

Timeless Transformations

Daily Inspirations – November 2020

(Daily Inspiration) Feeling joyful is an option. Where happiness is usually intermittent and extrinsic, joy is a choice we make for ourselves. It's a mindset from our spirit that brings about peacefulness. Joy mostly comes in moments where we feel like we are in harmony with everything else going on around us, where we feel content and lighthearted. It comes in those tiny moments when we realize how great things are. All we must do is train ourselves to see more of it. Let us tap into our untapped reservoir of joy potential today.

(Daily Inspiration) Whatever happened in the past is just that: the past. It's the period of time before the moment we speak, feel, or take action. Our reactions of the past are records in our mind. Who wants to live on past records, especially if they only live in our mind? These records are what builds memories. We decide what to agree on in our mind. If we control our past, we control our future. Let us not allow the past to control our present today.

(Daily Inspiration) Positive people say, it's going to be OK. Committed positive people say, there must be a way. We will find a way if we are 100% committed. It's the idea that there must be an answer or solution. It may be hidden in our experiences or thoughts. It may be nested in our influential ability or contacts. Regardless, it's a pledge that we will do everything in our power to figure it out. Let us know there is a way and figure it out today.

(Daily Inspiration) In a fast-paced world, cultivating patience is a challenge. The capacity to accept delay without getting frustrated is difficult. There are different types of patience. Annoyance patience may be getting stuck in a traffic jam. Obstacle patience may be living with a situation out of our control like a health issue. Social patience could be dealing with an obnoxious person. If we can cultivate a calm acceptance that things may happen in a different order or way that we have in mind, our stress level is reduced. Let us endure whatever comes our way without letting anything influence our attitude today.

(Daily Inspiration) If our past were written down in a book, there would always be a few pages or chapters we would like to erase. The good news is there's always a do-over. An opportunity to make things right, to do it all over again with a clean slate and be given a free pass. It's refreshing to think that every day can be a do-over. We all deserve a do-over! Let the day in front of us be paved with wisdom gained from past mistakes and given grace to do-over better today.

(Daily Inspiration) We either run our day or the day runs us. If we don't design our day, chances are someone else will. Guess what they will design for us? What is in their best interest. Or what helps them run their day and meet their designed goals. Or worse, nothing! Nothing is a quantity of no importance – "No Thing." Nothing is given. Everything is earned. Let us design, plan and run "every"thing today.

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(Daily Inspiration) There is a difference between a schedule and a plan. A schedule is when. A plan is what. The key is to schedule our priorities. Not prioritize what's on our schedule. And to use the plan as a roadmap to show us where we are going and how to get there. If the plan isn't taking us where we want to go, we can change the plan, but it still doesn't change our priority. Let us schedule and plan effectively so we prioritize the important things in our lives today.

(Daily Inspiration) What if we strived to rise up higher no matter what happens today? It takes little effort to stand taller, breath deeper, smile bigger, raise expectations, let small things go, be better. We have a choice when the sun comes up to let our light shine with it. Nothing can darken our light if it shines from within. Any challenge that comes our way is just an opportunity to rise to the occasion. Let us shine brighter and rise to a higher level today.

(Daily Inspiration) When we stop planning for the future, we send ourselves a subconscious alert that we are done. Building a future shows we are invested. It demonstrates we are here to stay, making a difference and excited to be alive. It's inspiring to think about what we are going to do over the holidays, where we are going to go on our next vacation, what new goals we plan to accomplish next year. Otherwise, we feel we are at the end of the road. Let us build our future by crafting and creating it today.

(Daily Inspiration) A legacy is the entire body of knowledge, service, inspirations, leadership and work we contribute. Our legacy is what we leave behind that is threaded into the lives of others. We won't live forever but what we leave behind will, especially the things that are woven into the lives of others and the next generation. It may take a lifetime to build a legacy. It's something we must work on every single day. Let us keep our eye on the bigger picture and contribute to our legacy today.

(Daily Inspiration) Obstacles are things that divert us from our path. Maybe they get in our way to help us figure out what is really important or help us set priorities in our lives. We can either stop, hit rock bottom and splatter. Or we can find a new way, pull ourselves together and bounce back up. When we view an obstacle as a perception of a masked opportunity, we become stronger. Let us see any obstacle in our way as our destined path for today.

(Daily Inspiration) Anything that gets done starts with a glimmer of hope. When we can see hope and feel hopeful, anything becomes possible. Because we are leaders and influencers, we must offer hope. No matter how big or small, if there is an inclination to lose hope, we must find the strength to push through or try one more time. Hope has the power to be optimistic even when we feel hopeless. Let us give others more hope than what they had previously because of our actions and words today.

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(Daily Inspiration) When we have a compelling reason for why we do what we do, whatever we do matters. It has greater meaning. It doesn't matter if it doesn't matter to anyone else as long as it matters to us. To matter is to be of significance or importance. Once we are secure in knowing what matters, we are more inclined to enjoy it and be open to whatever happens with greater ease. It's easier to be more lighthearted and filled with love and laughter. Let us be true and open to see and stick to what matters most today.

(Daily Inspiration) Wildflowers grow wherever the wind blows the seeds. Once the seed opens and takes root, it aimlessly starts to grow. It intrinsically knows to turn towards the sun, take in the nutrients from the ground, absorb any moisture it can find and magically start to bloom. It's a great example of how to cultivate happiness wherever we are. Make do with what you got and be grateful. We can do what we can, with what we have, wherever we are. Let us bloom wherever we are planted today.

(Daily Inspiration) Keeping our word is the easiest thing we can do to build faith in ourselves. When our actions reflect our word, we are trustworthy, credible, reliable. Then, everything else falls into place because we are what we do, not what we say we will do. If our faith in ourselves is unshakable, it's easy to build a bond with others. Once there's a bond, all we need to do is say "yes" and others know our bond is unbreakable. Let us keep our word so we know and everyone else knows our word is as good as gold today.