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(Daily Inspiration) Sticking to a plan, seeing things to closure, being consistent are usually thought of as characteristics of strength. We may perceive others that change their mind, or even ourselves, as wishy washy, weak and inconsistent - as if it's a character flaw. Sticking to a plan, if it's the wrong plan, is worthless. Changing our mind is an act of confidence as we gain new insight and perspective. It's empowering to know we always have a choice. It's even more powerful when we clearly communicate the reasons behind why we are changing our mind. Let us be free to change our minds as we gain more wisdom today.

(Daily Inspiration) The science of body language is complex. The best and latest research says to project confidence when talking to someone, physically turn towards the other person so your heart is facing towards theirs. To show competence, turn your feet toward them, so it doesn't look like you are trying to leave. To connect with someone emotionally, put your phone away and out of sight. Let us use unspoken words to engage everyone we communicate with today.

(Daily Inspiration) What is the one small thing we can do to make the biggest impression? Do what we say we are going to do, always! We can spend time on formal education and learning. We can spend money on cars, experiences and clothes. We can keep ourselves fit and attractive. Nothing matters if we fail to deliver on our commitments. We can make a lasting impression by doing more than we said we would do. This is a major distinction because, so few do. Let great opportunities come our way because others know we will do what we say plus more today.

(Daily Inspiration) If we don't invest in ourselves, becoming irrelevant is inevitable. Just because we were relevant yesterday doesn't mean we'll stay there. Our past doesn't guarantee future success. The gap between how willing we are to learn and change vs. how quickly everything changes around us is how irrelevant we are. Being relevant gives us greater opportunities to make an impact on those around us because our ideas carry value. It enhances our ability to communicate about what we value and the causes we are passionate about. Let us be relevant in the future by learning and growing today.

(Daily Inspiration) Giving to others anonymously is the highest form of giving. It is extraordinary generosity. It has the greatest effect on the receiver because they are left in suspense feeling like anyone could be someone that *might* have been the giver. The receiver will see everyone around them in a more positive light. Our giving is expanded from one to many. For us, what we give is our gift. Let it be that without any recognition. Let us squelch our ego with altruism and give anonymously today.

(Daily Inspiration) The word "because" is the most powerful word in a persuasive context. The word "because" links cause and effect. We are more successful when we know the why and explain the reason. The reason for our why increases the motivation to be persuaded. Which

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would we be more persuaded to say yes: “Can I cut in front of you in this long line?” or “Can I cut in front of you in this long line because I have an important interview in 10 minutes and I’m late?” What we say after “because” defines our ability to be persuasive. Let us be persuasive because of the right reasons today.

(Daily Inspiration) When someone asks, “Where do you live?” we usually say a city. That’s not actually where we live however. We live in an earthly shell of a body. If we don’t take care of it, where else will we live? What else really matters? If our shell can’t provide support or a comfortable place for us to live, we can’t do anything. Everything is so much easier when we feel great. It is ridiculous to put other things before our health. Let us take care of ourselves so we can reach our potential today.

(Daily Inspiration) What is the one thing we could do to make the world a better place? It doesn’t cost a thing. It doesn’t take a special skill. It doesn’t even take much time. It just takes a nudge, a reminder and an unwillingness to not let the busyness of the day get in the way. That one thing is kindness. How we treat others has a ripple effect. It sets in motion a wave of kindness that multiplies with every act of kindness. Let us be reminded that kindness is a sacred thing in our world that can uplift humanity today.

(Daily Inspiration) It’s estimated that over 90% of our thoughts are useless. Thoughts like, *what will happen if I can’t get “xyz” done? What if I get sick? What does “xyz” think about me? I hope I don’t mess this project up.* Thoughts should work for us, not against us. Only we can decide what to or what not to think about. Why not think about how to solve an important problem? Or, understanding the knowledge we have or are learning and put it to good use, like how to improve our lives, careers, relationships, the world. Let us stop thinking about useless thoughts and put our minds to good use today.

(Daily Inspiration) Great achievement is easy when we maximize just one or two of our strengths. A strength is anything that produces “near perfect” performance consistently and almost effortlessly in a given activity. When we know what our strengths are and work to develop them, life gets easy. When we align our daily routine with our strengths, life gets even easier. Doesn’t that sound easy? Focusing on our strengths is about seeking opportunities instead of problems. And, managing our energy so we don’t need to invest as much time and effort. Let us do more of and improve what we already do best today.

(Daily Inspiration) Discontent with ourselves can either improve us or tear us down. If discontentment is caused by comparing ourselves to others, it’s self-deprecating because we value what’s right with someone else more than what’s right with ourselves. If discontentment is a wake-up call or an inspiration to motivate us to be better, it’s self-appreciating because we

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value ourselves and know we can do better. Discontentment can be used as our internal compass to let us know we need to get back on track. Let us be content to stay in alignment with our values rather than be discontent and influenced by others today.

(Daily Inspiration) Knowledge is power. But knowledge is powerless if we don't use it. We spend a lot of energy on learning. It goes by the wayside when we choose not to apply it. We know staying up late or eating unhealthily isn't good, but we may do it anyway. What good was the knowledge? Success is about acting on the knowledge where our actions changes our lives for the better. Great success is sharing our knowledge and results with others so they can learn and use our knowledge to make their lives better. Let us apply and share our knowledge so we can be better today.

(Daily Inspiration) When we have so many important things to do, how do we expand our mental capacity? One way is to use our best thinking on the most important things. That means we reserve our highest levels of energy for our best thinking and systematize repetitive tasks. Then, we don't have to drain our energy on things that are less important. It's easy to get bogged down in the busy work and not have enough energy left for the transformational, high impact work. Automate the mundane tasks or pay others to help. Let us strategically work the system so the system works for us today.

(Daily Inspiration) At the core of making anything better is creativity. It's the ability to bring something new into being. It's a higher level of energy that can point us in a new direction. Without creativity, it's business as usual; it's life experience as normal. It's challenging to be creative when we are overwhelmed with too much to do. We rarely have enough time to imagine, contemplate or experiment - yet unlocking creativity is the key to transformation and innovation. Let us tap into our vast pool of inner resources with insight, expertise and focused attention to be creative today.

(Daily Inspiration) The race in our life is against ourselves. If we can "stay in our lane," we can stay focused on our vision, our plan and our priority. There's no competition within the boundaries of our lane because we are doing our best. Our best is unique to us. There's no reason to look at others on the left and right. There's no need to measure our success against anyone else because they aren't in our lane. We own our lane from start to finish. Let us build strength from within and look to the finish line in our lane today.

(Daily Inspiration) Stress is a state of mental or emotional strain caused by adverse circumstances. So, stress isn't a thing. It's just an energy frequency that we feel when we think stressful thoughts and act on them OR experience stressful situations without the ability to

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change our reaction and experience. Stress saps so much energy, the mind puts everything else on hold so we can't think straight. Maybe the best way to manage stress is second by second by cultivating the ability to switch thoughts. The second we feel overwhelmed or powerless, find a way to take back the control of our thoughts. Let us manage our stress in the moment today.

(Daily Inspiration) When do we need to deliver or get something done: sooner, later or right on time? That's a million-dollar question. Precrastination (sooner) is just as bad as procrastination (later). Precrastination is our inclination to complete tasks in advance, before they are due or needed, just for the feeling of checking it off our list. It's also a mind game to make ourselves feel more productive by completing easy tasks because it gives us an immediate sense of accomplishment. Procrastination delays important tasks so when they're due, we feel overwhelmed. Let us get it right today and do what needs to be done right on time.

(Daily Inspiration) Achievement is not accidental. It's intentional. Something powerful happens when we firmly declare our intention. In 1962, John F. Kennedy declared, "We will put a man on the moon, and we will bring him back by the end of this decade." There was no room for debate when he made his claim. Why ask for permission? Permission invokes timid action. Why preface the statement with hope? That's wishful thinking. Why leave any room in our mind for the possibility that it won't happen? That gives us an excuse. Let us declare our intention and leave no room for a failed outcome today.

(Daily Inspiration) Powerful people know words have power. Consider removing disempowering words like "I think." These are protector words that weakens our message. It shows we are not confident about what we are communicating. It demonstrates that we are questioning ourselves. It's a qualifier that says, we may be wrong but it's only our opinion. Every word is our opinion. We don't have to preface our idea or statement with "I think." Let us shift the dynamics of our conversation from sounding hesitant to being confident today.