

Timeless Transformations

Daily Inspirations – March 2023

(Daily Inspiration) Creating the conditions around us is one of the easiest things we can do to contribute to our success. We take on the form of the surroundings we place ourselves in. It's human nature to adapt to our conditions. When we intentionally design the circumstances supporting our highest values, we evolve into the person we strive to be. We have a choice. Why not choose inspiring, exciting, and praising? Let us create the conditions that will guide our success today.

(Daily Inspiration) Everyone we see is a mirror of ourselves. Whoever we are looking at reflects parts of ourselves back to us. Everything we admire in someone else is us. Everything we despise in another is also us. Our reality is just a reflection of our inner thoughts. Life mirrors who we are. Life mirrors for others who they are. Let us look at our life through our mirror and not anyone else's today.

(Daily Inspiration) The essence of calmness is knowing when and what to overlook, then pivoting accordingly. Only we know if the situation can or should be dismissed. If it can, we take the high road when we overlook it rather than argue to be right. Then it's easier to move on. Combining overlooking with pivoting, we take the energy headed in one direction and redirect it into another. Usually, all turns out for the best in the end, and we remain calm and in control. Let us use the energy bundled in chaos and channel it towards calmness today.

(Daily Inspiration) Sometimes we overcomplicate life when it's actually pretty simple. Throughout the ages, just a few consistent themes underlie successful living: being kind, showing appreciation, and helping others. It doesn't matter if it's 3 B.C., 2023, or 3023; these three themes apply. What if we start the day with those three themes in mind? If what we do negates any of those three things, it may be time to pause and reset our day's structure. Let us start with the timeless basics as a success strategy for today.

(Daily Inspiration) It's easy to be happy for other people's success because their success has nothing to do with us. Success is a personal definition and choice. Each of us is different than every other person. No one can do exactly what each of us does. We define success on our terms. We develop the rules. What is important is building a life that we are proud of and making a dent in improvement for the next generation. Let us recognize our unique ability to contribute in our way today.

(Daily Inspiration) What is one of the most regretful words we say to ourselves? The word is SHOULD. I should have, but I didn't. I would have, but I found an excuse. I could have but I didn't try hard enough. We either do or do not. Our power comes from knowing the difference between SHOULD and MUST. If we do what we MUST, we get to let all the regrets concerning SHOULD go. It's as simple as that. Let us listen to our deepest level of intuition to determine if a SHOULD should be a MUST today.

(Daily Inspiration) Our day isn't about checking things off a list. If we aren't careful, the list becomes our source of stress. We expect the list to change and grow as our day slips into chaos. It's generally because of competing priorities with too many things on our list to get done. It's great to have a list, but at the end of the day, the process matters. When we live the day now to the fullest, only this day becomes our life. Let us not rush to check off things because only this day is our life today.

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(Daily Inspiration) Our lives are filled with abundance. Our only lack is what we perceive as limitations or perceptions of needing more. Everything is relative. Some will have less. Others will have more. Sometimes we use our assessment of lack as an excuse for not doing what needs to be done or using what we have or can do now. Why not recognize lack for what it is, a justification or absence of appreciation? Or the lack may be more comfortable because we fear what abundance may bring. Let us breathe in plenty and be grateful for what we have today.

(Daily Inspiration) Sometimes we take many paths before we find the right one. Sometimes it feels like we are magically led to a path. Sometimes our path finds us. Sometimes we cross people in our path that point us in a new direction. Sometimes our paths cross with others for a reason. Sometimes a unique person is placed in our path for just a moment of time, but they leave a lasting footprint. We usually know we are on the right path when we are excited to be alive. Let us follow our light and know that's the right path for us today.

(Daily Inspiration) Most of us wake up hoping for great things to happen. As we live through the hours, sometimes it works out. Other times, things go awry. Then we ask ourselves why. We may blame it on our circumstances. We may find fault with others. We may reflect and agree to do things differently tomorrow. It mostly boils down to one thing: our inner power. Our power connects by aligning our mind, body, and spirit. Without that alignment, we become disconnected, and our power shuts down. Let us power up with 100% alignment today.

(Daily Inspiration) What is a magnificent moment? Is it random? Is it spontaneous? Is it intentional? Do we create it? It is usually a simple moment when all time stands still. It's a time when everything from the past doesn't matter. It's where every thought about the future is not in our realm of focus. All worries go by the wayside. We abound with lighthearted inspiration. All that matters is this current moment, right now. That's when life seems perfect. These are the moments we live for and remember. Let us experience life's magnificent moments to the fullest today.

(Daily Inspiration) When we need to know something, there are three questions: ask the best technology source, ask others how to do it, or find out who is doing it. The technology source may suffice. It usually takes more time and energy if we ask others how to do it. But if we ask who is doing it, and ask them, we learn from others and build relationships. Others feel valued when we ask for their expertise. Let us move our need to know from the technology and the how, so we can focus on the who and human experience today.

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(Daily Inspiration) What is number 1? Is it first in rank? Best of the best? Most important? The one with the greatest influence? Number 1 carries a lot of energy. And the value of number 1 means something specific to different people. And it implies an element of comparison. Because if we are number 1, who is number 2, or 3, or 100? Maybe it's the top 1% based on the total in a comparison category. Usually, 1% boils down to doing, creating, and thinking about what the other 99% aren't. Let us be our number 1, our own 1% today.

(Daily Inspiration) "Doing as little as possible" may sound lazy. But it's not. It is doing as much as possible without force. We often think that doing as much as possible is the most productive. And that leads to the greatest achievement. At the end of the day, however, we are usually exhausted. When we are entirely aligned, then what we do is effortless. If we go through our day without exerting effort, we know what we are doing suits us, and then we have more energy. Let us use effortless effort and multiply our energy exponentially today.

(Daily Inspiration) The law of attraction says, what we think about is what we become. And how we feel is what we attract, and what we imagine is what we create. It starts with our thoughts, and our thoughts vibrate at a level of frequency that attracts others at that same frequency. The law is missing one key element, however. Nothing happens without action. So, the law of attrACTION is meaningless without action. Let us attrACT what we desire by acting on our thoughts and plans today.