

Timeless Transformations

Daily Inspirations – April 2020

(Daily Inspiration) Life is more exciting when we are working towards an exciting future. A future filled with possibility brings meaning. There isn't any meaning in life until we give it meaning. There is excitement when there is meaning behind what we want. It makes us feel like we are going up where we don't need to be pushed because our future is pulling us up. In that state, we gain confidence that something new is on the way. Let the vision of our future give us the momentum to propel us into greatness today.

(Daily Inspiration) It is interesting that our lives improve when we spend the time to improve ourselves first. Improvement starts with I. No one else can improve us. If we put ourselves at the top of the priority list, everything else falls into place. We can then give others our best because we are the best we can be. Otherwise, all we have left for ourselves are the leftovers at the end of the day. Let us improve ourselves, for ourselves, by ourselves first today.

(Daily Inspiration) Information is what we read, find interesting and consume. Knowledge is what we capture and codify in our mind so we can learn and reuse information. Wisdom is our capacity to make use of information and knowledge so we can reflect, filter, select, and apply. Information and knowledge are deduced from the opinions of others. Whereas wisdom is drawn from within and wise counsel. Let us be wise in how we seek wise counsel and apply our wisdom today.

(Daily Inspiration) What is the most common-sense, one word, easy to understand life hack? Commitment. Once there is commitment, there are only two paths: we are in or we are out. If we are in, there are no excuses and no in-betweens. There is only one degree of commitment and that is 100%. If we are out, when we run into distractions or obstacles, we idle, look for shortcuts, do just enough to get by, procrastinate or stop. Commitment is our staying power not a one-time event. Let us be all in and use our stamina to achieve our commitment today.

(Daily Inspiration) Why would we ever label ourselves? Who we were in the past isn't who we are today, and who we are today isn't who we'll be in the future? If the label isn't linked with the identity of who we are striving to be, we may be attracting the wrong energy. That alone may stunt our growth. Once we label ourselves, we inadvertently set goals and make decisions to substantiate the label. Labels are for medications, food, clothing, and files. Labels never define us or anyone else. Let the label of our identity be flexible and only be aligned with our vision today.

(Daily Inspiration) Being with others that brings out the best in us is priceless. There's nothing like being with another that lights us up so we feel like we can do anything or be anyone. It works both ways. When we seek to find the best in others, we often find the best in ourselves. Let us steer away from those that cause stress and look for those that bring out the best in us today.

(Daily Inspiration) Real power is fueled by moral authority. It is the ability to lead and influence others not by title or status but through our actions and the way we authentically live. This type of authority can't be bought because it's the energy around us. This energy inspires others to want to be better by focusing on the right things for the right reasons. It is the staying power that lasts a lifetime since it is grounded in universal principles like honesty, empathy, sacrifice and hard work. Let us prove our moral authority in our effortless actions and influence today.

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(Daily Inspiration) When life on the outside seems to be spinning out of control it is usually because we are spinning out of control on the inside. There's no place to hide on the inside. This turmoil is merely an outward expression of frustration. The more value we place on the things out of our control, the less control we have. When we control the things we can control, we are able to find balance and our lives align with stability. It is easier to stay grounded rather than getting devoured in the chaos. Let us stay centered in our inside world so we can deal with the outside world better today.

(Daily Inspiration) Moving toward makes us feel alive. If we don't like where we are, move. Move on. Get out of the way or we'll get run over. Moving toward is a subtle shift that gives us a reason to be excited. Contentment comes from moving toward what we want. It gives us something to anticipate which creates more energy. When we say, "let's move toward xyz" it sets a goal and inspires action. Whatever we are meant to do, move toward it. No one owns our next move. Let us find things that inspire us to move toward something great today.

(Daily Inspiration) Who doesn't want to be interesting? We inherently have a desire to want to attract the attention of others so they will want to learn more about us or be associated with us. Who wants to be dull or boring? To be interesting, we must be interested. Others are interested in us when we are interested in them. We make others feel interesting when they feel better about themselves. Or we inspire hope for a better future. Let us be interesting by being interested in others first today.

(Daily Inspiration) Those that know more usually have less desire to say more. Those that know more focus on their vision and plan. They don't have anything they need to prove. They leave the chatter to others that think out loud which is often an indication they have not collected their thoughts in advance. Why overshare our opinions? More words are not a signature of intelligence. Great communicators and thinkers are articulate, focused, and clear. The more we know the less we need to say. We say more by actually saying less. Let us say less, do more and mean more today.

(Daily Inspiration) Creating a negative response in a volatile situation is like adding fuel to a fire. If we keep feeding the situation fuel, the fire gets bigger. Worse, it may spiral out of control. To squelch the fire, when we stop feeding it fuel, the fire dies out. Volatility requires energy. If we resist responding, the momentum dwindles. We then control the flame. When we control the way we respond, and that may be silence, we control the power in a heated exchange. Let us choose when, how to, or if we should respond, with elegance and confidence today.

(Daily Inspiration) Great success requires us to be distinctive, best or first. Being appealing because of an unusual characteristic is intriguing (distinctive). Serving with the highest degree of excellence is hard to find (best). Being first is where the risk is no matter what the situation is. It's risky to be the first one to step up and lead, to be the first one to speak up, to be the first one to call out inequality, to be the first one to put our heart and soul into a new idea, to be the first one to put our credibility on the line.... Let us be the first-rate version of success for ourselves today.

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(Daily Inspiration) With each experience, we are led one step closer towards our life's purpose. Life has a way of leading us where we are supposed to go whether we realize it or not. When we are in the flow of life, one event magically leads us to another. Magic happens when we are open to be led by faith where we have an unshakable desire to do something without evidence or knowing why. Let us step into the unknown current of life and see where it takes us today.

(Daily Inspiration) Our value proposition is anything we contribute that is desirable or useful. The more value we add to ourselves, the more valuable we are. The more value we add to others, the more valuable we become to them. In every relationship or situation, there is an exchange of value: new, more or better. New value is a game changer. More value is expansive. Better value is impactful. The key is to be valuable by increasing our worth. Let us be intentional and contribute significant value in whatever we do today.

(Daily Inspiration) All influential people are hopeful. Everything we do and expect is based on hope. Once we choose hope, everything becomes a possibility. To have hope, we must see a future. We must trust there is a path to our future with a goal guiding us in how to get there. Then we must be confident that we can get there by accomplishing our goal. The formula is simple if we truly have hope and believe we can make a difference. We can never lose hope. Let us radiate high-hope and know our actions matter today.

(Daily Inspiration) When life is peaceful, it's easier to get into a flow of experience that seems effortless. When we engage with people, places and things that align with who we are, the calmer life feels. Any other interaction, if we have a choice, is a poor use of our energy and time. If we aren't aligned with others that are striving to serve others and be better, nothing will change, and our growth becomes stagnant. Let us conserve our energy so we can move naturally and farther by being in perfect alignment today.

(Daily Inspiration) We can't give what we don't have. Our cup must be overflowing. It must be full of money, time, support, love, health.... If our cup isn't topped off, there's no excess to give to anyone else. If we don't have time to do what we must do, how can we give time to another? If we don't have enough money to care for ourselves, how can we give to another? If we aren't taking care of ourselves first, how can we fully take care of anyone else? We can't let our wellspring dry up. Let us fill our cups to the brim first so we can give more to others today.

(Daily Inspiration) Once we experience anything, good or bad, we are influenced by that experience and we can never go back to the way we were previously. It is the memory, the creativity, and the growth that comes from our experience that brings greater meaning in our lives. To be alive is to live out our experience. What is the alternative, to be dead or squelch the experiences from our life? We become more alive because of what we experience. Let us thank the powers that be for being alive and experiencing life to the greatest extent today.

(Daily Inspiration) The new superpower is concentration control. With information at our fingertips, knowledge is abundant. Social media and technologies create disruption. Previous time management techniques are obsolete. Now, it comes down to who can get into a focus zone of mental engagement and allocate their attention – not time - in the most effective way. Directing our attention on the most important thing and ignoring the trivial many supersedes our power. Let us use our mental energy and control what we concentrate on with our valuable time today.

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(Daily Inspiration) It's natural to want to have "the last word" in any conversation. But notice those that are willing to let it ride where they resist the need to be right and prove their point by having the last word. Chances are they are mentally tough. They are more secure in their beliefs. They have no need to prove their worthiness. Their strength shows in being able to suppress their ego. Wisdom is the maturity to know that confident silence is more compelling than having the last word. Let us be content with our own word even if it's not the last word today.