

Timeless Transformations

Daily Inspirations – July 2023

(Daily Inspiration) Our thoughts are often our worst enemy. Our self-doubt starts with the negative words and thoughts we let enter our minds. If we've been successful in the past, we can be successful in the future. If we've failed in the past, we can learn from our mistakes and be even more successful in the future. We can choose to ignore any labels or words of self-doubt. Let us only use positive statements to crowd out any negative thoughts stuck in our heads today.

(Daily Inspiration) Accountability lifts our ability to respond, e.g., response-"ability" by linking our commitment to what we want to achieve. Commitment is when we are all in - in our minds, hearts, decisions, behaviors, and actions. Confirmed commitment leads to ownership. If we are unwilling to take ownership, we aren't ready to move forward, even though we tell ourselves we are. Once we own it, we authentically are responsible for it; whatever it is, it's ours to see through until the end. Doesn't that sound affirming, as if it is a done deal? Let us be 100% responsible for our outcome today.

(Daily Inspiration) The intensity of enthusiasm makes the difference in anything we do. The level of intensity is what separates the ordinary from the extraordinary. We will rarely, if ever, find a motivated group of people not led by a high-spirited, lively leader. No one gets excited if the leader is bored or unenthusiastic. Over the long haul, we can only inspire others to get things done with high energy. Without it, we must work triple time to get over-and-beyond commitment from others. Let us boost our energy and take our influence to a new level today.

(Daily Inspiration) Freedom comes to us when we don't take anything personally. It isn't easy to do when we care about what others think and believe whatever we do is right. When we limit taking things personally, we find it easier to let go of careless comments or the bothersome actions of others. It's not them; it's me. It's not there; it's here within me. When we ask those questions to ourselves, it's easy to set ourselves straight. Let us empower ourselves by the way we choose to think today.

(Daily Inspiration) Hard and impossible things we want or plan on doing usually have little to do with talent or capability but more with our belief in ourselves. It's easy to get caught in the cycle of dreaming to do the impossible. Then the negativity sets in, the buts..... the timing, the resources... Why not get started and let our belief system propel us forward? Once we start working towards doing everything and anything in our power that is imaginable, we build momentum. Let us believe impossible things are possible even when we don't know how we will make it happen today.

(Daily Inspiration) Our lives are an indivisible entirety of who we are. We may fool others, but we can't cheat ourselves. It is useless to thrive in one part of our lives and ignore other critical aspects. There are no shortcuts. Life is a balance beam. And that beam shines through our soul. Only we can see and feel the alignment of our balance from within. Let us be an inseparable whole person that is in perfect harmony today.

(Daily Inspiration) A win-win situation is a solution where everyone involved feels they've gotten what they want. Win-wins are easier to negotiate and achieve when all parties are equally committed, with the same level of sacrifice and commitment. Isn't that the secret to success at the individual level? There's no difference in a group setting or participation with another to create a win-win. Sometimes knowing the exact definition of winning to construct a win-win is the most difficult. It is challenging to rise to an inexact challenge. Let us be clear about our win-wins and do whatever is needed to achieve our dream today.

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(Daily Inspiration) When we are intentional about how we live our lives, why give any time to negativity or judgment? If we intend to fill our lives with love and peace of mind, why not spend every ounce of energy thinking about higher-level things, not trivial things, and noisy chatter? It takes less energy to count our blessings than our limitations. When our mind is cluttered with negativity, we are less free to be creative and lighthearted. Let us be so busy loving our lives that we have no time to focus on pessimism, regrets, or fear today.

(Daily Inspiration) Yes, No, or WOW! How did we get to WOW? We get WOW when we exude confidence, poise under pressure, and the ability to decide and think quickly on our feet. It also includes excellent speaking skills with clear, concise, assertive, and strong language. We generate the WOW factor with the radiation of passion and energy. Like magic, when we wow others, we influence them and command the situation. Let us strive to WOW others by our presence today.

(Daily Inspiration) Everything in our lives will come and go. The only constant is me, myself, and I. Everyone else makes decisions for themselves. And those decisions we cannot control. We must prioritize ourselves no matter what else is going on. We must keep learning. We must take care of our well-being and mental state. We must stay fit. We must bring energy and enthusiasm to whatever we do. If we are in this life for the long haul, we must do our best to serve ourselves and others better. Let us be the one constant we can depend on today.

(Daily Inspiration) Sticking to a plan and following through to closure are thought to be characteristics of success and strength. But it also means we are agile. Just because we change our minds doesn't mean we are inconsistent or wishy-washy. It means we are agile, free to change our direction whenever our actions don't feel right. Changing our minds is an act of confidence as we gain new insight and perspective. It's empowering to know we always have a choice. Let us be free to change our minds as we gain more wisdom today.

(Daily Inspiration) Most are working in survival mode in the early stages of their lives. It should be temporary, however. We aren't meant to live in that state perpetually because then it becomes a habit of living in a reactionary state, which creates chaos. That pushes us into survival mode, where we feel rushed and busy from the time we wake up. With a consistent morning routine, we give ourselves time to orient ourselves with a focus on the person we intend to be. We align ourselves toward our vision. Let us live with intention and purpose rather than be rushed and reactive today.

(Daily Inspiration) Stress is a tricky thing. We define stress as experiencing mental tension caused by a challenging situation. Usually, stress is our perception of something that feels overwhelming. We can change our thought patterns and control our perceptions. We can think of stress as the response to something that's causing the stress. That thing is the stressor, and we can manage that because it's cause and effect. The stressor is the cause, and the stress is the result. Why not remove or limit our stressors where we can? Let us be mindful of our stressors, before we try and manage our stress, today.

(Daily Inspiration) Mindful people have a lot of things to do. We have things we must do; things others want us to do, things to help others we care about, and things we want to do. Time management is about focus, a to-do list, and prioritization. But for the things we want to do, our time, why not drop the to-do list and focus on the to-be list? Our to-be list is things that make us come alive. It's things that are in line with our vision: who we want to become. Let us to-be what we want to be today.