

**Timeless Transformations**  
***Daily Inspirations – January 2024***

(Inspiring Question for the Day) What is the quickest way to clear our minds when things seem to be spinning out of control? We may need to look up rather than look down or straight ahead. We see more expansive options when we see the clouds, the sun, and the endless boundary of the sky. We see things at a higher level and gain a fresh perspective. We may be too focused on the insignificant busyness of life, and we miss the big picture. Rather than feeling stagnated, why don't we pull ourselves out of incapacitating overwhelm and look up today?

(Inspiring Question for the Day) What questions should we ask ourselves as we wake up and start planning for the day? Would those questions be, who do I want to love and support? How can I make the most significant impact? Where is my time served best? What opportunity do I plan to capture? What will be my level of energy and enthusiasm? Who do I want to connect with? What do I need to change? What will I learn? The question may be more important than the answer. Will our early morning questions drive our intentions for today?

(Inspiring Question for the Day) What is the value of debating anything controversial? Should we ask ourselves first, is it worthwhile if the person we are discussing with is someone equal in intelligence or level of consciousness? Or is what we discuss controversial, thus creating a heated discussion or dispute? If so, maybe there's no need to differ. Arguing expends too much energy. Say it once if we stand firm in our beliefs or know something to be true for us. If we choose to argue with someone, are we actually trying to convince ourselves that we believe something or do we know it to be true?

(Inspirational Question of the Day) Is our day a race? Why rush through it? This day will never come again. Are we competing to see who can get through it or achieve an objective the fastest? Why can't today be an excursion? Would our day be more fun if we treated it like a fun trip or leisure activity? In a state of leisure activity, we have time to be creative and dream. Why move swiftly, at full speed, through this once-in-a-lifetime opportunity today?

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(Inspirational Question of the Day) Do our dreams come true? The first question is, what are we dreaming about, or do we even have a dream? Our dreams are more likely to come true when we find a vibrational match to what we are dreaming about, like creating our reality with people, ideas, places, and things that support our dreams. If we don't have a dream, that may be what we manifest.... nothing. Or maybe our dream isn't meant to be. What if we are clear on our dream and keep that at the forefront of our intentions today?

(Inspirational Question of the Day) Do we cause more stress for others, or do we do everything possible to reduce other's stress? Stress takes the fun out of everything. Who wants to spend time with anyone that causes anxiety and pressure? Our day is much brighter when we can breathe, and our surroundings are calm. In a de-stressed state, we are more apt to be optimistic and able to provide solutions. What if our primary focus was to be a remover and relaxer of stress today?

(Inspirational Question of the Day) Is our happiness a primary goal for the day? Should we expect to be happy all the time? That may be a false expectation. Without disparity, when everything is not perfect, it presents an opportunity to be more grateful. Experiencing a tad of disappointment may be the best time to realize happiness at a greater level so we can count our blessings more during happy times. Would we be happier if we embraced the balance between happiness and less happiness and knew it was a welcomed part of our life experience?

(Inspirational Question of the Day) Is our purpose really about us? Or is it to make a positive impact on others? Why else are we here? We will come and go in the blink of an eye. But our effect will live on into eternity. With that mindset, our purpose may not be what we do but what we do that ensues in others when we do what we do. If we reconsider our purpose from that perspective, would we live with a greater understanding of intention today?

(Inspirational Question of the Day) Why do we "fudge the truth" about something? Some call this a "white lie." Is it because we are fearful? Is it because we don't want to hurt others' feelings? Is it because our egos are weak? Are we insecure? Are we trying to impress another? When we lie, it's more piercing in our thoughts than it is in others. And we are affected the most. Is nothing more menacing than feeling the energy drain when we aren't 100% truthful?

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(Daily Inspirational Question of the Day) When we think we know something to be true, do we really? How do we know? There may be a big difference between understanding something is true or why it is true, versus knowing for a fact that it's true. Can we know something to be true if we don't have proof or life experience verifying what we think is true? We may know some things in life to be true because we believe it in our core being... at the soul level. Let us cherish what we believe in and know it to be true for us today.

(Daily Inspirational Question of the Day) What happens to us when we clash with another person? It could be a dispute, a difference of opinion, a conflict in our values and beliefs.... It might be many things. Whatever it is, any disagreement burns up energy. Usually, no one comes out ahead anyway. So, we have to ask ourselves, is it worth it? Is the other person even emotionally developed enough to grasp the concept of diverse viewpoints? If not, is it worth our time and stress? Would we be better off being the bigger person by taming our ego and letting whatever it is go?

(Inspirational Question of the Day) Isn't it easy to fall into the trap of thinking the grass is greener on the other side? It's human nature to peek on the other side and wonder if things might be better elsewhere. It's tempting to compare ourselves to someone or wish we had what they had. It's a balance to want to strive, be more, and still be at peace with what we have and where we are. Somewhere in between is a pivotal balance. What if we get stable on that balance point and fertilize the grass beneath our feet MORE today?

(Inspirational Question of the Day) What is the easiest thing to do to ensure we have a great day? Maybe it's the things we CAN control or the situations we create for ourselves. How simple is it to live by our values, focus on what matters most, our enthusiasm and attitude, rest and exercise, what we eat and drink, and how we control our thoughts, actions, and priorities..... Things we CANNOT do for ourselves might be changing other people, the past, the future, the actions of others, what others think about us, and how they perceive us. How difficult is it for us to concentrate on what we allow to affect how we experience today?

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(Inspirational Question of the Day) When are we most at peace? Isn't it when we feel an internal calmness when everything we experience feels in perfect harmony? It may be the absence of inner conflict within us or with others. Is it within our power to eliminate this conflict? Maybe? If so, without any conflict, would there be a calm space that creates more contentment in our lives? Is it possible for us to create tranquility first in our mind, then align everything else around that so our resting state of being will be at peace today?

(Inspirational Question of the Day) The word abundance feels rich. It means ample quantity or a relative degree of plentifulness. "Are we seeking to live an abundant life?" If so, maybe abundance has more to do with our state of mind than how much we have. What if we had enough faith to know that whatever we need in any area of our lives will be available if we act by our highest values and are mindful of the intentions behind our actions? What if we developed an abundant mindset that does not give any credence to limitations today?

(Inspirational Question of the Day) How do we change? There are multiple levels. There's a pre-contemplation stage where we just be, without thinking about doing anything. Then there is contemplation, where we have intentions but no plan or commitment. Next is preparation, where we start planning, then there's action - doing something to change. Then, we move into sustainability through reinforcement. Here's the tricky part... to change, we must visualize outside of our current condition and imagine what we want to be while seeing ourselves as the person who has already changed. Is there anything worse than feeling like we don't belong or are irrelevant or obsolete?