

Timeless Transformations

Daily Inspirations – May 2023

(Daily Inspiration) When we need approval from others, we make others our judge. When we seek validation from others, we let others determine our value. When we need recognition to be motivated, we give others power over our success. When we live for others' acceptance, we give up a little piece of ourselves whenever we are rejected. Why depend on anyone else to build us up? We don't need assurance from others. All that matters is that we know our value. Let us purposely validate ourselves and our self-worth today.

(Daily Inspiration) Things we do for ourselves are gone once we are gone. The things we do for others are eternal. What we accomplish at the end of our lives is not as important as the moments we share, the decisions we make, the actions we take, and the mistakes we overcome. We are building blocks that accumulate wisdom with each new experience, untested by those before us. Let us be reminded that each time we share and inspire others, we strengthen our impact today.

(Daily Inspiration) What is one of the worst feelings? ANGST! It's when we can't pinpoint why we feel stressed or anxious. It's when we feel like we can't breathe, our jaw clenches, and our neck and shoulders feel tight. It is usually centered around a lack of control, loss of personal freedom, or nervousness about external circumstances. We can strengthen our mind muscles just like any other type of muscle. We can practice changing our patterns of worry. We can break the cycle and take our control back. Let us lessen our angst and exercise being mentally strong today.

(Daily Inspiration) Whatever word(s) we communicate after "I AM" becomes our experience. Whether positive or negative, it settles into our minds and becomes a self-fulfilling prophecy. Why choose anything that weighs us down or limits our abilities? It doesn't matter if it's words we say to ourselves or words we speak aloud. If we don't have anything significant to say about ourselves, why say anything at all? We can write the script of our day just by proclaiming who we are. Let us show up and say, "I AM at my best" today.

(Daily Inspiration) Working towards our goals has more to do with a vision and path forward than how fast we get there. If we aren't meeting our goals, we probably haven't thought through what needs to be done. Forget the challenges, forget the obstacles, forget whatever excuses that justify why we are where we are today. It's our goal. We can move at whatever pace works for us. And that pace doesn't have to be fast as long as we do our best. Let us set our sights on a path that will lead us to where we want to go today.

(Daily Inspiration) How we get things done + how we look + how we speak + how we behave + how alive we are, = our brand. It's interesting to consider what others perceive as our brand. What is the first thing others think about us when we pop into their mind? That's our brand! It's what others say or think about us when we aren't in the room. Our brand identity lets others know who we are, what we do, why we do what we do, and how we do it. Let us broadcast our brand with intention to everyone we encounter today.

Timeless Transformations

Daily Inspirations – May 2023

(Daily Inspiration) Think of zero as none and check as done. When we create something new that no one else had thought of or hasn't been done before or existed, we move from zero to one and "won" as done. Getting results is what makes us distinctive. To create something from nothing and love the experience is the reward. An experience like that may only come along once in a lifetime. Or it may be a gradual climb to move the needle. The journey makes life exciting. Let us keep the anticipation of moving from won and done alive today.

(Daily Inspiration) When we feel intense stress or pressure, we either rise to the occasion or revert to what we know has worked for us in the past. Between a blink and breath, we decide about what to do or how to react. Rising is about taking a chance, seizing an opportunity, and pushing through the obstacles. Reverting is going back to what is safe and comfortable, sinking to the status quo, and lowering the risk. Both have their place. What contributes to our success lies in our decision and reaction. Let us master how we internalize stress and pressure from within today.

(Daily Inspiration) Depending on how big the change we want to make in our lives, we may need to attract another level of energy altogether. Change the channel. Associate with different people. Let old friends go. Change careers. Do something different. Maybe what we are doing isn't working, so quit. Die (metaphorically) and become anew. If we are serious about change, stop. Reboot. Hit the reset button. Let us become and be the energy we are seeking to attract today.

(Daily Inspiration) What's the rush? We rush because we take on too much and don't plan well. Then, we make everything more challenging because we are in a hurry. Sure, we must rush sometimes because we have an urgent situation, but not everything is urgent. Rushing ruins the moment. And it communicates to others that we don't prioritize well and our mind is cluttered. When we slow down, we project calmness, control, and competence. Let us take responsibility for our schedule and time and not rush unless we have to today.

(Daily Inspiration) Money is energy. That energy is what we use for a cause; for something that brings about a result or condition. We need money beCAUSE. BeCAUSE why? We need money beCAUSE we must invest in ourselves – our health, state of mind, inspiration, personal growth, support for others, and zest for life.... Otherwise, we exist in survival mode. Money has no value unless we are just surviving or working towards a CAUSE to support our vision and purpose. Let us chase the beCAUSE of our vision and purpose, not the money today.

Timeless Transformations

Daily Inspirations – May 2023

(Daily Inspiration) People come into our lives for a reason, a season, or a lifetime. They can show up as a life blessing or a life lesson. They could cross our paths as a coincidence, or maybe because it was meant to be. When we don't expect it, in a split second, they can either walk in or walk out. Whatever the case is, accept it as a blessing: take the lesson, love the person, and learn from the relationship. Let us treasure those that impact our hearts and leave us better today.

(Daily Inspiration) There is a small space in a decision point where we think and act. That decision point is where our true power exists. Decisions are much easier if we base our actions on what we value because we build trust within ourselves. We are in alignment. We are more confident in our decision. If we decide based on what is contrary to our values, we erode the trust in ourselves, which is worse than anything else. If we can't trust ourselves, how will others trust us? Let us be the one person that we trust the most today.

(Daily Inspiration) The reason for setting and committing to our goals is not to achieve them as much as it is to develop our character in the journey of pursuing our goals. Setting goals is more about who we become along the way. We get to decide what our goals are. If we don't, someone else will. Then we travel down someone else's journey. Let us be the designer of our destiny today.

(Daily Inspiration) One characteristic that separates inspiring people is they know people are good. Sure, there are anomalies, but most are good. Why not ignore the outliers or do whatever we can to support them? What happens when we don't keep hope alive by knowing all people are good, or at least they want to be good? Everyone needs someone else to think they are good and believe in them. What if we consider all people good, and if we give them approval and inspiration, they will do good things? Let us be the reason others believe in good people today.

(Daily Inspiration) What is this intangible charisma that some people possess that makes them stand out in a crowd? What is IT they do? What FACTORS do they personify that create a swag, where they carry themselves in a way that is cool, confident, and charming? Is it their magnetic personality, competence, style, authenticity, or creativity? It's probably not just one FACTOR, but a combination of FACTORS that each contrast and complement each other. We can emulate IT FACTORS in others, but we must develop IT for ourselves. Let us be the full definition of our individual IT Factor today.

(Daily Inspiration) How do we know when enough is enough? Do we know when we've had enough food? Do we know when we've tolerated someone else's behavior as long as we can stand? Do we know when we've collected enough material things? Do we know when we've worked as hard as possible to achieve our goals? What is our baseline for enough? Maybe knowing our enough is the boundary of our limitation. Perhaps that's the secret behind being content. That is to do all we can but know our enough. Let us know when to say enough is enough today.

Timeless Transformations

Daily Inspirations – May 2023

(Daily Inspiration) Maybe one of the first questions of the day is that we ask ourselves, what kind of world do we want to experience today? If it is uplifting, energizing, and content, why wouldn't we align ourselves with just that? What we read is what we see. Who we choose to spend time with is what connects us to the world. How we take care of ourselves results in how we feel. What we do for others is how we help ourselves. What we think about is what we attract. Let us know what we want to experience and attract only that into our lives today.

(Daily Inspiration) We can only measure our success by our authentic values. If our success is based on something other than our values, what looks like success on the outside differs from what we value on the inside. So, it's not success at all because it doesn't feel like success in the depths of our souls. That could be why so many successful people don't feel successful or are unhappy with their success. There's nothing better than feeling successful. Let the magnitude of our success be measured by the effort we put into aligning with our values today.

(Daily Inspiration) We are either in, or we are out. If we are in, why not be all in, as in whole-hearted in? That is to be completely devoted, determined, enthusiastic, committed, and free from hesitation. Doesn't that sound exciting? When we are half-hearted, our genuine heart isn't in whatever we are experiencing. We may think we fool others, but we don't. Our results speak for themselves. Half-heartedness holds us back because it is more challenging to get in the flow, and obstacles seem to get in our way. Let us be whole-hearted with whoever we are with and in whatever we are doing today.