

## Timeless Transformations

### *Daily Inspirations - September 2016*

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(Daily Inspiration) Amazing relationships come about when we appreciate who we are. If we don't love ourselves, we can't love anyone else. If we don't respect ourselves, we probably won't make good choices. If we don't value our time, we won't use our time wisely. The way you treat yourself dictates how you'll treat the world around you. Celebrate yourself today!

(Daily Inspiration) Opportunity to find a deeper power comes when life is the most challenging. When working toward a goal, the last thing we want is to encounter an obstacle or challenge. With a shift in attitude, we can reframe the way we experience anything! See life's challenges in a whole new light today.

(Daily Inspiration) Our first thoughts today will set the tone for our experience. When you rise think about how privileged you are to be alive and healthy. This will impact your attitude and energy all day long. Remember you get to choose your first thoughts today.

(Daily Inspiration) Do you ever ask yourself when you wake up in the morning, will the sun come up today? Waiting for something to happen and knowing it will happen are two completely different things. What do you know? When you see the sun today, pause and be thankful!

(Daily Inspiration) Magnetism is the power of all powers. Creating magnetism inspires and expands others to be more than they believe they are. To attract others, or be magnetic to others, we must make ourselves attractive from within. It is exercised by our actions and attitudes. Be fully charged with magnetism today!

(Daily Inspiration) What if you could watch a film of your entire day yesterday, would you be inspired and proud? Would your actions be aligned with your highest values? We have the ability to create our experience. Create a new day today.

(Daily Inspiration) "Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny"- Gandhi. Our beliefs, thoughts, words and actions create the mental atmosphere, (energy) that attracts or repels people and experiences in our life. Don't underestimate the power of your inner world and the influence you have on your outer world today!

(Daily Inspiration) The type of questions you ask will determine your experience today. Start your day with focus and energy by asking: 1. what will give me joy? 2. What am I excited about accomplishing? And 3. Who needs my help? Be surprised by the answers as you expand your thinking today!

(Daily Inspiration) We make agreements with people in our lives whether we know it or not. It may be as simple as an expectation, intention, or understanding. The question to ask ourselves is "does this agreement support my highest values now?" If not, it may be time for a new agreement. Gain power over your personal agreements today.

(Daily Inspiration) If we don't stand for something we will fall for anything. Standing for what we believe in often means we must stand alone. Stand tall and honor your beliefs today.

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(Daily Inspiration) The “noise” in the world can pull us from one direction to another. When we are pulled by the noise, we blindly choose or move along a path that fits our ideas of how things are supposed to be. The best wisdom we can receive comes when we become still and listen to the still voice within. Listen and allow your still small voice to be heard. Let your life unfold mysteriously today.

(Daily Inspiration) Our emotions are the out picturing of habitual thinking. Most of the time we go through the day finding reasons to back them up. We are not a product of our circumstances but a result of our habitual decisions. Rather than live on auto-pilot, live with awareness and conscious choice today.

(Daily Inspiration) The meaning of life is whatever we choose to make it. Rather than set the day on auto-pilot, take control and find opportunities that will add a sense of meaning and depth to your life. Choose to intentionally make your precious moments matter. Don't give your power to others to make your choices today.

(Daily Inspiration) Our past experiences blind us. We can only experience what we are open to seeing. It is through the use of our imagination that we are able to experience more. Step back and view the world without judgment or bias. Learn from the past and imagine a greater future.

(Daily Inspiration) An amazing relationship between any two people comes about when we own and appreciate who WE are and completely accept the other person for who THEY are. That is, who they are now, who they were in the past, and who they will be in the future. Step back and see the bigger picture of your relationships today so they can continue to thrive and grow!

(Daily Inspiration) Research says 40% of the time we do things out of habit. Our habits, which create our experience, are difficult to change until the reason WHY becomes BIG enough. Only when our desire to end a habit is strong will we have the willpower to be successful. Be a successful person by developing success habits today.

(Daily Inspiration) Without purpose, what is the point of getting up every morning? Our purpose is the point of our existence. It sets the context for our lives. Living on purpose gives us the strength to move through any situation or obstacle so we can achieve our highest goals. Let your purpose express itself in all that you do today.

(Daily Inspiration) Your belief about yourself creates your life experience. To change the direction of your life doesn't require tremendous knowledge or vision. It takes a small step in a new direction, reinforced by a strong desire and belief in yourself. See yesterday as a stride in your journey. Recognize how you view yourself today as a response so you can live today as a result.

(Daily Inspiration) Just as we are the average of the 5 people we spend the most time with; what we read tells us a lot about who we are and what you need to know about another person. What are your dream reads: the top 5 books that shaped who you are today? Read to succeed today!

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(Daily Inspiration) Our external worth is a reflection of our inner self-worth and how effectively we bring our unique gifts in service to others. How we live is either fueling our worth or depleting it. How we perceive our worth is the quality of relationship between our minds and emotions. Feel worthwhile and let it be a reflection of the health and wellness of our soul.

(Daily Inspiration) Everything that happens, happens in the now. When we take care of the now we assure the direction of our future. Giving ourselves permission to explore our ideas and visions along the way, creates an awareness that clarifies our purpose so we can shape our lives. Don't wait. Ignite every minute of your now, now!