

Timeless Transformations

Daily Inspirations – August 2017

(Daily Inspiration) Why would we ever consider comparing ourselves to another? We can't because the other's outside appearances don't reflect what they are experiencing on the inside. Just because our mind wants to quantify, rank, file, and organize information, we must refrain from it. Give your mind something else to do and redirect the comparison to your personal past and present. Keep your comparisons within yourself today.

(Daily Inspiration) Our brains are wired to seek out answers. Why not start our day out by asking the right questions? The right questions can direct our attention and inspire us into action. Empowering questions like 1) what am I grateful for? 2) What am I proud of, and 3) what results am I committed to creating today? Will help us gain a greater perspective during the day. Ask the right questions so the right answers will come your way today.

(Daily Inspiration) When we try to be everyone, we end up being no one. If we try to be everywhere, we end up nowhere. Only we can make the decision about who we want to be or where we want to go. Sometimes we must drop all the great choices we have and decide on the very best one. It is our responsibility to manage ourselves. Organize your thoughts in your mind and control your time today.

(Daily Inspiration) Leadership has less to do with intellect and talent and more to do with the willingness to step into the leadership role. When we put ourselves in demanding situations and feel like our backs are up against the wall to deliver, that is when we rise up and demonstrate the role of a true leader. That is when we become so much more than we thought we could ever be. Rise up and assume your leadership position today.

(Daily Inspiration) Sometimes we must step through the process of uncertainty to create something bigger in our lives. That place of uncertainty is where the energy of life is. That's where things are exciting and creative. When we always know what's going to happen, life becomes very boring. We need uncertainty in our life because that's the fuel that pushes us to reach our highest potential. Reach the top of your potential by being comfortable with uncertainty today.

(Daily Inspiration) It's said that 20% of people are reactively moving backwards and 60% are stuck in a rut and follow the crowd. Only 20% have a plan for their lives and are moving forward. These are the type of people that bring our thinking up to a higher level and increase our creativity. We look for these type of people to associate with so we can raise our game. Be this type of person so others are better when they are with us. Strive to be in the upper 20% today.

(Daily Inspiration) The key to aging gracefully is to know that it is not our chronicle age that matters. It is our psychological age that matters and that is how old we act and feel. Any type of anti-aging possibility must come from within. Aging well is the supreme expression of wisdom today!

(Daily Inspiration) Life itself has no meaning. We are the only ones that can bring meaning to it. Just being alive in this moment is the meaning. Rather than search for the meaning of life, why not participate in the full experience of being alive? Realize that it is a privilege to wake up this morning and have the capacity to participate fully in all the experiences it will bring.

(Daily Inspiration) Surrounding ourselves with people that hold us to a higher standard than we hold for ourselves is one of the fastest ways to improve. If another holds us accountable, our performance is a reflection on them. It creates an extra element of pressure on us to be successful because we don't want to let them down. Let your "network" be a reflection of your "net worth" today.

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(Daily Inspiration) There are times during the day that we know we are doing exactly what we are intended to do. We are living up to our potential. We are completely aligned with ourselves and the universe. Our work feels like a privilege and what we do feels like a gift to the world. Give the greatest gift today: Fulfill your potential so you can show others how to fulfill theirs.

(Daily Inspiration) Just like exercise changes muscles, learning produces physiological changes in the brain. Just like exercise is about form, it's just as important to be aware of what we are learning. The minute we stop learning, especially things of value, the mind grows weak and we stop making a contribution. Learn as if you were going to live forever today.

(Daily Inspiration) Effective people use positive affirmations whether they know it or not. They use statements phrased in the present tense as if the statement is already true. An affirmation has the power to influence our minds into believing whatever the statement is. One of the most powerful affirmations is "I am available." This one statement tells the universe we are open to receive. It sounds insignificant but it's not. Try it. Make yourself available and feel the power of the universe become yours today.

(Daily Inspiration) When we focus on what we can get out of any situation it is stressful. When our focus is on giving the most in every situation it sets us free and lifts us up. Our giving symbolizes commitment and gratitude. Giving of ourselves is a gesture that comes from our heart. There is no other energy like it. Let the first question you ask be what do I have to give to the world today?

(Daily Inspiration) When we try to control the behavior of another person we place ourselves in an emotional prison because we are attached to how they respond. This prison is an emotional state where our happiness is dependent on how they act. Those that try and control the chaos outside of themselves are just trying to control their inner struggles. Acknowledge that controlling anyone else's behavior stems from your internal struggle to control your feelings and anxieties. Inspire others rather than try and control others today.

(Daily Inspiration) Where there is no vision there is no direction. There is only chaos and confusion. An explicit vision is the bridge connecting where we are today to where we want to go. With a compelling vision, nothing gets in the way and everything else is easy. Distractions are just something we work around. See the full spectrum of your vision and step into your day with unlimited possibilities.

(Daily Inspiration) There is no such thing as an overnight success or a magic bullet. Successful people know that making a small contribution with continual improvement compounded over time will bring success. That is why we plan for the future working towards our vision and focus on accomplishing the goals set for the day that's ahead of us. Just improve 1%. Know that today, in every way, you are getting better and better. You are unstoppable!

(Daily Inspiration) With big careers and impactful influence comes great responsibility. Responsibility requires that we show up at a higher level every day. It requires that we are more creative than others. It demands that we deal with potential failure with every decision we make because the repercussions of our actions are so great. When it matters most, be willing to put everything on the line today.

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(Daily Inspiration) The tendency to be mediocre at what we do is a choice to stay in the same place as we've always been. Being excellent is choosing to invest in ourselves and to continuously learn and strive to be better at what we do. Starting every day setting high expectations for ourselves cultivates excellence. Choose to put yourself in the zone to perform at your highest level of excellence today.

(Daily Inspiration) It's never the complexity or size of a problem that holds us back. It's the lack of momentum. Momentum is the strength gained by the series of successful events. Excitement produces momentum and in turn fuels hard work and strategy. Momentum with excitement makes everything possible. Combine your excitement with hope, courage, energy and focus and build unstoppable momentum today.