



At this point you are somewhere between 4-6 weeks into being closed from the pandemic. You might be stressed. You might be appreciative of the time you've gotten to spend with family. You are also now looking at the light at the end of the tunnel to re-open. This issue will provide some interesting insights to consider, links to resources and helpful advice for moving forward.

If you haven't already you should email Peggy@InsperoTeam.com to sign up to receive our announcements about our new Thursday night Community Building Discussions. We have had some fantastic information shared. As always, keep breathing hope!

If you haven't already, please [subscribe](#).

Each publication will be sent via email and available for download from our [website](#).

In this issue:

QOTD - Nelson deMille
E-motion Explored – “Valuable”
POI – Clayton Christensen
Opinion – The Time Trap
See Us Live! – Links to our Live events

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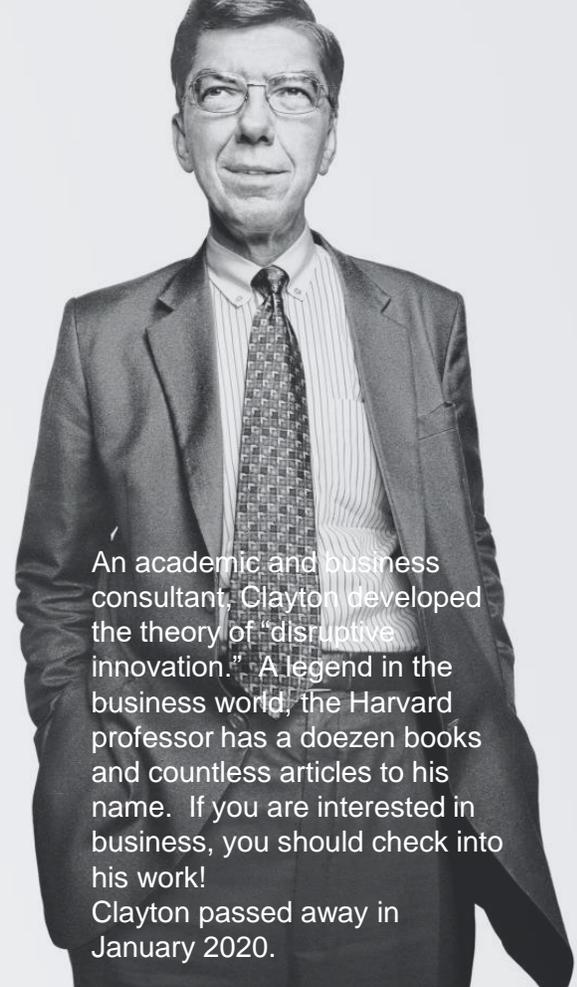


“The problem with doing nothing is not knowing when you are finished.”
— Nelson De Mille



POI:

Get to know...Clayton Christensn.



An academic and business consultant, Clayton developed the theory of “disruptive innovation.” A legend in the business world, the Harvard professor has a dozen books and countless articles to his name. If you are interested in business, you should check into his work!
Clayton passed away in January 2020.

emotion explored:

Valuable

What is the first thing that comes to mind with that word? My first thought was a dollar sign. I suppose it is only natural to first think that something that is valuable needs to have a dollar sign attached.

We are not talking about \$ though.

Valuable – as an emotion – is about how worthwhile you feel. This one can run deep...

Do you feel like your doing valuable work? Is your work aligned with your purpose?

Has the shutdown from the pandemic influenced your feelings of self-worth, of value? Now would be the perfect time to explore this and work on you! Spend some time defining (or redefining) your Core Values. Rewrite your Vision of the future for yourself and your work. If it would help you could also work through our [Resilience Toolkit](#) to provide some exercises that may be of...value.

Valuable as an emotion aligns with appreciated. In order to feel valuable it may be necessary to talk with those you work with to define what this means to you...and to them. At work, you can share what kinds of things reinforce this emotion so that the entire team can help each other in increasing their sense of being appreciated every day.

What about your patients? What are you doing to make them feel valuable? As we start the process of getting back to work it will be more important than ever to provide information and interactions that let them feel that you find them valuable.

There are multiple resources to help you with this on our [Covid19 Resource page](#).

See Us Live!

[EI – Austin](#)
[ASP – Austin](#)





The Time Trap

Has anyone ever said if I just had more time I would... (you fill in the blank)? One of the gifts that Covid-19 has given me is time, and with that time the hard reality that lack of time was never really the issue. I'm still struggling to do things that by all accounts I now have plenty of time to do. This reality has caused me to re-evaluate my priorities, and beliefs and has forced me to face the music. There are some categories of my life that I have been hiding from for a long time, and now the familiar excuse of "not having enough time" has been blown to bits. So...now what will I do?

My New Habit

Whenever I think or begin to say that I don't have time...I make myself say this instead, "*I choose not to (blank) because it isn't as important to me as (blank), and what this really reveals about me right now is (blank).*"

For example, instead of saying I don't have time to make it the gym today. I say, "I choose not to go to the gym today because it isn't as important to me as getting home early and relaxing on the couch, and what this really reveals about me right now is that I don't prioritize myself or my health as much as I value my comfort and family time."

This is a good litmus test to help you in evaluating your priorities. There isn't any external judgement about what I choose to spend my 24 hours on. I get to decide and evaluate the statement and feel good about the tradeoff I'm making, or not. I call this "living life on purpose." –Ryan Coulon



Finally, a huge THANKS to all of you that participated and/or donated to the first [Inspero Breathing Hope Virtual 5k](#) that benefitted [Hope Smiles](#). We raised over \$6,000.00 for a terrific organization. With 175+ people participating from around the world you should feel pretty valuable for playing a part!

