

Timeless Transformations

Daily Inspirations – January 2020

(Daily Inspiration) A spark of inspiration can ignite a fresh perspective or set a new direction in our lives. This spark comes from deep down inside and makes our mind shake with the excitement of new possibilities. The key is to know what sparks us then use it to illuminate our day. Our spark can be a flame that can change anything that comes our way. It inspires us to do extraordinary things and produce our best work. Let our spark be on fire with inspirational activity today.

(Daily Inspiration) No one likes a bragger. At the same time, minimizing our success is preventing others from sharing in our success. There is a time and a place to toot our own horn. The key is to share it with those that support us, don't feel threatened by us and are genuinely happy when we are successful. If we are authentic and unpretentious, we have a greater chance for our message to be well received. When we emphasize the hard work that was put into achieving our success, others respect us more. Let us speak of our success with gratitude and thank those that provide us with opportunities today.

(Daily Inspiration) The law of magnetism is, "who we are is who we attract." Magnetism is the power of all powers. Creating magnetism inspires and expands us to be more. When our heart is filled with gratitude, we are a magnet for miracles. To attract others, we must radiate magnetism from within. It's strengthened by our enthusiasm, attitude and energy. Let us be fully charged with magnetism today!

(Daily Inspiration) Have you ever noticed if you rearrange the letters in depression and drop the "de" - we get "I press on." "De" is a prefix that means removal, separation, reversal. No matter how we are feeling we can always reverse ourselves, turn things around and start moving forward. The easiest way to press on is to let go of what we can't change. That's when we can bring peace to the past so we can move forward in our future. Great things happen when we move. Let us be grateful for the ability to press on and do great work today.

(Daily Inspiration) What if we invested 10% of our earnings in ourselves? These include investments like education, mentorships, reading, special training, in our relationships, on well-being and health, vacationing and relaxing? What if we knew for every dollar, we invest in ourselves is expected to get a return of at least \$100 back? Our level of investment in ourselves demonstrates our level of commitment. It shapes who we are, the quality of work we deliver, the values of our personal relationships – everything! Let us commit to investing in ourselves today.

(Daily Inspiration) Intuitive wisdom gives us the visionary power to create possibility. It is being highly perceptive in taking notice of the everyday nuances and seeing the extraordinary in what seems to be ordinary. When we make a connection with the coincidences that happen during the day, we can make decisions faster. Intuition and wisdom are one of the few things that can't be automated or delegated. Let us immerse ourselves in the world of possibilities today.

(Daily Inspiration) Just as we are the average of the five people, we spend the most time with; what we read tells us what we are most interested in, what we value and who we are. We are what we read. What we take in influences our thoughts, the decisions we make, the work we do and the interactions we have with others. Reading to the mind is like water to the body. Let us read to succeed today.

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(Daily Inspiration) The challenge of achieving a certain level of success is we tend to plateau. That's when we reach a condition of stability and maximum attainment. Most people are wired to respond to the ordinary. Why stay there? Why put a limit on what we do? Why would we stop being innovative, living as creative as possible or re-inventing ourselves? The key is to break out of this numbness. When we are growing, we are energized, and we are less likely to plateau. This is what distinguishes us from everybody else. Let us lead ourselves to the next plateau today.

(Daily Inspiration) Surrounding ourselves with people we admire is one of the best ways to accelerate our growth. Engaging with successful people is worth its weight in gold. Why not spend time with people who are already the type of person we want to become? Let us find those we admire and let them know the impact they make in our lives today.

(Daily Inspiration) Which is it, TO or FOR? Changing that one little word "TO" to "FOR" can make a huge difference in our perception. Try it. If we say, "why is ___ happening TO me today?" we are placing ourselves in a reactive mode as if we are a victim of our situation or don't have control over ourselves. If we say, "why is ___ happening FOR me today?" it feels more deserving as if it is planned. We see it as an opportunity or blessing. Let us embrace all the things that are working FOR us and in our favor today.

(Daily Inspiration) How much money and time do we spend on trying to be better, trying to learn new things but in the end, we get the same result? If nothing is changing, we haven't really learned anything. We're just going through the motions. True improvement comes from learning to get better results, no matter what we are seeking to achieve – staying fit, being promoted, learning a new skill.... "The measure of true intelligence is the ability to change." We know what to do, we must be willing to change. Let us be better today by not doing what we did yesterday.

(Daily Inspiration) Someone that is charming is irresistible. It doesn't matter what they look like, how smart they are or what they do. They pull us in, and we hang on their every word and action. There's not an exact formula. They emit a captivating radiance. They shine their light on others and lift them up. Don't we wish we could bottle up a charm potion and drink it? Maybe it's as simple as focusing on our presence. Bring positive energy. Make others feel larger than life. Inspire every person we connect with. Smile. We can do these things and make a huge difference. Let us be riveting with our charming presence today.

(Daily Inspiration) Today is everything "up to now" - an earlier time and all the events that occurred before this current moment of time. To make the most of today we must make peace with everything "up to now" and release it. Otherwise it's a repeat and it becomes today's challenge. We didn't wake up to be ordinary. We woke up to be alive, and to be filled with energy and optimism, making the most of every moment. Everything "up to now" is in the past. Let us receive our gift of life, our presence for being here, in the present time today.

(Daily Inspiration) Most people evolve through their expertise and experience. Expertise comes from what we learned from the past but that's what it is, the past. Experience is based on solutions to past problems that we previously solved so it too "has come and gone." What the world needs now is fresh, creative solutions for today and tomorrow - ideas that are relevant and filled with energy and enthusiasm. Our opinions, experiences, education and advice don't matter if we aren't one step ahead and excited about the possibilities. We evolve by our example. Let us lead by that example today.

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(Daily Inspiration) IF is a condition of something causing a result. IF is one of the most impactful words in our vocabulary. IF we can cause something to happen, IF we can make a change, or IF any condition causes us to be happy or unhappy, it's just that – a condition. Why do we need to satisfy a condition? Why not be happy or feel successful regardless of the condition? "What IF what" or "only IF" are just rules we make up for ourselves. Let us remove the little word of IF and be unconditionally content with what is today.

(Daily Inspiration) When we are accustomed to things going our way, it's easy to become complacent. Then, if for whatever reason something doesn't turn out the way we planned, we can't let it bring us down. That's when we need to believe in ourselves more than ever. Our self-worth isn't determined by external influences. We know we can turn things around and be better next time. Why seek approval or wait for confirmation from another? Believing in ourselves is the ability to feel confident without anyone telling us because we already know it to be true. What we tell ourselves will either lift us up or tear us down. Let us exhibit self-belief first today.

(Daily Inspiration) Being ambitious is a passionate desire to achieve our dream: no one else's. It is an indicator of who we are. It's not coming from a place of wanting power to be better than someone else or conquering an insecurity. It's a deep-rooted yearning to go beyond ourselves and take charge of our future. It's what drives us to accomplish great things. Others get out of our way when they know what we want. Our value is no greater than our ambition and without ambition our potential is worthless. Let us ambitiously seize every opportunity and stretch ourselves today.

(Daily Inspiration) Our life is exactly the way it is today based on how we perceive it to be in our thoughts. Sure, everything can change in an instant, but our thoughts are powerful cosmic waves of energy that controls us in whatever we do. Thoughts fly in and out all day long. Whatever we keep thinking about, we give power. If we care too much about other people's thoughts, we turn our power over to them. Those that are masters at controlling their thoughts carry a golden key of success. Let us be empowered to become what we think about today.

(Daily Inspiration) To be fresh is to be new, interesting, exciting, energetic, enthusiastic... it's the process of reinventing ourselves – which is changing so much that we appear to be entirely new. But we don't wake up and become a new person overnight. We wake up and make small, intentional adjustments to be the best possible version of ourselves. A fresh start is not a new us or a new place, it's a new mindset. We can't start fresh if our mind is still full of yesterday's exhausted, worn out way of thinking. Let us reinvent ourselves with a fresh start today.

(Daily Inspiration) Beauty surrounds us when that is what we choose to notice. Sure, there is sickness, cruelty and misfortune but we can't control that. There are more overlooked beauties that go unnoticed especially when we are busy and focused on getting things done. Simple things like hearing a child laugh, seeing the sun shining bright, hearing a bird chirp, observing the beauty of a flower, passing by someone and they offer a friendly smile – these are the overlooked beauties that bring meaning to our life. Let the goodness that encircles us be an illumination of our soul today.