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### Finding Inspiration and Motivation

April is a month of hope and renewal and often brings a resurgence of motivation to achieve personal and professional goals. From finishing your taxes and planting that garden to landing that promotion and cleaning your office, April is an ideal time to find the inspiration you need to make it happen. According to research, finding inspiration starts with a mindset! If you remain open to change, allowing yourself to be creative and look for inspiration in everyday life, you may have a head start on reaching bigger goals. In this issue, we're exploring ways to tap into your muse.

**Watch:** How to Discover Your "Why" in difficult times

**Read:** How the Pandemic Killed Your Motivation and Six Simple Ways to Get It Back

**Quiz:** What's Your Motivation Style?

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### Just for Fun

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**Plan:** How Long Should You Keep Tax Returns?

**Watch:** 17 Ted Talks for When You Need Some Career Inspiration

### Monthly Observances

**Autism Acceptance Month:** Learn More About This Community

**Distracted Driving Awareness Month:** The Distracted Brain and Driving

**Earth Day (4.22.22):** 10 Ways to Celebrate

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