

## **Timeless Transformations**

### ***Daily Inspirations – January 2021***

(Daily Inspiration) When we feel fatigued, we usually chalk it up to hard work, stress, doing too much, being overcommitted.... Often, it's because we do less of what sparks a burst of energy within us. A spark of excitement, adventure, relaxation, love, and light is probably all we need. The more time we spend with people and go to places that ignite a spark in our soul, the more revitalized we feel almost instantly. That's where we go to find our happy people and places. Let us find our spark and be the light that ignites today.

(Daily Inspiration) Think about what decay means. It is to rot, to decline in vigor, energy, strength, health. To deteriorate from a prosperous condition. To decrease gradually in activity, size, or quantity. Who wants to decay? Who doesn't want to rise, increase, prosper, grow? We all change. The question is, what are we changing? Are we growing or decaying? When we stop growing, we send ourselves a signal that our expansion is complete. Our mission is accomplished. Then our body starts to decay. Let us resist decay and persist in growth today.

(Daily Inspiration) If our mind slips into that place of wishing it were the weekend, or dreaming of being on vacation, or yearning it was yesterday, STOP. Every moment we spend not sapping out the energy this day brings is a moment we lose from enjoying today. Sure, it is fun to anticipate the weekend. It is exciting to plan for the next vacation. It is reflective to never forget yesterday. But we get the most out of our moments when we live for today. We never know what tomorrow holds or what can be taken away. Let us revel in all life has to offer us today.

(Daily Inspiration) To progress is to move forward. It is a gradual betterment toward a higher, improved, or more advanced stage. All progress comes from not accepting the way things are but rather creating it as we would like it to be. Living inside the cycle of progress seems to move too slow. But slow progress is far better than no progress. When there is no progress, it is usually when we won't change our minds. If we can't change our mind, then we can't change and make progress. Let us spark progress and advance toward what will be today.

(Daily Inspiration) With every new day comes an opportunity for new thoughts, new perspective, new strength. It's not just another day, it's new. It's never existed before because it's the first time for this day. Today will take on a new dynamic and whatever it brings, we are privileged to make a choice to embrace it. We roll with it. We make it the best it can be. We fill it with all that is good, with great hope and expectation. Let us make a new beginning and start with a smile, high level of energy and a deep breath today.

(Daily Inspiration) There's a difference between an award and reward. An award is some type of a recognition or plaque that we showcase in our office. It's extrinsic. Our success is short lived when measured by awards. A reward is something we earn, enjoy or desire. It's intrinsic. Why work so hard if we don't reward ourselves? Reward follows effort. Only we know how much effort we put into anything. When we reward ourselves, we affirm, "I am worth it, I deserve it, I value my efforts." Let us treat ourselves to something special today.

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(Daily Inspiration) How we choose to experience life is our lifestyle. It's where we intentionally create the type of life, we want to live that's aligned with our purpose. Our lifestyle is defined by how we spend our time, money, and energy. It's demonstrated by where we work, where we live, what we believe, how we act, where we use our creativity, what we do with our free time.... It is the positive use of free time, doing what we want to do. Let us design the lifestyle we desire with purpose today.

(Daily Inspiration) How we look + how we speak + how we behave + how alive we are = our personal brand. It's interesting to consider what others perceive as our personal brand. What is the first thing others think about us when we pop into their mind? We can think of our brand as what others say or think about us when we aren't in the room. Our brand identity lets others know who we are, what we do, why we do what we do and how we do it. Let us broadcast our personal brand with intent to the world today.

(Daily Inspiration) Notice when we intentionally attach to a word or thing or idea, it shows up everywhere. Say we are focused on butterflies. Wherever we look, we notice butterflies. Our eyes are directed towards them. We can use that same technique in goal planning. Because we intentionally set a goal, we tell our thoughts it is something of value. Once we aim for it, we fixate on it. Then our brain helps us find associations with it by sending out signals, searching for a match and trying to make a connection. Let us embrace the mystery of our mind and use it today.

(Daily Inspiration) To affirm is to state a fact with confidence. When we use affirmations in our self-talk, they are powerful seeds of intent to help direct our thoughts. They can mean the difference between success and failure, getting something done, or following through on commitments. Easy statements like, "I've done this before, and I know I can do it better this time." Or "I have the fortitude to finish what I started." Or "I am committed therefore I will do what I said I was going to do." Let us be everything we intend to be with positive validations today.

(Daily Inspiration) Life is too big to think small. We're going to be thinking anyway. It's not like we can turn off thinking. So why not think big? Why not think about big things even when we are doing small things? If we think big, our world will be bigger. Even when we feel small, if we can push ourselves to think bigger, we will feel better. Because even if we feel small, we are part of something bigger. Let us add to whatever we are thinking and think bigger today.

(Daily Inspiration) We are meant to do great things! Every person from the lowest job in the hierarchy to the highest position has a burning desire to do something great. We might be able to squelch it for a period of time but it's lurking in the background, yearning to come forward. It never goes away. It's always there, waiting for an opportunity to be expressed. It's like a match waiting to be lit. Let us respond to anything that strikes our spirit today.

(Daily Inspiration) Think about the billions of people that live in the world, and those that have come before us, or the hundreds of thousands of people that die each day or go to work, trying to make a living. It's easy to feel insignificant. Maybe we are just a drop in a big bucket of life. Maybe what we do doesn't matter. But what if our personal drop were missing? Whose lives would be impacted. What things would be left undone? Everyone is significant and we are it. Let us be the full bucket of life all contained in our one drop today.

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(Daily Inspiration) Aren't genuine people refreshing? They project authentic honesty without any ulterior motives. When we're around them, we don't sense there are hidden motives in what they say. We don't feel manipulated. We feel there's a balance of give and take so the relationship becomes unconditional. That's when we can make an authentic connection and everything else falls into place. A fresh feeling of calmness, kindness and simplicity surrounds us. Let us be a gift to others and ourselves by genuinely giving all we can and asking nothing in return today.

(Daily Inspiration) Most people are users of other people's success. They spend their time reading online information, watching TV, listening to podcasts, and reading books that others have written. Extraordinarily successful people are creators. They are coming up with new ideas and creating new tools and presentations. They are the ones that are designing, initiating, and shaping the future. Creativity isn't studied or copied. It must be experienced and activated. Let us be creative creators rather than users today.

(Daily Inspiration) If we aren't doing what we love, why would we do it? We're just wasting our time. And our time is precious. Of course, we must do things that get us from point A to B. It may not be the things that are at the top of our love to do list. But we must recognize it as such and do it anyway with the best spirit imaginable. We know it and everyone else recognizes it when we do what we do as if nothing else matters. Let us bring our whole self into whatever we are doing and love doing it today.

(Daily Inspiration) Doesn't everyone want to be thought of as interesting? Who wants to be boring or just ordinary? The gusto in life is to be fascinating, captivating, spellbinding... These are interesting characteristics. How can we be interesting if we aren't interested? Interested in our work, interested in the routine of our day, interested in what others are doing, interested in ourselves! If we want to be interesting, we must come alive no matter what we are doing. Let us raise the bar and be the interest of today.

(Daily Inspiration) Life is pretty simple. It's nothing more than simple complexity. We just make it more complex than it needs to be. Anyone can make something more difficult. It takes a higher level of intellect to make it simple. Isn't it a breath of fresh air when someone takes unnecessary complexity and lays out a simple solution? The energy level immediately skyrockets. Complexities drain us. Simplicity is just a puzzle of complexity that is solved. Let us look through a simplistic lens and raise our level of energy today.

(Daily Inspiration) Life is meant to be great! It's our responsibility to find joy in it. Part of our life includes work. It's how we spend our time using mental or physical effort directed toward the production or accomplishment of something. Work isn't not meant to be drudgery. It's what we do as a means to help us achieve our goals. It's one of the few things that gives substance in our lives. If we don't love our work, it's our responsibility to change it. Let us raise our spirits to the highest level and find joy in our work today.