

Timeless Transformations

Daily Inspirations – December 2022

(Daily Inspiration) We change our world by our example, not by our noisy chatter, not by our opinion, not by waiting for someone else to help us. Our example is probably more far reaching than we realize. We can make it a point to be more kind, more compassionate, more patient, more gentle, more present, more caring... all these things are attainable for us. Let us shake up our world with those we encounter by being the best example we can be today.

(Daily Inspiration) The easiest thought to bring into our mind each morning is to think, “something amazing is going to happen to me today.” Our day is already amazing because we woke up. It’s a new day that we’ve never experienced before. From there, we can begin to untangle our thoughts. We can imagine wonderful things, we can expect success, we can be grateful for all that we have. Our mind is our only limitation. Let us be limitless in bringing out the best in us and everything we do today.

(Daily Inspiration) What we think about is just that: our thoughts. Our thoughts may be all over the place because they are a fusion of memories, opinions, perceptions, and our current state of mind in a particular moment. So, our thoughts aren’t exactly the facts. A stable mind can decide whether to accept a thought or not. Let us sharpen our ability to see our thoughts for what they really are today.

(Daily Inspiration) What is that one thing that holds our complete attention once we start doing it? That’s the thing that sharpens our focus and puts us in the flow. It’s that thing that pushes us to work at optimal levels because our expertise, interest, and level of challenge match up. It’s easier to not procrastinate or get distracted. If we can find a way to make a living out of that one thing, we will never have to work another day in our life. Let us get in the flow on the one thing that provides an opportunity to be prosperous and achieve our best work today.

(Daily Inspiration) Most questions we ask ourselves are either or. Do we continue and hold on? Or do we stop and let go? The pivoting point for deciding what to do lies somewhere in between. We contemplate if we are giving up too quickly or if we are persisting too long. We teeter back and forth. Maybe that pivoting point is the real determiner for success? It’s the point right before we decide. Let us be guided by our instincts mixed with intentional thinking today.

(Daily Inspiration) Being relaxed is a sign of stable well-being. Stable well-being is a mark of a truly abundant and healthy life. Abundant living is a life filled with contentment that is more than physical and material well-being. Abundance takes a lifetime of continuous effort, and we must build it on a stable foundation. Let us emerge from a stable foundation and bring strength of mind, body, and spirit today.

(Daily Inspiration) Most of the time, whatever we do, what matters is in the first 10% of the effort. After that, the rest of the 90% falls into place. That first 10% includes our attitude, approach, energy, planning, influence.... all the attributes and skills that are needed to get things done. Once we enter the 11% and above range, we are on our way and others follow. Before we know it, we are doing what we thought might have been impossible. Let us give it our all in the first 10% today.

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(Daily Inspiration) We aren't dropped on the peak of a mountain. We climb every step of the way. We aren't promoted to our current position without preparing. We learn consistently every day. The question is what price we pay to get to where we are and is it worth it. Maybe the only way to know is to check our vision, purpose, and goals. If all are in balance, the price is probably worth it. It's a simple equation. Let us breathe in our success and enjoy the view from the top of where we are today.

(Daily Inspiration) There are two voices in our mind. One is shouting from our ego. The other is whispering from our heart. The voice coming from our ego is based on judgment, fear, and lack. The voice ingrained in our heart is understanding, accepting, and observing life from a higher-level perspective. Our heart voice is peaceful, undemanding, and loving. Let us listen to our heart to help guide us today.

(Daily Inspiration) What if we wake up in the morning and look in the mirror and say, nice to meet you. Because today is a new day. We can meet ourselves over and over as new people every day. Beyond the mask of the mirror, there's an energy field that we can step into. We just need to meet ourselves there by letting go of who we were yesterday. Let us know who we are and what we can become when we look in the mirror today.

(Daily Inspiration) There's all sorts of gifts we can give. Some cost money. Some require creativity. Some only we can give because of our uniqueness. Some cost us our time. When we give our time, we give a part of our life that we will never get back. Mostly, the act of giving isn't worth anything if our state of being is out of alignment with our intention. The best gift is one based purely on the heart, 100% with love, and unconditional. Let us search within ourselves to find our gift that is meant to be shared with those we love today.

(Daily Inspiration) Overachievers usually try to be all and fix all. We try to do it all. We want everyone to like us. We think it's our responsibility to please everyone and hold it all together. But the reality is we can't do it all. We must pick and choose. Not everyone will like us or the decisions we make. Our priorities and values are different. It's not our job to make everyone happy. We can only do things that support the restoration of their happiness. Let us seek to help others and hold ourselves together today.

(Daily Inspiration) The evolution of time causes us to separate. Friends leave us and we move on. If anyone was a friend, it was for a reason. Years will pass. We will miss the time we spent together. We will look back on pictures or the next generation will see pictures of us. We will be reminded of the good times, or our children will ask who these people are. We will smile and reminisce; it was with them that I experienced the best days of my life. Let us be grateful for every person that has shaped who we are today.