

Timeless Transformations

Daily Inspirations – August 2021

(Daily Inspiration) When we feel a sense of urgency, we are sparked to take immediate action. We become more insistent. We get things done faster. We are more focused. We separate what would be nice to get done with what must be done. If something is not urgent, it's easier to procrastinate. Working with a sense of urgency may be the one thing that may separates us from everyone else because it raises our energy and intention. Let us be calm, cool, and collected as we address urgent matters while getting a lot done in a short amount of time today.

(Daily Inspiration) Hurdles are those pesky things that get in our way and cause us to be more creative. We can be a rock or free flowing. We can stop. Or we can be like water, peacefully flowing around a rock in a stream. Leaders don't stop. Rather they use the hurdle to their advantage especially when they know the hurdle is worth the work. Let us not turn around and give up but figure out how to get through it, flow around it, climb over it, or dissolve it today.

(Daily Inspiration) Usually, there are two discriminating factors that determine a person's level of success. Successful people do what unsuccessful people aren't willing to do. And successful people make a habit of doing the things that advance their level of success. Prove it by thinking about who you would deem as successful. Who do they surround themselves with? How do they develop their success? What are their habits? What do they do differently? Let us be willing to do whatever it takes to do what we desire to be, then make it a habit of doing it better than anyone else today.

(Daily Inspiration) Who doesn't want to feel luxurious every now and then, or always? The condition of luxury is abundance, indulgence, lavish... Luxury begins where necessity ends. The trick is to put an end to the mundane when we can. Maybe we can do some simple things to bring more luxury into our lives? Maybe it's buying ourselves something we normally wouldn't. Maybe it's extra time and space. Maybe it's a luxurious place that we might think is out of the question. The cost to move from mediocrity to luxury is usually marginal. Let us make time to experience luxury today.

(Daily Inspiration) Lighthouses are mesmerizing. They stand in place, offering hope for others that might be lost. They patiently wait in their firm position, steadfast, no matter what storm is going on around them. They shine their light to show others the way in the darkness so they can arrive safely to wherever they are going. We can be a lighthouse. We can shine our light brighter no matter how dark, dangerous, and turbulent it may seem. Let us be the lighthouse in everyone else's chaos today.

(Daily Inspiration) To set ourselves apart and to be at the top of our game, we must learn more than anyone else. We can't know and study everything, but we can be experts in our careers and interests. The most successful people don't rely on just their innate talent. They tap into success partners, role models, mentors, books, research ... whoever and whatever can help support them. It's in our power to carve out at least one thing to self-study about every day. All those things add up and move us up a notch. Let us be game changers today.

(Daily Inspiration) We can only be affected by someone else's negativity if we allow ourselves to tune in to their energy frequency. It's like a TV or radio, we can only hear and see it if we tune into a specific

Timeless Transformations

Daily Inspirations – August 2021

channel. If we vibrate higher, we open ourselves up to intake more positive energy from others on our frequency. That makes it easier to be selective and tune others out. And if others on a lower frequency can't see or hear us, who cares? Their energy doesn't align with ours. Let us vibrate at the highest level of energy frequency today.

(Daily Inspiration) What's the easiest way to make someone else's day? Make them look good in front of their peers, leaders, friends, and family. Complimenting in public and critiquing in private says more about who we are. A great compliment in public is like a breath of fresh air, a boost of energy. Magnifying another's strengths may be the most underrated thing we can do to motivate and bring out the best in others. Let us see only the beautiful and best in others and say it in public today.

(Daily Inspiration) Our purpose is what we do for others. Our passion is what we do for ourselves. When the two intersect, we come alive. Our light burns brighter. When the intersection of passion and purpose becomes our profession, everything we do is play. Then, how we spend our time isn't work. What we do is effortless and we have more energy to spend time on what we love to do most. Let our passion ignite our purpose then weave that into our profession so we can play all day today.

(Daily Inspiration) In everything we do, we make a choice between mutually exclusive alternatives. We encounter a risk-return tradeoff. When we opt for one thing, we forego something else. Every choice has a consequence. It makes us who we are but also impacts those we are responsible for. The trick is to be confident and accept the choice we make. Accept responsibility. Be willing to pivot if our choice doesn't feel right. Some choices we regret. Some choices pave the way for our future. Let us balance the risk of what we are willing to give up to get what we want today.

(Daily Inspiration) The abundant mindset is an inner knowing that there will always be enough and there's always more. Abundance is feeling rich, with or without possessions or money. Abundance is knowing we aren't limited. It's the ability to expand limiting circumstances with unlimited thoughts and creativity. Why be limited and believe we are scarce or insufficient? Let us live in the context of abundance and tune into it today.

(Daily Inspiration) What will be our legacy? Once we leave, we quickly become a distant memory. Are we a picture? A name on a document? A carving on a tombstone? Maybe we are the inheritance of a great example about how to live life, or what we weave into the lives of others. We like to think it's about us, but we are only in the middle. It's probably more about what we do to take care of the aging previous generation and for the new next generation. Let us live our best day and contribute to a lifetime of daily legacies today.

(Daily Inspiration) An executive presence represents a person who enables success and makes things run smoothly. Who doesn't want to be offered the most valuable opportunity, a promotion, or a chance to oversee a highly-visibility project? It's probably not luck, experience or education. It's mostly this hard-to-describe executive presence... those that not only do great things for themselves, but they also inspire confidence in others to do great things. It's tricky to describe but we know it when we see it. Let us be present in a more impactful way as an executive today.

Timeless Transformations

Daily Inspirations – August 2021

(Daily Inspiration) Being flexible about the ups and downs of the day is an active process. We set expectations about how we envision the day going and most of the time it probably doesn't go as planned. If we can master the ability to let go of what we expected and live in the moment of what is happening, it's easier to get in the flow and enjoy the ride. The stiffest tree is the most easily cracked whereas the soft tree endures by bending with the wind. Let us be flexible and not allow ourselves to get bent out of shape today.

(Daily Inspiration) If we can choose, why not choose to spend time with Only Quality People (OQP)? These are people that enrich our lives, enhance our quality, boost us to a higher level, deepen the fabric of our being.... We may not even realize it, but they speak to our dreams. They influence our decisions. They shape who we become. Why would we settle for unqualified people? We can easily avoid them or not let them take up space in our thoughts. Let us decide to spend our quality time with OQP today.

(Daily Inspiration) Sometimes we must shake things up to make things better. We don't get better by chance. We get better by having the courage to change. Why do we have to play by other people's rules or comply with the rules that are set for us? If we feel something needs to be better, we can find a way to do it. If we can't, who can? Even if it's a small shake up we can make a difference. Let us feel free enough to shake things up today.