

Timeless Transformations
Daily Inspirations – May 2024

(Inspiring Question of the Day) What does our ability to respond really mean? Is it to be responsible and accountable to ourselves first? Can anyone else do what we must do for ourselves? Can we put responsibility for ourselves on anyone else? Does our level of responsibility become proportional to our willingness to take on additional responsibility? If we can respond more, will we get more out of our lives? Is our life 100% our responsibility today?

(Inspiring Question of the Day) Is there any better feeling than feeling like another respects us? Who doesn't want to be admired based on our abilities, unique talents, or achievements? How do we treat others we don't respect, no matter the reason? Could that be one of our most significant challenges? Is it difficult to trust or associate with someone we don't respect? Why give respect to another if they don't warrant it? Is showing respect, no matter what, more of a reflection of our essence than theirs today?

(Inspiring Question of the Day) Do we need a backup plan or a plan B for our lives? If we do, are we limiting ourselves because plan B might be what we get? Is a plan B subconsciously our true expectation for ourselves. Maybe plan A is only a wish? Maybe we don't believe plan A can come true for us. Do we have enough courage to let go of all other options except plan A today?

(Inspiring Question of the Day) Do we need to speak up if we don't know the details about a subject? Do we sound incompetent if we choose to express our opinion and fake our knowledge? If we are knowledgeable, have valuable input, and decide not to speak up, why? Is it because we are apathetic or feel our input won't matter? Do we need more confidence? Do we think the listener can't understand the subject? Is the subject matter controversial? When the timing is right, should we be courageous and energetic, support others, and speak up with our enthusiasm and unique knowledge today?

(Inspiring Question of the Day) We wake up, and what do we see? Do we see whatever we are looking for or only what we want to see? Is our mind too cluttered to see anything? Do we see who we once were or who we are becoming? Do we see possibilities or problems? Do we see what we value? Do we see the light that will guide our way or the darkness that will drag us down? Do we all see the same thing but perceive something differently? Can we seek to see "only the good, only the true, and only the beautiful" today?

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(Inspiring Question of the Day) What small things can we do that are within our control and will make our day more manageable and enjoyable? What if we just slowed down a tiny fraction? While everyone else seems to be in a panic and rush, we could slow down and take three deep breaths. We could find something to laugh at. Why smile when we can smile from within and muster up a big laugh? Could slight, 5%, almost effortless changes bring about 95% more happiness today?

(Inspiring Question of the Day) Why are we drawn to external stimuli? Or are we? There may be good external stimuli and not-so-good ones. Conditions like light, temperature, sound, touch, smell, and vibrational frequencies might be the best we can hope for today. Do not-so-good ones like feeding off negativity from others, sensory addictions to social media, distractions, and things we may not consider external stimuli drag us down more than we think? Is this external catalyst causing us to feel we aren't enough or need more and more? Should we first be content with our internal condition first today?

(Inspiring Question for the Day) What creates peace of mind for us? Is it a state of calm tranquility? Is it freedom from any disturbance that causes us to be anxious? Is it the ability to quiet our mind when stifling, negative thoughts or emotions arise? Can we really eliminate the racket, problems of the day, or schedules and hard work? Probably not. Is there any more incredible wealth than peace of mind? Is peace of mind a headspace where we dwell amid calmness and peace in our hearts and minds no matter what happens around us? How can we get into that state today?

(Inspiring Question of the Day) Is one of the most difficult things to change is another's perception of us? Maybe that's where the adage, "We only have one time to make a first impression," comes from. Or, others form their own opinion of us, which is difficult to shift once that opinion is crystallized. Or, we changed, but they are still the old them, and that's how they want to see us. They may find it difficult to change themselves. Should we care? Why would we let anyone's personal bias define who we are becoming today?

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(Inspiring Question of the Day) Do we set ourselves up for a letdown when we expect more of others than they have to give? Doesn't disappointment only happen if we create a false expectation? Maybe our authentic wisdom lies in handling our feelings about someone or something in the way it is rather than what we want. Perhaps we don't lessen our expectations, but we focus on letting go of the way things are and balancing the expectations with what we hope to be in the future. Is it our burden, no one else, to astutely reduce the fault for anyone disappointing us today?

(Inspiring Question of the Day) Are we possibility thinkers? How exciting is it when we make something happen when no one else thought it could be done? Why not live in a state where we believe anything is possible or the likelihood that something could happen is waiting? Don't we build momentum when we think there is a range of potential options? Are there any limits to what we can create as long as we don't close ourselves off from believing there is only one way that something can happen? Are we loaded with possibilities, and are they right in front of us today?

(Inspiring Question of the Day) What makes our lives exquisite? Are they the things we acquire, do, where we go, or what we see? All those things contribute to grandeur, but does anything compare to the relationships we build and the people we love? And does anything really matter if we aren't healthy and feel good? Isn't the balance of our lives always topsy-turvy? How can we stack up our time in the upside-down challenges of daily life to make it magnificent today?

(Inspiring Question of the Day) Is it our responsibility to accept others as they are? Can we meet others where they are and then be astute enough to accept them without any judgment? Would we be more content if we knew where to place others in our pecking order of energy management? A pecking order is a natural process that creates a hierarchy in a "flock" or group. Isn't there a pecking order in everything? Isn't the ranking of our circle influencing our commitment to manage today?

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(Inspiring Question of the Day) When do we become the most innovative? Is it when we are stuck and feel like we don't have any other options? Is it at the last minute when we run out of time? Is it when we look around, and there's no one left to fall back on, so "if it is to be, it is up to me?" Is it when we think outside the box and get optimistically resourceful? "Innovation distinguishes between a leader and a follower." How can we lead and be consistently innovative today?

(Inspiring Question of the Day) What kind of stories do we tell ourselves? Is what we say to ourselves the most important story we can tell? Do these stories shape who we are? We are the narrator of our stories. If these stories matter, why not tell us the best story about ourselves that we can imagine? If we believe in our best story, will that story translate into who we become today?

(Inspiring Question of the Day) What do we show up for? We start the day by showing up for something; even if it's nothing or just breathing, it's still something. There's an adage that says 80% is to show up. Is the other 20% percent, why we show up and how? Do we want to be a person who shows up when most lose interest, enthusiasm, or quit? At our core it is showing a reflection of our self-discipline and value. What if we show up as if we are meant to be here with a purpose in every beat of everything we do today?

(Inspiring Question of the Day) What shifts our day into high gear first thing? Coffee, reading, planning, appreciation, silence, exercise.... just saying YES to the unknown, knowing anything can happen? Opening up a new chapter and seeing how the day unfolds is exciting. What can we say or do to keep the peacefulness of the morning going all day? Maybe three small words: YES, I WILL? Don't those words radiate an empowering invitation that attracts positivity? What will our mantra be with everyone we encounter that will inspire greater confidence and enthusiasm in us today?

(Inspiring Question of the Day) What is the truth? Is it the whole truth and nothing but the truth? The definition of truth is the body of facts, events, and real things. But what is true to one may not be true for another. Should we only care about what is true to us? Why buy into someone else's truth? Do we want to follow or lead? Even if we believe we know the truth, should we cast doubt? Isn't it our responsibility to question? Should we question everything and know what our truth is today?