

## **Timeless Transformations**

### ***Daily Inspirations – December 2019***

(Daily Inspiration) Where is that one place we go that is our safe haven? It's a place that is peaceful, supportive and free of judgment and worry? It's where our greatest hope lies. Why can't that place be inside us? It doesn't have to be external. All that matters is how we exist within ourselves. If it's not within us first, how can we expect to find it anywhere else? Let us create a safe sanctuary within ourselves wherever we are today.

(Daily Inspiration) When is the last time we put everything we had into something we want? It's not that we can't do it, we don't want it bad enough. When we want it as much as we want the next breath of air, we'll find a way to make it happen. It comes down to one question. How much are we willing to give? 50% isn't enough and neither is 95%. It takes 100%. Everything else is a procrastination. Let us create the reality we want by using everything we have today.

(Daily Inspiration) Being mentally strong is realizing the difference between stress and pressure. Pressure is when we feel something that we value is at stake depending on what we do. Stress is when we feel we have too many demands and not enough time, money or energy. Stress is easier because we have choices, like cut things from our to do list, decide we don't need to buy that thing or ask for help. Pressure is goal oriented and personal. When we can reduce our stress, we have more energy to work on things that are causing us pressure. Let us let our stress go and effectively manage our pressure today.

(Daily Inspiration) There are three things in life we can't get back, ever. The word after it's spoken. The day after it's gone. The results of our time after it's passed. We may think today is just another day. It's not an ordinary day. It's a special day that's given to us just for today. It's a gift that brings new thoughts and opportunities. The coming day tomorrow will be just as special. This evolutionary transformational outlook takes us to a new level that is a never-ending cycle. Let us treasure the gift of today and look forward to what tomorrow will bring.

(Daily Inspiration) Who do we know that is an overnight success? Very few because success can't be bought. It can only be earned. Success is different things for different people but most of us know, it's not the ones that "have the most." It's the ones that have striven through the journey, working in the trenches, climbing their way up and earning everything they've received. They figured things out for themselves. When you see these people, you can hear it their voice and see it in their confidence. Most of all, they don't need anyone else's approval. Let us stay focused on our path of success today.

(Daily Inspiration) What is that one thing that holds our complete attention once we start doing it? That's the thing that sharpens our focus and puts us in the flow. It's when we can work at optimal levels because our expertise, interest and level of challenge matches up, so we don't procrastinate or get distracted. If we can find a way to make a living out of that one thing, we never have to work another day in our life. Let us get in the flow on the one thing that provides an opportunity to be prosperous and achieve our best work today.

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(Daily Inspiration) We are all guilty of making our phone the first and last thing we see every day. Or, watching and listening to the sights and sounds of our phones rather than what's going on around us. This puts us in a reactive state because we are responding and receiving feeds of information that is pushed to us. Why not be the creators of our thoughts and live and be more? Even if we don't spend long periods of time on our phones, we scroll in short increments, which adds up to wasted time. Let us scroll less and stroll more today.

(Daily Inspiration) Life is busy. If we let mundane tasks, hard work, over-commitments take over our day, we hold ourselves back from experiences that build interesting lives and rich moments. Often, it's not about having time. We'll never have enough time. It's about making time that matters. If we make time for small, worthwhile experiences, the unfoldment of a big life takes care of itself. Let us gain control over our time by making time for meaningful experiences today.

(Daily Inspiration) Empowerment for greatness can be summed up in 3 words: Whatever It Takes (WIT). It's the gap between what we are doing now and what we are willing to do next. What got us where we are now may not get us where we want to go. When we use our WIT mindset, we make a vow that nothing will stop us if we are willing to do WIT. It's an easy mantra to remember. Let us use our WIT about ourselves and do whatever it takes to be as great as we want to be today.

(Daily Inspiration) Our dream is our creative vision for our life in the future. What if we started our day thinking about how we can make our dreams come true? That would align our priorities for the day. It would motivate us to define our dreams or remind us of what our dreams are. It's easy to get lost in the busyness of the day. We must have a dream before our dreams can come true. Otherwise we are left to be guided by our problems rather than led by our dreams. Or, we will be helping someone else build their dream if we aren't working on ours. Let us build our dream then let the dream build us today.

(Daily Inspiration) When we invest in ourselves, we are affirming our worth because we believe we are valuable. Money that we spend on education, skill development and self-improvement aren't costs, they are investments. When we look at our life as an investment, we are more interested in what we can give rather than what we can get. Investment lends itself to growth and transformation. Cost reeks of stagnation and expense. Let us feel free as we invest in ourselves today.

(Daily Inspiration) What are we waiting for? If we wait until we are ready, we may be waiting for the rest of our lives. When we are waiting, we are living in the past. That declares the extension of our current state. Sometimes we must take the risk or risk losing our chance. It's always our choice. One thing for sure, now is all there is. So, if not now, when? How long will we keep waiting? Let us take the next step to create what we want today.

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(Daily Inspiration) A sure way to do great work is to absolutely love what we do. When we love our work, we are willing to offer complimentary services, especially if there is an opportunity to learn. Why not use personal growth as the exchange for compensation? The result usually leads to greater opportunities, so we don't have anything to lose. It also provides exposure and legitimizes our skills. Plus, it feels great to offer value. Let us be generous with our talents and passionate work today.

(Daily Inspiration) Some people coming into our life as a gift while others are a test. It's easy to show gratitude for those that are true blessings. Our challenge is to be grateful for those that have something to teach us about ourselves. When we view those types of relationships as lessons, we can use it to our advantage. We can accept the test, look for the teaching and love the relationship regardless of what it is. Let us experience every relationship, good and bad, as a teaching in our lifetime lessons of learning today.

(Daily Inspiration) Without even realizing it we show others how we want to be treated by what we will tolerate. We even encourage it because we are accepting. This even goes for how we treat ourselves. Whatever we put up with is what we get. It's a sign of what we expect for ourselves. Why not define the highest version of ourselves and consciously shift our standards to that level then tolerate nothing less? We must own our worth. Let us stand for and accept only the best today.

(Daily Inspiration) Time anxiety is being anxious about wanting more time, feeling like we are wasting our time, feeling like we don't have control over our time and feeling like we are running out of time. Our day gets filled with interruptions, unplanned activities, endless chores..... We are left feeling overwhelmed because we know it's time we'll never get back. Once in that state of mind, even the simplest of tasks are overwhelming. All we can control is our response to how we use our time. Let us respond by knowing what is important in our lives then dwell in the present moment today.

(Daily Inspiration) Sometimes we lessen our influence by using low impact words. Without thinking about it or by habit, some words "just" sneak in. For example a word like "just" comes across as being apologetic. I "just" want to status with you to find out..... sounds like, "I'm sorry for taking up your time or bothering you." Think about removing these types of words. We come across as being more assertive. "I want to status with you to find out .... " sounds direct and confident. Let us use words that set us apart so we can be more impactful in our communications today.

(Daily Inspiration) Success isn't a competition. It's a differentiator. It's not doing better than the rest. It's first knowing what to do THEN do it different and go beyond what everyone else does. If we can find someone that does something better and different, that's success for us! All we must do is ask, what can we do different? That's how we rise above any competition. Let us be successful at differentiating ourselves and rise above any competition without competing today.

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(Daily Inspiration) Our atmosphere reflects who we are. Why wouldn't we design it to remind us of what we are aspiring to be? If we intentionally design our atmosphere to trigger things that remind of us of our vision and most important goals, it helps push us forward. It may be things like art, images, motivational quotes – anything that sparks a behavioral or attitude change. If we don't deliberately create it, we are left to chance whatever comes into our space. Let us use our purposeful capacity to design the best atmosphere today.