

Timeless Transformations

Daily Inspirations – November 2019

(Daily Inspiration) We think of the statement, “get lost” as a rude way to tell someone to go away. But when we say it to ourselves, it’s a blessing. When we find something that holds our interest so deeply that we forget about time and space, and we can focus our attention on it no matter what is going on around us – we’re lost. And that’s an amazing thing. That’s where our passion is. That’s what brings out our genius. That’s what leaves us feeling fulfilled. That’s our perfect zone. It’s our secret ingredient to successful living. Let us find things that we can “get lost” in today.

(Daily Inspiration) No one likes a bragger, and no one feels good about being one. At the same time if we don’t toot our own horn occasionally, who will? It’s a delicate balance between being boastful, braggish and conceited to being humble, unpretentious and proud. Maybe what we need is a “wing(wo)man” – someone that brags about us for us. Or maybe we can toot someone else’s horn for them and be their “wing(wo)man.” It’s the best way to elevate another to a higher level. Let us tread easy about bragging but be proud of the space we and others take up today.

(Daily Inspiration) What kind of a day would it be if we didn’t have a strong desire to achieve something great? A simple question to ask ourselves is what do we aspire to be and do today? That sets the direction of the day because aspiration fuels our energy. That’s what makes us come alive. When we raise our level of aspiration combined with our level of expectation, achievement is magnified. The side benefit is it raises other’s energy levels when we know what our aspirations are. Let us work on today’s aspirations for tomorrow’s achievements.

(Daily Inspiration) We hear everything happens for a reason, but we can add to it and say, sometimes the reason is that we don’t choose wisely, or we make bad decisions, or it’s our fault for choosing the wrong reason. If we know we made the best decision possible and we accept ownership for our choices, we can trust that eventually all the pieces will fall into place. It would be nice to know what that reason is, but we don’t have a crystal ball. What is meant for us will be right for us. Let us be at peace, live in the moment and be patient today.

(Daily Inspiration) Improving requires us to be intellectually alive. The day we stop improving is the day we start dying. We have a limitless capacity to improve. Why would we not take advantage of that? Each time we improve we grow, expand and evolve to the next level. Life is about renewal – learning something new, meeting someone new, going somewhere new, helping others learn something new. We can’t grow into our full potential by remaining static. Let us keep our brain in a state of renewal and come alive today.

Timeless Transformations

(Daily Inspiration) When we know we are doing the best we can, we feel it in the core of our being. Often doing the best we can falls short of our expectations but all we have is our best in this moment and it must be good enough. Doing the best we can with what we have is always enough and all that we can do. If we know we aren't doing the best we can, sometimes the best we can do is start over. Let us do the best we can and let everything else go today.

(Daily Inspiration) Our point of view is what we hold to be true. It's our judgement combined with attitude, opinions and values. It's our story from a 1st person perspective. What could be more important than that? If our point of view is powerful and we carry it with a sense of confidence, we attract like-minded people and fend off others. That alone positions us in a frequency of energy that aligns with ours. Let us be persuasive and audacious and bring a compelling point of view today.

(Daily Inspiration) Real encouragement is more than offering a pat on the back or saying, "you will do better next time." It is extending "courage" to another when they need it most – maybe when they make a mistake, seem overextended, down on their luck, or just not having a good day. A sign of encouragement during these times is far more valuable than any other time. Our greatest gift is to give others hope, build them up and help them believe in themselves – in a greater way than they ever have before. Let us use our courage to store up encouragement in others today.

(Daily Inspiration) Sometimes our success is just postponed. We like to feel we are in complete control, so we fixate on doing the right things right now. But there is no need to rush. If we aren't successful, the timing isn't right. Why be pressured by anyone else's timeline? Why let anyone confine us with their timeline of success? All we need to do is trust our own timing because it's tailored just for us. What is meant for us always happens at the right time. Let us know we are in the right place at the right time and doing the right thing today.

(Daily Inspiration) Our mood is our predominant emotion. It is our prevailing attitude that determines how we feel. How do we sustain a steadfast good mood all day? One way is to manage our energy levels. Notice when our energy is low, our mood is gloomy. We feel unmotivated. We see the glass empty. When our energy is high, our mood is more enthusiastic. Everything is brighter and everyone is nicer. We see the glass overflowing. We are more optimistic and get more things done with ease. Let us choose high energy activities so we can stay in a great mood today.

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(Daily Inspiration) Any relationship must balance between compromise and sacrifice. Compromise is reaching an agreement where both may need to make concessions. Sacrifice is having to give something up. It may mean to sacrifice something to something else that matters more. The balance between the two is complex. Compromise requires more work by both where sacrifice is usually one or the other giving up. Every time we sacrifice, we give up a piece of ourselves and if repeated over and over disproportionately, there is nothing left of us. Let us make fewer sacrifices and more compromises today.

(Daily Inspiration) The most powerful resource we have is our mind. How we use it determines our rate of growth. Our mind is to be used for creativity, not for disc space to store useless information. When our mind is out of space or fragmented, it's more challenging to be creative. Why not store cluttered, unimportant data on an external drive rather than use the memory in our mind? That might be an app or journal or index card. This helps us get details out of the mind and makes more room for new ideas. Let us use our mind power over our memory power today.

(Daily Inspiration) One subtle leadership advantage is mystery. An element of mystery keeps everyone else surprised because of uncertainty and unpredictability. With mystery, we offer something that keeps others puzzled. When others are left wondering, that creates a feeling of intrigue. That makes us extraordinary. Others not knowing what will happen next makes the situation more exciting, more intense. It elevates the energy of creativity. Let us enhance our influence with a little bit of mystery today.

(Daily Inspiration) A great day starts with being wholeheartedly alive. But what happens when we encounter those around us that are lifeless? These are others that are just going through the motions in life. Maybe their health has deteriorated. Maybe they gave up on their dreams or waiting for things to get better. Maybe they don't have the resources or know what to do to change. After a while, they become negative and stagnant. Seeing others in this shape is a reminder to not let ourselves cross over into a lifeless mindset. Let us support others and keep ourselves fully awake and alive today.

(Daily Inspiration) Why do high achievers take everything so serious? We think of failure as the end, then we concern ourselves about it way too much. Maybe we just stop. Maybe not forever but at least for today. Or maybe we just should start another time. If we aren't successful, chances are there's a better plan that awaits. In the meantime, why be so serious? Others probably don't notice, or they've already forgotten about it – and we are still stressing and depleting our energy. If it isn't life threatening, let us stop, let go, regroup and be more frivolous today.

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(Daily Inspiration) Finishers are leaders with the commitment, consistency and ability to “close the deal.” Few leaders finish strong when the going gets tough. Few finishes strong when everyone else is depleted. Few are committed to seeing things through to the bitter end. Few can motivate and raise the energy levels of others, so they regain their stamina. Few have the momentum to kick it in gear in the final stage. Exceptional leaders are exceptional finishers. Let us not start what we aren’t committed to finish and commit to finish what we start today.