

Timeless Transformations

Daily Inspirations – June 2020

(Daily Inspiration) There's power in knowing what our rules are. There's even more power in exclaiming what those rules are or using "the rule" for the justification for why we do what we do or won't do. People respect rules. It's significant when we say, I have a rule that I don't work after 6pm or I have a rule that I don't talk on the phone when I'm at dinner. Or, I have a rule that I don't mix business with fun. When we say we have a rule, we remove the choice and debate. Let us be flexible but know what we stand for today.

(Daily Inspiration) Great relationships are based on two simple things: giving and gratitude. When we only focus on what we give rather than what we receive, there's no keeping score. There's no conditions. There's no expectations. The relationship is a gift and an expression of love. When we receive with wholehearted gratitude, our gifts are multiplied. Let us start a ripple effect with our generosity of giving and gratitude today.

(Daily Inspiration) Feeling overwhelmed comes from being charged with too many things to do. It's when we feel like we are drowning and mental fatigue sets in. The sad thing is we usually create this state of overwhelm for ourselves. Overwhelm is the thief of our energy. It's our own fault when we think we need to get everything done all at once. It's actually nature's way of reminding us that we need to stop, focus on one thing: one purpose, one passion, one priority. Let us be reinvigorated by realigning our priorities today.

(Daily Inspiration) Being dead shows up in all kinds of ways. It's not only the end of a life. It's the end of an experience or our participation in a particular time and space. The opposite of dead is alive. Being alive is more than breathing. It's experiencing things that are exhilarating or being somewhere or participating in things that makes us feel more alive. It's doing things that we love and makes us feel full of life. The trick is figuring out what makes us come alive. Let us go where and do things that make us feel the most alive today.

(Daily Inspiration) When we find meaning in what we have, it's easier to be happy with whatever comes our way. Meaning is the one constant thing that sustains our sense of balance. All meaning means is something we value with a significant quality. It's our responsibility to find what is significant. No one else can define that for us. Let us find meaning in what makes us happy and pursue all that we want today.

(Daily Inspiration) No one knows what the future holds. We aren't supposed to know. If we did, it wouldn't be the future. The future is yet to be here because it is a later time than now. We may not know what the future holds but we know that anything is possible. The only one that holds our future is us. All we need to do is be confident that whatever comes next, we will be perfectly fine. Let us know that whatever is beyond this time and space right now, we will make it the best it can be today.

(Daily Inspiration) Why do some people get everything they want, and others can't win for losing? It's a million-dollar question. Maybe the simple answer: successful people make decisions based on where they want to be. Not so successful people (in their own mind) make decisions based on their current situation. Success is mostly about knowing what we want and not waiting for the things we want to magically happen. That's why it appears successful people are always in the right place at the right time. Let us be an energetic contributor in our personal success today.

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(Daily Inspiration) What's our vibe? It's the vibrational energy that encapsulates our overall state of being. There's nothing more important than this energy. If we wake feeling enthusiastic, our vibe is radiating. If we wake up feeling drained, our energy is sapped, and our vibe is low. Wherever we go or whatever we do, our vibe introduces us before we say a word. Let our vibe speak louder than our words today.

(Daily Inspiration) Why do we need to wait for who we want to be in the future? We can be whoever we want to be right now. If we want to be a great writer, start writing and enjoy getting better. If we want to be a great mother, be a great mother today and find ways to improve. If we want to be a great leader, start leading right now and enjoy the learning process. We have the power to make everything we do successful today, in this moment. We become who we want to be through our habits, behaviors, and actions. Let us be whoever we dream we want to be and be that today.

(Daily Inspiration) Creative people have many ideas competing for attention. Finding a strategy to channel energy and increase concentration is key. We can either think horizontally or vertically. When we think horizontally, it's easy to move from one idea to another without bringing anything to fruition. This leaves us feeling exhausted and unproductive. When we think vertically, we are better equipped to stick with one idea until that idea is crystalized. This positions us to feel like we are making more progress. Let us focus vertically on our ideas from top to bottom today.

(Daily Inspiration) We always have three time zones going on in our mind. When we are in the past time zone, we are focused on "why things happened." When we are in the future time zone, we are focused on "what if something happens." When we are in the current time zone, we live each moment with greater intensity. Those that are balanced are masters at controlling all three time zones at the same time. The past is reflection, the future is planning, the current is our best experience. Let us focus on healing the past, living in the present and dreaming about the future today.

(Daily Inspiration) There's a time to plan and a time to go. When planning, we are learning, researching, and getting ready. It feels like we are making progress but often we are just stuck. It's comfortable there because there's no risk. It takes a shift in perspective to decide to pull the trigger. That shift is when we get the courage to say, I've done enough. I'm ready to go. I'm going to make it happen. A plan is who we want to be. The time to go is when we prove who we are. Let us know the right time to make our move and go today.

(Daily Inspiration) Successful people use a ton of energy to get things done throughout the day. The difference with incredibly successful people is they've figured out how to sustain their energy. While most start sharp and fast, as the day goes on or the tasks get challenging or mundane, they fade. Fatigue sets in. They lose their focus. Those that have a bank of stored techniques to increase their sustainability are sharper. It's up to us to find those techniques that help us avoid depleting our energy. Let us finish as sharp and strong as we started today.

(Daily Inspiration) Only we can decide what the meaning of life is for ourselves. There isn't a master plan other than the one we choose. In every choice, we can be open to living at a deeper level or just go through the motions. We build our own meaning on a moment to moment basis. When there is peace and fulfillment in each moment, our meaning becomes more vivid. There's no need to ask the question about what the meaning of life is because we are the answer. Let us find new layers of meaning to our lives today.

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(Daily Inspiration) If leadership is about influence, what is the key element to gain more influence? It's not something we can buy. It's not easy to obtain. It may come down to one simple thing: how much love we put into what we do. Our energy shines through in our enthusiasm and authentic joy when we are doing what we love. We are the only ones that can take responsibility for the love we bring to our work. Influence creates greater opportunities to accomplish more, make a greater impact, and create. Let us love what we do and let everything else automatically influence our today.

(Daily Inspiration) Self-discipline is the top discriminator for predicting success. It is the innate ability to push ourselves to do something regardless of how we feel. It is the only thing that will move us from point A (our vision) to point B (our reality). It comes down to consistently taking action, doing mundane, repetitive tasks, on a daily basis that then becomes a habit. What if we did one thing for ourselves that we don't feel like doing every day? We would expect it but get it done anyway. Let us be self-disciplined and led by our dreams today.

(Daily Inspiration) In every great life there's a bank of great memories, success stories, experiences, ideas for the future and inspirations. No matter how good our memory is or how smart we are, it's challenging to quickly recollect and access this information. Intentional people spend time collecting and organizing their valuable knowledge into an external digital repository. It becomes their lifeline. It's so valuable, it wouldn't be left to risk in the cloud or outside of a tangible resource. If the house were burning down, this would be the first thing to secure. Let us be at peace knowing our second brain is well preserved today.

(Daily Inspiration) If our input, e.g. what we take in, determines our outlook, why wouldn't we be strategically focused on what and who we let influence us? We are responsible for our input. That's easy. We can find information and people that inspire us to be our best, support us so we can achieve our goals, and empower us to believe anything is possible. Negative or invalid input can ruin our day so why take it in? We are the guards of our own mind. Let us be a strict gatekeeper of every input that comes our way today.

(Daily Inspiration) What does it feel like to be full? Full of happiness, full of life, full of food, full of love, full of peace? It sure feels better to be full than it does to feel empty. When our lives are filled with as much fullness that can be contained, we are fulfilled. Why wouldn't we focus on those things that bring more fulfillment? Why wouldn't we choose to "fill er up" over the top? The secret to happiness may be to simply feel fulfilled. Let us fill up our lives with inner fulfillment today.

(Daily Inspiration) Responsibility is our ability to respond. How and when should we respond to whatever comes our way? Patience is knowing the right time to respond. Self-control is understanding what our response can change or will do. If we can't control what's happening, all we can do is control the way we respond. Otherwise we are reacting rather than responding. Not responding is responding. Silence is a response that speaks louder than words. It's not even necessary to respond to everything we notice or if we are right or wrong. Let all that matters be if our response is serving our behavior today.

(Daily Inspiration) We have two choices in a relationship. End the relationship or improve the relationship we have. If we decide to improve the relationship, we have two choices. Appreciate how similar we are and respect how different we are. Our choice determines if we allow the relationship to drain us physically and emotionally or enjoy it as a life force that lifts our energy and spirit. Great relationships are fertilized every day otherwise they are left to wilt like a flower. Let us invest our energy in our absolute best relationships today.