



ABSTRACT

Inspiration plays a big role in all aspects of our lives, but the problem lies in how to obtain it, and this is what we will review in this article.

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[INSPIRE]

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Grace Codento: Always open your eyes and observe, everything you see around you can inspire you.



One of the senses that inspires us most and gives us a lot of thoughts and feelings is the sense of vision.

Through our eyes, we can see the good and the bad, the beauty and the ugliness.

We can, by seeing a small child smiling at us, get inspiration to become more kind to those around you.

Seeing an accident on the road as you return from home can inspire you to be satisfied with your problems that were bothering you.

Listen to the things around you and look closely at them. It may be one of those things that inspires you and changes your life to what you did not expect.

How many things have we been inspired by seeing things that are almost trivial or unnoticeable even to us, but they were the reason for changing our decisions and adjusting our direction.

Most of the inventors and the greats drew their inspiration from simple things that may not come to our minds.

So if you are looking for inspiration, it is all around you, but you just have to use your eyes to see it.

Inspiration comes without warning, like ghosts. As soon as you felt it, quickly turned it into creative ideas.

And here are some solutions for the best results:

always carry a notebook and a pen with you to write down any idea or inspiration that comes to your mind, and although this step may be small for you, it is very important and gives amazing results if you stick to it. Write down any inspiration and idea, whatever it seems to you silly or inapplicable, as soon as you write it down and remember it, your mind comes up with more ideas and steps that support its implementation and formation.

Also, try to find wide, open, new places that make you feel the air passing through your body

And always keep changing and adding new ways of inspiration

Also your inspiration to others helps in indirectly inspire you. Once you help others, it opens new doors for you in inspiration

A word from them may change the course of your entire life

Or a discussion with them may open your perceptions towards new ideas.

Go outside, help others, and see new places.

Laugh, think, see, focus and you will surely get inspired



