

## **Timeless Transformations**

### ***Daily Inspirations – June 2022***

(Daily Inspiration) Lots of times we have questions that have no answers. Sometimes we find our answer inside our question. Now and then, questions are best left unanswered. Other times we must get comfortable with the uncertainty and just not knowing. For questions that may never be solved, we can use the question to move to a new level of awareness. We can outgrow the not knowing, move through it, and be at peace. Let us be big thinkers with a lot of questions and be comfortable with no answers today.

(Daily Inspiration) Eighty percent of success is showing up. Extraordinary success depends on what we do with the other 20%. In the 20% slice, we can plan how we show up before we show up. We can show up with energy and enthusiasm. We can show up dressed up and ready to lead. We can be prepared. We can show up to serve. We can show up to make an impact. It is within our control to show up and make it a positive experience. Let us show up when most people quit and when we do, add 100% effort today.

(Daily Inspiration) What if we start the day visualizing the best version of ourselves? What would we look like? Maybe it's writing a book or being relaxed on a beach with time to contemplate life or being surrounded by those we love most and experiencing happiness or living in the home of our dreams. Whatever it is, we can translate our vision into the experience and give it substance through visualization. Then, during our day, we set ourselves up for success with specific context. Let us see the things we want first, then act like the person we want to be today.

(Daily Inspiration) In the busyness of our schedules and responsibilities, our mind fills up. Our mind overflows with things to keep track of and things to do, things to be concerned about.... Just like cleaning out a closet or draining the water in the sink, sometimes our mind must be emptied so we can see clearly. If we can find a way or a place where we can stop thinking, pause, and just be, a new beginning emerges. That's when we become at peace, rested, energized, and open for new ideas. Let us empty our mind so we may start fresh today.

(Daily Inspiration) Rarely do we get something for nothing. It usually requires giving something to get something. If we do get something for free, it usually comes with negative karma or attachments because we didn't earn it, or we don't deserve it. Why would we expect something for nothing in the first place? There are few shortcuts. To get anything worth having takes hard work, grit, creativity, and enthusiasm... Let us learn how to earn every single thing we get today.

(Daily Inspiration) Our perception is our agreement with reality. And that is what determines our experience. Why else would two people experiencing the same thing usually have a completely different experience? Most of the time, we see what we are prepared to see or expect to see. We can't let others limited perceptions determine our experience or characterize us. A miracle is simply a shift in perception. Let us bring about miracles in our experience of today.

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Daily Inspiration) At the beginning of the day, if we know the one thing that will make our day a success, we are better positioned for higher levels of achievement. If we view that one thing as the main thing, until that one thing is done, everything else is a distraction. That's a simple principle! Today is a gift and it will never repeat itself, ever. Let us do at least one thing that will make us worthy of today.

(Daily Inspiration) Belief in ourselves is the result of positive daily habits and small wins. High levels of trust from within need to be reinforced every day. This gets us in the habit of winning. Success is a result of wins over time. The more wins we have the more success we have. When we feel successful, momentum kicks in and then we gain more confidence. Let us celebrate the small wins today.

(Daily Inspiration) We are born at a designated time. We have no control over when this time is. It could be 1960 or 2022, so we are creatures of this time period, and this is where we experience life. Most people lack the ability to rise above the ideas of this time. What does it take to look beyond where we are today? No one has a crystal ball but each of us can contemplate bigger ideas, not accept the way things are, and work towards a greater vision. Let us think of grandeur and create a world that works for everyone today.

(Daily Inspiration) What are the experiences that truly make us feel alive? Usually, these are the experiences we make time for or wish we had time for. These are the experiences that take little energy or effort on our part, where we lose track of time, and our heart races because we feel so full of life. When we are doing those things, our enthusiasm is at its highest. It's in those times that we are at our best! Let us find the magic of those moments where we feel most alive today.

(Daily Inspiration) It's common to find our circle (our people – friends, family, colleagues) getting smaller and smaller as we grow, gain more knowledge, and evolve in our lives. Time becomes more important. Balancing our energy becomes a higher priority. Would we rather have 100 pennies or 4 quarters or 1 dollar? It takes far more pockets to carry 100 pennies, and it weighs us down. Let us be selective as we check to see who is in our circle today.

(Daily Inspiration) Being able to indulge in things that create abundance and pleasure is a luxury. Maybe luxury isn't necessary, but it's nice to experience excellence, whether it's a place, an idea, an object, or another person. Luxurious experiences can make our minds rich. But if we don't balance how we perceive luxury, those luxuries can become "must haves" then we may become more obligated which then leads to higher levels of stress. Without freedom of time and peace of mind, luxuries lose their value. Let us be free to decide what level of luxury we wish to experience today.

(Daily Inspiration) Why bother explaining our why to anyone else but ourselves? Why? Why not? Why not again? Why not try? Why not me? What not now? Why not you? Why Why Why? If we don't know our why, why would we choose us – me, myself, and I? Let us be clear about our why so we can find our how that will help us find our way today.