

Timeless Transformations

Daily Inspirations – August 2022

(Daily Inspiration) The undertone of the word elite implies the best or the highest in class. If we are considered elite, we are superior in terms of an ability or quality as compared to the rest of a group. It's a bit of a dichotomy. We aren't supposed to compare ourselves. At the same time, we want to be considered the best at what we do. It feels good to believe that we are an elite in at least one area of our lives. That's where our strength lies. Let us use our elite influence where it matters most today.

(Daily Inspiration) Yesterday was a done deal. Today is the beginning of a new deal. Why be concerned with who we were or what we did yesterday? Why not make today a big deal? Every day can be a big deal if we make it so. We can also make ourselves a big deal. We know we are becoming better today. Life isn't about getting more; it's about becoming more and making room for more value. Let us be a big deal with a big presence and big ideas today.

(Daily Inspiration) When we are responsible to someone, we up our game by being accountable. We may work for them. It may be out of respect, or our need to want to support them or make them happy. The bigger question is how accountable are we to ourselves? Do we do what we tell ourselves we are going to do, then add extra as we may do for someone else? If we tell ourselves that we will exercise 30 minutes, do we do that and 5 minutes more? Let us be personally accountable to ourselves even more than we are to others today.

(Daily Inspiration) Deep thinkers are over thinkers. Over thinking something when there's really nothing to it overpowers our thoughts. Our thoughts reflect how we are feeling from minute to minute. How we feel anytime anything happens in one moment may be different the next time it happens in a different moment. So why overthink it? Why not let it go to the next day, then see how we feel. That gives us time to validate how we feel, not place us in a vulnerable position and let others validate us. Let us seek approval from ourselves and let everything else go today..

(Daily Inspiration) What if we started our day out knowing that a miracle would occur? Why wouldn't we expect something extraordinary? A miracle isn't necessarily a divine intervention in our physical realm of affairs. Metaphysically, a miracle is a shift in perspective. We can see everything as a miracle... breathing, heart beating, the sunrise, accomplishing a goal, the birth of a child – even a flower in bloom. It's a miracle we woke up this morning! Let us be a miracle and plan for even more miracles today.

(Daily Inspiration) What is life? Life could be defined as the thing that distinguishes a functional human (one that has the capacity to grow, react, and think), from a dead body. Life could also be characterized as a span of time from birth to death. But life itself has no meaning other than how we give it meaning. It can be anything we want it to be. And each day brings a new chance for us to create our meaning. Let us dig deeper to find our meaning of life and create more of that in our lives today.

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(Daily Inspiration) Many people want the result without following the process of hard and smart work. They want the victory but not the sacrifice. They want to win without careful planning. They want the reward but not the education. Achievement is more than want to and willpower. We must be the right kind of person first, then do the right things, before we can receive the things we desire. Let us use focused discipline to overcome any reluctance we may encounter today.

(Daily Inspiration) We are wrapped up in a body filled with invisible energy. No one can see inside of us and know our level of energy. It's up to us to radiate energy with visible effects, like a smile, like a twinkle in our eye, or a light that shines from within on the outside. These effects are our gifts that we bring to any situation. It is our enthusiastic energy that helps us rise above the ordinary. It's the force that creates excitement. Let us make our invisible energy visible and use it as our superpower today.

(Daily Inspiration) Maybe the formula to improve ourselves can be reduced to four choices. Choose not to think about our habits. Break a bad habit. Maintain our current, good habits. Create a new habit. A good habit may offer more stability than anything else because it sustains us even when we are uninspired or tired. When there is chaos or uncertainty, a good habit will help us get through the confusion. Breaking a bad habit or creating a new habit keeps us moving forward and changes our behavior for the better. Let us use our habits to inspire our desired behavior pattern today.

(Daily Inspiration) To elevate ourselves is to lift up or make higher. That could be for anything, our profession, our spiritual development, our level of energy or enthusiasm, our value... Our level of elevation goes up when we bring more value in more meaningful ways. It doesn't matter what we are doing. Why would we de-elevate ourselves by underestimating our contributions? It is a daily decision to maintain the status quo or reach higher. The energy for action on that decision is probably about the same. Let us be our best by doing the higher-level things we are called to do today.

(Daily Inspiration) Aging does not mean old. Old is the attainment of a specific age. We get to determine what that specific age is. Aging is the sum of all changes over time. Everything that is living ages. Being given another morning, another day, another year is a privilege. It's when we get to advance in our age, not grow old. Laughing is ageless, feeling alive is ageless, experiencing new adventures is ageless, learning and growing is ageless. Why not call wrinkles twinkles of laugh lines! Let us embrace our chronological age and welcome another day to add to our age today.

(Daily Inspiration) Leadership is influence and influence translates into value. Influence is the capacity to have an effect on the character, development, or behavior of someone else. When we can change the way others think and behave, that's where our true energy shines. How can we do it? It's not title or authority. We can rely on prior success and find creative ways to let others know about how good we are. We can rely on other people to say how successful we are. Or we can do the work and prove our success by demonstrating results. Let us broaden our sphere of influence through inspired action today.

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(Daily Inspiration) Being creative takes us to a whole new level of power and influence. Creativity inspires progress. Otherwise, we would continue to repeat the same old patterns of behavior and produce the same level of results. The more creative we are the more successful we are, the more enthusiastic we are, the more interesting we are. To be creative we must do different things, make time for play and adventure, allow ourselves to imagine things differently - then come back to our work and apply new levels of creativity. Let us set our mind free of old ways so we can be more free to be more creative today.

(Daily Inspiration) The safe choice is to stand with the crowd. It takes courage to stand alone. It takes trust and confidence in ourselves to think independently. We possess the ability to learn, to be a problem solver, to make the best decision that works for us. Why wouldn't we exercise that privilege? If we are a dependent thinker, we give up our freedom, our inherent gifts, our talents, abilities, contributions, value, everything... Let us be independent and exercise our ability to make up our own mind today.

(Daily Inspiration) When something goes awry with another person, there are three types of responses. Immature minds seek revenge. Mature minds excuse. Intelligent minds disregard. When we seek revenge, our emotions overpower our intelligence. When we excuse, we do ourselves a favor with calm justice. When we disregard by ignoring, we have a space between "what happened" and our response. In that space we find our power where we can choose, where we can stay in control until we can decide how to or if we choose to respond. Let us find a comfortable place where we can always remain calm today.

(Daily Inspiration) Life isn't always perfect. Sometimes it's messy and filled with hardship and missed expectations. But one thing for sure, it's always beautiful. We don't need to over complicate things. Light always appears the next morning. The birds always chirp. A hint of a breeze always blows. Children always find ways to make us laugh. We don't have to solve every life problem. All we need to do is experience life, find the beauty, smile, and give thanks for being here another day. Let us give this day an opportunity to be the most beautiful day of our lives.

(Daily Inspiration) When our mind is clear, that may be the greatest gift of all! If our mind is cluttered, we are confused. If our mind is exhausted, we are stressed and have less energy. If our mind is jam packed with too many things to do, we live in chaos and frustration. Sometimes we must pause and reboot. We must dig deep to find ways to start fresh with greater clarity. Then we are more ready for anything and further open to everything. Let us clear up some space so we may think and act with greater intention today.

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(Daily Inspiration) If we feel we need validation from others, we inadvertently invalidate our value. When validation from others isn't important, we create a higher-level of energy that exudes greater confidence. This level of energy is rare. If we are prepared, highly skilled, and clear on where we stand based on our values, why do we need confirmation? Why give our power to anyone else? Why let anyone else decide for us? We know the answer and what is right for us. This is a whole new level of power. Let us find the validation we need within ourselves today.

(Daily Inspiration) A hidden jewel for successful living is to focus our energy on creating the new, not resisting against the old. Some things we can't change like our age, our genetic makeup, what family we were born into.... We hit a brick wall when we resist. Worse, it drains our energy. For anything we can control, like our enthusiasm, habits, lifestyle, attitude, discipline... we can find new ways to tap into our reserves. There is always more when we are tapping into something new. Let us live this day as the first new day for the rest of our lives today.

(Daily Inspiration) When we make a promise, we declare to ourselves that something will or will not be done. Our promise becomes the basis for our expectations. No one else can commit us to anything. Once we make a promise, why would we break it? We are the most important person to keep our promise to. Once we break our promise, everything else starts to break – our confidence in ourselves, how we feel about how disciplined we are, our ability to respond to anything in life... Let us love ourselves enough to keep the promises we make to ourselves first today.

(Daily Inspiration) If we aren't bringing value to others, especially those that we love most, why are we here? Value doesn't always translate to money. Value is about time and how much we are willing to share our skills, experience, and knowledge. Those are the significant things that bring value to others. When we possess high-value skills, people naturally come to us which in turn makes us more valuable. We must know our value and know how to leverage what we have to offer. Let us unapologetically know our worth and be eager to share more of it today.