

## **Timeless Transformations**

### ***Daily Inspirations – February 2017***

(Daily Inspiration) Confidence isn't a character quality or optimism or pessimism as much as it is a positive outcome. Expectation determines outcome. We can only visualize what we want if we intend to see it. This applies to all aspects of our life. Let your filter see your day filled with great expectation.

(Daily Inspiration) Gratitude is the acknowledgment of kindness with thanks. There is no better way to begin or end our day than with gratitude. Experiencing gratitude makes us more likely to remember positive memories. It can even help us find closure of negative memories and turn them into positive ones. Let gratitude set the tone for your day today.

(Daily Inspiration) Education and study may bring us understanding but only experience will bring wisdom. Wisdom is looking back at our life and realizing that every person, place, event, and idea resulted from our experience of mindful living. This inner wisdom is infinitely greater than any external teaching. Know you are your true and authentic teacher today.

(Daily Inspiration) All accomplished people have a vision for their lives. Without a vision, people are just passing time in life. When we have not taken the time to consciously create a vision, we by default choose to live an average life. Having a vision makes you better able to change your life and being able to change your life makes having a vision possible. It's the yin and yang of living a great life. Let the spark in your eye shine with clear vision today.

(Daily Inspiration) Our thoughts are powerful waves of energy that embody all that we are. What we think is what we become. Our thoughts begin the creative process in our mind and our beliefs make it so. Let your energy be a perfect mirror of your thoughts, beliefs and attitude today.

(Daily Inspiration) Most of the time questions are more important than answers. Being willing to ask a question and then look within to find YOUR right answer is the key. The answer we are seeking is always with us. The only question is, are we ready to receive it? Let the intuitive part of yourself come alive when you ask a question today.

(Daily Inspiration) Our mental atmosphere is our thoughts and feelings. It is our aura of energy that emanates from our being. All transformation occurs when we change our mental atmosphere. This change is a personal process of recreating what we focus on and think about. Let your thoughts and feelings project and attract like-minded people and repel others away. Be drawn to others who resonate with how you think and feel everywhere you go today.

(Daily Inspiration) Intuition is our soul trying to communicate with us. It is a powerful communicator working to drive our decisions. Pay attention to shortness of breath, visions, goose bumps, and increased heart rate. That's our intuition trying to communicate with us. It wants to guide and support us. Listen to what your heart and soul are telling you and give your intuition space to be heard today.

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(Daily Inspiration) Life is full of risks. It's not about maintaining the status quo or standing still. It is to be lived without fear or regret. We are to let go of anything that keeps us from being the person who steps out of the pack. We are put here on earth to evolve and grow. Tell yourself you are able. Take a few steps toward you dream today.

(Daily Inspiration) Love is really all there is. If we don't have anyone to love, no matter what we have, it is never enough. Love is give and take as long as in the end the love you take is equal to the love you make. See the magic in those you love today!

(Daily Inspiration) Using our energy to focus is our power. When we clearly focus on what we desire, then align all of our thoughts, words and actions with that desire, we are positioned for success. Being able to increase our focus capacity and ability to use that focus effectively will have a huge impact on our results. Use your energy with laser-like focus today.

(Daily Inspiration) Infatuation with another is a fantasy we have created rather than a balanced acceptance of who they really are. Love is based on shared values and acceptance even when we don't see eye to eye. Love shows up during good times and bad. Love starts with loving ourselves first. Let your love begin from within today.

(Daily Inspiration) Personal freedom and unconditional love are shared values that are cherished by all. Freedom is a state of being where we are self-directed with the ability to choose for ourselves and take action. Unconditional love is love without conditions. True unconditional love is total freedom. Without freedom love becomes conditional. Be free to love yourself and others without condition today.

(Daily Inspiration) It's one thing to make a big deal about doing something for someone else and everyone know about it. It's another to do something for someone who will never be able to reciprocate. Kindness is backed up silent actions and kind words. Sow your seeds quietly and be an opportunity to be a blessing for someone less fortunate today!

(Daily Inspiration) Each of us has a version of what personal success means. That is why it is personal. It is something only you can feel. To care about what others think is futile. No one will ever understand or know the joy you feel inside. Let that unexplainable euphoric feeling that comes with succeeding be your personal victory today!

(Daily Inspiration) Often we live in a fog of uncertainty. Every decision we make has a degree of risk. We can't predict where each choice will lead us. Whatever the consequences are we must own them. Know that life can only be understood backwards, but we must live forward with great expectations today.

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(Daily Inspiration) The energy of the mind keeps us moving, thinking, and living. This energy is really all there is in life. Without it our bodies come to a halt. Increasing our energy leads to increasing our quality of life. The more energy we have the more life we can live. Surround yourself with an environment that boosts your energy today.

(Daily Inspiration) Just about every problem in life has been solved except how to live peacefully. If we don't have peace we don't have anything. Peacefulness starts with being happy with ourselves. When we are able to live in harmony with ourselves our life is peaceful with others. Find peace from within and see the light inside yourself today.

(Daily Inspiration) Our greatest affirmation is when we know we are in the right place, doing the right thing, and achieving what we have envisioned for ourselves. When we know we having everything we needed right now, we are fulfilled and complete. Feel gratitude for everything you have in this moment and know that it is enough for today.