

## **Timeless Transformations**

### ***Daily Inspirations – November 2021***

(Daily Inspiration) Goal-oriented people set stretch goals for the future, so it's as if we are always working and striving for more than what we are doing right now. Often, we rush through what we have done, seeking what we have left to achieve in the future. What if we practiced measuring ourselves backwards? Why not take time to pause more and look back to move forward with greater appreciation? Then we feel like we are making greater headway. Let us give ourselves more credit and revel in our many accomplishments today.

(Daily Inspiration) Higher level self-actualization is pausing to contemplate, where we ask ourselves bigger questions like, what could we do better next time? What did we learn? What are we most appreciative of? Was it worth it? What is the energy that takes our breath away in the experience? What will I remember most? These are the highest levels of thought – to contemplate. It's one of the freest things we can do for ourselves, to be present centered with open observation and less judgment. Let us aim to be calm and seek higher insight and wisdom today.

(Daily Inspiration) To be somebody is to be a person that feels important. Everyone wants to be somebody that is important to somebody. No one wants to feel like a nobody, as if they don't matter. One of the most charismatic things we can do is to be more focused on making others feel important than we are trying to prove why we are important. It takes little energy to find reasons why we feel another is important. It takes more energy to bring someone down than it does to lift them up. Let us be somebody that makes others feel like somebody today.

(Daily Inspiration) To dwell is to remain there for a time. We can dwell in a physical place or dwell in our thoughts when we overthink everything. That's where we create problems that don't even exist. We let our mind twist things around then we make things worse than they really are. That's when we find ourselves stuck. Or we can dwell on things that help change our perspective so we can get back on track quicker, like gratefulness, stillness, hope, adventure, exercise.... Let us move on by placing our energy on what we want to attract in our lives today.

(Daily Inspiration) Do we wish or desire something? To wish is to propose a want. Desire is more than a hope, a want, an expectation, or a wish. Desire is the deepest yearning of the human spirit. To desire is a deeper level of craving that pushes us harder to do something more than anything else. Desire is the starting point for motivation that goes beyond everything else. Once we recognize what it is we desire and feel like we deserve, added with a sense of urgency, anything is possible. Let us pursue what we desire because we know we deserve it today.

(Daily Inspiration) We are our best personal therapist. We know ourselves. If we dig deep enough and allow ourselves to settle into a peaceful state of mind, we can pinpoint what sucks the energy out of us. We know what inspires us and makes us feel better. The problem is sometimes we don't take time to do what we know we need to do. If we don't pay attention to our mental state, we move into a slump then we aren't as good as we need to be. Let us give ourselves a mental tune up and tune into ourselves today.

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(Daily Inspiration) Smiling is the smallest gesture of all time that can change everything. When we walk in the room, even in a virtual room, with an authentic smile, we immediately raise the energy. It's a natural reflex to reciprocate when we see another smile, even with strangers or adversaries. If we add an element of excitement and passion, we become a magnet and usually everyone else becomes more enthusiastic. How could something so simple have such a great impact? Let us use our smile to lighten up the room and never let the room or anyone in it alter our smile today.

(Daily Inspiration) Think about how calming it is when we are unaffected by other people that aren't as optimistic as we are. There are always problems. Some have a problem for every solution while others have a solution for every problem. Those that see problems need oxygen to feed their negativity. When we stay positive, we take their breath away. There's no need to react or judge anything that we can't control. Let us not let anyone else move into our head and squelch our inner hopefulness for today.

(Daily Inspiration) Sometimes we get stuck. We lose our purpose. When life gets busy, it's easy to turn on the autopilot. We may think that "things happen "to us", rather than things happen "for us" in our daily happenings. When we can bounce back and find our meaning, we get back on track quicker. The true measure of success is how quick and how high we bounce back. Let us hit the ground running with greater purpose today.

(Daily Inspiration) We usually think the first step in getting the things we want out of life is to decide what we want. What if we turned it around and asked instead, what does life want from me? That question is more thought provoking. From that perspective, we remove the ego centric trappings about thinking life is all about us. Maybe we are placed here for different reasons that are bigger than us. When we are so concerned about ourselves, the big picture shrinks. Let us be guided by our internal compass rather than our ego today.

(Daily Inspiration) One of the best feelings is to "get lost" where time and space seem to stand still. When we find something that holds our interest so deeply, we forget about everything going on around us. That's an amazing thing. That's where our passion is. That's what brings out the best in us. It's the perfect zone for us to thrive. When we find people, things, and situations that help us get lost, we should pay close attention. Let us get lost in what we love today.

(Daily Inspiration) What if in every person we encounter, we leave an impression of increase... increase their spirit, increase their value, increase their confidence, increase their light, so they shine brighter. All it takes is setting an intention because our intention is everything. How we treat others says more about us than anything else. Let us rise by lifting others up today.

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(Daily Inspiration) Who are we? We are what we read, conversations we engage in, people we spend time with, people we love, the shows we watch, who we listen to, where we spend our time..... It's everything that feeds our mind. Our mind believes what we tell it. Why not feed it hope, pure thoughts, powerful ideas, creativity, everything good? What we feed our mind leads the way.. Let us take care of our beautiful mind first today.

(Daily Inspiration) Life's journey is a personal journey. It may be short. It may be smooth. It may be paved in advance for us, so the ride is easy. At some point however, most of us hit a roadblock along the way. As long as we don't fall in the crack or make a mountain out of a molehill, we find a way to keep going. We learn how to enjoy the ride no matter where our path takes us. One thing is for sure, the only journey is the one within. Let us steer ourselves in the right direction and own our journey today.

(Daily Inspiration) If we don't make the best out of what we have now, why would the universe trust us to receive more? Acknowledging the best in what we already have is the foundation for all abundance. We can see the glass full just as easily as we can see the glass empty. We can look for the opportunity rather than see troubles and problems. We can use what is available rather than focus on what is lacking. Let us step up with optimism and trust the best is yet to come today.

(Daily Inspiration) What if we decided to not do anything, to just let things happen effortlessly. Wu Wei is a Taoism term that means conscious non-action. It's the deliberate decision to do nothing for a reason. It's when we get into the flow and are guided to let things happen on its own. It's exhausting to try and plan and control everything. Why not live in a meditative state? Calm. Cool. Collected. Not bothered by insignificant details. Not upset. Just relaxed and free. Let us let things happen effortlessly today.

(Daily Inspiration) The concept of forgiveness is combined with humanity, kindness, and compassion. Everyone deserves that. Who wants to be weighted down with a bag of negative memories? When we hold a grudge or resentment, we let others sap away the energy stored in our mind, even if it's directed towards ourselves. Why not clear it all out? We forgive not because they or we deserve forgiveness. We forgive because we deserve peace of mind. Let us forgive the past so we can expand and make the most of our future today.

(Daily Inspiration) It may be rare to find others that we really like to be around. Sometimes we hang around with others just because it's a habit or it's the right thing to do. When we find someone that we connect with, someone that we like to talk to and inspires us, they light us up. We know it because when they leave, we feel deflated. This may be a bigger deal than we think it is. Why not figure out a way to keep them around? Let us surround ourselves with those that lift us up higher today.