

Tiny Transformations

Daily Inspirations – March 2019

(Daily Inspiration) Powerful leadership is needed every minute of the day no matter what we are doing. If things are going to get done, it takes power. It also takes other empowered people to help. Power is strength. Powerful leadership is our capacity to influence others and empower them to do great things. A powerful leader gets others to help by giving them their power. Power isn't worth anything if it's not shared. Lead by being the first to share your power today.

(Daily Inspiration) Our day isn't about checking things off a list. If we aren't careful the list becomes our source of stress. It's common for the list to grow as our day slips into chaos. It's normally because of competing priorities with too many things on our list to get done. It's great to have a list but at the end of the day it's the process not the prize that matters. When we live the actual moment, moment by moment, then only this moment becomes our life. Don't rush toward the prize because only this moment is your life today.

(Daily Inspiration) One way to conserve our energy is to see a person or a situation for what it is. It's difficult to come to terms with but sometimes a person is beyond saving. Their values and work ethic don't align with ours. Send them well wishes and move on. If we are confronted with an unpleasant situation and there is not anything, we can do to bring up the energy, find a kind way to be excused and leave. When we can rise above is where we find extra power to fuel our energy. Our energy is our most valuable asset so we must use it sparingly. Know when to hold and when to fold today.

(Daily Inspiration) We can spend hours reading, thinking, talking and planning what we are going to do. We can watch others do what we want to do. We get ourselves wired up, but then fall into the trap of not taking the next step. That spark of enthusiasm dwindles into a wait state – delaying until tomorrow, pausing until everything is in order, or waiting on whatever our mind can come up to justify our lack of action. We know what it takes. Just like $1 + 1$ doesn't equal 10, expecting not doing anything + great rewards doesn't equal success. Get up, get going and start to work today.

(Daily Inspiration) Our "Je ne sais quoi" is our personal brand. It's the indescribable quality that others can't put their finger on they just know we are special. It's the unique characteristic that drives our success. It's the urge to be the best we can be no matter what we do. It's what we stand for combined skills and experiences that make us, us. All these things intertwined with how we relate to others is our defining differentiator. Let everything you do carry weight because it all counts today.

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(Daily Inspiration) In every relationship there is an underlying exchange of value. If we aren't adding value by contributing to others in a meaningful and positive way, we're just deadweight – maybe even a liability. Our value is an invisible scale that measures our level of importance to another. It's our invisible worth. We may not be able to put a price tag on it but the more value we add, the more invaluable we become. Adding value is how we get others to believe in us. Let your value multiply by not having any ulterior motives and genuinely having another's best interest in mind today.

(Daily Inspiration) It's easier to be 100% committed than anything less. Less than 100% is a mind game that says, "I'm giving myself an out because I probably can't do this." Then our mind attracts reasons why we can't be successful at 100%. Do we really need a safety net? When we set the bar at 100%, we trigger our mind to push through any obstacle that comes our way. Plus, we don't have to waste energy spending time motivating ourselves. We are already motivated at 100%. Go for 100% and nothing less today.

(Daily Inspiration) How would our day unfold if we changed a couple of words in our vocabulary? Rather than say "I don't have the time" say "I will make time." Substitute "maybe" for "absolutely." Eliminate "I can't" with "I can." Swap "if only" out for "I will." Tweak "I don't believe" to "I'm sure." Our words signal our values and beliefs. When we say and think positive thoughts, it enhances our experience. Embrace the positive and eliminate tentative words from your language today.

(Daily Inspiration) In our countless daily challenges, we have an intrinsic will to rise-up. We reach up for a helping hand. We call out for wisdom from one beyond ourselves. We reach into the depths of our soul and search for guidance. During the process we gain strength. We are transformed while we work through the challenges that come our way. It's easier when we trust the process. Have patience to wait for your situation to become clear as you gain strength to rise-up today.

(Daily Inspiration) Personal growth can be simplified in 3 categories. UP - learn from someone that has more experience. These are others that can push us to the next level and help us see greater possibilities. DOWN – help someone that has less experience. To mentor anyone we must be a master and understand our own skills at a higher level. AROUND – learn from others at the same level to enhance our learning. This creates a deep connection with others that synergizes what we can accomplish. Grow UP, DOWN and all AROUND today.

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(Daily Inspiration) The respect we receive from others is a direct reflection of the respect we give ourselves. If we focus on our weaknesses, we give others permission to focus on them too. If we don't keep a promise that we make to ourselves, why should anyone else keep their promise to us. If we aren't willing to listen to others, why would anyone listen to us. We can't control if others respect us or not. We are the only ones that can measure what we do and evaluate ourselves based on our standards – no one else's. Let others naturally respect you because you respect yourself today.

(Daily Inspiration) Our attitude at the beginning of anything we do affects the outcome more than anything else. To start with, attitude may be one of the few things we can control. No matter what happens, our attitude gives us a "success" perspective. As we work through the day, find simple reminders to consistently express a positive attitude. It's the most underrated secrets for how to have a successful day. It's this little difference that makes a big difference. With all things being equal – attitude will always win. Even if things aren't equal, let your attitude lead you to your success today.

(Daily Inspiration) We take notice of successful people. On the outside they are calm, cool and composed. They act like they don't have a care in the world. Everything seems to go their way. They have what they need when they need it. The right people come into their lives just at the right time. They meet their goals and they deliver. What we see is probably 1% of that person. What we don't see is the other 99%. That's when they are working strategically towards accomplishing their goals. Hustle when no one is watching you today.

(Daily Inspiration) Who we value in our lives is evident by the amount of effort we expend on them. We give them 100%. Everyone else gets the leftovers. Let your effort be in alignment with your actions and let your actions runneth over for those you value today.

(Daily Inspiration) Persistence is when we stand firm in a course of action in spite of the difficulty or opposition. Anything worthwhile achieving requires persistence. It's always uphill. Our dreams are free but the journey to realize them aren't. Persistence is what we pay to see our dreams come true. Pay the price and stick with your dream today.

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(Daily Inspiration) There's a time and a place to think big and act big. Unfortunately, there are few ways to take short cuts that make big things happen. Quantum leaps of achievement comes down to thinking big but taking on small tasks working towards that big thing. High achievers start small after thinking big. They show up every day, committing to the long haul with small consistent actions. Leverage the power of progress to make big things happen today.

(Daily Inspiration) The HIGHEST of high achievers set themselves apart by doing this: they do what high achievers aren't willing to do. They expect anything they do will be difficult. They don't underestimate it. They aren't surprised. They are tenacious. They know they must stick to it or they won't achieve anything. They create their own success by thinking strategically and working hard. Find what high achievers won't do and do that today.

(Daily Inspiration) Persuading others to believe in us is a science. If we want to be a force to be reckoned with, it may be that we must do it, then say it. It feels great to announce our plans or set an intention about what we are going to do. But there's nothing more persuasive than putting in the hard work and having the evidence to back it up. Some need to see to believe. Keep your plans to yourself and produce concrete results today.

(Daily Inspiration) Self-confidence that we can do what we need to do successfully is the foundation of our day. It's what we think about in our mind as evidence, where we know whatever comes our way, we have the wherewithal to overcome any obstacle. It's a spinoff of prior success. The caveat is that we must do the work and continue to grow so we can keep the foundation strong. Otherwise our confidence will weaken. When we put in the effort to be the best at whatever we are seeking to conquer and we are prepared, our confidence will shine through in our eyes, smile and posture. Earn your confidence with yourself first today.

(Daily Inspiration) When we are winning, we are invincible. We feel like nothing can stop us. Winning magnifies the positives. Any problem we encounter seems insignificant. The more we win, the more energy we have. Our confidence increases. We are never losing but if we feel we are, our confidence drops to a low point. Vulnerability creeps in. Squelch that! We are winners regardless of any external outcome. Let your values and personal strategy influence your actions and behavior today.

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(Daily Inspiration) It's easy to look at someone that is successful and think, everything comes so easy for them, or they are the luckiest person I know. Everything they touch turns to gold. But, what we don't see is how hard they work when no one is watching, or what sacrifices they had to make, day in and day out. We usually see the visible accolade. Success is a sacrifice. It's private. It requires sacrificing what we want right now to use our time and energy for something much greater, and that brings us closer to reaching our goals. Let all of your private accomplishments lead to a visible accolade today.