

WHERE TO FIND IT

August is peak holiday season, most of this works whether you're home or away. Pick one, make it a habit.

Podcasts & YouTube

Thought-provoking conversations, available in the car, on a walk, anywhere.

Best for: dead time you already have

Books & Biographies

Someone else's hard-won lessons, condensed into a few hundred pages.

Best for: deeper, slower inspiration

Walk In Nature

Nature is inspirational by default. Get outside and let it do the work.

Best for: clearing your head, not just filling it

Documentaries & TED Talks

An hour of someone else's expertise and passion, distilled.

Best for: an evening instead of scrolling

Art Galleries & Museums

A change of environment does more for inspiration than people give it credit for.

Best for: a proper reset, not just a top-up

Talk To Strangers

A five-minute conversation outside your usual circle can shift a whole week.

Best for: when you've run out of new input

THE RULE

Pick one source for the month. Little and often beats one big dose you never repeat.