

## **Timeless Transformations**

### ***Daily Inspirations – May 2020***

(Daily Inspiration) If beauty is in the eye of the beholder, how we see ourselves is the only beauty that matters. But what is beauty? It's defined as the aggregate of qualities that pleurably exalts the mind or spirit. We each decide but maybe it's as simple as how we show up – how we carry ourselves. All the beauty products, clothes and material things can't make our energy beautiful. All the education, books and certifications can't increase our appearance. Let us carry ourselves in such a way that demonstrates we feel beautiful and treasure ourselves today.

(Daily Inspiration) Every time we give our word, we put our credibility on the line. Keeping our word is one of the most influential things we can do. All it takes is to carefully consider when we decide to give our word or not. Giving our word for too many things only spreads ourselves thin and sets us up for failure. So, it comes down to making a simple choice. When we add genuine, kind follow-up, we gain instant believability. Our words become golden. Let our word stand and glitter today.

(Daily Inspiration) When we need approval from others, we make others our judge. When we seek validation from others, we let others determine our value. When we need recognition to be motivated, we give others power over our success. When we live for others acceptance, we die just a little bit every time we are rejected. Let us purposely validate ourselves and our own self-worth today.

(Daily Inspiration) What is the one thing that could happen today that would set it over the top? If we can answer that one question, we can set our expectations towards it. If we keep it on our mind throughout the day, we start questioning everything we do. We align our choices and actions to it, then we have the best chance of experiencing it. All these things combined make the best thing happen. Let our best possible outcome be our most likely outcome today.

(Daily Inspiration) If we want more we must give more. And when we give more without conditions, we receive even more. That's true generosity! We don't get rich without enriching others first! What if we practiced one simple rule and that is to give everyone more – more value, more than what they expected, more than they believed possible. No matter what happens, when we adopt a mindset to give more back, we probably will always make the right choice. Let us give more than expected without any conditions today.

(Daily Inspiration) When we think of the most intelligent people, we often think about how smart they are. It's not something we can be however. It's more of an act of understanding and a way of being. Notice what they do most: they make everyone around them feel intelligent. They build others up through thoughtful words and actions. No one ever makes themselves more intelligent by showing others how small they are. While building up others, they build themselves up even more. Let us build others up or not say or do anything at all today.

(Daily Inspiration) What is that one little thing that causes us to believe in ourselves? Maybe that's the simple secret to success. What if we just do that thing, then look for the next thing. Then those things combined puts us on a continuous cycle of success. Chances are those things aren't talent, degrees, money or things. It's probably a person that makes us feel better about ourselves. Maybe it's something that makes us feel more energized. Maybe it's helping another person be successful. Whatever it is, we can do that thing that inspires self-belief. Let us believe in ourselves first today.

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(Daily Inspiration) Smartcuts are strategies about working smarter, not harder. Others may be smarter. Others may work harder. But those that work smarter, working hard on what brings the greatest value matters most. Knowing when and where to place our best efforts is the biggest difference maker. When we have mentors and success partners combined with enthusiasm and momentum, we dazzle others and even ourselves with what we accomplish. Let us find as many smartcuts as we can as we approach our work today.

(Daily Inspiration) It's easy and sometimes tempting to get sucked into petty nonsense. Extraordinarily people rarely if ever succumb to it. We can't be negative and expect our lives to be positive. To escape it we need a "ready-to-use" well-crafted phrase, like.... I don't know anything about that, or I'm too busy to think about something I can't control, or I wish I had the time to solve everyone else's problems: I'm too busy with my own. People will trust us a whole lot more. Our lives are too valuable, and time is too short to get caught in deflating drama. Let us separate ourselves to elevate ourselves today.

(Daily Inspiration) To be ambitious is to be eager to obtain success with exceptional effort and ability. Our value will never be bigger than our ambition. When we combine enthusiasm about our ambition with a purpose, our success accelerates. Once we know exactly what we want and why, our behavior changes. We are more focused. We work harder. We are more apt to define a strategy to get what we want. If it's authentic, the universe magically aligns itself to give us the support we need. Let our authentic ambition be our path to success today.

(Daily Inspiration) No matter what we do, we say yes in every choice we make. Saying yes to one thing is saying no to the alternative. When we wake up, we say yes to life. When we eat or drink, we say yes to what we chose to put into our body. When we check our phone, we say yes to a distraction. When we say yes to others, we say no to ourselves. Our actions show us what our true priorities are. Whatever we say yes to is who we really are. Let us be driven by what we say yes to today.

(Daily Inspiration) Living a life of simplicity is ultimate freedom. Stripping away the extravagance gives us more time to focus on things that matter most. When things are simple, we use less energy. It's easier to get into a mental state of observing our lives without judgment. It's more peaceful because we don't need to untangle all the intricacies of our lives to make sense of it. Let us make it simple but significant today.

(Daily Inspiration) Most of us don't take advice from people we don't want to be like. Or, we discount those who aren't successful because we believe they only know how to do it wrong. In their wrongness, there is a wealth of advice. Being self-assured, we take any advice we can use, leave what we don't need, and let our gut instinct guide us. Inner guidance can always spark creativity. It doesn't need proof. Nobody can give us any better advice than what we know to be true ourselves. Let us learn from others but place ultimate trust in ourselves today.

(Daily Inspiration) If we want a true test of our character, usually there is money involved. It is said that money is the root of all evil. Maybe it is the lack of, love of, jealousy of, or want of money that's the root of all evil. Or, maybe it's spending time making money doing things we don't really enjoy buying things we don't really need to impress people we don't really care about? Money gives us the means to pursue what we desire the most. Let the root of our good use money to support our greatest purpose and values today.

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(Daily Inspiration) What an exciting day it is. There will never be another day like this one. This day won't ever happen again. We will never have another chance to improve our lives quite like today. We will never have a chance to be as nice or creative or helpful or loving. We can finish what we started yesterday and start all over today with no mistakes made. A dull and boring day is an imagined pattern of thought. We can change anything with a new perspective. Let us begin today as a new day with new thoughts followed by new actions resulting in a new life.

(Daily Inspiration) One of the greatest skills to master is to set our expectations high then detach from the outcome as quickly as possible. The shorter the time is between the two, the better. If the outcome meets or exceeds our expectations, we are successful. Be grateful. Celebrate. Move on. If we fall short of our expectations, there's room for growth. Be grateful. No need to dwell on it. Move on. The outcome doesn't change the highest level of expectations we set for ourselves. Let us expect everything and be ready for anything great today.