

Timeless Transformations

Daily Inspirations – October 2023

(Daily Inspiration) Strategic thought is sometimes more about choosing what not to do or what we will need to compromise. When it is a deliberate strategy, it's a thinking system we keep in the forefront of everything we do. Then, it's easier to remain calm because it's a pre-designed plan. The calmer we are, the more manageable it is not to let ourselves be disturbed because it's our strategy, not one else's. The more composure we demonstrate without emotion, the clearer we think. Let us be guided with a precise strategy in everything we do today.

(Daily Inspiration) When sitting on the fence and deciding what to do, we always have several options. We can sit there and do nothing. Or move forward without considering all the possibilities. Or pause and think clearly about the options. One of the best things we can do is imagine the best-case scenario. Once we walk through the steps in our mind, it is magical in the way we start to attract answers. Why not project the future events that suit us best? Let us decide on the best possible circumstances in everything we desire today!

(Daily Inspiration) We think joy is an emotion of great happiness caused by something exceptionally perfect. But joy is so much more because everything can't always be perfect. We aren't perfect. Life isn't perfect. Happiness comes and goes, whereas joy bubbles up from within. Happiness waits to occur, whereas joy is intentional. Happiness is an outward expression, whereas joy is an inner emotion that remains stable no matter what happens. Let us experience joy and enJOYment as the kind of happiness that doesn't count on everything being perfect or doesn't depend on what happens today.

(Daily Inspiration) Have you ever noticed how powerful it is to observe those who genuinely admire others? Or how do we feel when we truly admire someone? It's like a breath of fresh air. We know it's authentic when there are no feelings of envy or comparison. It's just high esteem and respect. We may encounter only a few people we honestly admire in our lives. When we do, we must recognize their worth to us and others. It would be a travesty if they didn't recognize it in themselves. Let us enthusiastically appreciate those we admire today.

(Daily Inspiration) Texting gives us an open door to be available in multiple situations, all simultaneously. Amazing! Juggling conversations at the same time is fantastic. Yet, it's a form of blatant disrespect. We may think we are being efficient. We may make excuses for doing it because we believe we can multitask (and others don't notice). Or we are so important and have so much to do we don't have time to give our undivided attention. Disrespect is a sign that we don't care or appreciate whoever we are with. Let us share our full attention with those we love the most today.