

Timeless Transformations

Daily Inspirations – September 2017

(Daily Inspiration) When we focus on growing and improving ourselves, we are being proactive. Rather than waiting for things to happen, we make things happen. When we push personal development to the bottom of our priority list, we move into a reactive state and invite stagnation and struggle. Where there is a will there is a way. Focus on your will today.

(Daily Inspiration) The only thing that is constant is change. The only thing we can control is ourselves. So the only person we need to change to change our lives is us. Everything and everyone else moves on. Nothing is ever at rest. Be the constant beneath all the change and chaos going on around you today.

(Daily Inspiration) One way to measure our self-worth is by how we respond when someone says something about us. Is it a friend or foe? A true friend only says nice things behind our back. If it is a foe, why concern ourselves. *A lion doesn't concern itself with the opinion of sheep.* Be a lion today.

(Daily Inspiration) Why not plan in advance and have readily available a list of clear adjectives that positively describe ourselves and the people we associated with? When we know what we value in ourselves and in others we are more apt to recognize those characteristics as they occur. Give yourself and others a compliment on their display of values today.

(Daily Inspiration) When we see our life and all that we have with gratitude we'll always have more than enough. If we see our life and see what we don't have we'll never have enough. It's easy to undervalue the best things in life if we are focused on superficial things. Material things can be taken away in an instant. Qualities like love, dependability, good character and family last forever. Value these deeper principles in your life today.

(Daily Inspiration) Heroes are those people in our lives that we admire and strive to be like. They give us hope and possibility. They raise the bar and set our expectations high. Where would we be without heroes in our life? Without a hero, we might just be a mediocre person that never pushes our limits. Be a hero and symbol of excellence to someone today.

(Daily Inspiration) When we base our self-worth in the outer world, feelings about our value fluctuates. We let this nagging inner voice tell us we are worthless. Self-worth is about who we are not about what we do or what we have. When the foundation of who we are rests in our inner world, it's ours. We remain stable in all circumstances. Resist the temptation of listening to any nagging negative thoughts inside your head today.

(Daily Inspiration) Why do we always need to be somewhere or do something or prepare to say something? When we are unpredictable we are more interesting. Unpredictable experiences are said to stimulate and stretch our brain. Be unpredictable today and let spontaneity steer your thoughts.

(Daily Inspiration) Who we are and what we believe is always mirroring back to us because our external world is merely a reflection. We may be able to hide for a while but over time, it shows back up. If you don't like what is appearing on the outside then look closely on the inside first today.

(Daily Inspiration) Those that can't control themselves are most interested in controlling everyone else. To control ourselves we must be skilled at controlling our mind. One way to do it is to slow down, breathe, focus, and stretch our brain so we feel free to make choices that are in our best interest. That brings a lightheartedness and centers ourselves back into a controlled state. Take charge of your own mind today and let everything else go.

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(Daily Inspiration) To live our lives with greater balance is to master the ability to live in an unattached state of knowing that all things aren't fair, all things aren't explainable, and all things will pass. Life brings experiences of sorrow and joy. We can be overwhelmed by sorrow and feel that a situation will never end. We can be elated with joy and hope it will never end. Tilt the scale towards joy and enjoy all of the precious moments that today brings.

(Daily Inspiration) There are those that embody an abundant mindset and those that only express scarcity. A person with an abundant mindset shares more, gives more, and is open to advice and growth. Those with an expression of scarcity default to giving less, feeling envious of others, and being a know it all. Whatever the approach is will be returned tenfold. Be an abundant thinker today and feel the wave of opportunities come your way.

(Daily Inspiration) The quality of our character is partly measured by our word. Our value is determined by how reliable our word is. When others trust our word, our credibility is high. Our word we speak to ourselves is even more valuable. When we live with integrity, we value our word more than our excuses. Use the power of your word to speak as if your life depended upon it today.

(Daily Inspiration) We don't get what we want, we get what we are. We emanate wavelengths that work like a magnet and attracts everything that comes our way. What we vibrate is what we get. What others vibrate is drawn into us. Surround yourself with people that are going to motivate and inspire you today.

(Daily Intention) Our best intention without action is worthless. Our purposeful intention occurs when we align our physical, mental, emotional and spiritual states of being. Let your intention be your purpose today.

(Daily Inspiration) Each of us makes choices throughout the day to do the right thing or the easy thing. The right thing is the thing that aligns with our highest values. The easy thing is everything else. When we choose the right thing over the easy thing, we will always be successful. Success is as simple as that. Do the right thing today!