

Timeless Transformations

Daily Inspirations – April 2017

(Daily Inspiration) Life has a way of leading us where we are supposed to go whether we realize it or not. One event just magically leads us to another. What makes life exciting is stepping into the unknown and being open to be led by faith where we have an unshakeable desire to do something without evidence or knowing why. Step into the unknown current of life and see where it takes you today.

(Daily Inspiration) It's not one action that defines us. It is s repeated actions that define who we are. Our combined actions speak louder than all the words we say. Those actions define our reputation and character. Our character coupled with true intention reveals our soul. Align your words, actions, and intention today.

(Daily Inspiration) Many people sway or conform to whatever situation they are in even if it contradicts what they value. Being a person of integrity is living in a complete and undivided state of being. It takes personal ownership of our values to live in integrity. When we remove everything from our life that contradicts our values is when we will be the most successful. Align yourself with those that compliment your values today.

(Daily Inspiration) Success is like happiness. We can't pursue it directly because it comes from within. Success is what we attract by who we are seeking to be. It comes from the consistency of working towards our vision and values. Who we are becoming is more important than what we are doing today. Let what you are doing today lead you to your success.

(Daily Inspiration) Gratitude stems from an emotional feeling that "life is great." When we feel grateful our sense of well-being is elevated. We can face problems in a more positive way. We feel we are in control of our lives. We have better coping skills with the day to day challenges of life. We can't experience gratitude and complaining at the same time. We have the power to choose which one serves us best. Choose gratitude today.

(Daily Inspiration) One secret of successful achievement is to be emotionally engaged with our goals but not emotionally attached. When we are emotionally engaged we are enthusiastic and captivated with the prospects of achieving our goals. When we are emotionally attached, we create stress and anxiety for fear we may not reach our goals. Be excited about your goals and just give it your best effort today.

(Daily Inspiration) How do we spell GRATITUDE: Give it, Receive it, Affirm it, Think it, Inspire it, Talk about it, Understand it, Dream it, Experience it. Showing GRATITUDE in everything we do, even during setbacks and disappointments, is the chance to grow and relate to others, so we can contribute to their growth. Live in the pure energy of GRATITUDE for life today.

(Daily Inspiration) Making things happen and letting things happen are two completely different perspectives. One involves struggle and the other doesn't. Both involve work. One requires forethought and strategy, not just haphazardly hoping things will happen or forcing things to happen. When we just let things happen, we've done the advance work in our minds, we've prepared, then we can step back and just allow things to happen. It just appears we've done no work. Let things happen and feel the universe respond today.

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(Daily Inspiration) There is no such thing as a free ride in life. There isn't anyone that can just sit down and coast through life expecting everyone else to drive. A life spent as a passenger is a life that is wasted. We must get up and drive, actively participate, and make the world a better place. Take the wheel and drive in the front of the pack today.

(Daily Inspiration) Happiness is an internal state of balance not a reaction to external forces. The challenge is to sustain an inner balance despite what's going on around us. Rather than live in a reactionary state and let our thoughts be controlled by our emotions, we can proactively choose how to see our world. Focusing on outside stimuli leads to addiction. Focusing on balance leads to peace. Live in concert with the universe and maintain your inner balance today.

(Daily Inspiration) Our vision of who we want to become is one of our greatest assets. Because we become what we believe to be, why not create the greatest vision possible for ourselves? The blueprint we design in our mind becomes the life that we build. What we plant in our mind is the harvest we receive in our lives. Plant seeds that align with your vision with intention today.

(Daily Inspiration) When we are following in someone else's path, we are not giving ourselves the opportunity to find our own way. Going the safe route means we are always trying to catch up. Because we are following, we are never ahead. We are always behind. Someone else's path doesn't work the same way for us anyway. Move to the front and pave your own way today!

(Daily Inspiration) Most of our greatest disappointments are a result of others not living up to our expectations. When we release expectations, we can feel our stress lighten up. Others rarely behave the way we expect them to anyway. Understand that everyone else has their own set of challenges. Their inner struggle is as complicated as ours. Hope for the best and be free from limiting expectations today.

(Daily Inspiration) It is up to us to give our life meaning. We have the power to make it so. Everything in our lives is meaningful if we allow it to be. Our relationships mean something to us. Our passion for work and service mean something to us. Our homes mean something to us. The bottlebrush blooms mean something to us. Make your meaningful contributions a means to bring hope to others today.

(Daily Inspiration) When we know we are connected to something greater than ourselves, we are free. We see the beauty in all life. We are powerful. When we are powerful we exist for a purpose greater than ourselves. Be full of powerful energy that gives you strength today.

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(Daily Inspiration) The natural law of the universe is to give to the givers and take from the takers. Takers are of the scarcity mindset believing there is just so much to go around. Givers maintain an abundant mindset by seeing the world as plenty where we can always create more value, wealth, and success. Givers give generously of time, relationships, and resources. Be a giver and build relationships with trust and confidence today.

(Daily Inspiration) There isn't a recipe for success. Doing our time and going through the motions won't cut it. We must go from doing to being. We must live at a higher level so what we do is a reflection of who we are and who we are becoming. Once we change at the core of our being, without even trying, success is an outcome of what we experience. Just be you and BE successful today.