

The Inspiration Chip™ Theory for General Audiences

By Arlene Kaiser, Ed.D.

The Inspiration Chip™ Theory focuses on the research that most people do not receive enough validation or appreciation in their lives. (I often ask this question of my audience of 50 to 2,000 people and never have I seen an audience respond that they get enough validation or appreciation in their lives).

Imagine that each person carries an invisible clear glass bowl. Inside the bowl are multicolored chips. Each chip represents something they perceive as positive in their life, such as their accomplishments, a sense of well-being, satisfying relationships, good health, financial stability, and concern for others.

The opposite is also true. A person may perceive their invisible clear glass bowl as nearly empty of multicolored chips. The reasons may include poor health, grief, financial issues, living a life out of balance, or any of the other difficult circumstances humans face traveling this journey called life. Remember, hundreds of people cross your path carrying a bowl with just a few chips.

The Inspiration Chip™ Theory is a reminder of the following:

1. You are of value! You make a difference in the lives of others.
2. Take a quick inventory: How is your own bowl of chips? Remember that you can't give away something you don't have.
3. Take another inventory. How are you doing at dropping chips into the bowls of others?