

Timeless Transformations

Daily Inspirations – June 2021

(Daily Inspiration) To be ZEN is to be calm when faced with difficulties coupled with the power of not worrying about things we can't control. Maybe that's the secret to contentment wrapped up in an uncomplicated definition. There's a lot of ZEN habits that are simple to control: our beliefs, attitude, thoughts, perspective, how we spend our time, how kind we are, how much we appreciate the things we have, when we smile, how much we love, what we give our attention to, how well we take care of ourselves... Let us master ZEN habits with a ZEN mindset as we approach life today.

(Daily Inspiration) If we are going to trust one person, the best person to start with is ourselves. If we can't trust ourselves, why would anyone else? There's no better feeling than for others to trust us, believe in us, listen to us... That's where our influence thrives. When we trust we have the power to figure things out, no matter what the challenge is, possibilities increase. We find a way. Let us trust in ourselves, even when no one else does or in the face of tribulations today.

(Daily Inspiration) Living life to the fullest requires a cycle of reinvention. That means keeping our lives flowing. Not becoming boring and stagnant. It should be easy to find three things we love – one that keeps our mind sharp through creativity, one that keeps us healthy and in shape, and one that adds value and helps us prosper. Through our reinvention process, it's not important that others know our every move. Why not keep it to ourselves and let our results speak for itself. Let us reinvent ourselves and become brand new today.

(Daily Inspiration) It takes courage to walk away from whatever doesn't serve us any longer. Why let anything or anyone steal our peace of mind? It also takes a lot of wisdom to know when to stay. Once we decide to walk, when we show certainty in our decision, we show others we are an opportunity to be chased – if we matter. If they don't come after us, keep going. They probably aren't worth it anyway. Let us stay in situations that are in alignment with our values, or if it makes us happy, and only if it makes us a better person today.

(Daily Inspiration) Ganbaru is a popular Japanese word that means doing our best. It embodies the qualities of strength, determination, and persistence to keep pushing forward. Doing our best is more valuable than being the best. If we are doing our best, what else matters? There's no need to worry about anything else or the risk of not being successful. No one ever said we must be perfect. We're doing our best. When we do our best, minute by minute, we are positioned to be in the best place for the next minute. Let us live with gusto and ganbaru today.

(Daily Inspiration) Whatever we experience throughout the day are a sequence of events that are happening FOR us, not TO us. The mentality of things happening TO us is a victim mindset. Whereas when we believe life is happening FOR us, we instantly become a victor. Knowing that 90% of anything is how we react to what happens, our reaction is the universe responding on our behalf. Let us be all in at 100% and let life happen for us today.

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(Daily Inspiration) A picture is worth a thousand thoughts. It's an imprint caught in our mind. It's a snapshot of energy captured in a split second. What if we went through our day stress free by living like a camera? Focusing on the perfect shot. Capturing the best one. Deleting the bad ones that aren't worth keeping. Not giving the bad ones an ounce of energy by taking another shot. Every moment is an opportunity to do it over better the next time. Let us seek opportunities for a redo and begin again but do it more wisely today.

(Daily Inspiration) We make a new day every morning by finding new energy. Every day brings new life. We need new energy to grow. How do we re-energize? Take time for us. Take care of ourselves. Switch everything off and reboot. Everything works better when we unplug and let it rest, especially when it comes to us. That's what gives us the mental edge over everyone else. Let us re-energize and find new life today.

(Daily Inspiration) When the load we carry is heavy, the best thing we can do is remember these 5 words: I am enough for today. Sometimes we don't realize how heavy our weight is until we release something to lighten our load. It's usually not the weight of the load we carry that drags us down, it's what we think about it as we carry it. Sometimes the heaviest loads are weighted by only the thoughts we hold in our head. Guilt can weigh more than 2 tons if we let it. Let us balance our load, carry it well and know we are enough today.

(Daily Inspiration) Notice when we get distracted. We get less distracted when we get into the flow of what we are doing. The flow happens when things are easy, when we feel like we know what we are doing and performing at high levels, and when we are happy and self-motivated. Getting into the flow isn't out there. It's in us and no one else can create it for us. It's a state of mind that we chose. Let us not only get into the flow, let's dive in headfirst and be the flow today.

(Daily Inspiration) We can look at our day in three directions. Looking down is firm. We are planted where we are today. Looking ahead is hope. It's what lies ahead in our future. Looking up is WOW. It's a bigger response to life when there's no words to describe our state of aweness. The sunrise, the freshness of the morning breeze, the clouds, the birds – it's spectacular. It's just WOW! That's when we stand firm, hope for the best, and see life from a greater perspective. We usually look down and ahead. Let us remember to pause and look up today.

(Daily Inspiration) When is there ever a good combination of balancing time, energy, and money? Young people have time + energy but no money. Middle aged people have money + energy but no time. Older people have time + money but no energy. The life lesson is we can't have and do everything at the same time so why not focus on balancing our purpose and passion? Knowing we can't have time, energy and month all at once, let us enjoy everything we have in the moments of today.

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(Daily Inspiration) Waking up with healthy energy is the greatest blessing of all. When that is our starting point, everything else that happens is icing on the cake. This day has the potential to be the best day of our lives. All it takes is a little hope. A little hope goes a long way because when there is hope, anything is possible. With the outlook of knowing our past is the source that gives us experience, all we need to do is forgive and forget our past self. Let us believe in our current self while creating our future self today.