

friday.january.8.2021

SNIPPETS

an inspirational think-out-loud
e-column for women

reflection section
incoming inspiration

Being the loyal snippeteers you are, you know by now I generally gather my inspiration and insight by being "out there" in the world. Whether traveling, in nature, or interacting with human beans, I welcome and watch for "encounters" then transform them into written reflection to share with you. We journey together on the inspirational trail.

Inspiration

I do not tend to feel "writer's block" and I do not prefer the term at all. There seems to be always *something* to write about; after all, I have penned this column faithfully for 15 years of Fridays! Yet admittedly, being home so much these days (and during 10 months of 2020) and feeling "cut off" (besides on social media, but where we cannot touch or hear people - a silent way of communicating), it has been challenging to feel inspired, think of topics, and dance my big fingers over the keyboard to share inspiration with you. I cannot inspire others unless I *feel* it first.

It is rare we can simply sit in our kitchens - or living rooms - or the bathroom - and feel inspired. That is not to say we cannot suddenly think of a fabulous idea as we reach for the toilet paper; it is just that usually - at least for me - it requires outside energy, sources, travel, nature, encounters, experiences, and

for this true extrovert - **definitely** people interaction.

I have written prose from a beach chair, from the island of Sardinia Italy, from the seat of my bike, from the yoga mat ... while observing, listening, thinking, and sharing with others. That is what inspires me.

What inspires *you*? Who inspires you? In what places and spaces do you usually gather your inspiration? What time of day are you most hyped and productive and energized? And why are you more inspired in one place or with one person over the other?

- Is it meeting with a specific team of people?
- Is it chatting with a like-minded friend?
- Is it walking the beach? Visiting a nature preserve?
- Listening to a podcast? Watching a movie?
- Singing along to your favorite musical artists?
- Serving on a committee? Volunteering?
- Standing in your corner? Sitting in your sanctuary?
- Visiting your favorite nook? Driving a long distance alone?
- Serving a cause in your community?
- Petting your pup? (Touch between a human and a dog can have therapeutic benefits for both species.)

If you're a painter ... a writer ... a seamstress ... an executive ... a business owner ... a crafter ... a committee member ... a mom ... a chef ... a sales rep ... a boat captain ... when and where do you collect your best ideas and energy?

Go there. Be there. Sit there. Seek those experiences and encounters as much as possible. Even during these quieter days of being more cut off from our outside worlds, we can allow the inspiration to find us. It may be a tougher search - yet it's there somewhere. Let's not allow the other junk to **block** us from reaching out, touching it and pulling it in.

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please include FIRST NAME & STATE

snippeteer backtalk

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"I love this one! Thanks for the inspiration. I NEED to start my next book!"

~ Michele in Maryland

"Love the Giggle! And the new name!"
~ *Mercy in Maryland*

prayer flares



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FOR Mary and her siblings to make peace amongst themselves

FOR Katherine, 24, who lost her life in a car accident after falling asleep at the wheel and FOR her devastated family

FOR Mercy's good health after finishing chemo treatments

FOR a solution for little pup McGee having difficulty walking

queen of quotes

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brings to you will
depend a great
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