

Timeless Transformations

May 2018 Daily Inspirations

(Daily Inspiration) When we have a creative idea we must keep thinking because it's usually the idea after the idea that brings the most creativity. Really creative ideas require 3 things: letting go of old ineffective ideas, finding ways to generate new highly-effective thoughts, then experiencing the thrill of an "aha" realization idea. Everything great starts with a great idea. Be the generator of great ideas today!

(Daily Inspiration) What makes others listen? We must connect with them first. We connect when others believe we can help them. It usually comes down to a few things. Relationships (how we can use who we know to help them). Sacrifice (when others understand what we have gone through and feel we can relate). Insight (what we know that can help them). Success (what we have done so our experiences can help them). Ability (what we can do that can help them). Command attention and action by connecting with others today.

(Daily Inspiration) When we are intentional about connecting with other people, it requires initiative. Think about the 10 foot rule. If anyone comes within 10 feet of you, speak to them. Ask if you can help them. Being the first to help always stands out. There's a difference between the person that steps out first and says "can I help you" then everyone else falling in to line and asking to help. There's a 10:1 return. Be the first to connect and extend a helping hand today.

(Daily Inspiration) Every difficulty has a breaking point. A breakthrough moment occurs when one of three things happen: 1) the difficulty is so painful we have to change, 2) we learn enough that we want to change, or 3) we receive enough that we are able to change. We know when a breakthrough moment occurs because we can feel it. It's like a puzzle when a missing piece falls into place. Don't wait for a breakthrough moment, create yours today.

(Daily Inspiration) Research says the anticipation of an event is just as powerful if not more as the event itself. That says the planning, looking forward to it, dreaming about it, and talking about it gens up excitement. It's a positive view of the future. Who doesn't want a future reward? We need things in our future to be excited and optimistic about. Find something to anticipate and get emotionally-charged today.

(Daily Inspiration) We can't force a great day to happen but we can stack the deck. When we have a bad day it may be the result of bad choices about what we invite into our day. Most of what we can choose is in our control: what food we eat, how we respond to a situation, who we associate with, how much exercise we get, how we set our expectations, giving others the benefit of the doubt, etc. What makes today special? Only we can decide. Create a special day today!

(Daily Inspiration) If we have a big dream for what we want to accomplish we most likely need a big team. Successful people know they can't do a big job themselves. If we want to climb a hill then we need a small team. If we are climbing Mount Everest then we need a big team. The size of our dream is the size of our team. Only when the team and the dream match are we successful. Form a team to help you meet your dream today.

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(Daily Inspiration) Research says 87% of success is people knowledge and 13% is product knowledge. Successful people get along with other people. Most people can trace their successes and failures back to the relationships in their life. Why not spend more time focused on relationship building? No one will go with you if they can't get along with you. Treat every relationship like it matters today.

(Daily Inspiration) One of the most effective ways to keep our composure under stressful conditions is to "act like we've been there before." Appear that the situation is familiar. When we show problem solving skills, project credibility and demonstrate leadership we radiate an executive presence. Who wouldn't want to follow that type of leader? Approach any situation that you encounter today with a sense of calmness and confidence today.

(Daily Inspiration) Our life is a mirror of who we are. How we see ourselves is how others see us. Whoever shows up in our life, positive or negative, is showing up at the perfect time to reflect something we need. Our hope is that we see the best in others. When we see the negative, use it as an opportunity to look inward. There may be a golden nugget buried there today.

(Daily Inspiration) Time marches forward. It doesn't care what happened in the past so why waste time on what we can't control. When we live in the past we're stuck in "why." When we live in the future we're stuck in the "what if." When we live in the present (time) we give ourselves the present (gift) of now! We can never go back but we can always start again. Live in the actual time dimension of today, 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) There are people we associate with that are so dazzling, so nice, and so energizing that we gravitate toward them. We feel good when they walk in the room. They are like a candle radiating light and warmth. Then there are others that come in and drain our energy. It's like they blow out the candle and turn off the lights. Make the first few seconds you come in contact with another set the tone for a lasting impression today!

(Daily Inspiration) We grow or stagnate based on the expectations of those around us. Those that expect more empower us to be more accountable. Most people don't want to be pushed or held to a higher standard. Most people resent having to be accountable. If you want great success, be accountable to those that expect you to show up bigger than you could ever imagine today.

(Daily Inspiration) Connecting with others goes far beyond what we say. We also connect visually - this is what others see when we communicate with them in person. We emote a language that others can feel by what they see us do. The more we can express ourselves visually the greater opportunity for connection. Whatever our range of expression is through smiling, using facial expressions, opening our eyes, nodding for inclusivity --- it's not big enough. Expand your range of visual expression today.

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(Daily Inspiration) Leadership is a people business no matter what business we are in. A mature leader has the ability to see and act on behalf of others. We can't have their best interest in mind unless we care about them. "People don't care how much you know until they know how much you care." When you lead others today, imagine them asking these 3 questions: Do you care for me? Can you help me? Can I trust you?

(Daily Inspiration) When we have a backup plan or a "plan B" for our lives we must be careful. That might be exactly what we get. Plan B subconsciously might be our true expectation for ourselves. If so, plan A is probably only a wish. Set "plan A" as your expectation and don't settle for anything less today.

(Daily Inspiration) Connecting with others is a unique skill that gives us an edge when relating and communicating. This in turn increases our influence. We can feel it because positive things are said. A sense of trust is demonstrated. Others give extra effort and go the extra mile. People express themselves more often. Conversations are more enjoyable. Feel the invisible synergy between you and those you connect with today.