

Daily Transformations – July 2019

(Daily Inspiration) What is the one small thing we can do to contribute to our success that is free and easy? Follow-up on our commitments. When we make a commitment, we build hope. When we keep a commitment, we build trust. When we follow-up, we connect at a deeper level and build long term relationships. Great leaders know the extent to which they can deliver. They only make commitments they can keep. Then, they always do what they say they are going to do and follow-up to make sure they delivered on their promise. Let us set ourselves apart from the crowd by following up on our commitments today.

(Daily Inspiration) We get up in the morning and most of the time we s-t-r-e-t-c-h our arms out and get ready for the day. Why not let the physical act of s-t-r-e-t-c-h-i-n-g be a reminder to stretch and accomplish at least one stretch goal during the day. A stretch goal inspires us to think big and do just a bit more than we think we can do. It motivates us to reach for our longer-term vision. Everything we encounter is either growing and stretching or dying and shrinking. It feels better to expand and stretch higher. Let our s-t-r-e-t-c-h goal fuel amazing levels of success today.

(Daily Inspiration) One great thing about life is serving others or finding others that can serve us. We can think of serving in three categories: servicing, mentoring and sponsoring. Servicing is the act of a helpful activity. Mentoring is advising, offering guidance, and sharing wisdom. Sponsoring is acting on another's behalf, assuming a direct role in the advancement of another, and advocating with power and influence. We can serve in all three. We need all three. Let us be a beacon by serving others and search for others that can be a light for us today.

(Daily Inspiration) High-achieving people need to feel they are making progress. It is an intrinsic drive that pushes us forward. There are so many important things to do in a day, it's easy to feel ineffective if we don't take at least one step toward our biggest goal. Do that one challenging thing first before everything else gets in the way. Focus on that one important thing before our energy is depleted for the day. Let us put first things first so no matter what we get done during the rest of the day, we've made progress towards our long-term goal today.

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(Daily Inspiration) Some things are easy for us and it takes less energy to get those things done. Other things are difficult and time consuming. When things are easy, it's usually because we have a special level of expertise. Or, it's something we like doing or have a natural ability. Why overthink why it's easy or try to make the easy more difficult than it needs to be? Chances are the more difficult things will always be difficult. We might as well plan for it. Let us move quickly through the things that are easy so we can work through the things that are difficult with greater ease today.

(Daily Inspiration) If we are going to do something, we might as well push it to the max. Whether we succeed is irrelevant. Success is the distance we travel from the point we start then doing it with gusto. The act of doing and stretching beyond what we thought we could do changes us. That is how we increase our capacity. When we stop stretching ourselves to avoid failure, we stunt our growth. Let us dedicate ourselves to something at the maximum level so we will be transformed while we do it today.

(Daily Inspiration) Transformative change occurs when we feel free to express our ideas. When ideas are acknowledged, it inspires the willingness to contribute even more. When we pay close attention and compliment ideas with specific distinctions, we make others feel valued and the cycle of collaboration expands. If we speak another's name with the compliment, it tags the idea to the person. This is a genuine way to make another feel good about their ideas. Let us lift others up while we share ideas and collaborate today.

(Daily Inspiration) What's working beneath the surface of our subconscious mind is a miraculous system that controls everything – our heartbeat, our breathing patterns, our thoughts. Maybe if we do things to enhance success in our subconscious minds, we can change how our day goes for the better. Small things like surrounding ourselves with positive reinforcements – caring people, inspirational messages, people that make us feel good about ourselves. Or, unfollowing people that drain us of our energy or reading sad things of concern to make us worry. Let us be mindful of our subconscious mind and do things to spark joy and contentment today.

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(Daily Inspiration) When we say yes to anything, it's energizing. It's actionable. When we say no, it's depleting. It stops us in our tracks. Our ability to say yes or no is at the crux of our personal power. We can say yes to an opportunity. We can say no when we feel overextended. Most of our issues stem from saying yes too fast and not saying no when we know we should say no. Let us say yes or no at the right time to bring greater balance to our lives today.

(Daily Inspiration) When something is free, we usually don't value it as much. If we pay for it or devote energy to it, we consider it as an investment. Think about how much financial investment we make in ourselves. The more we invest, the more we care because there are higher consequences for not being successful. Investing in ourselves is an example of how much we value our ourselves. Why should that not be one of our biggest investments? Let us know the value we possess so we are free to invest even more in ourselves today.

(Daily Inspiration) The world needs people that will give it all they got. And while they are giving it, they give it with relentless passion. Once we achieve that, there's nothing more we can do. We don't have to wonder about success or wish we had done more because there is nothing left to give. What is the alternative? It's the inner knowing that we didn't give it our all then living with regret. Regret is the worse pain because it lasts a lifetime. Let us live free knowing we gave it our all with a passion for the things we value today.

(Daily Inspiration) Real success demands a calm approach for prioritization. Otherwise we fall into the trap of moving from one urgent task to the next, putting out fires, or feeling like we are in a crisis mode. This is the trap of being overwhelmed and ineffective. If we let this go on long enough it feels like we have no choice but to continue to operate in that environment. Over time, we lose the ability to move ourselves forward with less focus on our greatest priorities. A workable tactic is to be specific and realign to our highest values then restructure our thoughts. Let us proactively prioritize today.

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(Daily Inspiration) If you ask high performers, how's it going? Mostly likely they will say, I'm BUSY. If this is your response, ask yourself, being BUSY doing what? Being BUSY is a weak response. Being BUSY says we can't prioritize our life. Being BUSY implies we may be in overdrive and not making time for what we value. If we articulate what BUSY is and substitute the word BUSY for how we are spending our time, maybe it would bring more clarity. Let us make sure that when we say we are BUSY we aren't filling up our time with a bunch of nonsense today.

(Daily Inspiration) Isn't it surprising when we pay attention to the small details, we receive the greatest reward? These are the types of details like doing something simply because we care about a person, with no special reason or occasion. When we consider what builds a relationship over time it usually isn't the grand deeds, it is the small things. It could be as small as a caring gesture or kind word. If we care about another person, why wouldn't we do whatever we can, with whatever we have, to help them? Let us ask what we can do to improve the lives of those we care about today.

(Daily Inspiration) Metacognition is thinking about our thinking. When we receive any kind of information from any source, we have a responsibility to think then filter carefully based on our thoughts. If the information isn't in our best interest, we can consider it as noise and tune it out. If the information doesn't align with our values, we can dismiss it and move on. Most of life is making decisions about what we value most then thinking about which action to take next. Let us use our values as a thinking guide to help us make the best decisions today.

(Daily Inspiration) Eastern thought suggests that all our struggles and sadness stem from being too attached to something. That something might be how we want things to be, material things we want to acquire or expectations we desire from others. It seems easy to say just let go and don't be so attached to that something. That's easier said than done. Maybe the easiest way to react to attachment is to move into a place of non-judgment and observe as a bystander. This would free our mind to focus on what we can control and change. Let us observe our thoughts in a spirit of non-judgment today.

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(Daily Inspiration) Renewing the energy of our mind leads to enthusiasm, creativity, motivation – everything that contributes to our success. There's no way we can "do more with less" energy. Postponing awe-inspiring experiences, working longer hours, avoiding exercising, just to name a few, depletes our energy which in turn leads to burn-out and ruin. Our mind needs high levels of energy so we can think clearly, make the best decisions and serve others with our greatest levels of ability. Let us fuel the fire of our energy; not risk allowing it burn out today.

(Daily Inspiration) Personal pressure usually originates from not completing what we started. That's because we previously decided to start something, made an investment in time, money or energy – and now lack the discipline and willpower to see it through. The stress comes from letting ourselves down combined with the mental angst of it weighing on our mind, knowing we are procrastinating. If it's something we are committed to, there's great power in getting rid of the busy work and deciding to finish. Let us be stress-free and finish what we start with enthusiasm today.