

Timeless Transformations

Daily Inspirations – October 2020

(Daily Inspiration) When we are self-aware, we focus on others, not ourselves. We are motivated by love not greed. Our goal is growth not money. Our objective is unity not power. Our attitude is unpretentious, not arrogant. Our drive is empathetic not self-absorption. We are inclusive not exclusive. Our level of self-awareness determines how we interact with others and the world. Let us progress faster by being more self-aware today.

(Daily Inspiration) The only way we can access our highest self is to carve out a little bit of sacred time. When time is so scarce, it's difficult to find the time or justify the time in our busy schedules. Once we recognize this is where our wisest self is, we can let go of our responsibilities, even if it's just 15-30 minutes a day. When it becomes a habit, we become dependent on this time to help us rejuvenate and be more resilient against stress. Let us find time to disconnect and engage in small chunks of sacred time today.

(Daily Inspiration) We would be ordinary if we weren't prepared to overcome challenges. What if we started the day without any challenges? We wouldn't have any creative solutions to propose or problems to solve. We wouldn't need to think outside the box, or we wouldn't have anything new to learn? Challenges make life an adventure. Maybe we've been given challenges because we are the best ones that have the capacity to find the best resolution. Let us be thankful and inspired by the challenges that come our way today.

(Daily Inspiration) If we don't feel great, we can't be great. Even when life is hectic, to sustain greatness, health and wellness must be our priority. Nothing else is more important. Why wait for illness before we make health a priority? Why wait for dis-ease before we make wellness a priority? Our body and mind are the only place we have to live. To make it a great place, we must keep it in pristine condition. We can trick our mind and rather than say "I don't have time to be healthy and well," swap it out for "health and wellness isn't a priority for me." Let us feel great and be great today.

(Daily Inspiration) Each day we experience a touch of magic. It's those golden moments that usually happen in the smallest ticks of time. It may be the first peek out the window to see the sunshine, or when we make our first cup of coffee in the morning, or when we see someone that we love smile, or when we see the sunset at dusk. Our day is filled with magic. All that is waiting is for us to sharpen our senses so we can see it. Let us find as many magical ticks of time and bring more magic into our lives today.

(Daily Inspiration) As we plan the day it's more about what we plan to give back, who we plan to lift up and who plan to help be better. It is the quality of our relationships that makes our day experience greater value. It is how grateful we are that makes our day special. It's how much love we put into our giving that sets us apart. Let us take big steps forward and give back twice as much today.

Timeless Transformations

Daily Inspirations – October 2020

(Daily Inspiration) There's a difference between influence and manipulation. Influence occurs when there is giving and taking that benefits both people in the relationship. Manipulation happens when one person is used for the benefit of another where there is a deliberate imbalance of power to serve the other person's agenda. When this happens to us, it's because we let the other get away with it. Manipulation is something we allow to happen to us when we don't think for ourselves. Let us be the driver of our own personal agenda and make it a win-win today.

(Daily Inspiration) To be fulfilled, we need others that we care about to need us. We also need our contributions to be needed. This isn't the kind of neediness that's based on our personal need for a lot of care or attention. This is the kind of need that helps others be better. And by doing so, our needs are fulfilled because we are fulfilling our purpose. What if we started the day by asking, who needs me today? Or what work needs to be done that I know I am best to do? Let us be there to support others that need us most today.

(Daily Inspiration) One of the best feelings in the world is to feel relaxed. That's when we feel free and relieved from stress or tension. When there's less pressure, we're able to control our mind and get into a relaxed flow of energy. This energy is calming – to us and everyone else. Then we can think with clarity. It's easier to prove to ourselves that we can handle anything that comes our way. Let us take time to relax even when we don't have time for it today.

(Daily Inspiration) Time doesn't stop or wait for anything or anyone. If we are sitting on the fence waiting to decide, we're just stalling, letting opportunities go by or staying in a place, knowing we need to move forward but won't. Any indecision is just a decision that we aren't ready to come to terms with yet. Worse, indecisiveness is exhausting. Too long of an indecision only gets in the way of our progress. The truth is an indecision is still a decision. It's a decision to do nothing. Let us pick our path and know it's the right decision to make today.

(Daily Inspiration) Each of us makes choices throughout the day to do the right thing or the easy thing. Most of the time, the right thing isn't the easy thing, but the right thing is always right. The trick is to make the right thing the easy thing. It's easy when the right thing is the thing that aligns with our highest values. The easy thing is everything else. When we choose the right thing over the easy thing, we usually are successful. Success is as simple as that. Let us do the right things today!