

Timeless Transformations

Daily Inspirations – August 2019

(Daily Inspiration) The “so what?” test is a quick measurement to test any level of importance. It forces us to question why we speak, why we give in to negativity, why we do anything at all. It puts everything into a greater perspective. Whatever the answer is, will it impact us a week or a year from now? What is the worst that could happen? Is there a significant value misalignment or impact? Answering this question gives us total freedom to manage our reaction about everything. Let us see the light by changing our perspective today.

(Daily Inspiration) It is said that imitation is the highest form of flattery. However, being a copycat is perceived to be unauthentic and often looked down upon. Why? Imitation doesn't have to mean we emulate exactly what another does. It means we can step back and discern what they do from a distance; take away the essence of what they do and learn. We crave to find success stories and examples because they inspire and encourage us. Who we imitate is a powerful motivator. Grant us the wisdom to choose the right person to imitate today.

(Daily Inspiration) The simplest way to make a difference is to ask, “How can I help?” It's the fastest way to let another person know they matter. If we sincerely mean it and are willing to extend our energy, it shows we care about their success and well-being. It also inspires them to clearly define what they need, which is the first step in determining what needs to be done. The side benefit is helping another is the fastest way to improve our own lives. Let our willingness to help another be our most powerful gift today.

(Daily Inspiration) In the time still remaining, before all is done, there is YET still time. The word YET motivates us to keep improving. Think about these statements: I don't know how to do that. I don't have enough money to buy that. I don't have the skills to get the job I want. Then, add the influential word YET to the end of each of these statements. 's like a breath of fresh air that shifts our attitude and level of enthusiasm. Our brain responds to every word we hear. Let us use the magical word YET in every challenge we face today.

(Daily Inspiration) We strive to be perfect, but the reality is we will never be perfect. Being perfect is a relative perception of an idea. It doesn't exist. We make it up. Maybe being perfect is when we see everything in perfect order and see the beauty in all of life? Life is filled with highs and lows. Nothing is ever perfect. Nothing is ever permanent. When things aren't perfect is when we appreciate the amazement of life. Let us see our imperfection as a way to be better and appreciate more today.

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(Daily Inspiration) When posed with a request we are invited to say yes or no. If we say yes, we are saying no to something else. Once we say yes too many times, all those yeses become obligations and we become overwhelmed. When we say no, we are saying yes to something else. If we say no too many times, all those no's turn into missed opportunities and we become stagnant. Knowing what we value helps determine how we respond: yes or no. Otherwise other people's values become more important than our own. Let us say yes to less so we have space to do the impactful things we love today.

(Daily Inspiration) No one cares about the number of mistakes we make or successes that didn't pan out. Chances are, they don't even know and aren't concerned. All they care about is the final delivery, the finished product that is a success. Once we achieve success, no one knows how hard we worked, how many sacrifices we made and how much energy we expended. Equally important, no one knows how many times we failed before we were successful. All of our struggles and mistakes go by the wayside. They don't count. Let us know what it takes to deliver success and let that be our measure of success today.

(Daily Inspiration) Accountability is being responsible and explaining our actions to someone for something. Personal accountability is holding ourselves accountable. Responsibility is the "before." It is a personal promise that we make to ourselves. Self-empowerment is the "during." It's the commitment and willpower to follow-through. Personal accountability is the "after" – no blame, no excuses and owning the outcome. We can misrepresent ourselves to everyone else except ourselves. When we are personally accountable, we are completely free and in control of the result. It's the #1 success principle. Let our personal accountability be the example that speaks for us today.

(Daily Inspiration) Equanimity is the steadiness of the mind, the ability to be at peace during stress and chaos. It's not being aloof or disconnected. It's the capacity to not get caught up in the drama or not taking anything personally. It is the ultimate state of balance when the mind is cool, calm, stable and confident. Take a deep breath and see the impermanence of most situations that are not life or death. Let us see the big picture and be centered in the middle of whatever is happening today.

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(Daily Inspiration) Highly, intrinsically motivated people aren't challenged when it comes to starting to work on their goals. They are more challenged when it comes to stopping. The motivation to stop is just as important as the motivation to begin. When we get to a stopping point or need to make a transition to do something else, or it's the end of the day, we must find the motivation to say I've done enough; I have confidence that tomorrow will bring a new day with a fresh start. Let us trust when it's time to stop so we can freely move to the next great thing today.

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(Daily Inspiration) There's no better way to gain confidence than to "work in the trenches" first. Most of our learning happens with experience or when we witness things in the moment. We can show rather than tell. This gives us the advantage so when we tell, it's our story – no one else's. Confidence comes from earning our way and seeking answers rather than it be handed to us without the work. When we are confident, we know it and others know it. It can be seen in persona and heard in our voices. Let us do the work and radiate unshakable confidence today.

(Daily Inspiration) What gives us the extra will to power up to the next level of success? Research shows that those with the strongest willpower always come out on top, no matter what their challenge is – relationships, happiness, career, wealth, health, success.... Just one extra degree of anything separates the ordinary from the extraordinary. Water boils at 212. Boiling water creates steam. Steam creates power. What if we turn off our internal willpower just one degree before we achieve our goal? Let us push our will to power one extra degree of effort and make all the difference in the world today.

(Daily Inspiration) Our dream is a cherished aspiration. Our dream is our dream. No one else can make our dreams come true. If we don't make our dreams come true, we will help others make their dreams come true. Let us make our dreams come true today.

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(Daily Inspiration) Noticing good things is a big deal. Noticing is free. It takes little time. It's to see or become conscious of something or someone. How wonderful does it feel when someone says, "I noticed you did <xyz> today. Thank you!" To notice is to affirm. It makes that thing visible. It is to say, "I see you and I am impressed." What goes unnoticed over time usually loses its value. It's perceived that it must not matter. What gets noticed gets continued and improved. Let us "notice" and communicate what we want to see and experience more of today.

(Daily Inspiration) With time being one of our most precious resources, is there any way to slow it down? Maybe it's concentrated time management. When we can compound time by using the knowledge others have given us through their writings, we are saving thousands of hours. It takes an author years to write a book, or a philosopher decade to prepare a new idea. All the time they spent in the years ahead of us saves us time. We can use their time as a springboard for our time in moving forward. Let us compress our time by building on the dedication and knowledge of others today.

(Daily Inspiration) Usually we worry more about what we can't see. Worry is an invisible, constant nagging in our heads that wastes our valuable energy. Habitually we are trying to solve a problem that can't be solved, or it is only speculation or what we perceive to be a problem, isn't even a problem. Worry makes us feel helpless. It causes stress. It takes our attention away from being creative and productive. Before you know it, worry controls us. Ask, are we solving a genuine problem and is it worthwhile? Let us give up worry as a bad habit and control our worries today.