

Timeless Transformations

Daily Inspirations - January 2017

(Daily Inspiration) Our actions shape who we are and in turn who we are shapes our actions. The people you associate with, the actions you take and the principles you stand for will define your identity. Know who you are and be mindful of not losing your identity by trying to fit in with others that have a different agenda than you. Let your identity emit to the world your personal choices and core values today.

(Daily Inspiration) No amount of money, training, or education will lead someone to change. The only thing that can is habitual reflection. We are the only ones that can understand our life's journey. Our validation comes from our heart. It is how we understand ourselves through our story that matters, not the facts of our life in particular. Reflect on your life's journey today and look to the future with understanding.

(Daily Inspiration) Accepting another as they are rather than trying to change them is the greatest act of freedom we can give ourselves. Others only change when it is important to them not you. We can be a guide, a mentor, and a shining example but ultimately the change of another only comes from within. Realize the only person you can change is yourself today.

(Daily Inspiration) Positive thinking is an attitude where we expect favorable results. Positive thinking is not as powerful as directed thought because everyone has a different definition of positive. Directed thought is the process of channeling our thoughts towards our purpose and values that then creates and transforms our energy into reality. Receive your true power through directed thought today.

(Daily Inspiration) We always have a choice about how we look at our world. When we choose to see it through the eyes of love, our world will reveal its beauty. Love is an attitude we have about life that causes us to vibrate at the highest level of energy. Allow that energy to move through you so it lifts everyone you come in contact with up today!

(Daily Inspiration) Living peacefully is to experience life in absolute perfect balance. Enjoying simple pleasures and living in balance with our purpose is the ultimate goal of experiencing our highest good. Slow down and enjoy every task and moment today.

(Daily Inspiration) Every day is an opportunity to do something new and different or venture into the unknown. This is where our great adventures are and when our lasting memories are created. Look at this new day as something special. Use this day to get inspired and get perspective. Don't take this day for granted. Do something to move you forward today!

(Daily Inspiration) Everything around us changes. We constantly change. It's not a question of if we are changing. It's a question of which direction we are changing. Changing our life in the direction we seek is as simple as taking one step today followed by one step tomorrow. Take a step on your path today in the right direction.

(Daily Inspiration) Conflict transformation is an opportunity to question both sides of any situation. It sees conflict as an opportunity to transform ourselves rather than manage or resolve an issue. We have the power to choose the course of action that best serves us based on our highest values. Use conflict as a natural resource to bring out the best in you today!

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(Daily Inspiration) People don't care how much we know until they know how much we care. Once they know we care, working through conflicts and communicating is always easier. We are most influential when we represent and model exactly what we communicate about. Present yourself as the caring person you are and feel your level of influence increase today.

(Daily Inspiration) When we are fully present we are at complete peace with this moment. It requires intense personal responsibility. It is when our mind is clear. We are decisive. We feel calm. We know what is best for us. Our confidence is at its peak. The best gift we can give to another is to be fully present in their presence. Calm your racing mind by being fully present today.

(Daily Inspiration) As we think about our day and our life, all that matters is what we think. No one else can think for us. If we care about what others think we are not thinking for ourselves. Our reflection and contemplation during this thinking process is our catalyst for change, no one else's. Think about things that stirs your heart, mind, body, and soul today.

(Daily Inspiration) Having the passion and persistence to live in pursuit of our long-term goals is one secret to success. Our ability to thrive and survive in challenging settings is another. Wreak of optimism, focused action, and grit today.

(Daily Inspiration) Most of our interactions are spent reacting to others and events around us. It is a natural response to react but our reactions are often based on selfishness and insecurities. Responding is pausing first, doing a quick gut check of our values, take the situation in then decide on the most appropriate way to react. Respond rather than react today.

(Daily Inspiration) Every moment is to be cherished. Every moment we spend not focused on what we value or is out of balance with our dreams becomes a moment that is wasted. Make sure your thoughts are worthy of each and every moment today.

(Daily Inspiration) Think about people that bring out the best in you or relationships that inspire you to be at your best. What is it about them? They build motivation and encouragement. They create positive energy that is contagious. This energy fuels the atmosphere around you. Radiate positive energy and feel others around you be at their maximum potential today.

(Daily Inspiration) We leave a legacy with every action we take, decision we make, and word we speak. When we spread motivation, inspiration, encouragement and imagination, we lift others up and raise their expectations. Our legacy has far more power over others than we may realize. Inspire others to dream more and be more today.

(Daily Inspiration) Our lives reflect our perceptions. Our perceptions create what we expect to show up. Our ego creates thoughts then we react to those thoughts as being reality. This then creates the existence of what we believe we will experience. That is why everyone experiencing the same thing will have a unique experience. Reflect what you want to see in your life today, created through intention.

(Daily Inspiration) At the center of all creativity and growth is compromise: Before we can start anything new we have to stop something old. Consider it an agreement that we make with ourselves. There will be some things that we will have to let go of in order to make room for future growth. What will you give up today?