

Timeless Transformations

Daily Inspirations – July 2021

(Daily Inspiration) Serenity is more than being calm. It's finding peace from deep within. If we can remain serene by finding ways to draw from our inner peace, we're not easily sparked when things don't go our way. When something unexpected or a change in plan comes up, it's easier to roll with the flow. It's more natural to remain cool and come back to that peaceful place. Why let the actions or behavior of others steal our inner peace? Let us find a tranquil balance and be filled with deep levels of serenity today.

(Daily Inspiration) Sticking to a plan, seeing things to closure, being consistent are usually thought of as characteristics of strength. Just because we change our mind doesn't mean we are wishy washy, weak or inconsistent. Sticking to a plan, if it's the wrong plan, is worthless. Changing our mind is an act of confidence as we gain new insight and perspective. It's empowering to know we always have a choice. It's even more powerful when we clearly communicate the reasons behind why we are changing our mind. Let us be free to change our minds as we gain more wisdom today.

(Daily Inspiration) Challenging problems or difficult situations require higher levels of thinking. Why expect our normal level of thinking would be able to come up with the right or better solutions? Any problem we are trying to resolve can only be solved by a higher level of thinking than what created the problem in the first place. When we expand our mind to move into a larger experience of thought, we gain a higher level of achievement. Let us use our ability to access higher level thinking thoughts today.

(Daily Inspiration) There are winners and learners. Success is about learning. Learning is a commitment to invest in ourselves. Just because we made a mistake or were relevant yesterday doesn't mean we'll stay there. The gap between how willing we are to learn vs. how quickly everything changes around us is how irrelevant we are. Being relevant gives us greater opportunities to make an impact on those around us because our success carries value. Our value is enhanced by our ability to work with causes we are passionate about. Let us be successful and relevant by learning and growing today.

(Daily Inspiration) Feeling relaxed is a refreshing tranquility and an absence of tension. It's challenging to find ways to get to that place 100% of the time. We often think we are most successful when we outwork everyone else. But relaxed people work smart. They network with others. They make valuable connections. They help others so others will help them. They know they can't do everything, so they ask for support. Relaxed people are so rare they are downright intriguing because they know what to do to get it all together! Let us let go of all triggers that impact our level of relaxation today.

(Daily Inspiration) Big people never make other people feel small. Taking the high road always makes us a bigger person. When we are with big people, they make us feel bigger. People that are big usually see things from a bigger perspective. Bigger people are keen at seeing the bigger things about life before anyone else. Bigger people inspire us to think bigger than we ever have before. Why be small and fret over small things. Let us be as big as life is today.

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(Daily Inspiration) The law of creeping normality is the principle of gradual change. It's when the process of change is so incrementally slow, we don't recognize the results because it's a downward slide of a creep, we may not notice. It may be a behavior, a habit, or anything that seems on the surface to be insignificant. Then we see it as normal until we decide to fix it or make drastic changes. Why not pause each day, examine where we are and take steps to improve? Let us fight against any negative shift and move upward into a positive spiral today.

(Daily Inspiration) We don't start the day planning to be mediocre. Why not plan to be so outrageous, our day is crazy, unbelievable, and more meaningful? Mediocrity is only admired by mediocre people. Why not go the extra mile, be inspired just a little more than everyone else, make casual encounters special, use words that lift others up? Let us turn a good enough, mediocre day into a spectacular day today.

(Daily Inspiration) Clocks do one thing. Measure time in 60 second intervals to calculate 1 minute. Clocks don't tell us anything about that minute because time is an illusion. Clocks give us the illusion that we are in control of time or tell us how we use our time. Each minute can fly by or feel like an eternity. Sure, we have places we need to be and things we need to accomplish at certain times. But who wants to be a clock watcher and ignore the spontaneity and synchronicities that the day may bring? Let us flow freely in harmony through the minutes of today.

(Daily Inspiration) Complaining is draining. No wonder we check out when we are listening to a complainer. Complainers make everything look grim and gray. Anyone can complain. It's the easiest form of communication. Complaining sucks the energy out of the day. Then we have less energy to focus on fun and important things. Why not laud (praise) rather than find fault? Everyone needs an energy boost! It's just as easy to find things that are great or are going great. Let us raise the energy level and find things to applaud about today.

(Daily Inspiration) What is one of the best ways to solve complex problems? Put our instinctive mind to work while we do other things. Those things may be mindless things, exercise, routine things, things that don't take a lot of brain power. If we are intentional and give our unconscious mind a problem to solve, it works in the background, crunching creative ideas. If we nurture our mind and tend to it with the utmost care, it takes care of us. Let us use every part of our mind to incubate solutions so we can be more productive and creative today.

(Daily Inspiration) We may think we can fool ourselves when we delay making decisions. An indecision is still a decision. It's just a decision we are not ready to make currently. It may really be disguised as a procrastination or a stagnation of making progress. Time doesn't wait. When we wait and don't decide, our indecision lets opportunities slip by. Why not decide and stand behind it confidently and enthusiastically every step of the way? We don't need more time. We just need to decide. Let us turn maybe and later into the right decisions for today.

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(Daily Inspiration) In thinking about what we represent the most, how would we be described? If we are demonstrating the most perfect essence of something in terms of an ultimate example, classic, or quality, what would that be? For example, I am the quintessential expression of xyz. What is xyz? Or what would others say about us? For example, everyone thinks of her as the quintessential xyz. I wonder what that would be? And would that be aligned with our personal vision and values? Let us stand for what we aspire to be and live up to being quintessential in that today.

(Daily Inspiration) What is the easiest, no-cost, instinctive, spiritual practice? Breathing mindfulness. That one thing will snap our awareness back into the present faster than anything else. To breathe is to experience being alive. If we go one minute without taking a breath, feel how quick we become mindful because nothing else matters. Why wait until we can't take a breath? Why not be mindful of it every time we are doing anything, throughout the day. Waiting in line, breathe. Doing laundry, breathe. Working, listening, walking, anything - just breathe more mindfully. Let us inhale the present moment and exhale with gratefulness today.

(Daily Inspiration) Emotional strength is the ability to stay the course. If we can manage ourselves when we feel deflated, we harness the power to be great at everything. Feeling deflated are the times we feel de-energized, less important or let down. Being able to show up consistently with vigor, energy, and willingness to do the right thing is what separates us. Taking a deep breath to inflate our emotions allows us to detach from the situation, see the big picture and let it go. Let us flex our emotional muscles to be consistent and strong today.

(Daily Inspiration) We are a Value of Investment (VOI). The investment may be money, time, energy.... We get X because we create or save Y. When X is larger than Y, we are a liability. Once we become a liability, we are vulnerable to culling. Who wants to be culled (selected from a group and being rejected because we are perceived as inferior or worthless)? No matter who we are or what our prior success is, we are not indispensable. Our VOI is the success formula at this moment. Let us be contributing, enthusiastic, useful, enjoyable, inspiring, innovative, and valuable today.