

## **Timeless Transformations**

### ***Daily Inspirations – August 2023***

(Daily Inspiration) Would we be inspired if we watched a movie about our day yesterday? Would our thoughts, words, and actions be aligned with our highest values? Would we radiate energy? Does our beauty shine from within? Would we say, I want to be just like that person in the movie! How could we not be proud of ourselves if we can say that? We are the director of our movie. Let us be a person in our movie that we would watch over and over again and be excited about today.

(Daily Inspiration) The word success spurs all kinds of emotions. It's tricky to define because it is a relative term. The dictionary defines success as a desired outcome or a measure of succeeding. But only we can determine what success means to us. The opposite of success is failure. Actual failure is when we qualify others to characterize success for us. It's no one else's concern. Who has walked in our shoes? Who knows what we dream about? Who knows what thoughts are going on in our heads? Let us pass through our lives feeling confident about how we gauge our success today.

(Daily Inspiration) Before we can inspire others, we must be inspiring ourselves. It takes us committing to invest time in doing things that inspire us, which generates inspiration. That might be reading, exercising, travel, fresh air, the stuff of awe, creative ideas. Inspiration is an influencer. It is anything that incites action and creates an inspiring feeling or thought. It's a trigger that takes us to a higher level of thinking, "the secret place of the most high." Who doesn't want to dwell there? Let us invest in things and experiences made of high-spirited inspiration today.

(Daily Inspiration) Noise. The unwanted signal, disturbance, or anything undesired that interferes with our concentration. The "noise" in the world can pull us from one direction to another. It can draw us into a pit of useless disruption, where we mindlessly choose to wander. The best wisdom we can receive comes when we are quiet and listen to the still voice within. We must lessen the noise so we can hear ourselves think. Then, what seems to be a mystery magically becomes our plan. Let us disregard the noise so we may follow our path today.

(Daily Inspiration) Most happiness or unhappiness depends on our disposition, not our circumstance. It can be tempting to be swept away by our attitude, state of mind, or level of stress as a reason for being in a bad mood. A "mood" is only a temporary state of mind or feeling. When we don't manage our lives well, it's easy to become anxious. Our bad mood may indicate that we aren't using our power to resolve internal conflict. It is up to us to choose how we feel at any moment. Let us carefully guide our disposition and desire to be happy every moment today.

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(Daily Inspiration) There are three types of planners. One is a plotter, where they plot out the future, considering every detail before they start. Others are pantsers. They "fly by the seat of their pants" and figure it out as they go. A plantser is both a plotter and a pantser. They have a vision driving their results with goals and milestones guiding them along their path. There is a time and place for all three. Only our imagination and vision give us the picture we see. Let us carefully assess our options and decide how we will plan to make things happen today.

(Daily Inspirations) Why play the blame game? You know, thinking someone did something wrong or is responsible for something unfortunate, disappointing, or terrible happening. Why blame others when they don't meet our expectations? If there is anyone else to fault for wrongdoing, it's us for expecting too much. Disappointment comes from expecting things to go a certain way or others acting how we think they should. But people are people, and life is life. It's our responsibility to choose how to respond. Let us enjoy every moment of life, holding only ourselves accountable and having no expectations of others today.

(Daily Inspiration) Meaningful relationships shine with trust and connection, not terms and conditions where we expect something in return. It never feels good when we are more concerned about what we can get out of the relationship than what we can give. That type of connection feels manipulative. Who needs that in their lives, where if one person in the relationship changes their needs, they no longer need you? Once that happens, the relationship loses its meaning. Authentic relationships are genuine, with reciprocity and loyalty. Let us hold tight and value our most faithful and true relationships today.

(Daily Inspiration) Working through the day with busyness, stress, and trials and tribulations is a given. It's a daily struggle to overcome our challenges, but we always have options. We can minimize how much time we surround ourselves with others that cause us angst. We can maximize the time we spend with anyone or anything that makes us feel alive. We can dwell in places that revitalize us, even if it's in our minds. Let us go places and spend as much time as possible with people that renew and inspire us today.

(Daily Inspiration) Breathing is a subconscious action that keeps us alive. Just think about anyone that is trying to catch their breath or about to take their last breath. What if we create a habit so that when we breathe in, we inhale appreciation? When we breathe out, we exhale aliveness. We may be able to breathe, but we still may be dead, at least on the inside. Or we may be placed in circumstances where we feel suffocated. Breath is SPRIT. Breath is inSPIRITion. Breathing is free. Let us surround ourselves with others that increase our capacity to breathe more freely today.

(Daily Inspiration) Why, oh why, is this happening to me? Why ask that question? That question sounds like we have no control over ourselves or our life. When the going gets tough, the tough get going. What if we reframe "Why is this happening to me" to "What can I learn from this experience." That tiny transformation in perspective changes everything. Let us embrace what

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happens to us as a gift, and know that whatever is happening is happening for us and our good today.

(Daily Inspiration) Our mental atmosphere combines our current thoughts and feelings and the sum of past thoughts and feelings we have experienced. Our emotions bridge thought, feeling, and action to determine our emotional state. The mental atmosphere and the emotional state we are in choose the type of experience we will have. It's the same with people we encounter. We may never know or understand their state of mind. We must listen to their words and observe their actions. Then use our intuition to choose how we interact. Let us use these atmospheric indicators to determine our total experience today.

(Daily Inspiration) Why would we waste our energy explaining our ideology? Our ideology reflects our beliefs, aspirations, and values. Isn't the best way to demonstrate our ideas by living in alignment with our actions? It's much easier to talk about what we believe and think than live out the activities and challenges in our daily lives. Let us talk the talk by walking the walk in everything we do today.

(Daily Inspiration) We think we are in control of the results we create. It's much more than that. We must focus on the conditions and behaviors that we want to happen. Creating the situations around us is one of the easiest things we can do to contribute to our success. We take on the form of the surroundings we place ourselves in. It's human nature to adapt to our conditions. When we intentionally design our lives to support our highest values, we evolve into the person we want to become. Let us create the conditions that will make success for us today.

(Daily Inspiration) Our brains are hard-wired to seek out answers. Why not start our day out by asking the right questions? The right questions can direct our attention and inspire us to action. Entrusting questions like 1) What am I most grateful for? 2) Who lifts me up, and how can I associate with them today? and 3) What results am I committed to creating today? These questions will help us gain a greater perspective during the day. Why not relish the questions more than the answers? Let us ask the right questions so the right answers will come our way today.

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(Daily Inspiration) The exciting part about life is that we control the trajectory of our experiences. We get to decide how we move forward. We will never go back to how things used to be or where we once were. We become who we want to be and where we should be. In the inner workings of each experience, no matter what happens, we are free to choose how we respond and take the next step. We decide how to rise above any circumstance or obstacle in our way. Let us find higher meaning and choose our path wisely today.

(Daily Inspiration) Sometimes we must overcome uncertainty to create something more significant in our lives. That place of uncertainty is where the energy is. That's where things are exciting and creative. When we always know what will happen, we become dull. We need uncertainty because that's the fuel that pushes us to reach our highest level of potential. When nothing is certain, the possibilities are limitless. All we need to do is trust the wait. Let us reach the top of our potential by being comfortable with uncertainty today.