

## **Timeless Transformations**

### ***Daily Inspirations – March 2020***

(Daily Inspiration) We learn. We evolve. We raise our expectations. But sometimes we still judge others for things we've grown past. Worse, we may carry a grudge. To judge is to form an opinion through careful weighing of evidence, mostly negative. To hold a grudge is to harbor a feeling of deep-seated resentment. Judging and grudging is a waste of time and happiness. It's the heaviest thing to carry in our mind. If we've grown through our situation, we've received one of the greatest gifts of all. Let us share our gifts by not judging or begrudging today.

(Daily Inspiration) A wait state is when we are idle, waiting for something to happen. Some say, "All good things come to those that wait." Others say, "I want something so bad I can't wait." If we want something bad enough, we may be patient, but we don't wait. If our goal is to accomplish something, why not do it now with a sense of urgency? Why not start where we are with what we have that will lead us to something greater? Let us hustle to maximize every opportunity that comes our way today.

(Daily Inspiration) What is a perfect moment? Is it random? Or do we create it? Maybe it's both. Most likely it's a simple moment when all time stands still. That's when everything from the past doesn't matter. Every thought about the future is not in our realm of focus. All distractions are removed. All worries go by the wayside. We abound with lighthearted inspiration. All that matters is this current moment, right now. That's when it's perfect. Why do we need to wait for the perfect moment? Let us find opportunities to make many perfect moments today.

(Daily Inspiration) What we do and how we behave has a far greater impact than what we say. We can't expect others to listen to our guidance but ignore our example. The most powerful attribute we possess is our personal example. The first person we lead is ourselves. We earn the right to offer guidance only when others see we lead our own life as best as we can. Let us be the role model we seek and aspire to be today.

(Daily Inspiration) People that get things done focus on effectivity first and efficiency second. Effectivity is working on the right things. Efficiency is doing things right – better, faster and cheaper. Efficiency doesn't matter if we are not working on the right thing. Sometimes efficiency is a distraction because it's more difficult to work on the things that lead to the success of our longer-term goals. High achievers assess their goals every day and flip the switch and move the needle in a different direction if needed. Let us focus on highly valuable work that results in effectiveness first today.

(Daily Inspiration) Creativity and chaos go hand in hand. If we plan to create something new, we must be comfortable sitting on the edge of chaos. Creating new thoughts, new ways of getting things done, and new ideas are part of the creative process. Ordinary people follow a predictive pattern. Extraordinary people develop the pattern. They have the stamina to continue even when they don't know what is coming next. They know "not knowing" is OK. Let us embrace the idea that we may have no idea what we are doing today.

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(Daily Inspiration) Everything we think is substantiated by our opinion. What others think about us is none of our business. The only opinion that matters is our own: that's our business. If we rely on what other people's opinion is about us, we are living up to their expectations. We may be at risk of letting their opinions drive our success. Sure, we have mentors, success partners, trusted advisers – their opinion is always a consideration. The final determination is the opinion of our own. Let us substantiate our opinion about ourselves from a first-person point of view today.

(Daily Inspiration) Genuine people usually have one thing in common. Their smile is authentic. An authentic smile doesn't come from money or success or grand material possessions. It comes from helping others. Lifting others up. Not making life about themselves. Making the lives of others a little better, even if in a small way. We can't be genuine unless we put in the hard work of doing what we can to be helpful. Let our energy and actions be reflected in a smile with a genuine heart today.

(Daily Inspiration) A craftsman is one who creates or performs with precise skill. It's someone that is deliberate, with an eye for detail in their profession. Think of the characteristics of the best person we admire the most. Notice them work. They are less rushed. They are more focused. Their quality of planning is more thorough. The result of their work is excellent. Their effort is effortless. We expect more from them and they always deliver. Let us be so good in our craft that can't ignore us today.

(Daily Inspiration) We ask ourselves, how could this have happened? That could be the question for everything that happens. Read the fine print: "There are no guarantees in life." But that's what makes it exciting. What if everything stayed the same? What if everything was perfect? What if we didn't need to change the way we've done things in the past? We wouldn't evolve. We wouldn't be innovative. We wouldn't be as reflective. We wouldn't be as grateful as we are at this moment. Let us guarantee one thing and that is to take nothing for granted today.

(Daily Inspiration) Words have so much power. When combined with the right words and the right message, a transformational phrase will emerge. Think of these phrases. I love how you think because it inspires me to be better. I used your advice and I was amazed at the positive change it created for me. I marvel at the energy you bring and your power to light up a room. Others will always remember how we make them feel. In chaos there is always an opportunity to make things better. Let us transform someone's day by thoughtfully constructing a simple phrase of encouragement today.

(Daily Inspiration) An opportunity cost is what we give up when we choose one option over another. Every decision has an opportunity cost. Doing one thing makes us sacrifice the opportunity to do something else of value. Example: We have one hour of free time a day and our choices are to focus on personal growth or chores – we choose chores - the opportunity cost is the value we would have received from gaining a new perspective or skill. We can't have it all. There are no free rides. It all comes with a cost. Let us consider every decision we make as a trade-off opportunity today.

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(Daily Inspiration) The only person that we spend our entire life with is ourselves. From our first and last word, we have ourselves as company. Whether we communicate verbally to ourselves or talk silently, there is always this internal chatter going on. What we say to ourselves shapes who we become more than anything else. Why wouldn't we master this conversation? Who we are is what we say we are when no one is around, and we are talking to ourselves? Let us talk to ourselves like we talk to the one we love the most today.

(Daily Inspiration) When we focus on the miracle that breathing is, how can we not be grateful for our lives today? Without it we would be lifeless. The act of breathing clears our mind of all distractions. Sometimes all we need is a breath of fresh air. When we regulate our breathing, we can control our mind. When we are aware of the power of breathing, we know we must breathe out as we come up for air. It's the link between our mind, energy and body. Let us take every breath as a gift and have faith that all things will come our way today.

(Daily Inspiration) Influencing others and building relationships usually comes down to the most basic principle: Making others feel outrageously secure when they are around us. There is no reason to brag, flaunt our possessions or success, be self-serving, point out the flaws of another, make light of another if they make a mistake, opt to hold back information, not lend a helping hand or gossip. True influence boils down to having everything to boast about but deciding to not show it off. Let us take the high road and choose to serve others first today.

(Daily Inspiration) What creates high levels of performance? How can we make more things happen? It takes 3 things: Skills and information so we can work smart, Creativity to boost our inspiration and push us to the next level, and Energy to propel us with momentum. These three things combined shape how we perform. It's the only way we can outperform ourselves. Let us earn our credibility and perform at our best today.

(Daily Inspiration) What is the worst thing that can happen in any situation? Sometimes that's the best question to ask when we are up against an obstacle. It's never that we fail, it's just we've found 10,000 ways that won't work. The best answer is "I tried, and I was unsuccessful. I'm now preparing a plan to move forward." Boom. No explanations needed. Let us trade "Wish I had" to "I'm glad I did" today.

(Daily Inspiration) Successful people build their inner world as a top priority because the quality of our outer life is mostly a reflection of the quality of our inner life. Is it too much to consider spending at least an hour a day working on ourselves? If we want our outer world to be in harmony, we must feel peacefulness within. Peace can only be found in the balance within our inner mind. Let us cultivate an inner state of serenity and let everything else go today.