

Timeless Transformations

Daily Inspirations – September 2020

(Daily Inspiration) When we are stable, confident, and clear about what we stand for, we are emotionally intelligent. This is when we can control our thoughts before we start to spin out of control. If we allow ourselves to start spinning, it's easier to lose our perspective and position. The more we spin, the more tension starts to build, and our mind triggers more stress. If we can't stop it, it's as if we allow ourselves to be emotionally hi-jacked: unstable, unsure and unclear. Let us minimize emotional hi-jackings and stand emotionally intelligent today.

(Daily Inspiration) Real success is when we are an expert in our field and even if we don't know exactly what to do, we believe we are the best person to figure it out. It's when we have confidence in our ability and believe in ourselves more than anyone else. It's saying to ourselves, "I may not know what to do but if I can't figure it out, no one can." Usually, once we affirm that we will figure it out, options and possibilities magically appear. Let us say yes and find a way to figure it out today.

(Daily Inspiration) While some gloat about what they've done or talk about what they plan to do and have nothing to show for it, there's a lot to be said for people that get things done and let their actions speak louder than words. Gloating and talking but not doing says we need recognition from others. Our real strength lies in what we don't say about ourselves. Trust expresses in silent action. Let us do more than we talk about doing today.

(Daily Inspiration) Wealth is about being rich in health, experiences, ideas, and knowledge. Money helps afford those things, but money doesn't create wealth. A mind full of richness creates wealth. A mind that desires more richness is never bored or stagnant because there's always more to learn. The more we learn, the more our mind is enriched, and that creates more options in every aspect of our lives. Let us learn, think rich thoughts, and cultivate a wealthy state of mind today.

(Daily Inspiration) When we have time, it shows we are available. When we make time, it demonstrates we know what our priorities are. When we find time, it confirms our commitment. When we spend time, it proves what we value. Knowing the true value of time and how we choose to spend it is who we really are, not who we say we are. Knowing our true values and spending our time in balance with those values is where our peace lies. Let us realize the value of every moment of time today.

(Daily Inspiration) What got us here may not get us where we need to go in the future. When we rely on the same skills and experiences from our past then where we are today may be our greatest weakness. Long-term success is built over time with an investment in reinventing and constantly improving ourselves. We can't afford to get stuck in our success by continuing to learn how to do the same thing better or allowing ourselves to stagnate. Let us earn our success by continuing to learn today.

(Daily Inspiration) Every one of us is an expert in something. The most successful people aren't experts in everything. They are an expert in at least one thing, then they create value with it and share it. We value others based on their perception of their skills, so to be an expert means we remove all doubt that we are the expert. There's no reason to use doubting words like "I think." And we continue to create influential knowledge, so we remain the expert. Let us be committed to learning and developing our expertise today.

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(Daily Inspiration) I am “?????” What word we use in the question mark may be the most important word of the day. That one little word is defining. That word tells our subconscious brain to act. We can say, “I am strong” or we can say “I am weak.” The difference between strong and weak gives our subconscious mind entirely two different directives. Let us be ready to face whatever challenge that comes our way by choosing the right “I am word” today.

(Daily Inspiration) Influence is a tricky thing. We are influenced by the people we respect and admire, family, friends, success partners... We like to think we are original but all of us are influenced by others, and that’s what shapes us. The smarter we are, the more creative we are, the more curious we are, the more motivated we are, and the more we care is what goes into our shaping. We are here to be influencers not followers. That’s why it’s vital to watch who we let influence us. Let us be selective about our external influences and use our inner ability to influence ourselves today.

(Daily Inspiration) Sometimes we get in a rut. That’s when we need others to lift us up and help us get out. During that time, we can look for the 5Ws: who, what, when, where and why. Who makes us feel special is who we need to find. What they do will help push us forward. When they show up is always at the right time. Where they take our thoughts directs us to make the right choice. Why they support us unconditionally is never in question. When in a rut, we need others that expand our realm of thoughts, not those that keep us where we are. Let us seek those that help us meet our 5W criteria today.

(Daily Inspiration) How carefree is our day going to be today? To be carefree is to be free from anxiety and concern, happy-go-lucky. It’s challenging to be carefree when we are responsible for others, when we have set big goals, when we have so much work to do... We attach ourselves to so many things that may not even matter. Being carefree doesn’t mean we are careless. It means we know what we really care about and free ourselves from everything else. Let us be careful about what we care about most and be more carefree today.

(Daily Inspiration) If we have a big vision for who we want to be, it’s a strength and a stressor. It’s a strength because we know that no matter where we are right now, there’s a brighter day ahead. We know we can work towards any future we desire. It’s a stressor because we set our expectations so high for ourselves, we feel behind or that we aren’t working hard enough. The truth is we aren’t off-track. Our life is unfolding as we grow. Let us use our vision as a stimulus to remind ourselves that we are exactly where we need to be today.

(Daily Inspiration) We each have a switch buried deep inside. We can use it to change our position or focus or direction. Our ability to dig down and find that switch to turn it off or on is where our true strength lies. We can turn it on when we feel we’ve hit rock bottom and need to keep going. We can turn it off when we feel overwhelmed and need to stop. As our day unfolds, this switch helps us manage our day. Let us use our switch to switch or know when to turn the switch on or off today.

(Daily Inspiration) When we start the day with our mind clear, we are ready to come alive. It takes draining the negativity from yesterday, so we get a do-over today. Our mind is like water in a holding tank. It must be emptied. When empty, we are open and ready for everything and anything. Once it’s formless, we can reshape it and form it into whatever we want. That emptiness is full of life, waiting for new experiences. It’s a refreshing opportunity that moves us forward. Let us not be what happened yesterday but what we choose to become today.

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(Daily Inspiration) A dream can be a series of thoughts that go on in our mind when we sleep. Or it can be our cherished aspirations and ambition. It can also be both. It's both when our most desired dreams show up as images in our dreams when we do sleep and at the same time, our dream won't let us sleep or oversleep. That's because we are so inspired by our desired dream, we won't waste time sleeping. Our best days are when we get to live out our dream while we are awake. Let us follow our dream and let it show us the way today.

(Daily Inspiration) As hard as it is to grasp, some things are just what they are. There's not a reason. There's not an answer. Things aren't fair. That's when we can't add to or subtract from what is. It just is, as it is. When we reach that point, we realize we may not have control. All we can do is respond by getting into the flow and enjoy the unknowing experience. That may be where the greatest enlightenment is. It may only happen a few times in our lifetime. Let us be all we can be when it is what it is today.

(Daily Inspiration) Sometimes a reminder of the simplest thing is the most valuable. To breathe deeply is one of those things. Our days are filled with magnificent experiences. The ability to breathe is one of them. Our days are consumed by stressful situations. Mindfulness to breathe deeply is the quickest reaction that will calm our mind. Shallow breathing leads to shallow thinking. Deep breathing leads to deeper thinking. A deep breath will put things in perspective quicker than anything else because without that breath, there isn't a next moment or another chance. Let us remember to breathe deeply more often today.

(Daily Inspiration) Companions compliment us. Opposers create controversy for us. Companions are more focused on improving themselves rather than improving us, whereas opposers are more focused on finding fault rather than improving themselves. Both may be ordinary people that pass through our day. When we have a choice, companions can surely make our lives more enjoyable. They make an ordinary day extraordinary. Let us seek the best companions to help us shine our light today.

(Daily Inspiration) Our perspective is limited to how much we know. The more we know, the greater our understanding is... the bigger our experience is... the wider our capabilities become... and the deeper our mind expands. We crave a new perspective gained through books, art, travel, experiences, ideas, connections, and relationships. With a new perspective, something magical happens. We get a second wind, we gain more clarity, we realign with our purpose. We change how we approach everything. We feel inspired. Let us seek people and things that help us expand our world today.

(Daily Inspiration) A life isn't developed in one fell swoop. It's tiny moments compounded over time that build a life. If something or someone makes us feel joy, capture the moment. Let it resonate. Hold on to it a bit longer. It may be the sunshine breaking through the clouds, watching a kitten wash her face, seeing someone we love to look at us with admiration, receiving a thank you from someone that matters, holding a child's soft hand.... These are the types of tiny moments that matter. That's where happiness is stored up. Let us linger in thousands of great tiny moments today.

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(Daily Inspiration) Think about how much easier life becomes when we concentrate on our strengths and delegate our weaknesses. What we focus on magnifies and then we feel even stronger. Sure, it's worthwhile to recognize our weaknesses but why invest energy on improving them if in the greater scheme of the day, it's not something that is hugely important or affecting something we value? We can't be great at everything and there is only so much time in the day. Let us focus on our strengths so we are more innovative, energized, and assured today.