

Timeless Transformations

Daily Inspirations – July 2020

(Daily Inspiration) What if we practiced "here and now-ness" – that is being all there, wherever we are, in whatever we are doing? Successful people multitask. We set stretch goals for ourselves. Our expectations are high. That coupled with so many distractions, it's difficult. Our brain reminds us that we need to do something else while we are trying to be "all there." What if we are 100% intentional about being 100% present in whatever our single priority is at the time? Otherwise, we are stuck in the middle, being half-way there. Let us be all in or get all out today.

(Daily Inspiration) When others support us it's a reflection of their interest in us. It may be small things, random acts of kindness or unplanned tasks. Receiving support is more about time and effort. These are things we can't buy. This type of support stirs connection and relatedness. It makes the person being supported feel valued. When we are supported it inspires us to support others because it's a reminder of how nice it feels. It creates a ripple effect and influences our behavior in a positive way. Let us say yes and be grateful others are willing to do nice things for us today.

(Daily Inspiration) Success is all about results. The result is the true test of competence. Everything else is hype, all talk, busywork, or excuses. If we think of our goals as the process and our habits as what lead us through the process, we gain directions to guide us. We can plan all day long but at the end of the day the result is all that counts. If we are clear on the result we desire, it's easier to reverse-engineer and plan backwards as to how to achieve it. Let us play the picture in our mind and focus on the end result today.

(Daily Inspiration) We are a living, breathing, invisible magnet. We pull others toward us by our thoughts, words, and actions. When we enhance our personal magnetism, we sense it by how others react to us. When there's a match, the magnet multiplies in the level of energy. It can be positive or negative. It can increase or deplete. The more positive increases in magnetism we create, the more exciting life becomes. Let us magnetize and create synergy with the right people today.

(Daily Inspiration) When we accept 100% responsibility for everything in our lives is when we are able to change. No one is coming to rescue us. This life is ours and we are 100% responsible. There is no one we can blame for anything. We have the power to create the conditions in our lives. We are the only ones that are responsible for our actions. Let us be accountable and take ownership of everything that happens in our lives today.

(Daily Inspiration) We usually judge our success by what we accomplish or by what we have. If we turn that around and judge our success by what we had to give up to accomplish what we did or to acquire what we have, it may be a better measure of success. If we let our health go, or avoid doing things for ourselves, or not devoting time to things we say we value – all to gain a big title or make more money – are we really successful? It's challenging to keep it all in check. Let us balance the scale of measurement as we judge our level of success today.

(Daily Inspiration) Isn't it easy to be with others that go with the flow? Those that are easy going, flexible, not thrown into a tizzy if there is a change in plan. They don't need to know exactly

Timeless Transformations

Daily Inspirations – July 2020

what's going to happen because they have confidence it will all work out. If there is a challenge, they turn it into an exciting opportunity. These are people that can zigzag. They can take sharp turns, straighten up, alter their course then change again if they need to – making it look as if it were planned. Let us zigzag then zagzig with ease today.

(Daily Inspiration) Notice when we spend extra time to prepare. It may be getting ready for a meeting or a specific task. It may be spending time with friends, colleagues, or people that we seek to please. We spend that extra time because we care about what they think, most likely because we admire them. We think they are special or respect what they stand for, know, or do. We probably in secret want to become more like them. What is it they do that causes us to work harder and be smarter? Let us notice those we admire because they help bring out the best in us today.

(Daily Inspiration) Our brain is our engine. To keep it thinking in its optimum state, it must be tuned up. With every task we take on throughout the day, the gears in our brain start to get tired. Our energy drains and the slower we become. If we train our brain to evaluate each task, ask what we are doing, why we are doing it and what value it provides – we are better able to avoid the brain drain. If we don't have a good answer to these questions, just stop. Let us be steered away from the brain drain and guided towards the brain gain today.

(Daily Inspiration) Don't we always have time for the things we put first on our priority list? We allocate time where our true priorities are. We make time for what we feel is important in our lives. Everyone is busy. It's a matter of what number the priority is on the list. Maybe the real problem is not having enough time. It's not having a balanced system of setting priorities. It's more gut wrenching to say, "that's not a priority for me" than "I don't have enough time." Let us prioritize our time carefully so we have plenty of extra time to manage today.

(Daily Inspiration) Our experience is shaped by two mindsets: scarcity or abundance. Scarcity is focusing on lack and not having enough. Abundance is centering on gratitude and having plenty. Abundance is a deep knowing that we have enough, not only for us but for everyone. It's not about acquiring things. It is just the simple recognition of enoughness. If we run out of anything, we can get more or replace it. If we can't, it doesn't matter anyway. We are here so we may have life and have it abundantly. Let us think abundance, expect abundance, and see abundance everywhere today.

Timeless Transformations

Daily Inspirations – July 2020

(Daily Inspiration) If we get 1% better every day, in one year we will improve 365%. If we get 1% better every day, in 100 days we will improve 100%. This tiny gain makes a monumental impact on our improvement cycle. The same thing works if we aren't improving. We start declining. Or if we stay the same day after day. We are stagnated. It's not about making a huge leap or being the best, it's about being better than we were, even if it's 1%. Let us shake up our day by being at least 1% better than we were yesterday.

(Daily Inspiration) How nice is it when someone says to us, what can I do to help? When thinking about offering support to others, what if we kicked it up a notch? What if we asked, "look at your to do list or what is causing you stress and give me two things to do for you." Or, "I am great at xyz and I can do this quickly for you. I will have it done by the end of the day." This makes it more genuine and specific. Let us turn our good intentions into tangible support systems and be prepared to do the work today.

(Daily Inspiration) The gift of any experience is the opportunity to reshape who we are. We are always changing, including our mind. Our views about everything are constantly integrating new information. As we listen to other's perspectives, gain new insights, surround ourselves with different people and learn new things, we become a new person. Sometimes we don't even notice we are changing. One day we realize, I'm not anything like the person I was last year or the years previously. Let us be free to forget who we used to be and reshape how we show up in the world today.

(Daily Inspiration) Are we ever free of challenges? Are our challenges really challenges or are they made up in our mind to keep it busy? Sometimes the mind creates a challenge, so it subconsciously has something to mull over and solve. Sometimes we think we have a challenge until a real challenge comes along then the previous challenge disappears. Maybe what we think is a challenge is just a normal occurrence in our day. Maybe we create a challenge because we need something to talk and worry about. Let us control our mind and simplify any challenge that comes our way today.

(Daily Inspiration) When we bring more feelings of exhilaration into our lives, we are more optimistic, happy, joyful, enthusiastic.... These are the things that enrich us, make us more creative. We know it because we are elated by tingling currents of inspired thoughts. We are motivated to want to do more and be more. If we aren't finding things that bring this heightened state of elation into a significant part of our day, we risk feeling like we are stagnated, deteriorating, stuck.... Let us carve out time to focus on things that fill us with excitement today.

(Daily Inspiration) Responsibility is our ability to respond. How and when should we respond to whatever comes our way? Patience is knowing the right time to respond. Self-control is understanding what our response can change or will do. If we can't control what's happening, all we can do is control the way we respond. Otherwise we are reacting rather than responding. Not responding is responding. Silence is a response that speaks louder than words. It's not even necessary to respond to everything we notice or if we are right or wrong. Let all that matters be if our response is serving our behavior today.