

Timeless Transformations

Daily Transformations – May 2019

(Daily Inspiration) Anyone that achieves greatness usually has a great idea. How do we come up with great ideas? How do we start generating a constant flow of new ideas? How do we trigger creativity, so we think differently? How do we get buy-in for any new idea we come up with? It's easy to get stuck in static thinking patterns. When we are careful about what we consume with reading, entertainment, people we interact with and experiences we participate in, we are better able to break old thinking patterns. Let us get our minds working dynamically so we can generate great ideas today.

(Daily Inspiration) Time is fixed. We can't control the number of hours in a day. Energy is flexible. We can control the quantity and quality of our energy. So rather than focus on managing our time, why not focus most on managing our energy? If a task, person or situation drains our energy, we can choose to avoid it or work through it as quick as possible. We don't have to surrender to it and wallow where we're too tired to get back on track. We are responsible for increasing our energy. Let us seek energy boosters that generate power for peak transformation today.

(Daily Inspiration) Have you ever been so immersed in what you are doing that you lose all track of time? It's as if there is a transformation of time where we are so focused that our mind is a magnet for peak performance. We shift into a new space of more meaning and aliveness. Some call it "in the flow" or "in the zone." That's when we are at our best. Lets us be completely engaged with what we are doing in the here and now so we can be at our best today.

(Daily Inspiration) If someone asked us, what's your greatest talent? It's doubtful we would say consistency. Yet consistency is what makes the real difference. It's doing what we say we will do. It's giving our best every day even if we don't feel like it. It's being persistent and following through all the way to the finish line. It's sustaining the same level of enthusiasm on the last day as we have on the first. Consistency leads to progress. Progress builds momentum. Momentum builds motivation. Let us use the cycle of consistency to exemplify our level of commitment today.

(Daily Inspiration) Notice when we are inspired at whatever we are doing, everything seems to fall into place. Don't you wish we could buy a bottle of inspiration – that adrenaline rush that pushes our mind and body towards greatness? Where do we get it and just as important, how do we sustain it over time? We all have the capacity to be inspired. When we are inspired, we are brilliant. Only we can find it for ourselves. Whatever it is within us, let us be inspired so we can change things, do things and be the things we dream about today.

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(Daily Inspiration) Whatever word(s) we communicate after “I AM” becomes our experience. Whether it’s positive or negative, it settles into our mind and becomes a self-fulfilling prophecy. Why choose anything that weighs us down or limits our abilities? It doesn’t matter if it’s words we say to ourselves or words we speak aloud. If we don’t have anything great to say about ourselves, why say anything at all? We can write the script of our day just by proclaiming who we are. Let us show up and say “I AM at my best” today.

(Daily Inspiration) Our time is too valuable to let the behavior of anyone steal our inner peace. We can consciously seek out others that bring a harmonizing calmness, and those that ignite our energy with enthusiasm. It is in that state where we can achieve the greatest of things. There will be people that pass through our day that make us feel agitated. There's a right time, right reason and right way to deal with them. We must let them go as quick as we can because being in an unpeaceful state makes the memory and emotion stronger. Let us not let anyone steal our joy today.

(Daily Inspiration) We think people care about what we say we are going to do. Most likely they don’t. Rarely do others congratulate us for something we haven’t finished. There’s a time and place to work in silence and rely on ourselves. Actions speak louder than intentions. It takes a lot of energy to talk about it and justify why we are doing what we are doing. Why not let our success speak for itself once the work is done? Let us refrain from making announcements and giving status so we can save our energy for the real, hard work directed towards results today.

(Daily Inspiration) Why rush the future and miss one moment of life? Can you imagine what a person would give for just one more moment if they were laying on their deathbed? We may want things to happen now, but chances are if we got what we wanted now, we probably wouldn’t appreciate it. Life is a maze. There are many detours and setbacks. Every step we take is a process that prepares us and steers us in the right direction whether we recognize it or not. So, there’s no need to rush. Let us stay focused and disciplined but at a relaxed and lighthearted pace today.

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(Daily Inspiration) A garden of fruit doesn't just appear. Seeds are planted and over time they start to break ground and grow. Our dream life doesn't just happen either. We set our foundation with the right education, discipline and hard work. Over time, we break ground and grow. What seemed like an empty dirt plot will produce a harvest to serve others. Just like fruit, we give ourselves up for the greater good. Let us plant the right seeds, provide the right nourishment and be open to serve with a greater purpose today.

(Daily Inspiration) Asking, "*How can I make things happen?*" might be the most important question. Things happen fast when there is an emergency or urgency. Emergency is a reactive response. Urgency is proactive action. Great leaders know how to create a sense of urgency that will capture the attention of others. They have an influential ability to communicate why things need to change rapidly. They know how to create an energy in others that pushes their mind and emotions into a higher level of performance. They create momentum in others to bring out their best. Let us use our best ability to make things happen today.

(Daily Inspiration) It's easy to spot someone that's charismatic. It's more difficult to put our finger on just what they do. What are these qualities that charismatic people have that others lack? Maybe it's passionate knowledge about something they are excited to share? Maybe it's the ability to focus all their enthusiastic energy on the person or people right in front of them? Maybe it's the joy they exude when they walk into the room and we sense they love their life. Whatever it is, they inspire us and want us to be better. Let us be charismatic so others feel stronger because we are here today.

(Daily Inspiration) Why would we let others do our thinking for us? The fact is, it's easier to ask someone else. That way, if it doesn't work out, it's their fault. Leaders think for themselves. They gather facts. They synthesize information. They ask questions. They use their best judgment with experience. They decide, believe it then act. Followers follow the leader. When we stop thinking for ourselves, we give up control and are easily manipulated. We sacrifice our ability to make decisions for our life. Let us place no higher authority than our ability to think for ourselves today.

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(Daily Inspiration) Sometimes achieving our goals is out of our control. The great news is that our response, behavior and choosing the next step is. We are the only ones that can determine our attitude and remove behaviors that impede our progress and waste energy. Our greatest strength is persistence – taking 20 steps in one direction, not one step in 20 directions; and resiliency – bouncing back after a setback with the same level of enthusiasm and getting back up stronger and better. Let us commit to progress, be consistent and take one step after another in the right direction today.

(Daily Inspiration) We start our day with one thing in common. We hope. We hope great things will happen. We hope for a brighter future. We hope to feel better about challenges that come our way. Keeping hope alive throughout the day may be one of our greatest contributions. People want something to believe in. Why not move our attention away from “what’s not working” and find a ray of hope in “what is working.” Maybe our focus should be how can we do more of what is working? Let us generate change by making our hopeful attitude contagious today.

(Daily Inspiration) We are in a position of power. We are empowered. There’s no reason to think about who is at fault for anything. There’s no reason to wonder why we aren’t happy. What gives us reason to think if we aren’t happy with the life we have right now on this very day, we can learn to be happy with the life we want or will have tomorrow? We respond to any and every situation as we choose. Let us serve from a position of power and be happy with where we are going in the future and where we are today.

(Daily Inspiration) Don’t you love it when you get a burst of inspiration and tap into a GREAT idea? Good ideas come from good people all the time. Great ideas come from people that are smart, big thinkers, stress-free, inspired..... Changing the direction in a conversation or creating an ah-ha moment is worth its weight in gold. We must free ourselves from the mundane thoughts that dominate our minds most of the time. We must share our ideas and invite others to collaborate with us. Let us use our ingenuity to be fresh, creative, original, inspired idea-generators today.

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(Daily Inspiration) What separates us from living or just being alive? Living is going through the motions of life, without a burning desire to do something or be someone. It's living without clarity and vision. Being alive is when we are so passionate about what we are doing and becoming, we enjoy every minute of it and everything about it. We lose all track of time. We appreciate every breath we take and every sunrise. It's about being intellectually stimulated and spending time doing things we truly love. Let us enjoy the experience of being alive today.

(Daily Inspiration) Notice who we follow, or who we listen to, or who we take direction from. What is it about them that causes us to be drawn to them? It's hard to put our finger on it but they have an "it factor." It's an element of charm and charisma that make them more persuasive. It's rarely their job title or position of authority. It's their authenticity, warmth, smile.... those soft skills we can cultivate. Let us use our "it factor" to be influential and transformative today.

(Daily Inspiration) True leaders are experts at doing this: they have the expertise and capacity to stand up, speak up, share their experience, propose a new idea, lay out a plan to act and get everyone else to buy in to it. Everyone else doesn't because their confidence holds them back, they don't recognize their value, or they are concerned someone else in the room will undermine their influence. At the root of all purpose is that we are here to make the world a better place. Let us take a risk, take a stand and make things better today.