

Timeless Transformations

Daily Inspirations – September 2021

(Daily Inspiration) Everything is open to change when we cultivate one thing: a prepared mind. Luck favors the prepared mind. Fortune follows a prepared mind. Opportunities arise with a prepared mind. Others follow leaders with a prepared mind. Coincidences happen more often with those that feed a prepared mind. When we are prepared, we are ready. Only we can decide what we want to be ready for. Let our minds be prepared for great things today.

(Daily Inspiration) We change everything when we change one word in our self-talk. Change should to must. Notice the difference: I should go for a walk today vs. I must go for a walk today. I should call my friend in need vs. I must call my friend in need. Should gives us an out. Should suggests advisable. Must expresses a stronger point of view. Must is to be determined or willfully compelled. Must takes away the choice. This one word raises the standard we set for ourselves. Let us do what we must do today.

(Daily Inspiration) What if we valued every moment of our day as a once in a lifetime opportunity? Sometimes the smallest of moments are what we remember the most about our day. If we can find time to do something we thoroughly enjoy sometime during the day, we can make it a moment. Or if we can help another and make their day, we give them a moment. We only get to live once in a lifetime. This moment is all we have. Let us invest in every life-giving moment of our day today.

(Daily Inspiration) If we own something, it belongs to us. Everything changes. It becomes permanent and fixated in our mind. We become more focused and everything about it is magnified in our awareness. When we demonstrate it, everyone else gets out of our way. When we own it, our level of commitment jumps to 100%. It starts with one thought, “own it.” Then saying it – maybe just to ourselves, “own it,” our mind shifts. We feel more successful. Let us own whatever is most important to us today.

(Daily Inspiration) When we say we are in the “thick of thin things,” we are usually referring to “sweating the small stuff” ... but usually, it’s all small stuff. Thin things and small things have less matter than thick things. Why be overwhelmed by things that don’t really matter, by the trivial troubles of the day? It makes us feel better to spend our energy working towards our vision and dreams rather than petty things. Let us focus on thick things and say yes to only things that enrich us today.

(Daily Inspiration) We have six senses – seeing, hearing, tasting, touching, smelling and intuition. What we sense is who we are. Maybe all we are reflects what we allow ourselves to sense. When we accept responsibility for what’s on the outside starting with us on the inside, we turn everything around and know we control how our day plays out. Let us see, hear, taste, touch, smell, and intuit beauty today.

(Daily Inspiration) It seems to be a contradiction to say flexibility is the key to stability. But how stable do we feel when we are flexible, just moving in the flow amidst a raging storm? Being flexible is active living and learning. A tree that won’t bend in the storm gets blown over or cracks. When we master flexibility, we become highly adaptive to change. At that level we become stable then it’s easier to deal with uncertainty. Let us be open minded and welcome change even if it doesn’t fit in our plan for today.

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(Daily Inspiration) Is there a master key that unlocks happiness? Probably not. If we have others to love in our life and we are inspired by how we spend our time, what more is there to being happy? No one else can carry our key to happiness on their key ring. It's our key. And why have a key anyway if we practice keeping the doors open? Being happy is a choice. It's a lifestyle. Let us throw away the keys and be open to happiness today.

(Daily Inspiration) Hopeful people have hope when things feel hopeless. Sometimes, when everything else feels like it's lost, the only thing we have left is hope. Usually at the end of anything where we give up, hope is the last thing we lose. Since we can't buy hope, maybe hope is being in a dream state with a clear vision that we are moving towards. Or maybe hope is a wish in our heart of great things to come. Maybe our hope will come true. Maybe it won't. Who cares as long as we don't lose hope. Let us feel hopeful-ish today.

(Daily Inspiration) If we don't run our day then someone else will run it for us. When we set our priority for the day, we own it. Otherwise, our day may be squandered away. Sure, having a completely open day offers less stress, opportunities to reflect, and rest. And there's a time and place for that. But there's also a time and place to be focused and work towards our goals. When we have too much free time, others will find a way for us to be busy for them. Let us be booked, busy, and brilliantly selective today.

(Daily Inspiration) The most fascinating thing about life is we have the capacity to arise from anything. Each morning we have a new chance to be alive again. If we are breathing and thinking, we can choose to enjoy and love. We can think new thoughts, make new choices, learn something new. Why let the stress of what we need to get done bring us down? In one thought, we can say, arise! Let us raise ourselves up as high as we can stretch today.

(Daily Inspiration) Probably, one of the most important classes we could teach, or take, is influenceology. We teach everything else that ends with "ology." Influence is the key to everything. Without influence, little gets done and fewer decisions are made. Who doesn't want to be a master of influence? It's a skill to effectively empower others. It's a talent to make others feel important. It's an aptitude to raise another's level of expectations about themselves and life. Let us value our power of influence as our net worth today.