

Timeless Transformations

Daily Inspirations – August 2020

(Daily Inspiration) We have a choice to spend our time on either sustaining or improving. Sustaining time is associated with keeping things up and running. These are routine activities that form structures around our lives. Though important, sustaining doesn't help us leap forward. It takes a balance of both, but we never want to spend more time sustaining than we do improving. Sustaining is thoughtless. Improving is thoughtful. Improving is what matters in the larger scheme of life. Let us think bigger by spending bigger chunks of time on improving today.

(Daily Inspiration) Some people strive their entire lives to find their purpose. It's not as if it's a magical experience and our purpose just appears. It happens over time. First there's an interest. Then there is an enthusiasm – something that makes us feel exhilarated. Once we recognize that spark of excitement, we learn more about it, practice at being the best at it, fall in love with it and then start to serve others with it. It may take a lifetime and we must be attuned to it. Let us search for our spark and connect to our purpose today.

(Daily Inspiration) If we know our value, we don't need other people to do for us what we can do for ourselves. When we let others do the hard work for us, the less we grow. When we depend on others to build us up, they have the same power to tear us down. People in our lives come and go. There's no need to depend on others to set the price for our value. We are never worthLESS. We are always worthMORE. Let us be our greatest encourager and seek approval from ourselves today.

(Daily Inspiration) Success comes to those that are emotionally invested and success certain. No one can determine our success or failure until we decide it is so. Success resonates from within. It comes down to trusting ourselves and accepting the risk no matter what happens. It's an easy shift to act as if success is to be so and believe it. Let us wear the look of success today.

(Daily Inspiration) Our days are filled with things that are unexpected and out of our control. Isn't it refreshing to be with others that are flexible, e.g. willing to change a schedule, open to reprioritizing tasks, or approaching the way we get things done differently? Being inflexible just makes life more difficult and less fun. If things change why not say sure, great idea! Effective flexibility is going with the flow but staying on course. Let us be firm when it comes to deciding what our goals are but flexible in the systems that support how we reach our goals today.

(Daily Inspiration) Life isn't about getting through the day or living for the weekend. Life is about creating meaningful experiences that we enjoy. Only we can create our experience in the way we want to live. One experience may not be any more special than the other. It's simply our perspective about how we perceive it and how intense we make it in our mind. After all, it's our experience. Our experience doesn't belong to anyone else. Let us live each experience to the fullest in every moment today.

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(Daily Inspiration) Creativity is the one thing that sparks new ideas into being. When we feel stuck or complacent, a push in creative thinking can change everything. It requires that we draw from our experiences and knowledge and see things in a different way, then act on it. The more we create, the more creative we become. We either do what everyone else does or what has already been done, or we create something new by believing in new possibilities mixed with excitement. Creative thinking inspires us to change and be better. Let us find new things that inspire us and unlock our creativity today.

(Daily Inspiration) There are two kinds of goals: ultimate and practical. An ultimate goal is striving towards our understanding of what is perfect. It may only exist in our imagination. It's an ideal goal that leads us to what we hope to become. A practical goal is the object of our ambition or desired result. It's specific, measurable, time-bound and associated with an outcome or experience. Both types of goals need enthusiasm and anticipation to build momentum. It's said that make-believe is the basis for all motivations in life. Let us dream of our ultimate goal and be practical in our work to get it done today.

(Daily Inspiration) When we see someone or something that we deem as a measure of success, it's worthwhile to consider that a great decision was made to take action. Any decision is measured by a new action we take no matter how big or small. When our actions aren't aligned with our decisions, our decisions don't mean anything, or we haven't really decided because we aren't doing anything. What does it take to rewire our brain, so when we decide, we act, and then get results? Let us measure our success by our decisions + actions = the result of today.

(Daily Inspiration) It's inspiring to be around others that bring a charged energy to everything they do. Don't we look to find others that charge us up, as if we are plugged into an electrical current when we're around them? If we overheard someone describe us and they said, "she is electric," we would probably take that as a great compliment. Who doesn't want to be known as breathtaking, electrifying, heart-stopping, inspiring..... These are adjectives that kick us up into high gear. Let us activate every ounce of energy we have and light up ours and everyone else's lives today.

(Daily Inspiration) We can work ourselves to the bone and give everything we have to give, and it still may not make a difference if one thing is missing: Love. It's not about how much we do, but how much love we put into whatever we do that counts. It's not how much we give but how much love we put into the gifts we give. It's an easy thing to do; find more ways to put more love into what we do. It may be the one thing that can make everything better. Let us expand the love we put into every action today.

(Daily Inspiration) One paradox in life is we can have more if we become more, but it takes more to be more. A solution to the paradox is to focus what we can do, and not confuse the reaction of feeling less because we have less. Or, feeling more because we have more. All "more" means is a greater amount. Only we know what more means to us. One thing for sure, if we focus on having less or what we don't have, we'll never have enough. Let us be grateful and find the strength to work for our more today.

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(Daily Inspiration) If we are spending time pursuing goals that aren't taking us where we want to go, we need to ask ourselves why. Any misalignment between our goals creates conflict and emotional distress. Most likely the aim of one goal is hindering us from achieving other goals. Unless our goals have deep personal meaning and are clearly aligned, our chances of success are slim. Let us waste no time on anything that isn't taking us where we want to go today.

(Daily Inspiration) In any situation we have the choice to react, respond, or initiate. Reacting requires little effort. It's the easy way out. Responding takes effort but is usually only doing the minimum. Initiating is activating by starting something or getting the ball rolling. It's a higher-level skill that requires being proactive, researching, making suggestions, proposing new ideas, involving others. Initiators are influencers that make things happen. If we aren't initiating, we are following. Let us be an initiator with initiative and set in motion everything that is important today.

(Daily Inspiration) What is a deadline? The term was coined as a line drawn around a prison that if a prisoner passes, he is at the risk of being shot. We think of a deadline as a time something is due. Without setting a time for completion, we waste time. We allow our work to expand to the amount of time that is available for completion. It's easier to spend too much time on small tasks resulting in less efficiency. A boundary of time helps us be more structured and disciplined. Let us set time limits on every work task we do, that's due, and deliver today.

(Daily Inspiration) It's our responsibility to cheer ourselves up! We must create our own ray of light. No one else can do this for us. The quickest way to do it is through celebration. There's no reason we shouldn't celebrate the small things as well as the big things. Momentum is created through great habits, deep emotions with a positive connection with what we want, and successive wins! Let us cheer for ourselves and to all the moments of the great life we have before us today.

(Daily Inspiration) What if we turned the productivity measurement around so it's not about getting more done; it's about being able to do whatever we want, whenever we want. Or, to not do things we don't like to do or do things we've never been able to do before or want to do. That requires clearing our schedule, so we have less to do. That requires reaching out for help, delegating, or being OK with letting someone else pick up our slack or not doing it at all. Let us scrutinize the time we have and make time for the things we genuinely want today.