

## **Timeless Transformations**

### ***Daily Inspirations – March 2016***

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Our dreams of a greater us are merely reflections of what our heart knows is possible for us. Dream big today and may the odds forever be in your favor!

How we treat ourselves will reflect how others will treat us. It is our perspective that determines our experience. Treat yourself with a delightful surprise today!

Dreams are a doorway into another realm of our mind. Our dreams of a greater us are merely reflections of what our heart knows is possible for us. Be guided by your heart and dream big today!

Not knowing an outcome draws our intuition to the highest capacity levels of expectation. The rewarding aspects of life are always when we face the unknown and pass into a higher expression of ourselves. Appreciate the unknown and look for the hidden lessons today.

The type of people in our lives is a reflection of our level of consciousness. Like always attracts like. Surround yourself with people that you admire and desire to be like today.

Personal success is the natural outcome when we live in alignment with our highest values. Measure your success not by others but only by what you value today.

Silence is a catalyst for focus. Silence allows us to hear the answers to the questions we have been asking. Balance your busyness and take time to be silent today and listen.

To be authentic is to be real... to possess unquestionable loyalty... to be reliable and trustworthy. The more aligned our thoughts, intentions, words and actions are, the easier it is to be authentic. Be in complete alignment today so your authenticity flows freely.

Peace is not something that we seek to attain, it is inherently who we are! Whatever we want to perceive in this world – harmony, freedom, loyalty – we must cultivate it first in ourselves. Live and be peaceful today.

Our identity is not what we do but what we think when we do it. Your intentions are everything about you. Align your intentions with your identity today.

Resentment of another is like swallowing poison and expecting the other person to die. Whatever you resent only ties us more completely to it. Forgive and let go so you can be free today.

Our attitude toward any situation will either draw it to us or block it from us. It brings optimism and motivates toward success. Attitude is everything. Keep your attitude in check today!

We cannot solve our problems with the same level of thinking that created them. The average mind cannot comprehend that to solve a problem one must turn away from the problem and focus on the desired result. Turn your attention away from your problem and choose your outcome today.

Power is the capacity, ability and willingness to act! Our only true personal power is the ability to think for ourselves. If we are too lazy to use our power, others will do it for us. Use your power to think clearly today!

Personal alignment determines our authenticity. Are your thoughts, words and actions in alignment with your highest purpose? Align your authentic values, talents, goals, and intentions so that you exceed your expectations today.

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You are here in this world to give something not get something. It is in giving that we truly receive. Give it all you got today!

There is an old truth that says we cannot love others if we don't love ourselves first. How we love others is a direct reflection of how we love ourselves. Be your own best friend and admirer today.

Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved. So we, and we alone, control our destiny. Choose your destiny today!

Prayer is active hope. Prayers change people and people change things. When we become filled with active hope, we can change things. Be mindful of the power of your prayer today.

The criterion for anyone as to what is right or wrong is not to be found in someone else's judgment. There is no right or wrong. Let go of the need to fix others and focus on the one life you can control: yours.

Don't believe everything you think. If your mind is telling a story of hope and happiness, listen. If not, change the story. You control your story. Make your story come alive today.