

Timeless Transformations

Daily Inspirations – March 2022

(Daily Inspiration) There's nothing like feeling we are respected, valued, and influential – all of which are things we can't buy or learn in school. These things come from service when we help people with their problems and serve their needs. When we do these things authentically with joy, without strings attached, with passion and enthusiasm, it's a recipe for success! The sun, the rain, water, the wind, the birds.... most of the greatest gifts in life never say, "you owe me" or expect anything in return. These things are free and given without conditions. Let us show up authentically and ready to serve today.

(Daily Inspiration) In the journey of our day, we seek to be happy. But there's no sure way to be happy or to find happiness. Maybe it's as simple as finding joy in every moment. Happiness is a feeling based on a set of circumstances but sometimes these circumstances are out of our control. Joy is an attitude that defies the circumstances where we just take every moment as it comes. It's easy to look for the beauty, the connection, the humor, the love, the unexpected Let us choose to be happy no matter what and recognize every moment of joy today.

(Daily Inspiration) What is the future? We usually think it's something that happens later. But we are creating the future in our minds as we think and go about our day. Anxiety creeps in when we want to control it. And we know we can't. Sometimes thinking about the past or the future is a way to ignore the present. Other times when we worry about the future, we create problems in our mind that aren't even there or will ever happen. It's a futile effort. Let us anticipate the future with great expectation and enjoy where we are right now today.

(Daily Inspiration) The easiest way to conserve our energy is to see a situation for what it is. Sometimes it can be nothing more or nothing less. It is what it is. We can, however, train our mind to see the good in every situation. We can take "it is what it is" and bump it up to "it is what it is, but it will be the best it can be." When we can rise above any situation, somehow, we always find the extra power to fuel our energy. Let us spend our energy bringing out the best in any and everything that really matters today.

(Daily Inspiration) Do we really need to ask for permission, especially a new idea? Usually, any new idea comes with resistance. Why not demonstrate leadership and do all the research up front so any action we take is seen as a bold initiative rather than meek consent? Sometimes asking for permission is a subtle way of seeking validation because we aren't confident enough to act. Sometimes asking for pardon is better than asking for permission, as long as we have a backup plan if we fail. Let us move one step closer to achieving greater success with great ideas and initiatives today.

(Daily Inspiration) Why do we usually have a great day? We decide what kind of day we actually want to experience then we say no to everything else that isn't that. If we don't know what kind of day we intentionally plan to have, we may be starting the day in neutral. When we are in neutral, things we don't want to experience creep into our day more. We set ourselves up for the day to be insignificant, so it doesn't matter either way – not so good, OK, good, great, unbelievable. Let us decide to have the very best of days today.

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(Daily Inspiration) What we do makes a difference. Our choice is to decide what kind of difference we want to make. That's where our true value lies. We are M.A.D.E to Make A Difference Everyday. Sometimes the difference is small, unrecognized, or a step towards making a big difference. As long as we are striving to make a difference, we are making a difference. Let us choose to make as big of a difference as we can today.

(Daily Inspiration) Our culture is a culmination of our beliefs, interests, behaviors, and thoughts. What expands our culture is what we read, who we listen to, how we learn, where we travel, how open we are to change.... Culture broadens our mind so we see more, accept more, so we can be more. Let us be willing to cross cultural boundaries and let everything fall into place today.

(Daily Inspiration) Sometimes we chase people that are never meant to be caught. Other times we chase people that don't blink twice at the thought of us. Every so often, some are doing everything in their power to escape us. The best is when the people we care about are with us by choice and they cherish the time we spend together. Mostly, when we slow down and are clear about who and what we are chasing, everything and everyone we are chasing will come around and catch us. Let us attract the right people that will find us and stay today.

(Daily Inspiration) The smartest people ask the best question. That's why they get the best results or choices. As easy as it sounds, the answers we get depend on the questions we ask. There's a big difference in these two questions. What do you think I should do? Or what would you do if you were in my place? We usually get what we ask for, nothing more or nothing less. In the end, no one else has the real answer but us. Anyone else's answer is our choice. Let us ask the greatest questions and make the best choices today.

(Daily Inspiration) Resilience is the ability to adjust easily to misfortune or change. Robust is the ability to perform with success under a wide range of conditions. Antifragile is to get better because of the disorder. It's one thing to bounce back and withstand whatever comes our way. It's another to take it to the next level and get better, over and over again, no matter what the conditions are. Let us design ourselves to be antifragile by turning adversity, disappointment, and stress into strength and improvement today.

(Daily Inspiration) Ambitious people are intrinsically motivated to be more, to do more, to be striving to move forward, faster. It's calming to stop and agree to be perfectly fine with where we are, right now. It takes intentional effort to accept where we are – not where other people think we should be, or where we think we should be, or where we hoped we would be... just be OK right here, right now. All it takes is us to approve of it – no one else. Let us know we are making progress and be ecstatic about where we are today.

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(Daily Inspiration) Have you ever noticed wise people and what they do? They speak less because they have nothing to prove. They get offended less because they know who they are. They stay focused because they have clear goals. They don't care what everyone else thinks because they know what their values are, and they live by those values. They manage their time and relationships because they know every moment counts. They make healthy choices because they know without health, nothing else matters. They create their own path because they know where they are going. Let us be wise beyond measure today.

(Daily Inspiration) What if we saw ourselves wearing a big mirror attached to our head? Where everything we see, hear, and do reflects us? We smile and others smile back at us. We reach out to help and others reach out to help us. We are enthusiastic and others are enthusiastic toward us. We don't even need a mirror attached to our head. We project outwardly as a mirror of our mind. What we see in others reflects what we see inside of ourselves. Let us be a reflection that attracts how and who we want to be today.

(Daily Inspiration) Developing the mindset that anything is possible makes life exciting. If there is not a dream or a hope, then life feels stagnated. Even when things are uncertain, there's still lots of possibilities. That's when everything is possible! And another possibility arises that can possibly happen. Why not live from a place where we know that nothing is impossible? Let us know that I'MPOSSIBLE and together we are possible today.