

Timeless Transformations

Daily Inspirations – January 2023

(Daily Inspiration) Influence is the capacity to affect the actions, behavior, opinions, and feelings of others. Isn't that leadership? The interesting thing is that influence is an emotional response, which is "touchy feely" and more difficult to control in another person. That's why inspiration matters. If someone is inspired, they are more likely to act from their values, purpose, and connectedness. If someone is forced, they act out of fear of repercussions. Let us use our inspiration to influence and lift others up today.

(Daily Inspiration) We can only be our best when our cup is full - full of inspiration, full of energy, full of gratitude, full of love.... We are even better when our cup is overflowing. This overflow can be used to boost whatever challenge comes our way. It may even overflow into another's cup and help fill them up. It's easier to serve others if we have an overflow in our reserves. Let us replenish ourselves first so our cup is filled to the brim and gushing over the top today.

(Daily Inspiration) There's nothing greater than being around others that see our value and remind us of it. It makes us feel even more valuable. And we don't need to waste our time proving or convincing them of our value. When the value is unequal, there's an unbalance. Then, trust is lower, and the relationship feels heavy with less energy. Why not give higher priority to those we value, or spend more time finding the value in others so that it's more in balance? Let us remind those we value feel like a big deal today.

(Daily Inspiration) There's a lot of reasons why we do what we do. Why do we work so hard? Why do we put ourselves under stress to be the best? Why do we want to travel? Why do we want to socialize? Most of us want to feel significant. We want to feel alive. We want to learn and grow. We want to live life to the fullest. We want to be inspired. In the most simplistic terms, we want to meet new people and do cool things. Let us connect with others that radiate energetic, brilliant energy today.

(Daily Inspiration) We start out being the best version of ourselves. As we evolve, we grow to the next level. And at that level, a different version will emerge. It takes a conscious effort to strive to be a better version. Otherwise, we digress, or plateau and stay the same. What purpose does the experience of our life's journey serve if we aren't better, kinder, more empathetic, serving others? Let us use every opportunity to become a better version of ourselves today.

(Daily Inspiration) Our lives are made up of moments. Our moments create days, days create months, months create years, years create careers. Everything that is happening in the current moment is the result of the choices we made in past moments. The culmination of our entire life has prepared us for this moment. We are made for this moment. Let this be our moment now. Let us take each moment and live each moment with infinite possibilities today.

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(Daily Inspiration) The adage, “I’ll show them,” when we try to “teach people a lesson” usually doesn’t work. We teach people a lesson when we take a deep breath, serve as a role model, walk away, bite our tongue, and take the high road. We’ve these alternatives because we’ve learned our own lessons, or we’ve had good role models to help us learn these lessons. Let us command our space and our plan of action in the lessons we learn today.

(Daily Inspiration) Being the best of the best is knowing what our best is. Our best isn’t pushing ourselves to our breaking point. Our best is being the best we can be while being in balance. When we make time for fun, pampering, quiet time, exercise, well-being, socializing, building relationships, and helping others, we become deep and wide rather than shallow and narrow. If we believe we are doing our best to be our best over the long haul, everything will work out for the best. Let us do our best while being healthy and happy today.

(Daily Inspiration) Excuses, excuses, excuses. When we give an excuse, it’s a subtle way to find a reason to explain or defend our behavior. Worse, we set an intention for ourselves by saying, “I have an excuse so everyone will lower their expectations of me today.” There’s a time and a place for excuses, but mostly, an excuse is our justification for not making good decisions or setting priorities. We either find an excuse or move forward. The choice is always ours. Let us remove the excuse and find a way to excel today.

(Daily Inspiration) If we believe in ourselves, the pressure is off. We don’t need to convince anyone of anything, including ourselves. We may, however, need to persuade ourselves. Convincing deals with our thought process while persuasion has to do with the resulting action. Maybe that’s the path we go through to get from point A to point B. We may be convinced we need to do something, but we find it difficult to persuade ourselves to get it done. Maybe that’s the root of discipline. Let us persuade ourselves to act on what we are convinced must be done today.

(Daily Inspiration) A Day is just a measurement of time. How the day flows in that amount of time is our experience. Our experience can be created three times. First, in our mind. Second, in our reality. Third, in our reflection. What we give power to during our experience in all three of those creations has power over us. How powerful is that? Let us be empowered to experience a great day today.

(Daily Inspiration) What we think about most is usually what we want. If we want what we are thinking about bad enough, why would we do ourselves a disservice and not fight for it. If we can’t do that thing right now, we can keep it in the forefront of our mind. We can contemplate it. We can envision it. We can talk about it with others that will encourage us. Our sharing replicates our positive energy. We surely don’t want to share it with a naysayer. Let us focus intensely and keep our dreams alive today.

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(Daily Inspiration) An energy exchange is about value. It's easier to make decisions when we ask ourselves this question: is it worth our energy? If the answer is no, then it may be a waste. We can turn it around and ask ourselves the same question, are we worth someone else's energy and are we bringing value? If not, are we a waste? Who wants to be considered a "waste of time?" Let us be mindful of the energy we bring to ourselves and the value we add to other's lives today.

(Daily Inspiration) We read at the level of our intellectual state. We act at the level of our mental state. We move at the level of our physical state. We speak at the level of our emotional state. We behave at the level of our spiritual state. Our overall state of being radiates in everything we do. Let us be in complete harmony of mind, body, and spirit today.

(Daily Inspiration) Our future is as bright as our imagination. How can we build a future that we hope to experience if we haven't given thought to what that might look like? Our current reality takes us from A to B. Our imagination takes us to wherever we want to go. Anything that was previously a dream and came into fruition started in someone's imagination. Let us imagine our ideal future today.