

## **Timeless Transformations**

### ***Daily Inspirations –October 2019***

(Daily Inspiration) What would be the best goal for this morning? Start out by being excited about the day. If we aren't excited about doing anything we have planned, why do it? If we have a choice, why not avoid commitments that don't excite us? If we are dreading a task or being in a certain situation, think hard about just saying no or finding a way to get out of it. If we don't have a choice, just choose to be excited because you don't have a choice anyway. Let us be excited about everything today.

(Daily Inspiration) The sharpest people hold themselves to a higher standard. They seek not to be the same but to be better... to always take the high road. They also seek to surround themselves with others that hold them to a higher standard. It doesn't matter what anyone else is doing or not doing. We are the only ones that know our potential. There's also no need for excuses or need to explain to anyone else because we are the only ones we account for. Expecting more from ourselves is all we can control. Let us refuse to disappoint ourselves today.

(Daily Inspiration) To like someone is to enjoy a person just because .... And that could BE the CAUSE of many things. When we think someone likes us, we usually like them too. It sounds so simple but it's easier to trust and warm up to them and give them the benefit of the doubt. It's the same for us. We like people that like us. So why not practice letting others know that we like them, especially if we genuinely do? There's nothing wrong with saying, "You know, I really like you!" That one statement may change everything. Let us like to like those we like today.

(Daily Inspiration). When we "try too hard" it may be an indication that we need to do something different. It creates resistance and we feel a force field of energy that drains us where we are less effective. We aren't fooling anyone either because others can sense it. With accomplishment comes schedules, deadlines, higher expectations, more demands... but it comes with more stress. What comes naturally is usually the right thing to do. Things that are easy brings effortless which creates less stress and greater success. Let us be effortless in all we do by working in our natural flow today.

(Daily Inspiration). The act of giving is actionable and ongoing, not just a one time or occasional act. A truly giving person develops the act of giving by habit. Giving is their nature and they do it without keeping a tally or even thinking about it. The purest form of giving is not expecting anything in return and not focusing on the result of our giving. When we stop giving, we just exist without a deeper level of meaning in our lives. It is when we give that we can receive more than we already have. Let us give naturally with the only intention to make a difference today.

(Daily Inspiration) If we don't love ourselves, why would anyone else believe we are worth loving? Why would we say to ourselves anything that we wouldn't say to a friend? Or, why would we treat others better than we treat ourselves? We must give "me" a reason to love "me." It's a practice. It's not selfish. When we love ourselves, we don't need to compare ourselves to anyone else or look to others for validation. There's no need to seek approval because we are completely secure with ourselves. Let us give us a reason to fall in love with ourselves today.

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(Daily Inspiration) What if started our day and didn't have any challenges to overcome? There would be nothing to work on or creative solutions to propose. There would be nothing to learn or a need to think at a deeper level. Challenges bring meaning to life. Maybe we've been given our challenges because we are the only ones that have the capacity to find a resolution. The question we should be asking is, are we inspired by the challenge and is the challenge worth our time. Let us be thankful for the worthwhile challenges we are fortunate enough to receive today.

(Daily Inspiration) Life isn't a test. Testing anything is a waste because everything is relative to what we are testing against. There isn't any correlation between test scores and real-world success. How many times have we heard top 10% students working for average or below average students? There aren't any multiple-choice or true-false answers to choose from in real life. What if the true test for success is to inspire and leave each person, we meet better than they were before? Let us test ourselves by how many people we lift and let everything else fall into place today.

(Daily Inspiration) Successful people despise themselves when they feel lazy. It's when we are slow to do something or slow at not doing anything at all. It's when we evade growing or making changes in our lives because they are difficult. It's to allow ourselves to get into the habit of resting before we even start or get tired. Some might say they aren't lazy; they just prefer leisure or enjoy doing nothing. There's a time and a place to wind down, relax and be still. But we can't stay there. Let us be vivacious and hard-working today.

(Daily Inspiration) Most people aren't born with radiating confidence. This is the type of confidence where everyone in the room notices when you walk in. They become quiet and listen when you speak. What are the small things they do? They stand up straight with their shoulders back and smile. They raise their head, make eye contact, speak with enthusiasm and use good voice tone. We can all do that! Hunched shoulders, a look of worry and speaking with a whisper projects inferiority. This leads to a sinking feeling and squelches our influence. Take a deep breath and command confidence today.

(Daily Inspiration) Sometimes it's easier to just follow someone else. It takes energy, passion, enthusiasm, motivation – because that's what leaders do – they are inspired and can inspire others to make things happen. Everyone else is counting on us to lead the way. We can respond, we have an enlarged vision, we think in terms of new paradigms. We know we are highly valuable. We have greater influence and can act better than anyone else – and so can everyone else. We all can because we all add value. Let us not wait for things to happen by following someone else. Let's make things happen by taking the lead today.

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(Daily Inspiration) Think about a time where you have experienced an emergence of smashing success. It's a time when you suddenly realize, "this may be my breakout moment." These moments are scarce. There may only be a few moments like these that happen in a lifetime. The question is, what do we do in that moment? Be grateful, show our enthusiasm, give it all we got knowing how special it is, recognize the opportunity and build momentum for moving forward? Or do we sluff it off, waste it, downplay it, lose our confidence? Let us harness the power and maximize any breakout moment that comes our way today.

(Daily Inspiration) Energy is what gives us the ability to exert effort. Energy taxation are things that deplete our energy. Worry is the greatest taxer that saps us of our energy. It gives us the illusion that we are pre-planning. It's when we use our imagination to create things that we don't want to happen. Or, it's when we try and solve a problem that we can't solve or it's not even a problem right now. Why worry? We must change our thinking style that creates worry. Let us eliminate all worry about what might go wrong and get excited about what will go right today.

(Daily Inspiration) In every cooperative situation, people want two things: to get what they want and end on good terms without impairing the relationship in a negative way. Great leaders are masters at this through skillful negotiation. They do it by leveraging their influence, active listening and emotion. Their timing is perfect by not interrupting or disagreeing. They pay attention, ask questions, assess, pause and interject just at the right time. This moves the discussion forward in a positive direction. Let us use harmonious negotiation to create win-win strategies today.

(Daily Inspiration) Successful high achievers use competition to push themselves to be their best. It is an antidote to complacency, average and mediocrity. If competition is used to beat someone else, we set ourselves up for envy and disappointment. Life isn't a competition. It's about serving and helping others grow and helping ourselves reach our full potential. Let us be in competition with only ourselves today and be better than we were yesterday.

(Daily Inspiration) What do we love most about our lives? Answering this one question has the power to give us an instant boost in energy. Chances are it's the small things that money can't buy. Like, being free to choose what we do today, being provided another chance to get things right, being surprised by the unexpected or just seeing the beauty of the sunrise. If we look at our day with gratitude - love and beauty will reveal itself. Let us look in the mirror and meet the love of our life today.

(Daily Inspiration) What is our status symbol? Is it something we own or our level of education? Is it an indicator of wealth or social ranking? Is it an external meaning that shows a perceived value? Or is time, relationships or character? Does it matter what our status symbols are if we don't judge? If we don't judge, status symbols shouldn't matter. Should we not be the same person no matter who we are with or where we are? Let us reach the highest symbol of status with nothing to prove and no need to judge today.

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(Daily Inspiration) Raising the enthusiasm in any situation can be as easy as selecting high energy words. It takes a higher level of skill to be positive, offer suggestions and talk about what is working well. It's easier to complain, find fault and talk about what isn't working. Low energy words suck the life out of people. High energy words turn the electrical enthusiasm power on. Great things happen with enthusiasm. It's the key ingredient for success. Let us create a high energy environment so everyone around us is enthusiastic about the day.

(Daily Inspiration) Our success is intrinsic. It comes from within. It's our private victories, and often, no one else even knows about them. It's based on our emotions and how we internalize our personal success. It has nothing to do with anything extrinsic. Some of the richest and most extrinsically successful people are intrinsically unsuccessful. Success isn't even measurable. All that matters is how successful we feel about something that is personally meaningful to us – and it may not be reflected extrinsically for a long time. Let us be intrinsically committed to our private victories today.

(Daily Inspiration) Momentum is progress. It demands movement. It's a powerful push to help us finish what we start. Momentum alone contributes to 80% of our success. People that deliver are successful. Successful people sustain momentum. Highly successful people find ways to gain momentum. The more we succeed, the easier is to be successful and find more ways to continue being successful. Let us use our energy and enthusiasm to build momentum in everything we do today.

(Daily Inspiration) How we treat anyone is how we treat everyone because everyone matters. We may think we'll never see someone again and they don't matter. But, it's impossible to know when our paths may cross again. All our actions add up. Everything we do initiates a sequence of actions. We don't know how our actions may affect someone else. Life is a combination of every relationship, long or short, woven together. That determines how our life is revealed. Let us treat everyone that shows up in our path and know they matter today.