

Inject Inspiration by Chris Vasiliadis

Part of taking responsibility for your wellness includes taking responsibility for staying inspired. Create a fertile environment to support your actions, thoughts and ways of being. Waiting for the sun to come out (literally or figuratively) isn't the most effective way to get inspired for your self-care.

Here's my own list of recommendations with an inspiring bent.

Movies/Videos:

- *The Pursuit of Happyness*.

This the true story of Chris Gardner (played by Will Smith), and the multiple challenges he faced when, as a single dad, and frequently bouncing between homeless shelters, he strives to become a stockbroker. You'll feel like you can take on any challenge after seeing examples of what he faced, the many ways he got knocked down, and how he just kept on picking himself up and remained focus on his overarching goal.

- *The Shift* (formerly titled, *Ambition to Meaning*)

This movie showcases speaker and bestselling author Wayne Dyer. Situated around the main plot of Dr. Dyer being interviewed for a documentary, are three sub-plots of various people, all away at a retreat, experiencing life situations that Dr. Dyer describes. You'll gain some insight into Dyer's life, as well as how he's arrived at the way he both experiences and approaches the world.

I'm so glad I made the time to see this movie. In fact, it's one I know I'll watch again: it has some key phrases, quotes and lessons I want to re-absorb, about how we all benefit when we each go for more meaning in our lives.

- *Man on Wire*

Honestly, this selection is on my "to watch" list. I haven't yet seen this Winner of the "Best Documentary Feature" Academy Award at the 2009 Oscars. But, I've had several recommendations to see this documentary about Phillipe Petit's vision (and ultimate reality) of walking on a high wire between the twin towers of the World Trade Center on August 7, 1974.

-TED website (<http://www.ted.com/>)

Here, TED = technology, entertainment, design. Per their website, TED is an invitation-only event where the world's leading thinkers and doers gather to find inspiration. While the live event is invitation-only, TED makes many of their amazing speeches available on their website, as they say, "free to the world." Jill Bolte Taylor of *My Stroke of Insight* fame (brain scientist who had and observed her own massive stroke and has since spoken and written about her experience) told her unbelievable tale at a TED conference. Visit this site often!

Books:

- *Younger Next Year*

One of my clients recommended this book to me. A bestseller and both informative and entertaining read. Co-authored by a doctor and comical 70+ year old active patient touting the steps we all need to take to feel and operate younger next year. The authors wrote this book for both sexes, a second book, *Younger Next Year for Women*, was written to address female-specific health and wellness topics. Digestible and accessible read, and you'll enjoy a few laughs along the way.

- *The Power of Full Engagement*

This book's two authors transitioned their careers from helping professional athletes be successful, to helping workplace professionals optimally perform. Two themes I personally love in the book: (1) a focus on managing energy, vs. time, and (2) acknowledging that energy comes

from four sources: physical, emotional, mental and spiritual. Includes many cases studies of various professionals, their challenges, the changes they made in the four areas, and results they obtained. Essential reading for anyone who wants to harmonize being successful at their job while being successful in their overall health.

- *Excuses Begone*

Released in 2009 by Wayne Dyer, of the same name of his 2009 PBS program. I must admit, I was skeptical when I first picked up this book: it seemed too close to the Byron Katie's "The Work" described in her book *Loving What Is*. But Dyer both acknowledges Katie and takes her work a few steps further. If you've ever made excuses for not taking action in life, you're bound to find that excuse in this book with steps on how to turn it around. I don't know if it's how Dyer writes, but I finished this book and it was like a switch flipped -- had no desire to want to make any more excuses.

- *Mastering Life's Energies*

I read this book a few years ago, and it recently found me again. Maria Nemeth, also the author of *The Energy of Money*, wrote this practical piece, with simple to implement tasks to identify the game worth playing and goal worth playing for in your life. To get there, she furnishes tools to give you the energy to show up for what really matters to you, and she does so beautifully. While you can apply her principles to any goal, I especially see how her approach would work well for wellness goals.

Chris is a Certified Wellness Coach who happens to be living well with Multiple Sclerosis. Through her coaching and training firm, Priority Wellness (<http://www.prioritywellness.com>), she helps individuals in a life or work transition navigate the process to achieve the best possible outcome, while maintaining their well-being. She also works with stressed out and depleted people who are ready to increase their energy and decrease their stress, so they can perform better and be more relaxed at work, life and the things they love. Chris can be heard twice a month on her internet radio show, Energizing You, on blogtalkradio.com. She is currently co-authoring a book on women business owners who have experienced a personal crisis while running their business. Chris can be contacted at chris@prioritywellness.com or 781-791-7642.