

Timeless Transformations

Daily Inspirations – July 2022

(Daily Inspiration) At the start of the day, it's worth considering, what does it take to feel alive? We woke up. We're here. What do we do? Feel alive! What's the alternative, to feel dead or dull? Both are about the same. Why not stay close to things and bring things into our lives that make us feel more alive? What inspires us to take action to do anything, and when we do it, enjoy it and sustain it? Those are the important questions we should be asking ourselves. Let us hunt and chase whatever makes us feel more alive today.

(Daily Inspiration) When we dream about what we hope our lives will be, maybe the real question is, would we dream of the life that we are living today? If not, what would we change? If we have a dream and what we are doing isn't working towards that dream, why do it? Dreamers take action to fulfill their dreams. They imagine what the future could be at its best, then work every day towards it in support of that dream. Let us dream of great things and be inspired by the actions that will support those dreams today.

(Daily Inspiration) There are many things we take responsibility for when in reality, the responsibility may not be ours. The more we feel responsible for, the more stress we add to our lives. We aren't responsible for making other people happy. We can't control what other people do or how they think. We aren't in charge of knowing all the answers. Some things we just can't fix. We are responsible for our ability to respond. And that's a gift that we sometimes underestimate. Let us be free to respond intentionally to only the things we are responsible for today.

(Daily Inspiration) Tolerance for others that do not share the same mindset, values, or level of intelligence presents a challenge. How do we get better at being more patient, less judgmental, and more accepting? The more we grow, it's natural to want to leave others behind. It's more challenging to be interested in conversations or people that represent what we might consider a shallow level of thinking. A true test of empathy is to be tolerant of other's life experiences. Let us practice true tolerance in terms of what life means to others rather than what life means to us today.

(Daily Inspiration) Most people focus on the obvious. We may not realize it, but little things are big. Because they are little things, sometimes little things go unnoticed. Then all those little things pile up. It may be in a good way or a bad way. It's good when we take care of the little details, and those little details work towards the achievement of something big. It's not so good when the little things compound into a big issue, then we have a larger problem to deal with. Let us make great things happen starting with the little things today.

(Daily Inspiration) A habit is a developed behavior that is involuntary. Our habits are who we are. If we look at the things we repeatedly do today, we can predict what our life will be like in the future. If we want to do or be something better, start a new habit. Starting a new habit is easier than breaking an old habit. Let the old habit go. It's easy to stack up our habits with reinforcements, like when I make coffee it reminds me to stretch. Let us be who we want to be by changing and creating new habits today.

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(Daily Inspiration) Prestige is a commanding position with the power to influence the minds or behavior of others. Most of the time, those with a higher-level of prestige, let their credibility speak for itself. There's no need to draw attention to themselves because they are ambitious, respected, and results oriented. Their performance is elevated, so their reputation precedes them. Who doesn't want to be valued as prestigious? Let us define higher standards and exceed expectations in a unique way today.

(Daily Inspiration) To do the right thing or not? That's always the big question. To do the right thing if no one is watching is even a bigger question. To do the right thing and never tell anyone so that no one ever knows is yet the greatest question. If we know what the right thing is, then why wouldn't we do the right thing regardless because doing the right thing is the right thing to do. Let us do the right thing at the right time in the right way for the right reasons today.

(Daily Inspiration) We are successful in public for what we prepare for years in advance, most of the time in private, when no one knows how hard we work and how many sacrifices we made to "make it happen." What we do in private doesn't need to be seen or bragged about. That's why it's private. Unless what we do is highly visible, it's usually not recognized. Our success speaks for itself no matter if it's heard or not. Let us make our success resulting from the sum of all our work, made with authentic intention, and repeated in private today.

(Daily Inspiration) Giving to others, whether it's our time, resources, energy, or anything else, is a gift to ourselves. Not because we are showing that we are supportive or kind but because we are demonstrating to ourselves, we are enough, we have plenty to share, plus more to give. Sharing is a multiplier that brings more of everything back to us. Let us give to others using the abundance we have created in our lives today.

(Daily Inspiration) If we can't change our mind then we can't change anything. Changing our mind reflects an open mind. When our mind is closed, nothing new can get in. Why weigh ourselves down? Being open minded creates more peace because our mind is free and open to do whatever the situation calls for. When we are open, our mind can flow with greater ease. Let us be mentally flexible and readjust whenever we know we must change today.