

Timeless Transformations

Daily Inspirations – November 2022

(Daily Inspiration) Those that are emPOWERed outperform others. Outperforming isn't meant to judge or make comparisons. It's just meant to say that feelings of empowerment increase when we feel valued. Those that are valued act with confidence, then our performance increases. Let us increase our value capacity for ourselves and others today.

(Daily Inspiration) Life is but a dream! Is it a dream or is it reality? Isn't reality our perception of life? So maybe it's both. Maybe it is that we can control our perception and that changes our dreams. And if that's the case, maybe we can make our own dreams come true. Why not see our life as dream-like? It sounds relaxing when we peacefully respond to spontaneous change, let go, inspire life, and serve wherever we are able. Let us see our life as a beautiful dream today.

(Daily Inspiration) What better feeling is it to wake up in the morning with a new chance to be alive? What if yesterday was our last day? What if today, we woke up and something was missing, e.g., capacity to breathe? The ability to hear our heartbeat? The experience of love? The advantage to enjoy life? If we are granted another day to live in this beautiful world, all we need to do is say thank you. Life is just a chance to be alive. Let us be grateful for this day and live it to the fullest.

(Daily Inspiration) The true test of emotional maturity is when we can manage our emotions no matter what the conditions are. These are the types of people that are the most successful because they find a way, no matter what, to perform, especially under pressure. It's easy to be agreeable when things flow harmoniously, and everything goes right. It's those that can smile, be calm, and accept whatever challenge gets in their way that are way showers. Let us go out of our way to find the way today.

(Daily Inspiration) Peak experiences are those elevated experiences that seem magical. It's when we are deeply moved and are able to take a huge leap in how we perceive the world. In these moments we feel a bolt of energy shock our system. We are stirred with awe and gratitude. A peak moment can adjust our attitude and mindset. When a peak moment occurs, we are usually at our best. Let us capture and hold on to as many peak moments as we can today.

(Daily Inspiration) At the core of our most basic need, we want to feel alive. We want to feel healthy with high levels of energy. We want to feel excited with great anticipation. We want to feel useful with value. Maybe the best question we should ask ourselves is, what is going to make us feel most alive today? Then find a way to bring that into our day, or at least a piece of it. It might be a person, an adventure, or whatever that brings great enjoyment. Let us stay grounded and close to anything that makes us feel alive today.

(Daily Inspiration) Our greatest value may be the positive effect we have on others. Everything we do, every action we take, impacts the lives of others around us. When we are aware that every interaction is an opportunity to make a meaningful impact, we are more careful about what we say and do. Our life gets bigger when we consider the impact we have on others because the effects are multiplied. Let us be a multiplier of encouragement and make a BIG impact on others today.

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(Daily Inspiration) There is a calmness within when we are OK with whatever happens. That calmness demonstrates confidence. Others notice and usually they become more calm too. It's easy to get caught up in focusing on the obstacle and outcome. What if this, what if that, and can we really change "the what" anyway? Sometimes we can. Sometimes we can't. That's where our innate ability comes in to discern where we might stand in any situation. Let us be calm and separate our independence from the result when and wherever we can today.

(Daily Inspiration) There are two levels of uncertainty: 1) not knowing what is coming next, or 2) not knowing what is coming next without any idea about how we will feel or what we will do. We may not know the specifics, but we can develop the capacity to take every moment and make the best of it, while planning and changing along the way with greater flexibility. Life is ambiguous. It's up to us to bring precision and form. Let us use our intellectual power to stabilize the uncertainties today.

(Daily Inspiration) Life is about renewal – learning something new, meeting someone new, going somewhere new, helping others learn something new. We can't grow to our full potential by remaining static. Growing requires us to improve and be intellectually alive. The day we stop improving is the day we start dwindling. We have a limitless capacity to grow. Why would we not take advantage of that? Each time we improve, we grow, expand, and evolve to the next level. Let us keep our mind in a state of leveling up and be fully alive today.

(Daily Inspiration) Three powerful words are "so be it." We usually think of "so be it" as coming to terms that we can't do anything about a situation, so we let it go and move on. But it's more than that. "So, be it" and then what? That is to figure out what we can control or do, then take the next step. My last investment was risky. I lost everything. So be it. Or so, be it, I will rebuild and enjoy a lifestyle of scaling back until I can recover. Let us "so, be it" and be it all today.

(Daily Inspiration) What is the purpose of being in a relationship with another if we aren't lifting them up? A relationship is about being connected. It could be through family, friends, work, or in passing. Would we want to be in a relationship if we aren't supporting or motivating each other? If we aren't doing that, why bother with the relationship? Life is more inspiring when we lift others higher and help them go higher than they may not have gone on their own. Let us rise to the next level by elevating others today.