

## **Timeless Transformations**

### ***Daily Inspirations – November 2017***

(Daily Inspiration) Why is it that some people love drama? Maybe it's because their life is unfulfilled or boring, or they feel powerless or not being enough. Maybe they feel they need to stir things up to make things more interesting. These people feed off our reactions to their actions. When we don't react they can't react. A highly successful person has no time or need for drama in their lives. Don't let anyone else's drama drain you of your energy today.

(Daily Inspiration) Celebrations reflect what we value and who we are. Any kind of celebration creates a spark of energy! A celebration brings momentum because we are attracted to things on the rise and things that are exciting. It also reinforces what we are working to manifest in our lives and so we can create more of it. It's easy to lose sight of how important celebrations are when we are moving fast and bogged down with details. Take time to celebrate today.

(Daily Inspiration) When we know we are NOT doing the best we can, we feel it in the core of our being and it's not a good feeling. However, doing THE BEST we can in this moment with what we have is always enough and all that we can do. In that state we know when we know better we will do better. Just do the best you can but make sure it is your very best today.

(Daily Inspiration) The more successful we become the more conscientious we are about how we spend our time, what we focus on and our actions that are of low value. As our vision expands, we evolve. Our standards are higher. We can't justify low value activities. We eliminate limiting behaviors. Spend your energy on the highest level of thinking reinforced with the highest value activities today.

(Daily Inspiration) When we are giving we are living. When we are taking we are declining because living is all about giving. When we receive we are appreciative and thankful. We give to the people and the causes that are important to us and those we are trying to serve. Nothing else really matters. Give the very best that you can and have today.

(Daily Inspiration) Imbalance doesn't have to control our lives. Being empowered is all about having the power to take control. We control the balance in our lives. We can be balanced or let external factors imbalance us. We may not be able to control "what is" but how we handle "what is" can change "what will be." If you can't control the external factors just focus your energy on things you can control control today.

(Daily Inspiration) Highly successful people rarely to do anything except what they do best. How? They build a team around them to take care of the rest. Here's the secret: that is why they are highly successful. They think big, take on greater responsibility, and focus on their greatest contribution. Build a team to support your dream today.

(Daily Inspiration) Because we are successful in all that we do we have lots of choices as to how we spend our time. It's easy to fall into a trap of committing ourselves without really thinking about what we are taking on. Any new commitment requires reflecting on it's impact. Any new commitment must be selected based on which one best serves our highest values and purpose. Keep your stress low by avoiding the commitment creep today.

(Daily Inspiration) The condition of our life is held by the standards we set for ourselves. Our level of potential is irrelevant if we don't have others in our life that support us and bring out our

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best. When we seek to be around others we can learn from if gives us a higher-level view of our talent. Fast track your growth by hanging out with those that help you realize your potential today.

(Daily Inspiration) Toxic people are a distraction from our purpose. These are people that suck the energy out of us because they're manipulative, or they wreak of negativity, or they complain and gossip, or they depend on us to make them happy. Is there any reason to keep them in our lives or at least limit their influence over us? If any relationship brings us down more than it builds us up, it could be time to let go. Limit or eliminate toxic people from your life today.

(Daily Inspiration) Enthusiasm is the energy that creates momentum. Once the momentum starts building, capture it because that's what energizes performance. Momentum magnifies success by encapsulating focus, hope, commitment and confidence. Momentum adds depth to everything we do. Do everything in your power to build and keep the momentum going today.

(Daily Inspiration) We might not be able to control our physical appearance but we can influence our energy field. This is the energy that surrounds us and overlays our physical body. When we trust our positive energy using our mind and spirit we connect with our internal power. This sparks our energy field and attracts others to us. Recognize your best attributes and project them to the world today.

(Daily Inspiration) When we follow others we are led to their destination not ours. When we copy the work of someone else, the result is a reaction of their work rather than a creation of our own. When we seek to be someone else we are never our best. Be the leader and don't let yourself lag behind anyone else today.

(Daily Inspiration) Success isn't about our education, what job title we have or how much money we make. There's lots of people that have all these things and are unhappy, stressed out, and unbalanced. Success is about how we show up each day. Are we improving how we connect with others, how we live, how we serve, who we are? Be successful today by focusing on the few things that matter most.

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(Daily Inspiration) Peak experiences are those elevated experiences that seem magical. It's when we are deeply moved and we are able to take a huge leap in how we perceive our world. In these moments we feel a bolt of energy shock our system. We are stirred with awe and gratitude. This is a peak time that can change our attitude and mindset. When a moment like this happens today, capture it and hold on to it as long as you can.

(Daily Inspiration) We get the greatest gain when we focus 80% of our energy on self-improvement and renewal. This is what powers our work and makes us sharper than everyone else. While others spend 80% working in their job to do a good job, we are creative and bring innovation in our skills and abilities. We expand our vision and increase our value. Sharpen your saw rather than chop down your tree with a dull saw today.