

Timeless Transformations

Daily Inspirations – April 2021

(Daily Inspiration) Do we really need validation from others about what we do or accomplish? The way to find out is to ask ourselves, would we still work as hard and seek to achieve our goals if we never told another person about them. When and if we do seek validation from other people, why would we care about anyone that doesn't have the same values, or someone that we don't respect or care about? There's something refreshing about others that don't care about needing approval from others. Let us not apologize or justify why we need approval for the things we want today.

(Daily Inspiration) How do we become the type of person we want to be? The easiest way is to start believing it and behaving like it. If we want to be a successful leader, believe it. Behave like it. If we don't know how to behave like it, seek someone out that is already it. We can then ask ourselves, what would "it" do? "How would "it" respond? How would "it" behave? Why not go ahead and behave like we want to be treated and perceived by others? Let us believe and behave in the ways we desire to be today.

(Daily Inspiration) We have the power to be our best. All we need to do is make the best use of what is in our power, then let everything else play out as it happens. Being at our best is an incredible gift that we give to ourselves. This gift brings what others may perceive as luck when it's merely the preparation to become our best. By being our best, we can shake up our world. When we are at our best, we can spark change. Let us be at our best when our best is needed today.

(Daily Inspiration) What helps when we start the day in a slump? Or maybe when we are right on the crest of falling into a rut? One of the best things to do is check our vision and purpose. What commitment have we made to ourselves? What do we consider to be genuine so that our dreams will come true? For example, "***Be a spark of energy by serving others with my highest good.***" Only we can propel ourselves forward. No one else can do that for us. Let us be our leading encourager today.

(Daily Inspiration) When we start anything, we see the steps upward and it looks like we have a long way to go to get to the top. When we start anything, we see the steps upward and it looks like we have a long way to go to get to the top. But we take one rung at a time. With each rung, we realize it being an opportunity for success. The higher we go, the less crowded it gets. Before we know it, we're climbing higher. The air is lighter. There's more empty space. We can use that space to be more creative, reflective, supportive... If we fill up all the space, there's nothing left over. Then we feel overwhelmed and suffocated. Let us keep a reserve of empty space in our schedules today.

(Daily Inspiration) Are we an amateur or a specialist? The answer to that question will determine our fate for the day. An amateur is someone that is unskilled or inexperienced, unprofessional or has superficial knowledge. A specialist is an expert, a professional, a skilled practitioner. Who wouldn't want to show up as a specialist? A specialist can make any situation better and beautiful out of something complex and confusing. Even if we don't have all the details and skills, we can still bring a ray of sunshine and an element of enthusiasm. Let us act and show up as a specialist today.

(Daily Inspiration) New day, new thoughts, new strength! What a great way to start the day. What if today wasn't new. What if today was old, tired, previously existing? But it's not. It's brand new. It's fresh. We make it an original by making it our new day. We only need to do one thing: reject living backwards by getting our mind set forward. There's no reason to carry yesterday's happenings into our mindset today. Let us start with fresh energy and be grateful it is a new day today.

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(Daily Inspiration) We need others in our lives that make us better. It may be an influential leader, friend, colleague, family member, mentor, success partner..... This is a person that pushes us to reach higher. This person may even set a higher standard for us than we do for ourselves. They stretch us beyond what we think is possible for ourselves. These people are priceless. Without these people, we may not see the next level. We can't step up to the next level as long as we are stuck on the lower level. Let us make a stretch call to this person today.

(Daily Inspiration) Be lazy, be crazy. Be disciplined, be successful. It's harder to be lazy than it is to be disciplined. We usually burn up more energy thinking about what we need to be doing and dealing with the feelings of procrastination. Discipline offers freedom, empowerment, and balance. Laziness extends chaos, regret, and inner turmoil. The cost of laziness is disappointment. The price of success is discipline. We may not always be motivated so we must learn to be disciplined instead. Let us be guided by doing-it-now with discipline today.

(Daily Inspiration) We can search our whole lives or to the ends of the earth looking for our treasure only to find it buried in our own chest. Our treasure may be something we value, or someone we love – or whatever has great worth to us. What can be any more of a treasure than ourselves? We are a walking treasure chest, filled with valuables, jewels, golden nuggets, wisdom, love, self-worth. We can chase it, seek it in rewards and distractions outside of ourselves but the contentment comes from within. Let us find our treasure in our own chest today.

(Daily Inspiration) We process information real-time. Often, we listen and observe, then decide or judge instantly. That is what quick-thinkers and smart people do. But it can work against us. Our subconscious mind usually reacts quicker than our conscious mind. Sometimes we serve ourselves better by letting things unfold, independently of an immediate reaction. Why not trade judgement in for self-reflection? Let us use more delay-time than real-time judging and deciding today.

(Daily Inspiration) Sometimes we hear people say, or we say, "I've had the worst day." A worst day is the most extreme degree of bad. But what is a bad or worst day? It's all a matter of perspective. Our worst day is probably someone else's best day. I bet there are a lot of other people out there that would love to live our worst day. There's always a silver lining. Usually, the worst days teach us the best lessons. Let us keep our perspective and make it the best today.

(Daily Inspiration) As our life changes, so will our circle. We will outgrow people in our circle. Some people in our circle outgrow us. Some people are only compatible with who we used to be. Some people had the opportunity to move forward with us but they opted not to. Sometimes we need to step out of our circle, so we don't keep going around and around in circles. Life is always moving forward. The question is are we moving forward? Let us welcome personal advancement as a gift and opportunity today.

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(Daily Inspiration) Mental clutter in our mind is draining. This clutter is noise that deteriorates our energy. Clutter takes up valuable space in our mind. When we can clear our mind, it's easier to stay focused, find the best in the day, and see the world around us through a clear lens. Why not remove people and things that assume a full-time position in our thoughts? We can reduce them to a part-time or temporary position or give them up completely. Let us get rid of the junk so we can open up space for newness in our thoughts today.

(Daily Inspiration) Managing expectations is a balancing act. Expectations that are out of our control, when reduced to zero, bring the greatest opportunity for a bonus. We set ourselves up for success when we attach to expectations that are in our control. Everything else is an unhealthy attachment: people, situations, external forces... When we release the expectations that are out of our control, we are open to simply enjoy the way things are rather than what we think they should be. Let us enjoy all the extra bonuses that we receive today.

(Daily Inspiration) There is no such thing as a free ride. Sometimes we can coast but after a while, we must start pushing again. Otherwise, we come to a complete standstill. We may wait and wait and wait for someone to come help but at some point, we must get up and start moving again, pushing again. A life that is spent stagnant is a life that is wasted. When the ride of our life is over, wouldn't we want it to be used up with nothing left over or undone? Let us be free to make the most of every moment while riding this beautiful ride of life today.

(Daily Inspiration) When we get stuck in a rut, we probably got there because we let ourselves get comfortable. A rut isn't something we can't get out of. It's a habit or pattern of acting in a certain way that has become dull, repetitive, boring... we think it's hard to change but is it really? Maybe we are just doing the same thing over and over for too long. Being in a rut is simply being stuck in a habit of living. Maybe it's as easy as starting a new habit. Let us turn our rut into a smooth trail of being alive today.