

## **Timeless Transformations**

### ***Daily Inspirations – February 2021***

(Daily Inspiration) In every communication, there is a moment where we decide whether to speak up or remain silent. Silence is power. It doesn't mean we don't have anything to say. It usually means the listener isn't ready to hear our thoughts. Or there aren't any words to describe how we feel so it's best to pause. Or we know to stay silent when someone expects us to be ruffled is the most powerful way to prove a point. Sometimes it's not worth our energy to waste words on others that don't matter anyway. Let us choose wisely in the words we speak today.

(Daily Inspiration) What if we changed this one common phrase "HAVE TO" that we use in our thoughts and conversations every day to "GET TO." Notice the difference. Rather than say, "I have to go to work" say "I get to go to work." Do we know how many people wish they had a great job? What if we say, "I get to work out" rather than "I have to work out." Do you know how many wish they were healthy enough to work out? That shift in one word "GET" feels more inspiring, more energetic, more appreciative... Let us GET to decide how we set our mind up for success today.

(Daily Inspiration) Research says we think about 12,000 thoughts a day. That's a lot of thoughts. We probably can't manage all of our thoughts, but we can hone in on those negative thoughts that eat away at our energy, confidence and peace of mind. Those negative thoughts affect our agreement with reality. We get to decide what our mind approves. We can toss anything out that we want. Let us move out destructive thoughts so the encouraging thoughts can take over today.

(Daily Inspiration) For the small things in life, why not keep them small? Why make small things bigger than they need to be? Small things are non-impactful, lower priority, so-what things, who cares in the larger scheme of things. Minimizing small things saves energy. Decisions around those things are unimportant. Why mull over it in our minds. Why make a mountain out of a molehill. Let us rise above the small things so we can make big things happen today.

(Daily Inspiration) Learning may be the most magnificent thing in the world. "The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." Why would anyone ever choose to not learn? Learning is one of the few things that can never be taken away from us. When we share what we learn, the value of our learnings is multiplied over and over. Let us be inspired to learn as if we will live forever today.

(Daily Inspiration) One of the most rewarding things in our work is the connections we make with others. Highly motivated people want to connect and climb the ladder of success. Connecting is tricky because it involves a win-win – a little climbing and a lot of connecting. A climber thinks vertical. A connector thinks horizontal. Climbers focus on position. Connectors focus on relationships. Climbers value competition. Connectors value cooperation. Climbers seek power. Connectors seek partnerships. Climbers build their image. Connectors build consensus. Let us do both delicately and balance climbing with connecting as today.

(Daily Inspiration) Part of our day includes managing stress. It's this nagging constraining force or influence that we must deal with. It's difficult to get rid of. We might try turning the equation around. Stress itself is a reaction to a stressor. The stressor is the issue. It's anything that creates a stress reaction. We can think of the stressor as the cause of our stress and what happens as a result is stress. If we are overwhelmed (stressed) by doing tasks that don't matter, if we can, why not remove those tasks (stressors). Let us release insignificant stressors and be more stress free today.

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(Daily Inspiration) Have you noticed that we get stronger when we think we can't continue, but we keep pushing anyway? Sometimes we think life gets easier, but the reality is, it doesn't and it never will. We just get more resilient and with resilience, we get stronger. When we think we've gone as far as we can go, we can always find a way to keep going. When we think we don't have anything else left to give, we can always dig just a little deeper. It's when we've given all we've got; we find out just how strong we are. Let us find our strength right under our feet today.

(Daily Inspiration) The easiest habit we can build on is to keep the promises we make to ourselves. That may be one of the few things we can control. It's easy to slip into keeping promises we make to others but overlook the promises we make for us. It's usually because we love others so much and care about what they want, we compromise what we want. After we break too many promises to ourselves, we start to feel like we are lacking in some way. Let us put gas in our tank and keep the promises we make to ourselves today.

(Daily Inspiration) How we deal with expectations may influence our day more than anything else. We don't rise to low expectations. High expectations are a key ingredient to success. On the other hand, expectations are at the core of discontent. Once our expectation becomes a reality, and comes into the now and present moment, there are two things we can do to change our perspective immediately. Turn our expectation into appreciation. Trade in our expectation for acceptance. Let us manage our expectations without any disappointments today.

(Daily Inspiration) Even for the most productive people, it's easy to get trapped into thinking we are making progress because we are thinking, preparing, and organizing. It may feel like we are making progress but often it's busy work, reluctance or procrastination. Sometimes we must jump in and get started. Even if we don't feel like it. Even if we feel we aren't ready. Even if we don't have all the pieces figured out. Action is a way to figure things out in real time. Let us begin and have faith our action will guide the way today.