

Timeless Transformations

Daily Inspirations – February 2020

(Daily Inspiration) Disappointment is a deflation, a loss of energy, a let-down. It's when we have an expectation of something that doesn't happen. It causes a sense of uneasiness and stress within us. Things will be as they are. We are only disappointed because we imagined something different. We can use the feeling of disappointment to our advantage because it signals what our true values are. If we hold ourselves in the highest regard, then all we need to be concerned about is those that we value the most. No one else matters. Let us be most concerned about not disappointing ourselves today.

(Daily Inspiration) In any relationship it's common to see others and look for their potential. Our mind races to "if they could only tweak this one thing" their success would soar! Sure, we always want to encourage and support others. At the same time, we need to realize their current situation is a steppingstone in their life's journey. They deserve to experience their challenges and learn from their mistakes. Without this level of judgment, others feel a greater sense of acceptance from us. Let us accept others for where they are and be enthusiastic about the possibilities in their future today.

(Daily Inspiration) Where is the disconnect: we know what to do but sometimes we don't do it? What keeps us from doing what we know we should or should not do? Maybe we get mixed up in doing more doing than we do attaining (getting it done). Attaining is about achieving an outcome. Doing is working towards the outcome but not reaching the end. It's easier to control the doing but attaining requires focus on the doing – the day to day action, strategy, habits, choices. Let us connect the doing with attainment today.

(Daily Inspiration) Focusing on ourselves doesn't mean we don't love the most important people in our lives. It means we are astute enough to know we can't give those we love the most the support they need if we aren't doing the best for ourselves first. It's easy to fall into the trap of feeling guilty. Let the guilt go because for long-term success, we must be at the top of our priority list. Of course, there is a balance and it may come down to eliminating something or someone else that's not a high priority. Let us FLY (First Love Yourself) today.

(Daily Inspiration) Highly productive people are exceptionally careful about what they think about and how they spend their time. Why would we spend a moment of time on things that emotionally drain us? Or why would we waste a minute of time thinking about people we don't like or care about? People that get things done are self-aware. Their energy is spent reflecting on their personal behaviors, habits and interactions – no one else's. Their focus is how they can actively improve. Let us not waste energy on anyone we wouldn't want to switch places with or be today.

(Daily Inspiration) We often think the harder we work the more successful we will be. If we are working too hard and not achieving our goals, what we are doing may be counterproductive. If we focus on what we can do that's effortless or what makes us "come alive," we perform at our best. A Taoist philosophy, *We Wei*, refers to effortless action – conflicting personal harmony. That's when we are working and accomplishing great things, and we don't even realize it. It feels like we aren't doing anything at all. Let us accept our natural flow of *We Wei* and naturally be our best today.

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(Daily Inspiration) We can't buy time so all we can do is manage it. Usually our stress comes from not having enough time or dealing with unexpected things that take up our time. Why not plan for it like we do everything else? If we take the 10% rule, each week has 168 hours: 10% of that is 16.8 hours. If we exclude 8 hours for sleeping that leaves us 113 hours: 10% of that is 11.3 hours. What if we say 11 hours is free time with nothing scheduled, we could stop being weighed down and under pressure? Let us be leaders of our time so we can feel lighthearted today.

(Daily Inspiration) To allure another is to hold their attention – maybe just for a second or for enough time to get our point across. It's a distinctive level of intrigue that helps us be more influential. It's a way of being charismatic and charming with a higher degree of confidence. There's a fine line between pretending to be someone that we aren't and fully expressing who we authentically are and who we are striving to become. Let us allure those around us in a genuine way with the genuine intention of making positive change today.

(Daily Inspiration) What we do when no one is looking is who we really are. It's easy to put on an act and do the right thing when others are watching. But the consequence is chaos on the inside which in turn causes stress and dis"ease." No matter how big or small, these are the things that define us. No one else may know but we know. When we are aligned internally, we are united externally and life gets easier. Everything falls into place easier and without as much energy. Let us make it our aim to be fully aligned in everything we do today.

(Daily Inspiration) True love is being a lovable person with others we love. True love is including others as part of ourselves. True love is creating a balance of happiness with those we love. True love requires no convincing of anything: it just is. True love is like a flower, it must be cultivated every day. True love isn't found - it's developed one day at a time, over time. True love is giving everything we have and not expecting anything in return. True love supports us as we find ways to love in our life's journey. Let us be true love and bring all the love that we have today.

(Daily Inspiration) Chances are the road to our success is a long one. Sure, sometimes we are in the right place at the right time and we make a huge leap forward – or we get lucky. But for the most part, it takes patience to reap our rewards. Our capacity to be patient is our level of acceptance to tolerate delay without getting impatient or giving up. Often things happen in a different order than the time span we have in mind. Those that are mentally tough learn to develop patience. Let us think long term and exercise calm patience today.

(Daily Inspiration) More is greater. More is "in addition." If others see us less, we are probably doing more. When we are open to doing more, we receive more. If we are willing to do more than expected, we'll be rewarded to do more than we do, because the more we do, the more we can do. The more we share, the more we have. Then at some magical point, we do more with less work and we are just that, more. Let us keep learning and yearning to be more and give more today.

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(Daily Inspiration) What type of logic do we use when making decisions, even small decisions? Is it emotion-based or value-based? Emotion-based logic is making decisions based on how we feel, like I want that 2nd cookie, or I don't want to work out or I don't want to study for an upcoming class. Value-based logic is making decisions based on what is most important to us. When we make value-based decisions we build trust within ourselves and change the relationship with our thoughts. We in turn are more effective. We are more confident that we can achieve our aspirations. Let us make value-based decisions based on what we value most today.

(Daily Inspiration) What does average look like to us? One way to get better is to live above our average. Our average reflects who we are. Maybe all we need to do is work to improve our average every day. What if we reset our average to level up above where we want to be? I bet we would move ourselves up faster if we did. Let us create a better average for ourselves today.

(Daily Inspiration) Our external worth reflects our inner self-worth and how effectively we bring our unique gifts in service to others. How we live is either fueling our worth or depleting it. Our value doesn't decrease based on someone's inability to see our worth. How we perceive our worth is the quality of relationship between our minds and emotions. Let us feel "worth" while and let it reflect our energy today.

(Daily Inspiration) It's one thing to make a big deal about doing something for someone else and everyone knows about it. It's another to do something for someone who will never be able to reciprocate. Kindness is backed up by silent actions and kind words. Let us sow our seeds quietly and be an opportunity to be a blessing for someone less fortunate today!

(Daily Inspiration) What does it take to be tough enough to push us to keep going when we want to stop or persevere through hurdles and challenging situations? That one thing varies for each of us. Mostly likely it's something that aligns with what we value most. We may not know what we are capable of until we push ourselves to the maximum level with perseverance. That's when we find our true depth. Perseverance is power and pushing ourselves gives us the power. There's nothing better than pushing through what seems impossible and standing at the finish line looking back on our success. Let us be tough and say "I can't believe I did that" today.

(Daily Inspiration) It takes high energy and full participation to make an impact. It's this level of enthusiasm that shows we are driven by full in, all out commitment. Why would we want to give anything less? We can tell a lot about ourselves and others by how we invest our time and the level of energy we give to it. When we do it with meaning, purpose, high energy, and a ready to contribute attitude, the momentum takes hold, and nothing can stop us. Let us create a whirlwind of "all in" commitment today.

(Daily Inspiration) People believe people that believe in themselves. If we believe we are average, then average opportunities will come our way. In whatever we desire to be, we must align ourselves with that being, then of course work like the dickens to be it. Nothing comes easy. Self-belief backed by hard work breeds success. When we start treating ourselves like who we want to become, we teach people how to treat us. When we believe in our worth, we find it more challenging to be around people that don't value us. Let us believe in ourselves and act like it today.