

## **Timeless Transformations**

### ***Daily Inspirations – April 2019***

(Daily Inspiration) When we “show up” we bring a vibration signature with us. It’s the distinctive energy that surrounds us and moves with us wherever we go. When our vibration is low, our energy feels dense. Our problems seem heavy. We move in slow motion. Our thinking is dull. Our light shines lower. When our vibration is high, our energy feels airy. We’re faster, sharper and stronger. Our light shines brighter. We know we can accomplish anything. It’s easier to make connections. Let us align with high vibration people, places and things so we can move mountains today.

(Daily Inspiration) As adults, why do we ask for permission? If it’s outside of the status quo, most likely the answer will be NO anyway. If everyone asked permission for all the great things that have been done, we wouldn’t make any progress. We are here to give our best to this world. That includes our unique ideas and talents. The actions we take define who we are and who we will become. Let us give ourselves permission to be and do great things today.

(Daily Inspiration) Our world is huge. It’s only natural to fall into a trap of feeling small. It’s when we feel like no matter how much we do; it may never be enough and there’s just not enough time. Finding ways to climb out of this slump is key if we want to stay energized and focused. Maybe remembering this smallness is where our true purpose lies? Feeling like a small speck of dust can make us more connected to those that really matter. Time is limited no matter what we do. Let us forget about the vastness and focus on one thing and one person that really matters today.

(Daily Inspiration) Whatever we decide to do, no matter how big or small, reflects who we are. How we spend our money tells us what we value. Where we spend our time shows us what is important. What we read echoes what our true interests are. Our level of enthusiasm indicates our level of passion. Success is a planned mastery, not an accident. The choices we make are the cause and effect of our success. Let us look in the mirror and feel successful as a result of the choices we make today.

(Daily Inspiration) Influential people say less. While others let their ego take over and ramble, and are quick to be the first to speak, their words are less impactful. Others listen more intently to those that speak last because they show confidence to wait their turn. Saying less words that are on point breeds curiosity that spawns a conversation where others will listen. When the pattern of the conversation is reframed by what we say, it influences everyone else to think on a deeper level. Let us breed intrigue and hold greater influence by being articulate with our words today.

(Daily Inspiration) If we want to play the game we must step onto the court. Some say 50%, 80% or 90% is just showing up. It’s more than that. It doesn’t mean just arriving at a place in a physical sense. We must intellectually show up being 100% prepared. If we want to do profound things, we must show up with intent, commitment, enthusiasm, creativity and expertise. Just as important we must ask ourselves what are we showing up for and why? Let us rise up, show up, speak up and never give up today.

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(Daily Inspiration) Face it. We are limited in our abilities. We can't blink an eye and transform ourselves. Creating a better me is a process that requires an innovative spark within us or by someone else. Change happens when we integrate new ideas and opportunities for self-betterment into our lives. We can't watch from afar. We must participate directly in it, experience every moment of it and get better along the way. That's how we evolve to be a better version of ourselves. Let us bet on creating a better world, a better community, a better family by being a better me today.

(Daily Inspiration) Gratitude is realizing how lucky we are. It's more than saying thank you or showing appreciation. It turns what we already have into enough. It's a deep realization that what we already have right now in this moment is a miracle. It is our most basic response to life. The fact that we are breathing, the coffee we are drinking is steaming, the thoughts we are thinking are inspiring – is a true marvel. Being deeply grateful is a motivational force that changes our day and makes us feel like our life is meaningful. Let us turn greed and need into an attitude of gratitude today.

(Daily Inspiration) When our day includes juggling multiple priorities, we must be focused on what we're doing. It's estimated that 47% of the time we aren't focused. We give in to unplanned urgencies and trivial matters that distract us. Or we let different priorities bleed over into one another and it results in neutralizing our focus. It takes focused energy to determine what gives us more transformational capacity. It's easy to fall into the gap of focusing on unimportant tasks with less priority over important tasks with greater value. Let us focus on priorities rather than chase distractions and urgencies today.

(Daily Inspiration) When we ask for advice we are seeking encouragement that we are on the right path. We are looking for guidance from those we trust. We are showing respect because it makes the other person feel valued when we ask them for help. We get more useful advice when we take the time to completely describe what we need, THEN seek their advice asking for: lessons they've learned, similar situations in their experience, clarification, options, potential challenges, or their point of view. Sometimes we don't need advice we just need someone to listen. Let us know the wisest advice lies within ourselves.

(Daily Inspiration) Our capacity to shape the day is 40% attitude. The other is based on genetics and circumstances. That means up to 40% of our how day will turn out is totally under our control. We can deliberately look for the good. We can choose to be optimistic. We can use positive statements like, "I am confident we will find a solution" or "I am encouraged by the possibilities," throughout the day. We may not be able to overcome every challenge that comes our way, but a great attitude makes working through the challenge a whole lot easier. Let us use our attitude to steer our direction today.

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(Daily Inspiration) It's estimated that 3 hours of an 8-hour work day isn't productive. What if we capture 2 of those hours and use it to work towards our personal goals? We could minimize events, calls or meetings that don't need our participation. We could stay away from people that are time-wasters. We could set deadlines and walk out of meetings that run over time. We could limit social functions like lunches and non-eventful activities. All it takes is determination and saying no to anything that doesn't align with our success. Let us avoid energy drainers and focus on our overarching vision today.

(Daily Inspiration) We have the power to be our best. Being at our best is an incredible gift that we give to ourselves. This gift brings what others may perceive as luck when it's merely the preparation to become our best. By being our best, we gain confidence to achieve the impossible. When we are at our best, we can spark change. Let us be at our best when our best is needed today.

(Daily Inspiration) When we combine our greatest effort with our greatest strengths, we achieve great things. The equation is hard work and best effort + natural talent = maximum results. Focusing on our strengths and finding more ways to use them is far more effective than wasting time and energy trying to improve our inabilities. No matter how hard we try, we may not be able to improve our weaknesses, so our success is minimal. Our greatest opportunity for success is doing what we are passionate about combined with what we are naturally great at. Let us not lose sight of what we are great at today.

(Daily Inspiration) We must create more value if we want to be more valuable. The value we create is equal to the benefit of what we contribute plus our unique skills, like influential communication, passionate enthusiasm or the persuasive ability to work with others. We can only expend so much effort, energy and hours. Over and above that is plus value. Let us be rare by exponentially multiplying the plus in creating extraordinary value today.

(Daily Inspiration) A hierarchy of any kind implies those at the top are better than those below. The challenge is that most transformative people do not value a tiered structure. When power is controlled the desire to control the power is increased. Why not share the power so everyone feels empowered? Sure, someone must have the final say but no one has greater value than anyone else. Let us focus less on hierarchical positions and focus more on equalizing the value of all today.

(Daily Inspiration) Our body is our home. "If you don't take care of your body, where will you live?" Everything is so much easier when we feel great. How our body serves us is our most highly valued function. When we fall into a trap of putting work and other competing priorities before our health, we lose perspective and achieve less. Why wouldn't we do everything in our power to keep ourselves in tip-top shape? Let us use our body as a vessel to transform our potential into a reality today.

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(Daily Inspiration) Highly successful people know how to build relationships. Research indicates that our success is directly linked to people knowledge by 87%! So why do we invest so much time in other types of knowledge and skills? Why not spend our energy focusing on people skills. Most of us can link our successes back to the relationships we've cultivated in our lives. Great success is led by knowledge and inspired by people that will work with us. Build relationships with with others so they will go with you today.

(Daily Inspiration) If we want others to take an interest in us, we must be interesting. We're more interesting when we're passionate about our lives combined with the unique nuances we genuinely give to others. It's not enough to be interesting, however. We must be more interested in them than we are in ourselves. This compounded interest builds better relationships. Perk up with passion and pique another's interest today.

(Daily Inspiration) It's shocking to think that more than 90% of what we say has nothing to do with our words. Research proves that face-to-face communication is much more complex. In conversations where feelings and attitudes are being communicated, words only account for 7%. People may hear our words, but we radiate our message in an all-encompassing energy. The way we say it in our voice tone accounts for 38%. How we say it with our body language makes up the rest – 55%. Factor in prior rapport and reputation, no wonder it is so difficult to communicate. Connect with others by extending far beyond your words today.