

Timeless Transformations

Daily Inspirations – April 2018

(Daily Inspiration) A miracle is considered an event that is so highly improbable it's considered to be the work of a higher power. The probability of miracles occurring in our lives is when we have unwavering faith in our dreams and put forth extraordinary effort working towards our goals. That is how we create miracles in our daily life. Show up as a miracle today.

(Daily Inspiration) We sometimes concern ourselves about what other people think when in reality it's not anything we can control. "What other people think about me is none of my business." When we release this worry and concern it frees up excess energy to focus on our passion, vision and goals. As long as we control our thoughts and are aware of our intentions behind what we say and do, we are in a state of pure alignment. Spend your precious time wisely instead of worrying about what other people think today.

(Daily Inspiration) The true assessment of a leader is how much influence they have. Leadership is influence. The person that has the influence in any situation at any time is the leader. When the real leader speaks, the people will listen. Increasing our influence results in increasing our leadership. Increase your capacity to lead through your influence today.

(Daily Inspiration) Nothing matters unless we give it power in our minds. When we focus on managing our mind rather than the situation, we are more effective. Situations come and go. Our minds are here to stay. Nothing is worth more than our peace of mind. Mind your mind to the best of your ability today.

(Daily Inspiration) Influential leaders maintain their composure and rarely show signs of doubt. They speak with confidence and conviction. Even if they don't know the exact answer they articulate with authority. Their response is calming. They emit a sense that everything is under control. Wreak of grit, positivity, and focused action today.

(Daily Inspiration) We are living in life not in Disneyland. Living means doing not dreaming. Dreamers rely on luck. Doers rely on discipline. Dreamers focus on the destination. Doers focus on the journey. Dreamers minimize the amount of work. Doers maximize the work they do. Dreamers make others responsible. Doers make themselves responsible. Dreamers look for excuses. Doers lead into action and get results. Dream big but do the work today.

(Daily Inspiration) Our dreams give us hope and shape our direction but it must be our dream. We know it is our dream when.... It keeps us up at night. We are willing to step out of our comfort zone. We wake up in the morning thinking about it. No one has to ask us to do it. It fills us up rather than drains our energy. Make sure your dream is your dream. Own your dream today.

(Daily Inspiration) Producing great work is a process. It requires inspiration plus a ton of work and ideas. For every ten ideas maybe only one will be accepted or considered. Just consider the other nine as practice. That translates to us working on hundreds of ideas just to come with a few good ones. Quantity of work inspires creativity. Activity is a springboard for new possibilities. Show up focused, do the hard work, and just get busy today.

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(Daily Inspiration) To be great we must love what we do and do what we love. Passion makes the difference. Talent without passion = potential without possibility. Passion without talent = passion without potential. Talent with passion = talent with possibility. Do what you are great at and fall in love with that today.

(Daily Inspiration) Our dreams are meant to be our dreams. We can't compare our dream to anyone else's dream. When we compare our dream with others that are superior, we feel inferior. When we compare our dream with others that are inferior, we feel superior. When we stop comparing our dream to anyone else's, we feel empowered. The universe will help us be all that we can be but it won't help us be someone that we are not. Create and concentrate only on your dream today.

(Daily Inspiration) When we react to another person's negative energy, we take it on whether we realize it or not. It then creates a ripple effect as we pass that negative energy on to others we encounter. We know our energy radiates in all that we think and do. Why not turn any negative energy that comes our way into a creative power of positivity? Be mindful of what and who is drawing from your energy field today.

(Daily Inspiration) One of the most ineffective things we do is listen to the conversation going on inside our head. That judgmental, egoic self-talk in our head is brutal: like, no one is going to like my idea so why try, or I'm not smart enough so just give up. When we talk to ourselves and calm down our doubts and negative thinking, we can change our words and direct ourselves to move forward in a positive direction. Talk to yourself rather than listen to yourself today.

(Daily Inspiration) Two small words that can shift our perspective are "UNTIL NOW." The only place to be is where we are now. Hoping to be somewhere else is self-defeating. When we say "UNTIL NOW" we can change the direction of where we want to be and see an upward spiral of hope. Feel the shift of positive emotion by speaking these two words today.

(Daily Inspiration) Our destiny is more about what we are becoming than it is about what we have done and where we have been. We make our future more exciting than our past by letting go of past failures, believing the best to come is ahead of us, and surrounding ourselves with people that remind us more of the future than our past. We stay in a younger mindset to the degree that our aspirations are bigger than our memories. Make your future greater than your past today.

(Daily Inspiration) Unfortunately those that start with us seldom finish with us. Often what we start is exciting in the beginning but ends up with too many challenges, hard work and drudgery - thrown in with a little bit of laziness. Leaders recognize this. They don't carry others for too long if they can't stay the course. Don't wait for people you shouldn't. Don't feel guilty when you lose a key player. Don't believe that key players on your team can't be replaced. Appreciate those that started with you even if only for a brief time today.

(Daily Inspiration) One of the best and most impactful ways to "pay someone back" is to give them credit. It's easy. Give someone credit for their idea. Give credit to another for something they've done to help you even if you don't realize it. Give credit to a person that makes you feel better about your day. There are givers and takers. Some people give credit and others take it. Build your credibility today but giving all the credit to others.

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(Daily Inspiration) The dawn of the new day brings a fresh blank canvas. It's up to us to let our thoughts create our day. Our thoughts are controlled by us. The thoughts of others are controlled by them. We have no power over what another person thinks. We only have power over our intention of what we think, say and do. That is the only thing that will affect us. Be free to create the type of day you will have today.

(Daily Inspiration) Our past identity is based on what we did yesterday. Who we are today is a result of our immediate decisions. Our future identity is determined by our vision and alignment of our actions toward that vision. We must be before we can do and do before we can have. We decide who we want to be and act accordingly. If we don't act accordingly we are signaling to our identity that we are someone else. We are what we do. Act in accordance with your future vision today.

(Daily Inspiration) Inspiring leaders mobilize people around them by giving them a compelling vision of the future. They show people what's possible. They energize and focus people so they see possibilities as real. They give people a sense of purpose and model new ways of thinking. Be the leader that gives others the words and encouragement so new ways of thinking becomes their own.

(Daily Inspiration) Successful people say no to almost everything because every choice has a cost. There is a cost with what we choose to eat and drink, there is a cost in how we spend our time, and there is a cost in what we say to ourselves and to others. Saying yes isn't free. What we do is what we value. Let your action of saying no demonstrate what you believe and who you become today.