

## **Timeless Transformations**

### ***Daily Inspirations – December 2016***

(Daily Inspiration) The moment we open our eyes in the morning the anticipation of the day begins. Our motivation comes from learning new things. Our enthusiasm is sparked by experiencing the unknown. Why else do we get up every morning? Wake up on top of the world today!

(Daily Inspiration) Whatever we set our attention on shows up in our lives. All that matters is what and when we decide it matters. Life is just a matter of facts that are in our control. Let everything fall into place miraculously today.

(Daily Inspiration) We can only receive when we make space to receive. When we give we open up that space. In the act of receiving we recognize that we are worthy of receiving. In the act of giving, we know we have plenty. Giving and receiving is a continuous cycle. Balance both acts of freely giving and receiving today.

(Daily Inspiration) One way to be our most authentic selves is to be more spontaneous. It means living in the moment and at the same time breaking out of our norm at unexpected times. Spontaneity and authenticity cannot be separated. Without one or the other we come across as inauthentic and phony. Be your authentic self today!

(Daily Inspiration) Think about when we are around others that inspires us by their optimism, attitude and actions. We all become a little bit better just by being around them. Sharing our enthusiasm and encouragement is most genuine when we inspire others to dream for themselves, rather than boxing them into ambitions they do not really share. Create the best of conditions so everyone around you is at their best today.

(Daily Inspiration) Success comes and goes but integrity lasts a lifetime. Building a reputation on integrity takes years, but only takes a second to lose. Integrity means doing the right thing at all times and in all circumstances, whether or not anyone is watching or knows. To be in integrity we must first be clear on what we value and then be aware to assure that our thoughts, words and actions are fully aligned with our beliefs. Live with integrity today.

(Daily Inspiration) The greatest mental capacity we can exercise is to PAUSE. Pausing before saying or doing anything can determine whether we are reacting or responding. When we react we are powerless. When we pause and then respond we are self-empowered. Be powerful by pausing and empowering yourself today.

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(Daily Inspiration) Being relaxed is a sign of well-being. Well-being is a sign of a truly abundant and healthy life. Abundant living is a life filled with contentment that is more than physical and material well-being. Abundance takes a lifetime of continuous effort to prosper. Emerge from the strength of mind, body, and spirit today.

(Daily Inspiration) It is not the accumulation of things that matter in our lives. It is who we are, what we become, what we experience, and how we contribute that creates a meaningful life. Make sure that the things we own don't end up owning us. Don't wait until we lose everything to find out we are free to do anything. Put things in perspective today.

(Daily Inspiration) Life is an energy exchange. We all breathe the same air and feed off one another. To give and receive are the same. The energy we take in turn comes back to us. The energy we give feeds back into us. It's the energy that is the life of any relationship whether it be with ourselves or with another. Let your energy radiate today.

(Daily Inspiration) We experience disappointment when things don't live up to our expectations. We attach expectation to almost everything in life so the odds are we will experience disappointment. Because excitement comes from eager expectation, why is it when we love someone we tend to have higher expectations that they live up to our values? Love and acceptance cannot be separated. Reduce your feelings of disappointment without sacrificing your enthusiasm today.

(Daily Inspiration) How we feel and react to others is always up to us. No one can offend us unless we give them permission. As we realize that no one outside of us can actually control how we feel, we can develop this as a thought habit that grows stronger over time. Live today knowing you are spiritually mature and you have an inner knowing of who you are.

(Daily Inspiration) Happiness is a one sided view of life that comes and goes depending on circumstances. Well -being is a balanced view of life that sees balance in all aspects of life. The more meaning we find in life, the happier we feel. The happier we feel, the more we feel encouraged to pursue greater meaning and purpose. When there is meaning and purpose, there is a greater sense of well-being. Be well today.

(Daily Inspiration) There is no clear answer to the question, "what is the meaning of life?" The question to ask is "what is the meaning of life for you?" What's most important is that you experience your life as having a meaning and purpose. How we experience life is a personal choice. Don't let anyone else choose for you or you won't be living your life. Live your life based on your meaning today!

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(Daily Inspiration) All relationships are based on our perceptions. We can only change our relationships when we change our perceptions. There is a gap between our reality and perceptions. In this gap is where peacefulness lies when we look carefully to see it instead of jumping to conclusions. Fill in the gap and untangle your perceptions from reality today.