

Timeless Transformations

Daily Inspirations – February 2023

(Daily Inspiration) Our greatest strength is to master what we can control on the inside. We control the energy we bring, our enthusiasm, our perspective, and our thoughts. We can't control how others perceive us, or what they think about us. We can't control what other people do or believe. Who cares, especially if we don't care about them. We can't control all the bad stuff that goes on in the world. There's more good than bad anyway so why not focus on the good stuff. Let us focus on our circle of influence and minimize our pressure today.

(Daily Inspiration) What if all we need to do is press an internal button and we become motivated, inspired, and ready to tackle any challenge that comes our way? What is that button? Is that button associated with the people we hang out with, our work, things that happen at a certain time of day, or whatever we do to have fun? It could be a lot of different things. The trick is knowing what that button is. What inspires us is the highest art of the day. Let us press our button and kick into high gear when we need it most today.

(Daily Inspiration) The essence of being alive comes down to two main things: our mind and ability to breathe. If our mind is in order, practicing our breathing is simple. Research says 15 breaths a minute is average. If our breathing jumps to 20+ breaths per minute, chances are we are under pressure. If our breathing is 10 breaths per minute, think about how calm we are. If we drop down to 5 breaths per minute, we usually fall into a meditative state. Let us give thanks and be mindful of our breathing so we can be cool, calm, and collective today.

(Daily Inspiration) Our intellectual repository of information, particularly in our profession, is our most valuable resource. If we are going to be leaders, we must have a bank of resources. We must store away our notes for easy access and reference later. We must organize these key pieces of information, so we don't waste time looking for synthesized information in the future. This organization frees our mind so we can keep what we've already learned and make space for learning new things. Let us be disciplined about building our intellectual capacity with acute organization today.

(Daily Inspiration) During our day we cross paths with all types of people. Some inspiring, some energy drainers, some kind, some rotten to the core, some we want to be like, and others we try to avoid at all costs. We can be thankful for all of them. Some serve as reminders of how not to be. Others remind us of who we aspire to be. Why treat anyone as badly as they are, or at the same level as they are? We miss an opportunity if we do. Let us treat people as good as we are and at the level of our best today.

(Daily Inspiration) One unique skill that sets us apart is the ability to calmly find order in the mix of chaos. While most are anxious during a chaotic experience, few can step up and unravel the confusion. Most can't see the order. Order is buried somewhere in there. An analytical mind can connect the dots logically. Once we see it, we can use the energy of chaos to spark change faster and make things happen. Let us find creative order in the moments of chaotic disorder today.

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(Daily Inspiration) We usually think of detachment as being indifferent, or separate, or aloof. Those with a higher sense of emotional maturity, however, use detachment as an energetic force. That's the ultimate state when we can accept anything that comes our way, knowing nothing is permanent – no matter how much we wish it to be so. We don't own anything in this world and most of it is out of our control anyway. Let us use detachment as an art, where we enjoy and love the present even more, knowing there is a possibility we will lose whatever we have at any moment today.

(Daily Inspiration) Rarely do we get something for nothing. It usually requires giving something to get something. If we do get something for free, it usually comes with negative karma or attachments because we didn't earn it, or we don't deserve it. Why would we expect something for nothing in the first place? There are few shortcuts. To get anything worth having takes true GRIT - Guts, Resilience, Initiative, and Tenacity. Let us learn and earn every nitty GRITty thing we get today.

(Daily Inspiration) Decisions are measured by one thing and that's action. If we don't act, no decision has been made. It just means we haven't decided because we haven't done anything. We can respond in four ways. Say "yes," say "no," say "I don't know", or say "I will decide later." We can always change our mind. Nobody, including us, should mind that. Decisiveness is an attribute of success. What we should mind is wasting energy agonizing over a decision. Let us be decisive with every choice we encounter today.

(Daily Inspiration) People believe people that believe in themselves. If we believe we are average, then average opportunities will come our way. In whatever we desire to be, we must align ourselves with that being, then of course work like the dickens to be it. Nothing comes easy. Self-belief backed by hard work breeds success. When we start treating ourselves as who we want to be, we teach people how to treat us. When we believe in our worth, we find it more challenging to be around people that don't value us. Let us believe in ourselves and live FIRST today.

(Daily Inspiration) Passion is the difference maker in anything we do. It's what separates the ordinary from the extraordinary. People with passion are naturally energized and they can energize everyone else around them. You will never find a group of people being led by a passionless leader. No one gets excited if the leader seems bored or unenthusiastic. Let us use our passion to boost our energy and take our abilities to an entirely new level today.

(Daily Inspiration) Joy is just an emotion induced by a state of "xyz." It's up to us to figure out what "xyz" is. For example, we might say, my joy is experiencing life in an emotional state of happiness, inspired by well-being, prosperity, and love. The key is to understand what "xyz" is for each of us. Once we know that, joy becomes our measure of success, which is the amount of joy we are feeling and experiencing throughout the day. What else is more important? Let us find our joy in every experience today.