

## **Timeless Transformations**

### ***Daily Inspirations – February 2018***

(Daily Inspiration) Effective people do one thing better than anything or everyone else. Why waste our time doing something in an attempt to be good at something that we aren't? We got to find our niche. An experience, who we know, education and charisma may get us in the door. Our niche is what adds value and makes us successful. Find what you are gifted at and do that today.

(Daily Inspiration) Passion is the difference maker in anything we do. It's what separates the ordinary from the extraordinary. People with passion are naturally energized and they are able to energize everyone else around them. You will never find a group of people being led by a passionless leader. No one gets excited if the leader is bored or unenthusiastic. Let your passion boost your energy and take your abilities to an entirely new level today.

(Daily Inspiration) The toughest person to lead is always ourselves. If you wouldn't follow you why would anyone else? Never ask people to do anything we wouldn't do. Never ask people to go where you wouldn't go. Never ask people to make a commitment that you wouldn't make. Our influence and power lies in credibility. Forget the talk and walk the walk today.

(Daily Inspiration) As we advance we must continually reinvent ourselves. We must press on ourselves to the next level of difficulty otherwise we plateau. "Every next level of life will require a different you." If you feel stuck, ask what you can do in this moment to keep moving forward in this situation, right now. Surround yourself with everything that represents the reinvention of who you are moving toward today.

(Daily Inspiration) When we grasp how important our choices are, we become more discriminant about the choices we make. Our choices determine who we are. How we spend our time, what we read, who we related to, the environment we create - all determine who we become. Don't let your choices unconsciously create who you are and who you are becoming today.

(Daily Inspiration) There are some people we associate with that include their own batteries and some that don't. Batteries included are those with their own energy source. Those without batteries included are dependent on others for their energy. Be mindful of who is draining your energy source today.

(Daily Inspiration) The noise of chaos in our minds can make it difficult to stay focused. To stop and remind ourselves the need to bring balance back requires that we separate the dramatic stories we tell ourselves about any situation. We must separate the order of the noise and not let it drown out peaceful thoughts of clarity. When this happens, do a spiritual reboot to bring yourself back into balance today.

(Daily Inspiration) When we rise this morning, think of it as a priceless privilege to be alive. To be able to breath, love, and enjoy life is precious! To feel alive however, to really feel alive is to exist more by fully engaging our mind, being consciously aware of our choices, and using all of our senses and feelings. Pay close attention to the people and all the things that make you come alive, then seek more of that today.

(Daily Inspiration) What we do for ourselves will just "get us by." What we do for others is the magic that "gets us ahead." Getting ahead doesn't mean we are beating anyone else at anything. Getting ahead is a means to make others better while we are getting ahead in a way that lifts others up. This is the only sustainable approach to success over the long haul. Carry others rather than crush others across the finish line today.

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(Daily Inspiration) Living with uncertainty is the unique aspect of LIFE. It's the mystery that keeps life interesting. The energy of uncertainty is what fuels us to reach our highest potential. Take the uncertainty of the upcoming hours and let it spark your creativity today.

(Daily Inspiration) Through deliberate study and practice we develop unique skills that are in high demand. Only then can we chart our own path. Only then is our professional security ours. Being dependent on others for our success is no longer a concern. Because we've developed routine practices geared toward success, magic just happens in our careers. All that matters today is to stay in alignment with you core values and establish a deep connection with others.

(Daily Inspiration) Few people are lucky enough to love what they do. When we do, being disciplined is never a challenge. Staying busy or focused isn't a problem. Getting up and going is not a struggle. It's more about prioritizing because we have so many things we want to do, we struggle to decide what to do first. Do what you love and love what you do today.

(Daily Inspiration) How do we balance helping others with helping ourselves? Start with yourself first. Prioritizing yourself first starts with you because only you can give what you already have. If your cup is empty there is nothing left to give. See taking of ourselves as a necessity rather than an indulgence. See it as self-preservation, not selfishness. Fill up your cup and don't forget to take care of yourself today.

(Daily Inspiration) By starting the day with appreciation we cultivate an air of enthusiasm that makes us naturally more attractive to others. Make it a daily habit to step out of bed and say THANK with the left foot and YOU with the right foot. When we are grateful for what we already have, we attract more of what we are appreciating into our lives. Focus on appreciating what you have received and achieved today.

(Daily Inspiration) Creating new experiences expands our life and brings us joy. When we experience and feel new things it makes us come alive. It slows down time. Why not take in everything that living in this world has to offer. That is the joy of living. Feed the part of you that makes you come alive today.

(Daily Inspiration) Unsuccessful and unhappy working people work for money. Wealthy and happy working people work to learn. Plan to spend 20% of your time actually working. The other 80% spend on learning, staying fit, and improving. The result is while working, we get more done in a few hours rather than others in a full day. You will find that no one else has what you have and no one understands your secret. Keep your priorities clear and your mind stimulated today.

(Daily Inspiration) The easiest thing we can do is smile. People are attracted to people who smile and laugh. Their positive energy is infectious. If we want to influence people, just smile. It's the quickest way to connect with anyone. Smile by communicating acceptance and welcoming others into your world today.

(Daily Inspiration) What is it that makes some people bounce back quickly from adversity or misfortune? One attribute is the power of resilience. They can find the silver lining even in the worst of circumstances. They have the confidence that they will. They have a knack to look at any problem and say, what is this trying to teach me? Stretch yourself and recover quickly from any condition that comes your way today.

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(Daily Inspiration) The dawn of the day brings a fresh new canvas of thoughts. Nothing on earth can be taken for granted about this day. Today is a brand new day! What type of day will we think into our creation? Let yesterday go. Let today be new and full of energy and vibrancy.