

## **Timeless Transformations**

### ***Daily Inspirations – October 2016***

(Daily Inspiration) To be a lifetime learner is to understand that this is an infinite universe and we will never know it all. It is this quest that brings us joy. Learning is a daily adventure that is voluntary, self-motivated, and ongoing in the pursuit of knowledge. Be wiser today than you were yesterday.

(Daily Inspiration) No matter what we are doing, it is the way or the feeling we have when we are doing it that brings us what we seek most. Anticipating the desired outcome is often more exciting than the outcome itself. We get to decide if the experience we are seeking is disappointing or fulfilling. Savor the anticipation and enjoy all experiences today.

(Daily Inspiration) An unconditional acceptance of life and what it brings is key to living peacefully. Accepting where we are gives us the base from which we can begin each new day with zeal. Gratitude for where we are, assures our success. Embrace the unpredictable challenges and find the lesson today.

(Daily Inspiration) The greatest sense of self-worth that we can feel is when we are at peace with ourselves. It is a feeling that only you can know. Peace of mind is worth more than all treasures. Without it, nothing else matters. Be at peace today.

(Daily Inspiration) A true mentor is someone who shines light upon any situation and supports another as they take their personal journey into self-awareness. The mentor's intention is always to enlighten and let the mentee develop naturally. Use your gifts to be a trusted adviser and role model to those in need today.

(Daily Inspiration) Love starts from within us and works in all directions through us, our families, our friends, our professional relationships, our past, and our future. When we open our hearts to love, love opens minds, hearts, arms, and hands. Stand in love and let the world love you today.

(Daily Inspiration) Doubt causes us to procrastinate and when we procrastinate we assure failure. Procrastinators delay until the day after tomorrow what they know they should have done the day before yesterday. Procrastinators are disorganized in their thinking, which results in forgetfulness and lack of planning. Actively move forward knowing you have the power to change every moment today.

(Daily Inspiration) The greatest gift we can give ourselves is to be authentic. To do this we must value self-worth over the approval of others. It means being ourselves without the need for external validation. You don't have to look for anything outside of yourself to complete you. Live your truth today.

(Daily Inspiration) Accepting what is doesn't mean we can't change things. We can change things not because we can't accept things as they are but because we enjoy the process of change and growing along the way. Living in reality is to accept what is and then to step by step move in the direction of our goal. Rather than wishing for things to be different, accept what is and let the flow of your focus and work naturally unfold.

## **Timeless Transformations**

### ***Daily Inspirations – October 2016***

(Daily Inspiration) Some people come into our lives as gifts and others come in our lives as a test. Our challenge is to be grateful for the gift, accept the test, and love the relationship regardless of what it is. Let every relationship teach you a lifetime lesson today.

(Daily Inspiration) Treasure this moment. Someday we will wish we could be back here right where we are now. We will never have this moment again. We won't get this day back. Be here in the NOW. Do wish or rush the day away today!

(Daily Inspiration) The best we can be is a moving state of being based on what we believe about ourselves in any given moment. We get to decide the level of impact or quality of the work we do. We can become the best in the world. Be in the top 1% today.

(Daily Inspiration) Peace and joy are not the results of experiences in life but rather inner qualities we bring to life in order to continue to experience them. Our inner world creates our outer circumstances. The only way to shift external situations is to make a shift within. Maintain a state of inner peace and joy today.

(Daily Inspiration) Our life will only spin out of control when we have lost our focus. When we are on point our life is balanced. That's where our power lies. What if we were underwhelmed? Be grateful for being overwhelmed and having the power to choose today!

(Daily Inspiration) A spark of inspiration can ignite a fresh perspective or set a new direction in our lives. This spark comes from deep down inside and makes our mind shake with the excitement of new possibilities. This spark inspires us to do extraordinary things and produce our best work. Set your spark on fire with intelligent activity today.

(Daily Inspiration) Any type of relationship where there is fear is destined to be difficult or will eventually die. Love and fear cannot coexist. Love thrives where there aren't any conditions. Remove all fear and let love open the world to you today.

(Daily Inspiration) Self-worth is like an intrinsic bank account. When we live our values with integrity, we are making deposits into our bank of self-worth. Only we get to decide how many deposits we make. Experience greater wealth by increasing your self-worth today.

(Daily Inspiration) When we take full responsibility for our life we understand that how we feel is always our choice no matter what happens. If we can't change the outcome, our choice is to change ourselves. If we blame others, we give up our power to change. Pay the price of using your full "ability to respond" today.

**Timeless Transformations**  
***Daily Inspirations – October 2016***

(Daily Inspiration) Are you using your mind or is your mind using you? This is the difference between living consciously aware, in appreciation, mindful, and observant OR just living unconsciously. Be in charge of your own thoughts today!

(Daily Inspiration) What someone says only has meaning when you give it meaning. It's not about what was said, it's about what we've heard. Don't let the words someone else uses have an impact on your attitude, enthusiasm, or life today.