



We all want to do work that inspires others and when we work in an environment that inspires us, we are most likely to accomplish this incredible feat!

We have 8 things for you to begin implementing that will take you and your work to new heights!

1. **Bring Your Best You to Work**

This sounds so cliché, but it is the most powerful inspirational tool you have. On your way in, visualize your day going fantastic. Think of all the good you bring to the world. Picture those sales calls you are going to make going well and the people loving you. Focus on what you WANT to go well and not what you DON'T want to happen. Setting your intent before you begin the day is like setting your GPS on your desired location before you begin driving...you're more likely to get to that destination! Now walk in like the ROCKSTAR you are and make big things happen today.

2. **Purge and Organize Your Space**

It's amazing what a little space will do for your soul. Come on... it's time! Do you need those sticky notes on your desk that have phone numbers and notes that you don't even remember writing down? Do you have a stack of papers that just need to be put away or thrown away? You don't have to go out and spend a bunch of money to get organized. Instead put your pens and supplies in a cute mason jar with some jute ribbon or in a favorite coffee cup. Now place that beautiful journal you still haven't written in, with your favorite pen, on your desk and take that adorable Instagram pic!

3. **Learn Something New**

When you find your inspiration waning, let the inspiration and motivation from others pour into your head. Open up your podcast app (yes, every phone has one) and search for podcasts like ["How I Built This"](#) with Guy Raz or of course ["The Journey: Inspiration"](#)

[and Resources for Today's Entrepreneur](#)" by (shameless plug here) ME, Gina Schreck. You can also download inspirational books on Audible or jump over to YouTube or Facebook to watch one or two episodes of [The Daily GoalCast](#)! Make a point to fill your head with positive and educational content each day even if for only 15 minutes.

4. **Breathe in Inspiration**

Treat your senses to a mental spa getaway, if only in your office. Use fragrance sticks or room diffusers to breathe in energy, clarity, and motivation. Here are a few fragrances to try: Rosemary is credited with improving memory and promoting clear thinking, while peppermint or citrus is great for enlivening and motivating.

5. **Get a Little Green**

It seems that everywhere we look we see small cacti and succulents used in décor. There are more benefits to these little plants than simply being trendy. Scientists have found that the introduction of indoor plants to a working environment not only improves the air quality, but also has a positive effect on memory while decreasing stress levels. If you're not particularly green fingered, choose a plant that needs minimal TLC such as a cactus or a peace lily.

6. **Water Yourself!**

Dehydration causes low energy and foggy brain. If you're one of the people who just can't drink plain water, you can ease into it. Start with a little fruit infused water (add fresh fruit to your water bottle or try cucumber slices) and before long, your body will actually crave more water. If you aren't sure how much water to drink, take your body weight and divide it in half. Drink that many ounces of water per day. If you keep a large water bottle on your desk you are more likely to reach for it throughout the day.

7. **Lighten Up**

Light will "brighten" your mood and set the tone you want for doing your best work. Overhead lighting can be harsh, but the good news is small desk lamps can be a very inexpensive makeover. Don't go for the industrial or college dorm light. Buy a beautiful lamp that offers a soft glow at your desk. Natural lighting is best and if you can, snag a window seat or at least turn your desk toward a window to look outside.

8. **Change that Tune**

If it's inspiration you need, be sure to set the stage with a great playlist on Spotify or Apple Music. There are playlists for every mood and it really does make a difference. If you are trying to focus and really crank out the work, search for FOCUS music.

Are we connected on [Instagram](#) or [Facebook](#)? Let's be inspired together!
Have you never stopped in? [Schedule a tour The Village Workspace](#) today.