

## Timeless Transformations

### *Daily Inspirations – May 2016*

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Where there is no will, there is no way. Great things are done by people who think great thoughts, act with great will, and go out into the world to make their way with great purpose. Use your will to make your way boldly today.

Being true to yourself means your main source validation is from within. Though outside validation feels good, it can't be your truth. Whatever you believe becomes your truth. Your truth is personal to you - not everyone else. Only be concerned about validating yourself today!

There is no need to make drudgery out of anything you are doing. Anything can be fun; it can be a game; it can be a joy! It's always up to you. See everything as one sacred activity and enjoy everything you do today!

The world is a great big mirror. It reflects back to you what you are and what you see. When you are bothered by another's behavior, turn your focus on yourself to gain insight about that you would like to change. See others as mirrors of you today and don't miss the chance to evolve!

People see only what they are prepared to see. Rather than being so quick to judge, be quick to appreciate. Live from a higher level of vibration today. Look through the eyes of appreciation and see what there is to appreciate.

If you add a little to a little, and then do it again, soon those little things become a great big deal. Rather than being overwhelmed by a humongous thing, focus on one challenge at a time, knowing that with each success comes great strength. Move closer to the life you so richly deserve today, one step at a time.

Each of us is fully responsible for our decisions and their effects. When we blame others, we give up our power to change. Disciplining ourselves to do what we know is right and important is the high road to pride, success, and personal satisfaction. Respond to your ability (responsible) today!

We don't make it to those peak experiences in our lives without help. Accepting help is its own kind of strength. Life is meant to be lived in relationship and community with others who encourage, support, and pull us forward into a greater experience in what we would not have reached by ourselves. Allow yourself to be uplifted and helped by others today!

Without a reason or a big enough why for doing anything is the reason life becomes boring. Know why you are doing what you are doing. Make sure you get the most out of every single precious second of this life today!

A true vacation is to be fully present in the moment no matter what you are doing. The act of being present is a meditation without meditating. The stillness and peacefulness is there in your mind. Make every second of your day a vacation regardless of the task!

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It is through question that we evolve. Contrast is what causes us to question and is essential to growth. There are always two sides. When both sides come together and blend, a more balanced perspective unveils. Contrast, compare, and evolve today!

Words don't have constructive power until they're spoken. Your words, your validation, your affirmation can change people's lives. Everyone walks around with a big sign around their neck that says, "Make me feel important." Feeling important is as essential as food. The need for significance is our inborn hunger for meaning in our lives. Make those you care about feel important today!

Trying to be happier is like trying to be taller. We each have a happiness set point. Being happy is the decision to choose attitudes and behaviors that lead to happiness over unhappiness. Until we can be happy with what is, there is no hope for happiness tomorrow. Be happy today!

Making outer changes never results in inner changes. As the master of our inner world, only we can light a flame that radiates from within. Having what you want for yourself starts on the inside. Do your work from the inside out today!

It's not selfish to love ourselves. It clears us so that we can love ourselves enough to love other people. If you wake up and you are not the most important person in your mind's eye, go back to sleep and wake up again. Put yourself first today.

With each decision we make, we stand at a point of choice. Our point of choice is when we decide to take action by going through an internal cause and effect analysis. When life throws us off our intended course, we have a choice to cling to the idea of how we think things should be, or turn in a new direction. Whatever it be, be at peace with your choices today!

An intention is the force that puts us on our desired path. Inspiration is the energy that pushes us forward on our path. When we set an intention, we must follow it with inspired action or that intention just remains a dream. Set your intention with inspired actions today!

When we reflect on a situation over and over, we get stuck in the analysis of the problem. This saps our confidence and lessens our ability to solve problems. When we are open to receive guidance from within, we stop over thinking and our life unfolds naturally one moment at a time. Be guided by your inner wisdom today.

Without focus, we are completely overwhelmed by the information we have to process just to live day-to-day lives. Focus filters all of the data that comes your way on a moment-to-moment basis. The formula for success is to only focus on what you want. Simple concept yet so few are able to do it. Be mindful of where your focus is today.

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The second we label ourselves we place limits on who we are. The second we label others we place limits on how we see them. When we do this our relationships are predetermined and limited. Without labels our relationships with ourselves and others become truly authentic. Refrain from using any labels today!

Every person has an inner critic: a pessimistic voice that resides on the right side brain. Which inner voice will you listen to, the negative or positive one? Whichever one you choose to follow will shape the course of your future. Exercise the left side of your brain and choose to believe in a positive outcome today!