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## Use These 7 TED Talks to Help You Find Inspiration

**Summary:** Finding the motivation and innovation to get through a rough day at work can be straining, so let these TED talks inspire you.



Some days at work we need additional help to get through the day. It doesn't matter what industry we work in – banking, janitorial, education, fashion – any day can leave you feeling like you are stuck in a slump. Watch or listen to these TED talks to find that boost you need to get excited about work again.

**See the following articles for more information:**

- [Boost Your Willpower and Concentration Abilities](#)
- [Being Happy in Your Career Is Important](#)

**Scott Dinsmore: “How to Find Work You Love”**

Receiving bad advice when just starting out in your career can be devastating, but Dinsmore learned from the bad advice. He now helps others determine what they are passionate about and how to make their careers more fulfilling.

**Emilie Wapnick: “Why Some of Us Don't Have a True Calling”**

Just having one calling in life is not always the case. We may want to pursue multiple careers, and that is an okay thing to do. Take the effort and time to explore your passions and follow all that may be your “calling.”



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### Sarah Kay: “How Many Lives Can You Live?”

Kay wanted to do it all as a child, but now realizes there isn't enough time to do that, so she uses poetry to explore the experiences of others. Her words are filled with creative juices to get your ideas following.

### Nilofer Merchant: “Got a Meeting? Take a Walk”

Routines are nice, but they can get old after you end up doing the same thing day after day. Merchant explains that she adds “walking meetings” to spice things up. She is able to get a little workout in as well as get the blood flowing with ideas.

### Stefan Sagmeister: “The Power of Time Off”

Sagmeister is probably very lucky and unique in being able to take a year-long sabbatical every seven years, but his example is good for everyone to learn from. Taking a few moments to take a step back from our busy lives to take some time off is important.

### Sarah Lewis: “Embrace the Near Win”

As an art historian, Lewis examines the difference between success and mastery. Use her advice to reevaluate your goals so that you can understand that reaching your dreams is just as important as achieving them.

### Elizabeth Gilbert “Your Elusive Creative Genius”

Not only is she the author of the best-selling novel *Eat, Pray, Love*, Gilbert understands how tough it can be to be creative. By looking at things differently, we can find the inspiration we need in our inner spirit.

Photo: datafirstintelligence.com