

# pilot your power *NOW!*

## *Everyday Inspiration*

*6 Keys to Feeling Inspired Every Day of Your Life*

*By  
Gina Mausner*



*Pilot Your Power Now's purpose is to inspire and energize people to rediscover and powerfully embrace their amazing lives and be vibrant and passionate every moment! Starting Now! We offer a wide array of programs and group and individual coaching designed to expand your life experiences to be more inspired, successful and meaningful.*

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## *6 Keys to Feeling Inspired Every Day of Your Life*

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How would it feel to live an inspired life everyday? How would your moments change? How would you feel at the end of each day knowing it was a day well lived? You can live an inspired life – starting right now!

Each of us has moments in life when we have been energized, joyful and inspired. Think about those moments. Can you remember a specific time when you felt truly inspired? Now close your eyes and see what you saw at that moment – the people, the places, and the wonderful things all around you... Now hear what you heard at that moment – the sounds of your surroundings, the sounds of people, and the other joyful sounds all around you... Now feel the feelings you felt at that moment – the excitement, the joy, the energy, the wonderful anticipation, the natural contentment inside you . . . You *can* create these feelings everyday.

### **Key One: Be With Inspiring People**

How can you create a life where you easily experience these wonderful feelings every day? Take a look at your life now. If you really want to know someone, look at the four people they are with the most. These are not necessarily the people they love the most or the people they consider their best friends. These are the people they are with the most. Who are you with the most? Of those people, who inspires you to be the best you can be? Who inspires you to follow your dreams, encourages you to be creative and find your passion, and pushes you to expand your limits? Who prevents you from being all you can be, pulls you down, and drains your energy?

Who appreciates you? Who criticizes you? Criticism never improves people or their situations. Interestingly, people who criticize continue to think their comments will change the other person. Instead, appreciation inspires people and creates a positive energy and environment for them to grow. When we feel those positive feelings such as love, we are energized and inspired to do and be more. Having people in our lives who inspire, appreciate and support us in reaching for our dreams is essential to living an inspired, fulfilling life.

Who is in your life now and who do you want in your life in the future?

### **Key Two: Have Inspired Moments**

What are you doing each day to inspire yourself and move toward what you really want? Are you eating well, exercising, sleeping restfully, and taking time to breathe deeply? Are you taking action toward your dreams or are you distracting yourself and doing things that give you instant gratification, but in truth are not serving you? Do you know your dreams? Have you discovered your purpose? Even if your dreams are not yet clear, could your purpose be to feel inspired each day? Inspiration feels different for each of us. For one person, it may be feeling joy, calm and peace. For others, it may be feeling driven, focused and energized. Think for a moment about what you need to feel to be inspired. Each day, find time to have an *inspired moment* when you pause and think about your day, your life, your dreams and your direction. It is a moment to check the map of your life and make sure you are proceeding down a road that is right for you. It is merely a moment, a brief pause, and a few breaths to check your compass and choose actions that move you toward your ultimate dreams.

When was the last time you stopped to really think about how you live your life? Stop now, focus on all the things you did today. What is the one thing that stands out that energized you, inspired you and moved you toward what you want? What will you do in the future to maintain those feelings?

### **Key Three: Focus on Inspired Thoughts**

What are you focusing on each day? Are you focusing on all the wonderful things you have in life or are you focusing on what you don't have? Isn't it amazing how we create more of what we focus on? We see evidence of this every day. People who are optimistic about life tend to see the good in life each day and find joy in their life. People who complain the most find more and more problems in life. People who truly believe they will succeed, persevere and find a way. People who are fearful focus on failure and fail. The gift is in noticing your thoughts and remembering you can change your focus in an instant. Feeling inspired is a *choice* and you *can* choose to feel inspired anytime.

What is your internal dialogue? Are your thoughts kind or harsh? Are your thoughts loving or critical? Are they positive and happy, or are they negative and unhappy? What do you focus on now? What do you want to focus on in the future?



#### **Key Four: Be Grateful**

One very important element to *everyday inspiration* is gratitude. When you appreciate all you have in life, you realize that everything in life is a gift. Each day during your *inspired moment*, pause to think of all you appreciate in your life. Even during your most challenging moments, you can pause to be grateful for the lessons you are experiencing. These lessons can make your future even better, even if you are challenged by not seeing these gifts in the moment. These moments of gratitude will fuel you to appreciate who you already are and who you want to be in the future.

What are you grateful for in your life?

#### **Key Five: Inspire Others**

Now for the most important questions . . . Who in your life do you inspire to be his or her best? Are you preventing someone in your life from being his or her best? In creating a life filled with *everyday inspiration*, the key is to give others the inspiration you want from them. Be a role model for inspiration. Raise your standards and hold yourself to the same standards you want from others. My father raised me to truly understand the maxim, “The gift is the giving.” As we inspire others to reach for their dreams and be their best, their reflection will inspire us to do the same. When we support others in shining their own unique light, we bring more light into our lives. The opposite is also true. When we prevent others from being their best or when we hold them back from their dreams, their reflection will prevent us from doing the same. When you create brilliance in someone’s life, you bring more light into your life. When you create darkness in someone’s life, your life becomes darker.

Who do you need to be to inspire more people in your life?

There are so many ways to inspire people. Sometimes it is merely a small gesture, sometimes more. My father had many challenges in his life, and through all those challenges he taught me a wonderful lesson. He used to say that when you are feeling low, do something kind for someone else. Even in those rare moments, when you still might not feel great, when you do small acts of kindness, you have given joy to someone else. We need not wait for a low moment to do something kind. Why not do it everyday? I recently started a daily tradition called my *everyday gift*. Each day I remind myself to do something kind for someone. Even if it is merely sending a quick email to an old friend to send him or her my love, or smiling at a stranger on the street, the act of giving will inspire you for the rest of the day.

What everyday gifts can you share?

#### **Key Six: Celebrate**

The last important key to *everyday inspiration* is celebration. Once you begin to experience *everyday inspiration*, the key to locking in those feelings and making them part of you and your everyday life is to celebrate. You must celebrate! Celebrating even the small, inspired moments will anchor these feelings in your mind and body. Your mind will remember those inspired feelings and remind you to continue to do the same things. A celebration could be as easy as pausing to step outside, breathe the fresh air and say “thank you” to yourself for a day well lived – a day filled with *everyday inspiration*. The key is to do something unique and special to anchor those feelings and then do it again and again each day!

What can you do to celebrate your moments of inspiration?

Inspiring people, inspiring moments, inspiring thoughts, giving, gratitude and celebration are the keys to *everyday inspiration*. As you begin to unlock these keys, your life will naturally flow with energy and joy, and you will feel inspired every day – starting right now!

**Gina Mausner** is the founder and visionary for Pilot Your Power Now! She has always dreamed of creating an organization that inspires and energizes people to rediscover and powerfully embrace their passionate amazing lives. She is a life coach and is a certified practitioner in the area of Neurolinguistics (NLP) and Time-Line Therapy. She has successfully coached numerous people on a wide array of issues dealing with relationships, family and careers and has helped them make their own choices to move their lives to their next extraordinary level. She has lectured to many community groups, organizations, colleges, and other schools on relationship issues and relationship abuse and was on the show Motherworks for the Lifetime Cable Channel. She has also helped numerous victims of domestic violence through the California court systems. She has been a lawyer and a member of the California State Bar for sixteen years and for many years she practiced law with the San Francisco law firm Farella, Braun & Martel. While practicing law, she focused on general business law with an emphasis on start-up companies. She has extensive business organization and management expertise. She has counseled numerous entrepreneurs in all aspects of organizing and operating various business entities and has negotiated and documented a wide range of business agreements, financing deals, acquisitions and real estate deals. She has lectured extensively at industry conferences and trade groups on business planning, organizational structuring and related legal matters. While she practiced law in San Francisco, she was an arbitrator for the San Francisco Better Business Bureau where she resolved countless disputes involving businesses in the San Francisco Bay Area. She was also the Chief Financial Officer and General Counsel for J.S. Oliver Capital Management, L.P. where she created and managed the infrastructure and operations of this successful San Diego based money management firm. Prior to becoming a lawyer, Gina was an entrepreneur who provided numerous businesses with assistance in various business matters including preparation and implementation of business plans, negotiation and implementation of various financing means and organization of internal business structure and systems. Gina received her J.D. from the Boalt Hall School of Law, University of California at Berkeley . In addition to these professional successes, She has owned and operated a nursery school. She has coached a high school tennis team to win the championship in their region. She is also a triathlete and on many days you will find her swimming in the ocean at La Jolla Cove. She has also cycled in many countries around the world and loves any outdoor adventures especially those in the ocean. Her true inspiration comes from her many friends and loving family and the magical moments they continue to create together.

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