

Timeless Transformations

Daily Inspirations – March 2021

(Daily Inspiration) Being selfish in a negative way is to be excessively or exclusively concerned about ourselves without regard for others, especially those we care about most. Being selfish in a positive way is having confidence to arise from concern about our own well-being. We shouldn't feel guilty for being selfish if we are improving ourselves or making ourselves happy. Sometimes to be successful, we must be selfish or else we will never achieve anything we desire. The trick is to balance selfishness and selflessness carefully. Let us give back by being more selfless and less selfish after we attain our goals today.

(Daily Inspiration) Think about it. This moment used to be the future. That future, now the past, is here in the immediate now. The brain races and intently fills the space in between the present moment and the unknown future. This blank space, if not intently directed, is what causes us the most angst because we don't know what is going to happen next. Being intentionally directed isn't controlling the unknown and unpredictable things going on in our lives. It is being more aware of this blank space and controlling only what we can. Let us control our blank space in between every thought today.

(Daily Inspiration) Every obstacle that comes our way is a chance for us to become more aware of our power within. If we blame others for that obstacle, we give up the power to change. If we feel sorry for ourselves or wish for different circumstances, we give up the power rise. If we lose our enthusiasm because of the obstacle that's in our way, we give up our energy and hope for a better future. Let us decide to act, not react, when any obstacle stands in our way today.

(Daily Inspiration) Think about some of the most impressive and impactful people we know. What is the one thing that sets them apart? They usually make whatever they do seem effortless. They are calm but always deliver. They are prepared but do things more efficiently. They put in the effort beforehand but make it look easy, so they are confident. When others hear us complain about how tough we have it or how hard we struggle to get what we have, it lessens the impressive factor. Let us "be like a duck – calm on the surface but always paddling like the dickens underneath" today.

(Daily Inspiration) Sometimes we take many paths before we find the right one. Sometimes it feels like we are magically led to a path. Sometimes our path finds us. Sometimes we cross people in our path that point us in a new direction. Sometimes our paths cross with others for a reason. Sometimes a unique person is placed in our path for just a moment of time, but they leave a lasting footprint. Sometimes we travel back down a path but it's never the same. Let us follow our light and know that's the right path for us today.

(Daily Inspiration) Even though we aren't paranoid, it's common to let our mind wander, think the worst, take things out of context, then be bothered by it. This creates turmoil and burns up energy. When that happens, it's refreshing to stop and just stick to the facts. Why tell ourselves the wrong story? Why worry about what we think happened or what we think someone meant by what they said? We can't read anyone's mind and if it's not true for us, why do we care? Let us separate the facts and stick to what we know is true for us today.

(Daily Inspiration) The key to aging gracefully is when we understand that it is not our chronicle age that matters, it's our psychological age that counts most. How we feel, act, behave and stay fit is what feeds our inner fire. When do we stop being considered young? It's up to us to decide. Our inner age is ageless. We can be any age that we want to be. "Age is an issue of mind over matter. If you don't mind, it don't matter." Let us never let our chronicle age extinguish the fire of our innermost being today.

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(Daily Inspiration) Why are we worth more? Because we “outworth” more. It’s not about “outworking” it’s about succeeding in our worth ... being totally educated and prepared, being sharp enough to make the right decision the first time, being insanely efficient, doing what others have already done but much better and faster, minimizing unproductive behavior, letting busy work go and most of all, feeling the energy of gratefulness in knowing what our value is. Let us breathe in the power of knowing how rare we are and exhale in the power of sharing out our worth with others today.

(Daily Inspiration) Everyone we interact with is a reflection of ourselves. When we admire qualities in others it’s because we admire those attributes about ourselves. When we scrutinize others for their shortcomings, we may be magnifying our faults without even realizing it. Our life mirrors who we are. Other’s lives mirror who they are. Why look at our lives through someone else’s mirror? Let us trade our binoculars in for a mirror and see ourselves for what we are today.

(Daily Inspiration) How can we be a lucky charm? The only luck we get is the luck we create. And to be charming is to exude a compelling attractiveness that has nothing to do with physicality, and we can’t go buy it. Charm is that little something we can’t explain, an appealing quality, an element of *je ne sais quoi*. We can’t fake it. We either have it or we don’t. Usually, charming people do this one thing: authentically make others feel appreciated and valued so they feel better about themselves. Let us intentionally work hard to create our lucky charms today.

(Daily Inspiration) Finding meaning in life is a search of a lifetime. It’s up to us to find our meaning of life by giving our lives meaning. It’s no one else’s responsibility. How easy is it to love the life we live then live the life we love to the fullest? Many, at the end of their lives, find meaning right under their feet. It seems we find meaning most when we go through any experience that pushes us beyond our limits. Let us welcome any situation that pushes us to love beyond our best today.

(Daily Inspiration) Our day isn’t about checking things off a list. If we aren’t careful the list becomes our source of stress. It’s great to have a list but at the end of the day it’s the process not the prize that matters. We need to be reminded to keep the list in the forefront of our planning but we can’t forget the “to-be” list. It’s also about checking off things “not to do” to make sure we manage our time well. Let us not rush toward the prize and enjoy every moment of today.

(Daily Inspiration) It’s easy to get caught up in focusing on getting the most out of every situation. Sometimes that causes more stress or sets the expectations too high. If we turn it around and focus on giving the most in every situation, the energy and atmosphere seems lighter. We feel freer and more open. When we are focused on giving, it lessens the worry about what we have to lose so we can concentrate on what we get to gain. Let us be extraordinary by thinking about giving and who we are becoming today.

(Daily Inspiration) DR = RD. Daily Routines = Right Direction. Often, we think of a routine as boring. But if we make our routine goal-directed, it serves as a checkpoint to make sure we are moving in the right direction. Routines provide a framework for success. When our routine is a structure to ensure we are pointed in the right direction and taking steps to lead us to where we want to go, it becomes our guide. Days quickly add up to years and the years add up our total lifespan. Let us be inspired by our daily routine today.

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(Daily Inspiration) A great question to ask ourselves every morning is, are we working towards our vision or someone else's? If we aren't, we're helping that someone else work towards theirs, not ours. If we are working on theirs, chances are, they've outsmarted us and we're working for them. Sure, we all work for somebody and it may require us to work for others as a steppingstone to help us achieve our vision. But we still own our vision and it's in the forefront of everything we do. Let us not lose sight of our personal vision and keep our eye on the sky today.

(Daily Inspiration) Our single most influential power is energy. If we radiate positive energy, nothing else matters. Our circle of influence is in the energy of our room – zoom room, our physical space, our mind – wherever. Why stoop to the level of where we adapt to the energy of anyone else's room? It's a deliberate choice to fill our room with positive energy. We can send so much positive energy we can shift the vibration of any room we are in. We control our room. Let us be the influencer of positive energy in our room today.

(Daily Inspiration) When we've said everything, we can say to make those that matter understand, we can always try one more thing. When we feel like there's nothing left to give to those we love, we can always give just a little more. When the world says give up and move on, we can rely on that little voice that tells us we can stay. When we feel like there is little hope, we can dig deep to rekindle our spirit. Let us be the one that lights the way today.