

(Daily Inspiration) The best time to plant a tree was 20 years ago. The second best time is now. Successful people start before they know what they are doing. They start before they have the money or they have the answers or when no one else believes in them. They answer to a voice that is prompting them from within to move forward. Give yourself permission to begin even if you are not ready today.

(Daily Inspiration) There are two types of work. Deep work is rare, high value, and non-replicable (not easy to copy or outsource). Shallow work is common, low value, replicable (anyone can do it). Talking without action is shallow. Focused people are working at a deeper level while everyone else is talking. The results of their work is obvious and it doesn't need words. Let your work speak for itself today.

(Daily Inspiration) Seeing the moment for what it is and not cluttering it with baggage of the past or fear of the future is when we can feel completely alive. All of our power is in this present moment. It is only here that we can decide what path we will take. We are free to choose a new path in every moment. Center yourself in the present moment and don't get trapped in noisy mind chatter today.

(Daily Inspiration) In the Chinese language, one interpretation of the word crisis is composed of two characters signifying "danger" and "opportunity." Anytime there is an issue there is an opportunity to change or find a new solution. In the midst of a crisis it is the simple things that bring us peace. Under all the drama, distractions, and problems, find opportunities and peace today!

(Daily Inspiration) It's easy to be happy for other people's success because their success has nothing to do with us. Success is a personal definition and choice. Each one of us are different than every other person. There is no one who can do exactly what each of us does. Recognize your unique ability to contribute in your own special way today.

(Daily Inspiration) We can only give what we have. If we have negativity going on inside of us, that's all we have to contribute. If we want the world to be full of more love, we've got to make that choice for ourselves. We can't change anyone else's behavior. We can only change our own. Seek to understand others more than we're less likely to be judgmental and critical toward others. Be more loving and bring about more peace on our planet today.

(Daily Inspiration) Studies show when we judge ourselves negatively for any type of behavior we are more likely to repeat the behavior. Why not seek to understand our behavior and cut ourselves some slack and say, next time I'm going to do it differently. Refrain from engaging in self-scrutiny and look to improve today.

(Daily Inspiration) Achievement is at its best when you don't seek perfection but focus on getting things done. What we do matters not what we say or plan. Everything doesn't have to be perfect. The universe rewards those who set goals and does everything in their power to get things done. Focus on your desired results today.

(Daily Inspiration) Sometimes what we seek is on the other side of our perceived possibilities. Our beliefs about the possibilities influence 95% of the decisions we make and the actions we take. We are only limited by our awareness of possibilities and our commitment to a new outcome. Expand your perspective of possibility today.

(Daily Inspiration) Ordinary people seek entertainment. Extraordinary people balance entertainment with education and self-growth. When we seek to be the best at what we do, the desire for learning never stops. Our unprecedented preparation and persistence is what empowers us. We are different because others are not willing to pay the price we've paid. Honor your innate desire to be at your best today.

(Daily Inspiration) Our memories are stored thoughts that guide us as we live in the present and prepare for the future. Memories trigger emotional responses. Our interpretation of our memories once activated affects us based on the feelings we attach to them. Select the memories with the feelings you want to recall in your memory bank today.

(Daily Inspiration) Don't let anything on the outside world distract us from continually focusing on our goals. Meeting expectations of others or competing with others leads us to spending time pursuing goals that aren't ours. We can spend our whole life trying to keep up or focusing on what society has deemed important. Define success for yourself based on your values and detach yourself from any distractions today.

(Daily Inspiration) Life is a journey not a destination. All experiences, both good and bad, teach us to learn in the moment. We are ever evolving and moving upward continuously. Our experiences teach us what we might not ever learn otherwise. Be present in each moment and let nature set an example as it guides you along the way today.

(Daily Inspiration) The quality of our outer life is mostly a reflection of the quality of our inner life. If we want our outer world to be peaceful we must feel peacefulness within. Peace can only be found in the quiet and stillness within our inner mind. The more we make stillness a priority, the more we come to realize that the peace and joy we seek can only be found within. Cultivate an inner state of serenity today.

(Daily Inspiration) Our ability to respond is limitless until we restrict it with our self limiting perspective. Every thought, action, and choice is filtered through the limitations of our past experiences. The more we are able to start fresh each day by being open, intuitive, and expansive in our thinking, the more limitless we will be. Don't let the limiting beliefs of others or your past limit what is possible today.

(Daily Inspiration) When we are mindful of everything we are experiencing at every moment, we live in awareness. Nothing is taken for granted. Gratitude abounds. Often we take for granted the small things that deserve the most gratitude. Like, waking up and feeling alert. Gratitude is a way to remind us that we are empowered. It diverts our attention from things we can't control to the things we can. Take nothing for granted and actively embrace gratefulness today.

(Daily Inspiration) When we tell a lie we are telling the world that we are unworthy because we believe the truth isn't good enough for us. Sometimes we are unaware of the lies going on even in our own minds. Observe the next time you tell a lie. Ask yourself questions that will bring out your true internal motivations. We cannot be honest with others until we are first honest with ourselves. Be honest with deliberate effort today.

(Daily Inspiration) Each thought we have informs our energy and our energy manifests into our experience. This is working 100% of the time inside our brains to create the world around us. Our thoughts and energy create our reality. Persistence is the character to live in the knowing that what we have created in our mind is now coming into form. Let our thoughts inform our feeling and let the feeling take over our energy today.

(Daily Inspiration) When we strengthen relationships we seek to understand others by what their situation is and what their needs are. Rather than pulling others into your here go to their there. Being open to see another's point of view is key to true communication and connection. This make us high-impact influencers. Let your relationship connection in your communication be the key to your success today.

(Daily Inspiration) Sometimes the answers we are seeking are not seen as possibilities. In order to receive them, we must be open to unknown possibilities. Possibilities are always within our reach. The smallest shift in thinking or doing may create a new possibility. Let one small change have a ripple effect and create a new possibility today.