

## **Timeless Transformations**

### ***Daily Inspirations – September 2019***

(Daily Inspiration) Today is the beginning of a new deal: not a done deal. Why be concerned with who we are when we know we are becoming better? We are what we are today but that doesn't mean we are what we will be tomorrow. When we take responsibility for ourselves today, we become it. Life isn't about getting more. It's more about becoming more and being the best we can be today. To be what we can become only comes to an end when we draw our last breath. Let us become the person we are destined to be today.

(Daily Inspiration) Beliefs are all we are. Every action we take and decision we make is linked back to our beliefs. Beliefs embody our mental attitude about what we believe to be true. Our behavior reflects our beliefs. If we believe something is true, we behave as if it is true. If our behavior is different than what we say we believe, we are fooling ourselves because we don't authentically believe it. We are just acting out the part. What we believe is all we have. Let our beliefs be an expression of our values, intentions, actions and decisions today.

(Daily Inspiration) Trust is confidence with assured dependence about something in the future. Trust builds hope with reliance on the character and ability of someone or something. Everyone wants to be trusted but it takes work to consistently show up as being a trustworthy person. We can't be trustworthy some days and other days not. It's an all or nothing deal with behavior that is aligned with our intentions. Before anyone decides if they can trust us, they decide what they think about our character. Then they decide if we have the competence to be trusted. Let us seek to build trust in everything we do today.

(Daily Inspiration) Even overachievers and goal driven people procrastinate. It's common to consider anything we don't want to do as preparation and planning – not procrastination. When we procrastinate, we are keeping up with yesterday rather than today. Anything that is easy becomes difficult. Anything that is difficult becomes even more difficult. We don't need to have everything mapped out in advance, we just need to get started. Let us step out from underneath the research, the websites and books and get busy today.

(Daily Inspiration). Being stressed out about anything depletes us. It takes ahold of us and it won't let go. It separates us and keeps us from seeing new possibilities. If we stay in that state for too long, we lose hope. Stressed spelled backwards is desserts. The original meaning of dessert is clear the table. Let us clear our minds and fill it with everything sweet today.

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(Daily Inspiration) Working hard for things that don't matter is meaningless. This type of work becomes drudgery over time. Working hard for something we love or care about creates enthusiasm. When this type of work aligns with our vision and values, it creates passion. It becomes our personal meaning for living. No job or company is bigger than our vision. No one else or no-thing is bigger than our values. It is in this state of passionate work that we can make the impossible possible. Let us work with passion or find something else to do today.

(Daily Inspiration) One way to be incredible is to do things others aren't willing to do. A smart move is to look around and say, no one else is willing to do that so that is what I will do. Nothing can stop the person who will do whatever it takes. Bank on most people giving 50% maybe 75% or even a few giving 95%. But it's that last 5% level of energy that no one else is motivated to give. We must do what no one else does to get what no one else has. Let us have whatever we want by doing whatever it takes today.

(Daily Inspiration) What is one of the most underrated skills? Remembering someone's name. A name is more than just a word. It's the most important word in our vocabulary. When we address someone by their name, we let them know they are valued. We see them as a real person. It says to the other, this person remembers me because I'm interesting and they want to know more about me; they must care about me. I must have made an impression on them. I feel important. Let us give a subtle compliment and remember the names of those that we meet today.

(Daily Inspiration) Time is the energy of life. One way to make the most of it is to manage time by our energy level. Divide time into 3 categories based on levels of energy. When our energy is highest, remove all distractions and get the most complex things done. When our energy is lowest, do menial tasks that are no brainers. During off time or chunks of quality time, opt to spend time on things we are passionate about and things that make us come alive and give us more energy. Let us manage our energy as a way to stretch our time today.

(Daily Inspiration) Our day is meant to be great, yet unpredictable things happen. We can't let people, events or things bring us down and create a negative mindset. Life is too short to not appreciate every moment and enjoy the day we have been given. We can remove ourselves from the situation mentally. We can build a wall of positivity around us. We can bolster up our attitude and enthusiasm. We can inoculate ourselves from other people's stress and problems. Let us not let anyone ruin our great day today.

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(Daily Inspiration) An underpinning of great leadership is unshakable poise. It is to develop the strength of our self-assurance to a level where we know it can't be weakened. We know we've reached that level when no matter what happens in any situation, it doesn't impact who we are. We are stable and consistent. We are confident in how we communicate, move and perform. In setbacks we bounce back with an insatiable desire to be better next time. Let us be graceful, controlled and capable of handling any pressure that comes our way today.

(Daily inspiration) Even though we are more connected than ever, no one knows what it's like to be us. We are the only ones that understands our success. We are the only ones that knows how we feel when we fail. We are the only ones that knows what we need to do to turn things around or make things happen. Only we know when the timing is right to make a change. Only we know what it feels like to accomplish our greatest goals. Let us own who we are because the responsibility is only ours today.

(Daily Inspiration) What are the 3 words that define the easiest success strategy? Just Show Up! - including the good days and bad days, and when we are motivated or unmotivated. No matter what, Just Show Up, consistently. Research says that's 80% of it. It makes up for the 20% of expertise and experience we lack. Then, because we're in the game, we are learning, growing and gaining the experience needed to be successful in the future. That's an unstoppable, consistent strategy that wins every time! Let us show up, be fired up and ready to play today.

(Daily Inspiration) One of the best questions we can ask ourselves is how do we create an atmosphere to bring out the best in others? We may not be able to shape others, but we can influence the energy and environment. We can lighten the mood, listen, smile, empathize, offer help, be inspiring, recognize their strengths, make them feel like a contributor... these are things we can control. It's easy to lose sight of this and spend our efforts on things that don't matter as much. Let us seek to bring out the best in others and notice when we do this, we bring out the best in ourselves today.

(Daily Inspiration) Being overwhelmed is having too much to deal with or being charged with too many tasks. It's one of our great challenges: too much to do, too little time to do it, others making demands on our time and us wanting to focus on what we want to do. Sure, we can prioritize, schedule, identify time wasters, say no, delegate – but sometimes the best thing we can do is take a deep breath and not do anything. We can only do what we can do. Being overwhelmed occurs when we believe we must figure it all out, all at once. Let whatever we do today be enough.

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(Daily Inspiration) Do we love to be around others that beam a bright light of enthusiasm and energy? They inspire us, they make us feel better, they make us smile, they make us want to be better.... They don't even have to try. It just comes natural for them. What do they do differently? Chances are they focus on things that make them come alive. What engaging activities inspire us? What makes us be the best we can be? It's different for each of us but it's there. Let us find what makes our heart race with excitement and come alive today.

(Daily Inspiration) Maybe there's no search for the meaning of life. What if it's as simple as what we make it. We don't have to overthink it. Just being alive is the meaning. The world means nothing if we aren't in it. We give it meaning through our thoughts, words, actions, feelings, and behaviors. The meaning is merely our choice. When we chose a new meaning, the meaning of our life shifts. Let us find meaning by working for a greater cause, loving, appreciating and living life to the fullest today.

(Daily Inspiration) When we think of quitting, we correlate it with losing or failing. We hear, "winners never quit, and quitters never win." What's wrong with quitting? If we don't quit the things that don't serve our highest vision any longer, we won't have time for the things that are important to us now. If we don't quit the things that take too much energy and we are inherently not so good at, why settle for being average? Sometimes we must quit something to win at something else. Let us have the courage to quit those things that no longer serve us so we can be exceptional today.