or as grand as succeeding in your biggest life goals. Bask in the sensation, imagining all the details and how you feel in that moment.

04

www.summersdale.com

Look up as you walk around today: at the sky, the architecture, the trees, the homes you pass that are each filled with unique lives. Allow yourself to adopt a new perspective by becoming more aware of your surroundings.

05

Listen to a new genre of music. Put on a pre-made playlist that may introduce you to new artists and songs, or switch up your regular radio station for something different.

06

Tell a loved one about the ways in which they inspire you, and all the reasons you love them. Notice how spreading gratitude leaves you feeling uplifted and energized.

www.summersdale.com

07

Have a notepad by your bed to quickly note down any dreams as soon as you wake. In the light of day, you may find new meaning and inspiration within them.

08

Phone a relative or friend and ask them questions beyond the everyday. Perhaps you could ask about their childhood, obstacles they have overcome, their aspirations or what inspires them. As well as being inspirational, it may deepen your connection and empathy.

09

Pay close attention to the opportunities that arise today. Do you find yourself automatically turning down invitations or not offering your time to others? Be open to the possibility of new experiences – who knows how they may inspire you?

www.sammensadler.com

10

Take a different route to work or to the shops. It may not be the most direct route, but shaking up your routine will feel refreshing and may lead to new discoveries.

11

Choose a topic that intrigues you or an area you lack knowledge in, such as a specific historical event or philosophical principle, and read up on it.

12

www.summersdale.com

The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

ANNE FRANK

13

Pay attention to nature today. Observe how you interact with the natural world around you, and vice versa. What creatures and plants are you co-existing with, and what can you learn from them?

14

When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell.

AMAL CLOONEY

15

Enquire about local volunteering opportunities. Is there a way you could engage more with your community and give back to those around you? If you can't commit to regular hours, most charities and organizations are grateful for an extra pair of hands in busy periods.

www.summersdale.com

16

Think of a time when you achieved something you are proud of. Be your own inspiration.