

## **Timeless Transformations**

### ***Daily Inspirations – February 2022***

(Daily Inspiration) Just about every problem in life has been solved except how to live peacefully. If we don't have peace, we don't have anything. Peacefulness is an inside job. It starts with being content from within. Peace starts with a simple smile. When we smile on the inside and can live in harmony with ourselves, our life becomes more peaceful with others. Then, peace is the greatest gift we can give another. Let us find peace from within and see the light inside ourselves today.

(Daily Inspiration) External teaching like education and study may bring us understanding but only experience will bring wisdom. Wisdom is contemplating our life and realizing that every person, place, event, and idea results from our experience. This inner wisdom is a soft whisper that guides us if we take time to stop and listen to it. Let us trust our inner wisdom as our true and authentic teacher today.

(Daily Inspiration) Real strength isn't as much about being physically strong as it is emotional resilience. It's easier to build physical muscle through exercise than it is to calm ourselves after we experience a negative experience or stressful situation. How we empower ourselves and continue to evolve is where our real strength is. Our real strength also lies in us being able to hold it all together when everyone else is crumbling or expecting us to fall apart. Let us flex all realms of our strength when we don't think we can continue but keep going anyway today.

(Daily Inspiration) Enthusiasm is the difference maker in anything we do. It's the electrical power of life. It's what separates the ordinary from the extraordinary, the mediocre to accomplishment. People with enthusiasm are naturally energized and that is when they can energize everyone else around them. You will never find a group of people being led by an unenthusiastic leader. No one gets excited if they are around others that are not excited about what they are doing. Let us pull the electrical switch of our enthusiasm and take our abilities to an entirely new level today.

(Daily Inspiration) There's nothing better than feeling at complete peace and in perfect harmony with life. When we can feel calm even when things are unsettled or when things happen that we don't understand, we know we are cultivating a greater sense of inner serenity. When we don't allow the behavior of others to impact our internal peace, we are able to radiate a higher level of energy and uplift everyone else. Let us trade expectation for acceptance and rely on our own spark of tranquility today.

(Daily Inspiration) It may be disheartening to think, we come into this world alone and we will leave this world alone. But it's the truth. Why not be 100% OK with being independent and on our own throughout our lives? Of course, we have important people and loved ones that we spend time with, and they make our lives complete. But no one else is responsible for us and how we feel. Then, we may not even be alone but be with others that make us feel alone. That may be even worse. Let us be our own best friend today.

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(Daily Inspiration) Changing ourselves is difficult. It's as much a challenge for us as it is for others. When we change, everything around us changes, including our relationships with others. Others may like our old self better. Some may only know us as our previous self. Then others may have a particular version of us stuck in their head. When that occurs, usually the relationship is in conflict, dwindles, or ends. Let us let go of the expired versions of ourselves and step into our new, improved self today.

(Daily Inspiration) Don't we feel energized when someone asks about our success or something we are great at? This one small act makes us feel worthwhile and valuable. Why don't we do that more with others? Try it. Genuinely ask someone for their advice or perspective and watch them light up. It's only human nature to need to be reminded of our strengths. Sometimes we forget or we take those things for granted. Why would we ever remind anyone of their weaknesses? No one wants to hear that! Let us remind others of their strengths and gifts today.

(Daily Inspiration) One of the greatest gifts is the capacity to learn. The mechanics of what goes on in our mind to analyze, think, ponder, and create is amazing. As long as we keep a sound mind, this learning process is something that can never be taken away from us. Life never stops teaching so why should we stop learning? Why in the world would anyone waste this gift? It's a gift that multiplies with every learning experience. And that is what keeps us young in mind and spirit. Let us enjoy learning and evolve our mind to greater heights today.

(Daily Inspiration) Some say we only fall in love once in a lifetime. Others say we fall in love many times. Maybe life is a conscious activity of falling in love over and over again, maybe in a smile, maybe in a good deed, maybe just because.... sometimes with the same person, multiple times. Other times with many people, or with all the beautiful loving people that we have in our lives. When we have the good fortune to experience love, our lives are illuminated. Let our hearts catch hold of those we love and let us fall in love all over again today.

(Daily Inspiration) We often think the harder we work the more successful we will be. If we are working too hard and still not achieving our goals, what we are doing may be counterproductive. The journey to success is to find work that makes us come alive. That's when we perform best. Why not work on things that don't make us feel like we are working? Maybe we should let go of all the shoulds.... I should be doing xyz or I should be going to xyz. Let us let go of the shoulds and focus on what energizes us today.

(Daily Inspiration) Our brain power is our thought engine. It's just like a computer, processing instructions and storing up memories. We are the programmers of our brain. Why would we let anyone else program it for us? Our brain grows receptors based on what it is instructed to do most. These instructions can be brain draining or brain gaining. Let us program our brain with the greatest of possibilities so it doesn't store instructions for self-limiting thoughts today.

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(Daily Inspiration) Are we rare and valuable? The combination of those two attributes is what sets us apart. If any attribute we possess is plentiful, it's common. Most everyone has common attributes to offer. That's why there is rarity in all values. Rare things are valuable! Sometimes just being real is as rare as it gets. Let us be more aware about how rare we are in adding more value today.

(Daily Inspiration) Our day is a cascading unfoldment of unexpected events. Unexpected things mostly happen when we least expect it. Sometimes these things are great. Sometimes these things are unwelcomed. Usually, the best things in life happen unexpectedly. And it's those things that change the course of our lives. Why not free ourselves from expectations and just have faith to expect the best will come when the timing is right? It sure makes life easier. Let us expect the unexpected and still achieve the unachievable against all odds today.

(Daily Inspiration) We know the type... those that rant and rave. Those that are emotionally charged. Those that complain at length with a negative opinion. Sometimes the rant is loud and seems uncontrolled. That type of communication feels angry. Then that leads to being perceived as confused or petty. Sometimes that's even us. We find ourselves being the ranted. Or we join in on the rant. Then our energy drops. We become less focused and drained. Let us not get sucked in and distracted by the ranting and raving today.

(Daily Inspiration) Words like vision, mission, purpose, passion.... Those are big ideas that often seem overwhelming. In simpler terms, maybe it just comes down to one thing – a great reason to get out of bed and get going. The alarm clock shouldn't be the reason we get up. We get up because we have a reason for being here... to live, to love, to give, to contribute..... The most energy of the day is when the sun comes up and lights up the world. Let us be our own reason to get up and light up our day today.