

**Timeless Transformations**  
***Daily Inspirations – November 2023***

(Daily Inspiration) Who are we? We are what we read, the conversations we engage in, the people we spend time with, the people we love, what we do to entertain ourselves, who we listen to, what we focus on, and where we spend our time..... It's everything that feeds our minds. Our mind believes what we tell it and what it absorbs. Why not nourish our minds with hope, pure thoughts, influential ideas, creativity, who we want to be, and everything good? What we feed our minds will lead us forward. Let us take care of our beautiful minds first today.

(Daily Inspiration) We spend years learning, so we are prepared. We spend time in the morning planning our day. We go through the day practicing what we know and pondering our decisions. Then, sometimes, we get caught by surprise. We realize we don't know what we are doing. Things appear ambiguous. That's when our opportunity emerges! That's when we get creative. We start to think differently. Our imagination is triggered, and a surge of ingenuity creates a chain reaction of possibilities. We can't buy that level of excitement and creativeness. Let us welcome any opportunity that invites us to explore innovative creations today.

(Daily Inspiration) Life is always about compromise. Knowing when to compromise is a sure sign of a mindful and mature person. There are things we can easily make concessions for and others where we must pause and decide. That pause is our gut check, where we decide based on our body of wisdom... intuition... We must check our principles, values, and beliefs.... and weigh in on the consequences. That's a complex checklist to go through in that little pause. Let us blink and then decline any compromise that will diminish our peace of mind and state of well-being today.

(Daily Inspiration) Being grateful is more than a feeling. It is choosing to see everything in our lives through the lens of abundance rather than lack. It is seeing WHAT IS there rather than WHAT IS NOT. Practicing gratitude brings more attentiveness and alertness to everything we do. When we are grateful, it's easier to be resilient. It's when we forget our blessings that feelings of hopelessness emerge. If we don't find a way to turn it around, it's easy to drop into lifeless doldrums. Let us use every moment as an opportunity to experience gratitude for the fullness of today.

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(Daily Inspiration) Demonstrating appreciation is an active form of prayer. When we show appreciation for another, whether in words or actions, we affirm their value. The root word of appreciation is precious. When someone is precious, we should treat them like a diamond or revere them with the most significant worth. How easy is it to sincerely appreciate someone? Isn't appreciation what brings out the best in others? Let us use a series of appreciations to reveal our gratitude in everyone and everything today.

(Daily Inspiration) We don't always have a choice about who we spend time with, but when we do, why not spend time with those who bring out the best in us? Our time is a sliver of our lives that we can never get back. Why waste a second on those that cause us to be anything but excellent... and of the highest level of quality possible? When we are at our best, we think, speak, and do our best. Let us give our best energy to the best people who bring out the best in us today.

(Daily Inspiration) Anytime we create something new, whether it be a relationship, a service, a product, a home, a career, a family, or anything. That's easy. Designing is invigorating. Newness is refreshing. But, creating something sustainable that lasts over the long haul is difficult. Consistency, keeping our enthusiasm high, over and over and over again, and putting in the work is where most falter. Let us use the strength of our momentum to energize what we created yesterday to expand what we are sustaining today.

(Daily Inspiration) With every opportunity comes a pivotal juncture. Every thought about that opportunity is a decision. Every moment is a fork in the road. We are a system of analysis in real-time. We can choose to be kind. We can decide to make time. We can take a chance. We can choose to love. Or we can choose to do nothing and lose the chance. There's nothing more disheartening than knowing we missed a great opportunity. Usually, that's where all regrets begin. Let us carefully analyze every life-changing opportunity that comes our way today.

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(Daily Inspiration) Who we are is built upon layer after layer of experiences, failures, refinement, disappointments, heartaches, successes, and growth. We control the sediments that we allow to settle in the layers of our being. Why not let the wind blow away everything we do not want to collect in our layers? Why not spend our energy building the high-quality deposits that we desire to be and let everything else go? No one can take away who we are, who we want to be, and who we are becoming. Let us build layers of integrity, grit, and discipline today.

(Daily Inspiration) When things don't go as planned or when things change, most of the time, those things are out of our control. We are left to consider our options. We can complain or cause trouble. We can do nothing. We can worry or be fearful about what might happen next. Or, we can turn whatever it is into an opportunity. Why not use it to our advantage? Nothing is a concern unless we let it be. Let us use everything that comes before us as an opportunity to live life to the fullest today.

(Daily Inspiration) Simplicity brings balance, freedom, and peace to our lives. Life is not as complicated as we make it out to be. Living with simplicity isn't about being a minimalist or getting rid of extraneous stuff. But to focus on those things that align with our values and bring more meaning. We are the designers of our life. Let us focus on the most significant while keeping things simple today.

(Daily Inspiration) No matter how competent, calm, inspiring, loving, or anything else that we try to be, others can only relate to us at the same level they understand themselves. If we are on a different level, communication is more complex, and it takes more energy to relate to that person. And all that energy is for naught because nothing we do will matter, no matter how hard we try. We can remain authentic and do what we can, but we can lessen our effort. Let us seek to come alive and be inspired as we find those we relate to most today.

(Daily Inspiration) We spend the most time listening to ourselves and the noisy chatter in our minds. Why wouldn't we watch what we say very carefully? Isn't that what matters most? Why would we not believe what we hear if it's coming from ourselves? Don't we trust ourselves? If we don't like what we hear coming from ourselves, why would anyone else like it either? The best advice we can give to ourselves is to squelch anything that we don't want to be true about ourselves. Let us hold ourselves in the highest regard, listen to it, and believe it today.

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(Daily Inspiration) Motivation is an intangible thing. There's not a force that pushes us to get going every morning. It would be nice to wake up with high vibration energy naturally, but we can't always count on it. Sometimes, we fizzle out, and we feel our motivation begin to dwindle. What we can rely on is consistent effort. Consistency depends on a process and a schedule to help keep us on track. Once we get into the zone of putting forth the effort, sparks of inspiring motivation magically emerge. Let us focus on the pure work of consistent effort today.

(Daily Inspiration) What is work? Is it working for money to do a job or exerting ourselves physically? Is it producing something? No matter what we do, work is required. Even if we do nothing, we work to sustain ourselves. And our mind is always working. Sometimes, that's the most strenuous type of work. When we work on things we love, value, and care about, those things never feel like work. That kind of work is passion and play. Why work hard on anything else? Let us work harder on everything we love and put less energy into everything else today.