

## **Timeless Transformations**

### ***Daily Inspirations – May 2022***

(Daily Inspiration) Stress will always be in the way of a good day unless we know how to manage it. Stress is nothing more than an emotional strain caused by adverse circumstances. The key is managing those adverse circumstances. Why not turn the adversity into personal growth? We can just as easily view it as an opportunity to bring contrast and resistance into our lives, which leads to deeper levels of reflection and expansion. Let us create conditions for lessening our stress and grow exponentially today.

(Daily Inspiration) It's easy to let our mind run on autopilot --- wake up, get routine things done, end the day, repeat. It takes experiencing something new to switch into a manual mode where we may not know what's coming next. That's when our mind wakes up and sets us on high alert. It is in that state of mind when we feel alive, challenged, excited.... Why would we risk letting our mind decay? Why wouldn't we do things that make us feel most alive? Let us carve out time to build at least one new and exceptional experience today.

(Daily Inspiration) Whatever word(s) we communicate after "I AM" becomes our experience. Whether it's positive or negative, it settles into our mind and becomes a self-fulfilling prophecy. Why choose to communicate anything that tells us what we don't want to experience? Like - I AM slow or I AM forgetful or I AM too old.... We control our script, even if it's in our mind. We control what we proclaim to be. Let us show up saying "I AM at my best" today.

(Daily Inspiration) Things we do for ourselves are gone once we are gone. The things we do for others are eternal. What we accomplish at the end of our lives is not as important as the moments we share, the actions we take, the people we love, and the mistakes we overcome. We are building blocks that accumulate wisdom with each new experience, and untested by those before us. There isn't an ending. There's just the place where we stop our story so others that come behind us can continue their story. Let us live a life that matters today.

(Daily Inspiration) Belief is the first step in getting anything worthwhile going. If we believe wholeheartedly, we usually intrinsically find a way to make things work. If we are hesitant and have doubts, we stumble on challenges and are less likely to find a work around. Why waste our energy if we don't really believe in it? Belief is like a power on button. If we believe first, taking action and finding a way is easier, and we are halfway there because it takes no convincing ourselves. Let our belief be the spark that occupies our mind today.

(Daily Inspiration) There is power in numbers. But it takes very little to be a number – one that joins in with a crowd and too weak to take a stand. It takes a whole lot to stand alone, outside of the crowd and follow a higher vision. Our willingness to stand alone demonstrates we are committed, we know what our values are, and we have a clear purpose – even if we must stand all by ourselves. Standing alone is better than standing with the wrong crowd. Let us be strong enough to do what is right and be prepared to stand alone today.

## **Timeless Transformations**

### ***Daily Inspirations – May 2022***

(Daily Inspiration) Who do we spend the most time with? Ourselves....me, myself, and I. Why wouldn't we learn how to fall in love with ourselves over and over, at the beginning of each day? Loving ourselves is how we show others we want to be treated. If we don't love ourselves, how can we expect anyone else to love us? Usually, on the days we love ourselves most is when we have the best of days. Loving ourselves might be one of the most important things we can do. Let us love ourselves first and balance everything else out today.

(Daily Inspiration) When we find our light from within, who needs a spotlight? Why not let others shine brighter since our light is already shining? We never know what another's circumstances are. Maybe our light will help brighten their day. And that makes the whole world a better place. Let us shine our light so bright that everyone we encounter finds hope in today.

(Daily Inspiration) Peace of mind is found when we are flexible, flowing through the day with ease as things change and don't go as planned. Usually, we can't change the circumstances anyway so why fret and get frustrated? Stable people are flexible people. Successful people are flexible when things are uncertain. Their resiliency shines through their open-mindedness and availability of options. Let us go with the flow and welcome alternatives today.

(Daily Inspiration) As we prepare for a new day there are so many things in the goings on that we can't control. We can manage our Enthusiasm, Expectations, and Effort ( $E^3$ ). Enthusiasm is contagious. Our Enthusiasm exerted during the day determines life's Enthusiasm toward us. We rise higher with high Expectations. Our Expectations set the intention for the day. Effort demonstrates commitment and interest. Our Effort exerted is in direct correlation to the results we achieve. Let us control our  $E^3$  to the power of three today.

(Daily Inspiration) Have we ever wondered how much of what weighs us down is not ours to carry... but we lug it around anyway? Sometimes it's because it is the right thing to do. Sometimes it's out of obligation. Sometimes it's because we are worried about what others might think. Sometimes it is a step towards our goal. Other times, it's a habit and we can't find a way to break it. Some of this heaviness we can control and some we can't. Let us think harder about what we can let go of so we can fly higher today.

(Daily Inspiration) With intention and focus, what we hope for becomes our belief system. What we believe becomes what we know to be true. What we know to be true is what we create. What we are creating then comes our experience. Before we know it, our experience becomes who we are. Let us use the power of our thoughts as the pattern for our actions today.

## **Timeless Transformations**

### ***Daily Inspirations – May 2022***

(Daily Inspiration) One greatest challenge is to be a winner at life. A winner wants to be successful in their career, physically fit and healthy, monetarily compensated, filled with friends and healthy relationships, living in a comfortable home, inspired in each moment, in love with their family – all at the same time. This is winning times 10! How do we not compromise any of them? Maybe the answer is to balance the alignment in how we distribute our time, then be present in each time slice allotment. Let us give each time slice our full attention and win at life today.

(Daily Inspiration) Creating ideas or doing something that no one has ever done has nothing to do with talent, smarts, or education. Innovation is not always brand new, but it's introduced with more creativity and energy, new and improved, and with a new slant and greater value. A lot of the time, others do not seem to see the need for it to be done or they do not have the tenacity to get it done. Let us act when an idea comes to us, or another asks what no one else has ever asked us to do today.

(Daily Inspiration) A miracle is everything from an event or action that contradicts scientific laws thought to happen through supernatural causes, to a shift in mindset. We have a choice to see life as though everything is a miracle. Or we can take things for granted and see it as an expectation... until something happens, and it's gone. We may not realize it because life is a series of minute-to-minute miracles if we notice... a woodpecker in a tree, a baby laughing, taking our next breath.... Let us realize our whole existence is a miracle today.

(Daily Inspiration) When we are under pressure, usually the last thing that comes to mind is to be graceful. We are wise enough to know to remain calm, speak cautiously, and not let anyone see us sweat (too much). But being graceful under pressure is a higher level of leadership. Grace is wrapped up in being smart and confident while being refined, effortless, elegant, dignified, and accommodating. Let us work with ease under pressure no matter what our challenges are today.

(Daily Inspiration) To be considered worthy, or worth anything of great value is to be respected. It is said that respect is our highest level of status. Who doesn't want to be highly esteemed and held in high regard? Earning respect is tricky. We can't demand it. We can't buy it. Power, position, money, or a title may give us authority, but it doesn't guarantee it. Respect only goes to those who deserve it, which is earned by their character, actions, and behavior. Let us be respected for what we plan for years in advance, and consistently practice in private today.

(Daily Inspiration) It's easy to get distracted. For most, it's just the way of working. It's not even considered to be a sign of unproductivity. Usually, it's one tiny thing that's missing: an intense, burning desire. We basically have two choices. We can either go around and around in circles, working in a "lack of progress" state of mind, and that leads to fanning the flame. Or we can step out of the circle and set clear milestones to help guide us towards the achievement of our goals. Let us get fired up and focus on a straight pathway to overcome any obstacle today.