

Timeless Transformations

Daily Inspirations – January 2019

(Daily Inspiration) Sometimes we push ourselves so hard that we think we've reached rock bottom. Then something snaps. We dig deep and our "other self" comes to the rescue. We don't know our limits until we've used every ounce of energy that we have. We have an innate ability to double our strength when the situation demands it. We are stronger than we think. When you feel like you can't go on, don't believe it because you are stronger than you think.

(Daily Inspiration) The like-ability factor goes a long way in life. We can possess all the talent, intellect, education.... Everything, but if others don't "like us" then no one really wants to be around us. How do we be real? How do we be the kind of person that others seek out? Be interested in other people just as they are. Let others be smarter than you. Lift them up. Give them everything you have and can. Build a mutual support system. Practice humility, be authentic and give generously today.

(Daily Inspiration) If we don't believe in our dreams who else will? Our dreams are the starting point for miracles to show up in our lives. Dreaming takes the low vibration of our thoughts and transforms them into higher levels of energy so we can do more and be more. Dream to be something bigger than yourself today.

(Daily Inspiration) Surrounding ourselves with people we admire is one of the best ways to accelerate our growth. Engaging with successful people that we know we can count on is worth its weight in gold. Why not spend time with people who are already the type of person we want to become? Tell someone that inspires you what an impact they are making on your life today.

(Daily Inspiration) Which is it? Today or One Day? One day is to procrastinate then one day turns into some day. Then someday turns into sometime. Then if we wait long enough, sometime turns into never. Today is the first day of the rest of our lives. Why not today? Don't postpone things you want to do today that you still won't do tomorrow.

(Daily Inspiration) Because we are awake today, we have everything we need to be the happiest person on earth. All we must do is remember or be reminded. When we add that with optimism, we get the sense our day is full of hope and opportunities that will lead us to success. If things didn't go well yesterday, there is no reason to rehash it today. Going over and over something that isn't working for us probably won't lead us to finding a solution. Steer your thoughts and conversations toward gratitude and having another opportunity to figure it out today.

(Daily Inspiration) To feel weak is to lack strength and power. Who wants to feel flimsy or give up on anything? One subtle secret to be aware of is anything or anyone that makes us feel weak. Energy suckers and confidence stealers show up in unsuspecting places. We feel it when we hit a dead end or get a sense of hopelessness. Our whole demeanor changes. Our posture slumps and we disconnect. Recognize it, take a deep breath and regain the confidence that we know is ours. Build a strong no-matter-what mindset today.

(Daily Inspiration) Friends and mentors come and go throughout our lives. We learn and support each other but just like a book, we close a chapter and move to the next. After experiencing a quantum leap of growth, we can't go back and reframe our minds as if we had not had those experiences. We are redefined. We are no longer able to live as we once did. Let the vision for yourself expand your future today.

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(Daily Inspiration) Transformational personal development is an inspired motivation where we are achieving a bigger vision and leading ourselves with the highest level of expectations. We are intellectually stimulated. We challenge everything and how things are now. There are no limits to where we are going. We push ourselves emotionally, spiritually and relationally. Rather than think of how we can achieve something we find others who can help us with bigger ideas. Be new, be relentless, and push yourself today.

(Daily Inspiration) We have the things we do because we are willing to do the things that most people won't do. Success is as simple as that. There's not much difference between average and exceptional. Mastering success is the art of becoming a better version of ourselves, over and over again. It doesn't come for free. It requires time, energy, commitment and learning. What got you here yesterday won't get you here today.

(Daily Inspiration) To be focused requires we remind ourselves of our core priorities every day. We know something is a priority if we are thinking about it, if we are spending time doing it, if we love it, if it's something we are investing time in to prepare for it, and if we are willing to give up other things for it. Create a clear future by staying on course with your priority today.

(Daily Inspiration) Leadership is not about pressuring people to do what they don't want to do. Leadership is about engaging people through a we-win-win: that is, what they want to do plus what you want them to do. If it's a we-lose-win, all we are left with as a leader is resentment, resistance and rebellion. Be a leader of influence by finding a match between what you need, and recognizing what others want by helping them get it today.

(Daily Inspiration) If we took the time to measure how we spend our time we might be surprised about the busywork consuming our time. Busy work may feel like we are getting things done quickly but without a purpose, we're wasting our precious time. Focused work advances us toward our goals while busy work is what we do to procrastinate and avoid purposeful work. We can't confuse being busy with being efficient or being busy on the wrong things. Stop doing busy work so you can do your best work today.

(Daily Inspiration) Trust is the foundation of all relationships. What are the red flags when we get the feeling there is a lack of trust? When someone criticizes others and the other isn't present. When someone changes their story/opinion depending who they are talking to. When someone treats those with little or no power with disrespect. When someone spreads gossip or misrepresents the truth. When someone doesn't trust others, it's a sign they don't trust themselves. Use your critical intuition skills if you get a twinge of inclination when connecting with others today.

(Daily Inspiration) When things are going great it's easy to forget about what we need to do to stay at the top of our game. The fact is, that's when it's most important. To be the best of the best and stay there requires that we innovate, create, inspire and learn. Why? Because everyone else is copying us. Plus, it happens fast. Without constant focus, one day we turn around and we're irrelevant! Keep WHY you are the best in the forefront of your focus and BE the best at what you do today.

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(Daily Inspiration) When there is an issue, the issue is the issue. It doesn't matter who is right about the issue. What matters is, what is the right thing to do about the issue? Resolving issues is why leaders are leaders. They inspire people to lift their game, map out a plan and connect the dots. Shift from right or wrong to what is best. Lead by leading without chaos. Lead others by getting them energized, focused and organized to resolve issues today.

(Daily Inspiration) There are two ways to give of our time: 1) Win-win where we are generous but protective of our time. When we give, we give cautiously making sure we give high-impact, natural talent that comes easy and is enjoyable. This type of giving is free. We can sustain our giving over time. And, 2) Lose-win where we are generous but take away time from ourselves. When we give, we set no boundaries, so we are left feeling burnt out, overloaded, more stress and behind on our own goals. The type of giving is tasking. By ignoring what is important to us, we exhaust ourselves and end up helping everyone else less. Today, know the difference between those who feed the soil and those who show up to pick the fruit.

(Daily Inspiration) What matters most is what we choose to focus on because what we focus on determines our experience. We can be overstretched by pressure or calm, cool and collected by order. Rather than agonizing over what we can't control, focus on changing all that we can. We can repeat what we did yesterday or change our pattern of thought and focus on what we desire today. Focus on what matters most as if it's a rudder guiding your life today.