

## **Timeless Transformations**

### ***Daily Inspirations – July 2018***

(Daily Inspiration) The majority of people live their lives in a reactionary state. This creates chaos. It pushes them into a survival mode. They feel rushed and busy from the time they wake up. When we have a consistent morning routine we give ourselves time in the morning to orient ourselves with a focus on the person we intend to be. We align ourselves toward our vision. Rather than be rushed and reactive, live with intention and purpose today.

(Daily Inspiration) Great leaders possess a unique ability to develop others to be successful. They understand the only way they can see their vision come to fruition is with others working with them. Often they don't notice the leadership potential in others. It's great to train someone to do a job but it's more difficult to develop a person and help another understand what it takes to be a leader. See your vision expand by develop others to be successful with you today.

(Daily Inspiration) Our beauty is not our physicality. It's the light in our hearts. It's the energy we project to ourselves and all those we encounter. Flaming the light in our heart using appreciation, compassion and kindness, starts a fire of beauty within. We become a beacon of beauty to everyone we encounter. Let your true beauty be revealed from a light within today.

(Daily Inspiration) When we enhance our personal magnetism we sense it by how others react to us. We can feel it flowing through us as we walk and talk with others. The more magnetism we possess the more we are a blessing to everyone else. In turn our magnetism is accelerated even more. Be the kind of person that everyone wants to be with and eager to do favors for today.

(Daily Inspiration) How we spend our time has a great effect on our happiness. It's as much about how little time we spend doing what we loathe verses what we love. Spending too much time doing things we loathe wears us down. It depletes energy levels. We'll never get the time back. Make sure the scale is tipped on the side of doing what you love to do today.

(Daily Inspiration) Unless we are an expert, figuring out "how" to get something done takes too much energy and usually leads to procrastination. Try asking "who" instead. Who is doing what you want to do? Who can you learn from? Who can help you? Or better yet, who do you want to help? Success is about who you help. Shift your focus from HOW to WHO and multiply your success by 10 times today.

(Daily Inspiration) Who has the WOW factor? It's those that exude confidence, poise under pressure, and the ability to quickly make a decision and be right! They also have great speaking skills with clear, concise, assertive, strong language. They radiate with passion and energy. They possess the power to read people or a situation. They are assertive. They can easily influence people. They command the room. Let others be WOWed by your executive presence today.

(Daily Inspiration) When we get to a certain level of success in our lives, following instructions just aren't enough. Instructions may be limited for the kinds of things we want to do. That's when we must rely on our intuition. It's difficult to connect the dots looking forward so we must trust the dots will somehow connect in the future. Keep your path open so the dots are free to connect with your innate guidance and hold fast to your vision of success today.

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(Daily Inspiration) Based on tons of research, to get to the next level of anything requires that we surround ourselves by others that triggers us to be better - called “the Pygmalion Effect.” Simply put we rise or fall to the expectations of those around us. Who are your mentors? Who expects more of you than you do of yourself? Who are your friends? Who holds you to a higher standard? Who gives you honest constructive criticism? Find those that push you to rise about your current sense of who you believe you are today.