

Timeless Transformations

Daily Inspirations – September 2023

(Daily Inspiration) An anchor serves to offer reliable support. An anchor can work for us and against us. It works against us if it weighs us down and holds us back where we can't move. It works for us when it provides stability and calmness, no matter how challenging things are around us. We all need support anchors in our lives, especially when we are overwhelmed, stressed, spinning out of control, or need help. Often, the best anchor is ourselves. Let us be anchored with our feet on the ground so we may walk forward today.

(Daily Inspirations) We hear, never stop learning, but what does that mean? At the core, it means we can't lose our sense of wonder and curiosity. When we are younger, we are full of questions - why and how - and everything in between. We think we know it all as we grow older and gain success. We stick to what is familiar and fits our frame of reference. We sometimes stop asking the big questions that make a real difference. Curiosity is what leads us to new learning. Let us ask more questions about why things are the way they are today.

(Daily Inspiration) We are all faced with challenges about what we want to do or what we want to achieve. Some understand it. Most don't, and that's OK. When we have clarity about what we want to do, who cares? For us, if we really want to do something, do it. When we revert to thinking, no one will help us, or others will question it because they don't understand, do it alone. That way, we don't need to answer to anybody. Let us be free to walk alone when we believe in what we are doing today.

(Daily Inspiration) Caring people are known for being people pleasers. When we care about others and care what they think about us, we fall into the trap of making ourselves available. Why? If we are always available, others may perceive us as if we don't have much to do or we don't have a clear purpose. When we don't always make ourselves available, we generate a high-value perception about ourselves, as we project we are in high demand. Plus, we save energy and time to focus on ourselves. Let us be clear about what aligns with our purpose before we say yes today.

(Daily Inspiration) Anytime we show up for anything, we have a choice. We can show up like a know-it-all or as if we have something to prove. Or we can show up unpretentious, as if we are there to improve. It's easier to show up when things are good. But when we show up when conditions are challenging, with the best we have to give, we show up with stability and strength. Let us show up enthusiastically, with an attitude to learn, and know it is meant for us to be there, wherever we find ourselves today.

(Daily Inspiration) When we have time, it shows we are available. When we make time, it demonstrates we know what our priorities are. When we find time, it confirms our commitment. When we spend time, it proves what we value. Knowing the true value of time and how we spend it is who we really are, not who we say we are. Knowing our true values and spending our time in balance with those values is where our peace lies. Let us realize the true value of every moment of our time today.

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(Daily Inspiration) There is stress, regardless of our designation (job, title, role) or in whatever we are doing. Stress is a constraining force, a normal reaction to everyday pressures, if not externally, internally. There's no escaping it. What can we do? We can practice controlling it by rejecting it. That's our choice. If we are serious about improving, there isn't any excuse for allowing it to enter our minds. We can pledge ourselves to eliminate worry, fear, and aggravation. Let us be so focused on mindfulness that we do not permit any type of stress to seep into our lives today.

(Daily Inspiration) We know we've reached the pinnacle of our highest level of living when we are just as passionate about the success of others as we are about our own. At this level, we only focus on improving ourselves, and we don't give a flip about judging others, comparing ourselves to anyone, or experiencing resentment. When we can walk away from anything and anyone that causes us angst, we have more energy to spend on ourselves. Let us walk our walk and not let anything disturb our peace of mind today.

(Daily Inspiration) The word meant is past tense for mean. When our lives are "mean" ingful to us, whatever is meant to be will be. What is meant to be will feel peaceful and natural, not stressful and uneasy. If we are feeling stressed, discontent, or chaotic, chances are, whatever it is, it isn't meant to be. We may feel like we are lost along our path, but that's just part of finding the path we are meant to be on. We don't lose anything that is meant for us. Let us manifest what is meant to be for us today.

(Daily Inspiration) We are responsible for thinking for ourselves and challenging our assumptions about everything. No one is right 100% of the time. No one is wrong 100% of the time. There's always some level of correctness in both cases. High-level synthesis, where we think abstractly, will guide us to where we can always look for the nugget of truth with those we may disagree with. We can always look at the flaws and oversights of those we agree with. Let us stand in our best judgment and use our most reasonable intellect today.

(Daily Inspiration) A spark of inspiration has the power to ignite a fresh perspective and set a new direction in our lives. We can feel that spark starting to kindle when our minds shake with the excitement of new possibilities. When we feel that spark beginning to burn, why not nurture it, fan it, and spark it into a fire? That's when we can do extraordinary things and produce our best work. Let us strike a match of action that will set our fire blazing from within today.

(Daily Inspiration) Working hard for things that don't matter is meaningless. That type of work becomes drudgery. Working hard for something we love or care about creates excitement. When exciting work aligns with our vision and values, we create a passion for our work. When we are passionate about our work, we experience greater personal meaning. No job or company is more significant than our vision. No one else or no-thing is bigger than our values. Let us work on meaningful and passionate things or find something else to do today.

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(Daily Inspiration) We are credible when others believe in us because we are trustworthy and worthy of belief. We know we are credible when the answer is yes before we ask. We know we are credible when there's no need to ask or explain. We know we are credible when our results speak for themselves. Credibility is like cash in our bank account. Without it, we are bankrupt. With credibility, there's no need to boast, and there's no need to spend an excessive amount of energy convincing others. Let us focus on our walk, not the talk today.

(Daily Inspiration) We hear about making the most of every moment and living in the now. It's easier said than done with all competing priorities and opportunities available in our day. What if we didn't separate and label the type of moment we are experiencing? Whether it is the weekend, work, exercise, play, or vacation, who cares? Our day is a succession of moments. It's the degree of intensity we live out in each moment. The culmination of moments in our day is the symbol of our whole life. Let us find a new layer of meaning in every moment today.

(Daily Inspiration) After all we do to educate ourselves, motivate ourselves, and set big goals for ourselves, sometimes, when asked or when we think about our purpose, we stumble. We question, what the heck am I doing with my life anyway? We don't need some magnificent purpose. We may be excited about our lives and can't wait to live it to the fullest every day. That's a great purpose! That gives us the inspiration and power to accomplish significant things. Let us live large and expand our purpose as we experience life to the fullest today.

(Daily Inspiration) Wouldn't our days be less meaningful if we didn't have goals to reach? Goals keep us moving forward. The anticipation of achieving any goal makes us feel alive. Then there are what we think to be inconceivable goals. Those goals will be impossible to achieve.... until we think again. Impossible is not reality. Impossible is an idea; it's temporary until we reach it. That's where the opportunity is. Impossible is nothing but a word to be arranged as I'm possible. Let us waste less time, learn faster, and work on impossible things we are passionate about today.

(Daily Inspiration) The possibility of opportunity is intriguing. We consider it a good chance for advancement, progress, or a favorable juncture of circumstances. When an opportunity presents itself to us, the promising point in time is a fleeting moment. We can seize it when it comes, but we can't catch it when it's passed. Sure, other opportunities will come our way. The trick is to know when it is the right one and prioritize our time so we can grab it. Let us make time to snatch the right opportunity when it comes our way today.

(Daily Inspiration) It's interesting when we let go and let others do whatever they want. Why waste energy coaxing others to do anything other than what they want to do? Once we observe what they do, we better understand what they want to do. Then, the results speak for themselves. It's easier to figure out what they genuinely value. We realize what is important to them. Life responds to all our questions if we have the patience and poise to allow things to work out as they will be. Let us be in the natural flow of life without control and judgment today.

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(Daily Inspiration) Living an empowered life is all about having a sense of control over your life and believing you have what it takes to accomplish your goals. It is the act of investing in yourself with more authority. The key to an empowered life is examining where your choices are taking you and then adjusting them to fit your intended goals. Guide your power, passion, and purpose and be empowered today.