

## **Timeless Transformations**

### ***Daily Inspirations – June 2018***

(Daily Inspiration) Great relationships are based on two simple things: giving and gratitude. When we only focus on what we give rather than what we receive, there's no keeping score. There's no conditions. There's no expectations. The relationship is a gift and an expression of love. Start a ripple effect with your generosity of giving and gratitude today.

(Daily Inspiration) The expression of our vision encapsulates what we can imagine and what we can see. Once we have a clear image we can build a path and hold that vision as our destination. Let your precious time, and most valuable and best work follow your vision today.

(Daily Inspiration) Stress occurs when the work we do is separated from who we are. Why does work need to be compartmentalized? What if the "work" we do brings us peace and relieves our stress? When this happens is when we are the most creative, inspired and productive. Notice what you are doing when you feel stressed versus when you feel at peace today.

(Daily Inspiration) The human body is an amazing gift. It must be fed not only with food and water but with spiritual nourishment that feeds our soul. We can never risk leaving a hole in our soul. Making choices that feeds our soul must be a priority. Maintain a balanced spiritual diet today.

(Daily Inspiration) Words are powerful. When we verbalize gratitude for another person we are sending our love. This results in us feeling more love. Love is the result of loving action. Express gratitude to those you love today.

(Daily Inspiration) Confidence is the result of positive daily habits and small wins. High-levels of confidence must be reinforced every day. This gets us in the habit of winning. Success is a result of wins over time. The more wins we have the more success we have. The momentum kicks in and then we gain more confidence. Recognize small wins in your best work today.

(Daily Inspiration) Great persuaders are great leaders. When great persuaders know something it only has to be said once. Starting an argument or debate may mean we are only trying to convince ourselves. Once you make your case give others time to think and persuade themselves. Use your power of persuasion with confidence today.

(Daily Inspiration) At the core of our mission in life is to do one simple thing: add value to people. We add value when we truly value other people. We add value when we know and relate to what they value. We add value when we make ourselves more valuable. When we fail to make ourselves more valuable then I can't add value to anyone else. Increase your value by growing and learning today.

(Daily Inspiration) Leadership is influence, nothing more, nothing less. The true measure of leadership is influence without power. We can walk into a room or a meeting and most of the time, within 5 minutes, we can figure out who the leader is regardless of position or title. When the real leader speaks, others model, follow and listen. Increase your leadership by increasing your influence today.

(Daily Inspiration) It's easy to impress others from a distance. It's more difficult to influence them unless we are willing to get to know them. We get to know them through relationship.

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Building a relationship is the only way to increase our influence. You have a responsibility to lead through others and that requires building a relationship today.

(Daily Inspiration) We are often our own worst enemy. Most of it starts with the negative words and thoughts we let enter into our mind. 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. Strive to ignore any words of self-doubt. Let positive words crowd out any negative words stuck in your head today.

(Daily Inspiration) One of our most influential attributes that we can cultivate is likeability. If people like us they will listen to us. If they don't they won't. If they like us they will let us into their world. If they don't they'll lock us out. People like us if they know we care. We can create more likeability if we focus on our personality and chemistry that we create between ourselves and others. We can win others over by being trustworthy when others know they can count on us to do the right thing. Just be likeable today.