

Timeless Transformations

Daily Inspirations – May 2021

(Daily Inspiration) What is money? Money is energy. It doesn't have value. The value comes from the energy we give it. Value comes from our dreams that we hope money will help us attain. No doubt, having money makes us comfortable but it never makes us whole. Money can't fix relationships. Money can't buy a family. Money can't bring us peace of mind. Money can't make us healthy. Money can't make us feel rich if we don't value our self-worth. Let us use the energy of our money to flow freely without attachment today.

(Daily Inspiration) We can look at our work in three stages: 1) work from paycheck to paycheck, 2) work from one job to the next job, or 3) work while playing from one adventure to the next. "Life is either a daring adventure or nothing at all." An adventure may be an experience that brings a surprise. It may expand our perspective. It may be a touch that alters our perception about love and life. It may be an inner shift of mindset that makes us come alive. Whatever it is, let us play in our work and find more adventure in today.

(Daily Inspiration) Integrity is said to be weighted as the highest characteristic in leadership. But what is integrity? Most people act on integrity by being honest, trustworthy, keeping their word, and doing what they say they will do. Isn't that just basic reliability? Extraordinary people act on integrity by being intentional in choosing their thoughts and actions based on their personal values. The core of integrity has more to do with clearly defined personal values and acting in alignment with those values. Let us serve our integrity by being in harmony with our personal values and use ourselves as our personal role model today.

(Daily Inspiration) What is the cycle of success? Maybe it's as easy as this. Whatever we put our effort into we usually become good at it. When we are good at doing something, it's easier. It usually becomes more enjoyable. When we enjoy what we are doing, we have more energy to get it done. We then become more passionate about it. When we are passionate about what we are doing, we work even harder to become the best at it. That usually becomes integrated into our purpose. Before we know it, we're in the flow. Let us step into the progression of success today.

(Daily Inspiration) Zero means none. One means done. When we create something new – something that no one else has thought of or hasn't been done before or existed, we move from zero to one and "won" and done. Doing that is what makes us distinctive. To create something from nothing and loving the experience along the way is golden. It may only come along once in a lifetime. It may be a gradual climb to move the needle from zero to "won." The ride of the experience makes life exciting. Let us keep the anticipation of moving from zero to hero alive today.

(Daily Inspiration) Everything we do can be a stacking step for becoming the person we hope to be. Stacking is building a new habit on top of an existing habit. Each new habit may only be a small step, a small win, but it's progress. Small progress is better than no progress. Stacking works because our previous habit is a cue that sends a signal to move us to the next level. This is a simple system for improvement. The trick is not to slip backwards. Let us cue up and make a leap towards our best today.

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(Daily Inspiration) What is the real measure of our worth? What are we equal to in value? What if we lost everything, how much would we be worth? Nothing of real worth can be bought like love, loyalty, credibility, and success. The law of value says our real worth is measured by how much more value we give rather than how much we get paid or receive. When we give extreme value to what and who we value, success and love naturally follows. Let us realize what and who is worth the value of our effort and what and who is not today.

(Daily Inspiration) If only. If only what? If only we didn't have to work. If only we had more money. If only we had the relationship of our dreams. If only we had our dream job.... If only is only the gap between where we are now and where we wish to be in the future. Sure, we plan, we dream, we work hard, we do our best but there's never a time to not immerse ourselves in the now or wish our lives away. Let us turn "if only" into "what is" and enjoy every second of what is today.

(Daily Inspiration) What would our day be like if we didn't have a dream to make it exciting? Just the possibility of our dream coming true makes life more interesting. Why would we risk not dreaming just because of our current state? It's easier to lift our spirits to dream about what we want rather than fret about what we don't have yet. Even if we don't see our dreams coming true today, we know our dreams are seeds that will grow into a reality one day. Let us keep dreaming about the power of our dream today.

(Daily Inspiration) When we invest in ourselves, the universe magically invests in us. The investment may be time, effort, money, resources – any energy that is going to contribute to our growth. Any personal investment, especially in our success, always pays the best interest. Why not make the investment BIG? Let us invest at the level of our future self today.

(Daily Inspiration) We all wake up hoping to see the light of day. The light means we are alive. We are given the gift of energy. Even if it's light outside, sometimes we need more light. The best gift we can give is to share our light or shine brighter. Sometimes that means pulling others out of their darkness or to increase our own light. It's easy to be a beacon of light. All we need to do is focus on positive emotions in our interactions. Lift ourselves and others up. Be grateful. Smile. Let us see ourselves and others in a better and brighter light today.

(Daily Inspiration) When something unfortunate happens during the day, a common response is, "why me?" What if our consistent response is "why not me?" regardless of if it's something unfortunate or fortunate? If it's unfortunate, we can say, so what, not everything turns out perfect. Or what can I learn from this? Why wasn't it me? If it's fortunate, we can say, why not me? No one works harder than me. No one is better prepared. No one cares as much. Why would it be anyone else but me? Let us stick to "why not me?" no matter what happens today.