

# How to build a mindset that will keep you inspired, no matter what

By [Kelly Fisher](#), issued by [Topco Media](#)

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Staying inspired and developing a mindset that keeps you inspired has never been an easy task. Now, add in the pressure of the last year: the added stress that comes with dealing with a pandemic, working from home while also home schooling and having the children around a lot more during work hours and the pressure of finances with companies struggling under the economic effects of a pandemic. It's a recipe that will topple even the strongest of minds. Below, I'll be sharing my thoughts on how to build a mindset that will keep you inspired no matter what.



## Keep learning

Keep feeding your brain information that brings you joy and elevates you in your career or your hobbies. The more you learn and the more you know, the more inspired you will be in your career or the more inspired you will feel to push through with whatever your hobby may be. You don't even have to pick up a book to do this. YouTube is a treasure trove of information, tutorials and motivational speeches. Just sit down, search for what you are keen on learning more about and sit back and watch.

## Change your last thing before bed and your first thing in the morning

Here's a question: How many of us scroll on our phones until late into the night and then again first thing in the morning? Filling our minds with other people's lives, gloomy news and social media just before bed and first thing in the morning is not a good way to start or end the day. Change this up. Set a time for when you put your phone away at night and read a book instead, and when you wake up the next morning, give yourself 30 minutes to have a cup of coffee, write a list of things you want to get done or set your intentions for the day. You will be surprised at how just these small changes will make a huge difference to your inspiration.



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### Make a list of things that inspire you

Choose a few things that you always feel inspired by – perhaps it's someone's inspiring story or perhaps it's a series of quotes that you enjoy reading to keep you motivated. Now write these down or keep them close at hand so that you can refer back to them often. Take some time perhaps once a week to re-read the story or the quotes to keep your mind and heart motivated.

### Follow social media accounts that add to your life

Social media can be an exceptionally demotivating place to spend your time. You might see people supposedly living a better life than you, buying nice things, eating out at great places and it could cause you to feel resentful. Make an effort to unfollow and unfriend any accounts and people that only cause you anxiety and stir up negative feelings. Then, go find accounts that feed your soul – find accounts that share inspiring stories or quotes, follow people who do good in the world, follow educational accounts that allow you to learn as you scroll through.



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### Take a break

Even the most motivated of people need a break every now and then. If you have been working hard and not giving yourself enough space to rest and relax, you will soon find yourself feeling stressed and unmotivated. You need to make an effort to make time for yourself. And I don't mean take some time off and then clean the house or take the family on a holiday (all perfectly fine things to do). I mean take a day to spend some time doing things that you – and you alone – love and enjoy. Perhaps it's a walk in the park or on the beach or perhaps it's spending the day in bed reading. It is important to do things that you love as often as possible in order to keep your mind feeling inspired and motivated.

## ABOUT THE AUTHOR

Kelly Fisher is a co-host of [\[\[https://iono.fm/c/6004 The Brown Girl's Guide podcast\]\]](https://iono.fm/c/6004).

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