

## Timeless Transformations

### *Daily Inspirations – December 2017*

(Daily Inspiration) Being mindFULL is paying attention in the present moment, on purpose, in a non-judgmental way. When we allow our thoughts to get caught up in thinking about what has already happened or what might happen and treating those thoughts like facts is practicing mindLESSness. When our minds take hold of an idea, subconsciously we do everything in our power to bring it into our being. Notice when your mind wanders and choose where to focus your attention today.

(Daily Inspiration) Most of us know intuitively that being generous is the right thing to do. The great thing about generosity is it is the gift that keeps on giving. On a personal level however, generosity isn't as much about tangible things. It's about time, attention and energy. Those are things money can buy and no one can give but us. That's the most challenging thing about generosity. Be generous in all areas of the things you give today.

(Daily Inspiration) What is the personal definition of hell? It is when we get to our last day on earth and we see the person we are is not the person we could have been. When we start each day with the vision of who we want to become and ask ourselves what actions do I need to take to reduce the gap between that person and me, we get one step closer. Look in the mirror and make sure the person you see is who you want to become today.

(Daily Inspiration) The best we can do is to do the thing that makes us unique and do it to the best of our ability. That's our race. We don't need to compare ourselves to anyone else because we are all running a different race. The best part is we get to choose the race we run and how we go about preparing for it. When we get to the finish line is a private victory. If we've done our best, the only question left to ask is how can I run better next time. When you start to compare yourself to anyone else, say "this is my race" today.

(Daily Inspiration) Goals are something we grow into. When we make a commitment to do anything, it requires that we realign our behavior. We must shift our attitude and thinking in everything we do. Once we see ourselves based on the commitment we've made and we stick with it for a long enough period of time, we grow into the decision of our commitment. That is when our intrinsic desire to be committed to our goals occurs. Be intentional and grow into your goals today.

(Daily Inspiration) Any person of great influence must deal with scrutiny. As a leader, expect conflict. Expect to be attacked even for the best ideas and most impactful accomplishments. It comes with the label. Great leadership doesn't mean we won't be criticized. It means we have the grit and belief to overcome obstacles. Stay calm and move forward with your strategy today.

(Daily Inspiration) Love is what we experience with another person when we don't have any judgments about that person. It may be a brief moment with a stranger or a lifelong partner. Any time there is judgment, large or small, a barrier emerges and the relationship becomes disconnected. In the absence of judgment the only thing left is love. Make a loving connection with others and free yourself of all judgments today.

(Daily Inspiration) Great leaders don't lead because they want recognition or money. They lead because there is something they must create, build, and transform. They lead because it's who they are and what they are meant to do. They have a mission and know their why. How you lead reflects the authentic motivation of your heart. Set the vision, give inspiration, and be the leader others choose to follow today.

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(Daily Inspiration) Most people want other people to help them but they genuinely don't want to help other people. Sad truth: life gives to the givers and takes from the takers. That is the foundation of success and successful relationships. When we possess highly valuable skills and can intensely help other people, combined with giving first before we get and giving to the right people, our success is magnified 10 fold. Others will then do unbelievable things for us. Let others help you today because they love and appreciate you and you are deserving of their help.

(Daily Inspiration) It's not "what we do" but "how we do it" that brings more joy to our lives. If our intention is to feel joy in whatever we are doing, we see our actions as creating a joyful life experience. It's our attitude and heightened level of gratitude that makes the difference. Whatever you do today, do it with an elevated, vibrating energy filled with eagerness and enthusiasm.

(Daily Inspiration) Research shows that grit is a top predictor of leadership success. It isn't education, talent, wealth, family status, good looks, or a big title. It is the capacity to stay on course and work hard towards a goal. It is the persistence to move forward even in the face of challenges, obstacles, failure, adversity, and rejection. Leaders with grit find a way to overcome anything that stands in their way. Emanate true grit today.

(Daily Inspiration) We create all things twice. First mentally, then physically. The mental creation is our imagination that serves as the blueprint of our lives. If we don't make a conscious effort to visualize who we are and what we want, rest assured external circumstances will physically create us by default. Everything begins with the ability to see it and create it in our imagination. Use the mental creation of your imagination to make things happen today.

(Daily Inspiration) The reason for setting and committing to our goals is not to achieve them as much as it is to develop our character in the journey of pursuing our goals. It's who we become along the way that matters. We get to decide what our goals are. If we don't, someone else will. Then we travel down someone else's journey. Be the designer of your destiny today.

(Daily Inspiration) Successful leadership isn't about the title of our job, the education we have achieved, or the number of years we have been in a position. It's about the impact we make, the influence we have, and the inspiration we instill in others. Impact is about getting results. Influence is about spreading the passion we have for our work. Inspiration is about expressing enthusiasm and charisma, and bringing out the best in others. Act with the 3 I's today: impact, influence, and inspiration!

(Daily Inspiration) There are 1440 minutes in a day. That means we have 1440 opportunities to make a positive impact on the lives of others. We may not know what the level of impact is but in one way or the other, we are making an impact. Rather than define yourself by what you do or what you have, define yourself by how you impact others today.

(Daily Inspiration) Managing our stress is a conscious decision. It can be healed in one of three ways: remove the cause of stress, change our perception of the cause so it is no longer stressful, or do what we know is best for us to feel healthy and balanced. We are in charge. We can't put off managing our stress because later will never come. We are worth it. Make stress containment your priority today.