FREE FIND MY INSPO APP

What's actually driving you?

A 3-minute check-in shows you what's fueling you and what's draining you.



Discover your motivation,
choose your focus,
and find your next move.

No labels, just clarity.

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Map where your energy lives.

Drop a pin on the moments and places that stay with you.



Build your own map of campus,
the calm spots,
the good memories,
the places that feel like yours.

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Create what your energy looks like.

A fresh prompt and a new set of images every day. Make it yours.



No words needed.

Take the daily challenge, show how you feel, and share it with your people.

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Stuck?

Ask me anything.

Whatever's going on, talk it out and figure out what you need.





Get unstuck, find your next step, and discover real support and resources right here on your campus.

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The skills class skips

Short videos on the stuff that really matters, only a few minutes each.



Decide with confidence, bounce back without burning out, speak up without blowing up, and lead without the title.

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