

## **Timeless Transformations**

### ***Daily Inspirations – August 2018***

(Daily Inspiration) You complain on me? Eighty percent of the people we complain to don't care. The other twenty percent are glad we have problems. Misery loves company. Complainers feel nothing is good enough. Complainers expect the worst and welcome disappointment. Complaining never attracts what we want, it only perpetuates what we are complaining about. Find the silver lining and deflect and redirect all complaints today.

(Daily Inspiration) How we approach the day inwardly shapes what happens to us outwardly. When we allow what is happening on the outside of us influence us on the inside, we are victims. If our inner world is filled with chaos our outer world will be filled with chaos. When we take responsibility of our inner world, we are the creator. Create your day from the inside out today.

(Daily Inspiration) It's not as much about how much money we make but how much we can share our skills that brings value to others. When we possess high-value skills, people naturally come to us which in turn makes us more valuable. We must know our value and know how to leverage our skills. Once others are reliant on us, the more money we will make. Unapologetically know your own value and let it be known today.

(Daily Inspiration) Enthusiasm is a Greek word that means inspired. As leaders, our enthusiasm must be electrifying because it's that spark that creates commitment and persistence. Without enthusiasm there isn't any life. If we aren't enthusiastic, how will we stir up enthusiasm in others? Let your enthusiasm permeate in every crevice of your beingness today.

(Daily Inspiration) Often we are waiting for a bolt of insight to wake us up so we can make a change in our lives. Unfortunately no one or nothing outside of us is coming. It's up to us. We must be aligned with our personal vision and values then put our heart and soul into whatever we want. Decide what you give your life meaning and design everything else around that today.

(Daily Inspiration) Most people want result without following the process of hard work. They want the victory but not the compromise. They want to win without careful planning. They want the reward but not the struggle. Achievement is more than willpower and grit. It is no pain, no gain. Let the tenacity of overcoming your struggle determine your success today.

(Daily Inspiration) With stressful, high-pressure careers, it's easy to fall in the trap of time urgency. That's where we have so many things to do we feel an overwhelming need to control time. The fact is we can't control time. Time controls us when we are in a state of hurry-worry. The combination of feeling calm and critical at the same time is a peaceful inner knowing that we are moving along at the perfect pace with a desire to be more and do more if possible. Run your race at your own pace today.

(Daily Inspiration) High performing leaders measure outcomes not activity. A lot of times activity is busy work - stuff that doesn't contribute to adding real value and achievement toward our goals. If we can't link what we are doing to our goals, most likely it's busy work. Start each day focused on the highest priorities. Separate activity from the work that truly drives your success. Don't let your busy work masquerade true performance today.

(Daily Inspiration) The purpose in life is to find a life purpose. A life without a purpose is a life without a destination. A strong sense of purpose fuels our motivation. What if our life's purpose is difficult to find? What if our purpose changes over time? Just find and do the things that make you forget time and smile. Enjoy the journey and find your purpose along the way today.

## **Timeless Transformations**

### ***Daily Inspirations – August 2018***

(Daily Inspiration) If we set forth big goals that are challenging we can expect thoughts of uncertainty. It doesn't mean these thoughts are true just because the thought formed in our mind. Thoughts only come to life with our power and consent. We can't let our mind be derailed by who we used to be. Even though we grow and develop new skills sometimes the thoughts in our mind still hold us back. Don't buy into the mind's deception. Know you are better today than you were yesterday.

(Daily Inspiration) Why on some days do trivial things bother us and on other days we are able to let it go? It's because our mind shifts depending on our mood. If we can control our mind more than the situation we are able to remain stable and at peace. Is anything worth more than our peace? If we don't mind maybe it really doesn't matter. Nothing matters unless we give it power in our mind. Be a master at drawing clear boundaries in your mind and only focus on what matters today.

(Daily Inspiration) We never get past the point in our lives where dreams don't matter. When we have no dreams our life is empty. Our dreams are what give our lives meaning. How old we are or where we are in our lives have nothing to do with what we want. Our dreams have no limits. We are the creators no matter how big or small our dreams are. Act like a child by feeling hopeful and young while you chase your dream today.

(Daily Inspiration) Life is often a reflection of what we believe we deserve. As we start the day, decide who we are going to be then experience the day from that perspective. The standards we set for ourselves and other people will increase. Our expectations will be clearer. Because we no longer settle for less our future becomes more predictable. Let your eyes only see and your ears only hear what your mind is looking for today.

(Daily Inspiration) The most successful people don't compete with others. They set the pace for themselves. They don't need to mimic or worry about what others are doing. They only live their values and put first things first. They know what they must do to get what they want and they act on it. Rather than look for secrets and shortcuts, roll up your sleeves and get ready to do the work today.

(Daily Inspiration) When we procrastinate it's usually one of three things. We are learning and growing and we can't identify with our future selves (do it). We don't believe there is enough value in the activity to warrant our attention (drop it). We just don't like doing it (delegate it). Only we are the ones that control our thoughts and energy. Do it, drop it, or delegate it today.

(Daily Inspiration) Conflicting goals creates additional stress. When the pursuit of one goal is in conflict with other goals it creates "dysergy" - the opposite of synergy. The closer we live in alignment with our vision and values, the more synergy we experience and energy we have. When you feel stress or lack of energy today ask, "Will how I spend my time bring me closer to or further away from my major objective in life?"

(Daily Inspiration) Our professional network is the secret to our success. This network will open up new doors of opportunities, connect us with people that have influence, save us time by information sharing and create the visibility that we need to be successful. Most importantly our network speaks for our credibility. Our network is our net worth! Recognize who in your network brings the greatest value and make time for them today.

(Daily Inspiration) Great communicators spend a lot of energy connecting with others. Most people walk into a room without any idea about what it takes to connect with others. Low energy people require others come to them. High energy people that connect and communicate with success plan in advance to remember names, make people feel special, find something in common, and acknowledge other's successes. Put the time into making a connection first today.

## **Timeless Transformations**

### ***Daily Inspirations – August 2018***

(Daily Inspiration) Intrinsic motivation is energizing because it comes from within out of interest and willpower where external rewards aren't needed. It's a pull rather than a push. A push is when we have to force ourselves to get something done. It's exhausting because we don't want to do it. Pull on the other hand is when we are drawn to an activity. It's much more powerful because we are energized while doing it. Increase your energy by focusing on the activities that you are pulled towards today.

(Daily Inspiration) Nothing feels better than the inner knowing that we did our best in any given moment. This feeling leaves our mind vacant without regret and resentment. We are able to feel an underlining stillness no matter what we do or where we go. Do your best and forget the rest today.