

Timeless Transformations

Daily Inspirations – September 2018

(Daily Inspiration) It takes courage to ask for what we want. We usually get in life what we have the courage to ask for. If we don't ask for much we won't get much. The unconscious mind gives us exactly what it understands or what we've told it - nothing more, nothing less. Successful people ask better questions and as a result they get better answers. If we don't ask, the answer is no. Start the day by asking for what you want today.

(Daily Inspiration) Expectation and results cannot be separated. Discontent comes from unmet expectations. It's the value that's important and whether we feel the value is lower or greater than what we expected. When we experience low value results for our desired expectation is when disappointment occurs. To be successful, the gain in value must be greater than the loss. Be regarded as "high value" by exceeding the expectation of the results you deliver today.

(Daily Inspiration) Never underestimate the power of persuasion. It's an art! Getting people to do the things that are in their own best interest that also benefits you is leadership. Don't think its manipulation. It's only manipulation if what we are trying to persuade someone to do is not in their best interest. The art of persuasion is learning how to interact with others about them in a sincere, authentic way and captivate their attention by looking out for their best interest. Use your power of persuasion today.

(Daily Inspiration) Our feelings are something we can't see on the inside, but they are there transmitting energy on the outside. Without saying anything at all we are broadcasting either positive or negative vibrations and announcing to everyone how we feel. Emit feelings that inspire, energize and lift people up today.

(Daily Inspiration) It's so much easier to speak well of others. It just feels better to be nice. When we talk about other people in a negative light we are only hurting ourselves because we attract the negativity that we speak about. Usually deep down inside we know it's wrong and it leaves us feeling guilty. By saying positive things, it brings out the best in us. It makes us feel kinder, lighthearted and more peaceful. Be wise with your words even in your thoughts today.

(Daily Inspiration) What we expect usually comes to fruition so why not expect the greatest, most incredible results? The hidden treasure of success is to expect and predict what we desire without attaching ourselves to the outcome. We can't always control the outcome. We can control our attachment to our vision and values and the enthusiasm about what we are inspired to accomplish. Expect everything and attach to nothing today.

(Daily Inspiration) True freedom is when we don't have to get anyone's permission to chase after our dreams. The only permission we need is to determine if it's worth it or not. The rest is up to us. Our permission is our existence. Once we decide the question is who is going to stop us not who is going to let us. Be free to reserve your dream before it comes true and believe you can make it happen today.

(Daily Inspiration) Most of us go through our days worried about what everyone else thinks about us. Mostly, what people care about is how we make them feel. When we focus on building people up and finding solutions that make them feel good about themselves we are more influential and impactful. Others may not remember what we say or do but they remember how we make them feel. Before saying or doing anything, take that fraction of a second to decide how the other person will feel today.

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(Daily Inspiration) It's our responsibility to keep ourselves motivated each day. It doesn't come from a spark of inspiration. That might get us going but the spark dies out quickly. The best way to stay motivated is to create it daily as part of a consistent pattern of habits. Are we doing the things that create motivation? It's here for all of us if we are willing to put in the effort. Master your daily habits and decide to be motivated today.

(Daily Inspiration) If we are the most successful person in the room we know our circle of influence may be too small. We probably need a bigger circle. We need to expand the circle, so we are in the middle, learning and growing from others around us. It's not about how successful we are it's about how big our learning curve is in the circle. Or, we may just be in the wrong circle. Who is in your circle of influence today?

(Daily Inspiration) The greatest motivational power is desire. That is where extraordinary achievement begins. If it's a burning desire nothing can squelch our progress. There is a fine line of difference between those that get things done. The differential factor is their desire to reach their goal. When we combine our personal desire with the desire to help others, our commitment multiplies because how we spend our time is more valuable. Use your natural desire to be a differential factor today.

(Daily Inspiration) If we aren't accomplishing the goals we set out to accomplish it may mean we haven't clearly defined the WHY. The WHY must come first and the HOW come second. The bigger the WHY the easier the HOW. If the WHY is meaningful enough it will become a burning need and desire. There will be no excuses for not getting it done. Tie your goal to the WHY today.

(Daily Inspiration) Who we spend time with during the day may make or break us. Are they people that encourage us in our success? Do they help us be the best we can be? Do they empower us towards improvement? Do they make us feel like we have what it takes to meet our goals? Do they make us smile and feel good about ourselves? These are people that are worth our time. Everyone else is just passing through. Keep good company today.

(Daily Inspiration) Our beauty lies not in our physical body but in the energy that surrounds us. Our electromagnetic energy field follows us wherever we go. Whoever we meet can sense this energy we are projecting into the world. Our energy vibrations depend on the waves of love we give others and the energy we give ourselves. We own our energy transformation every moment of the day. Feed your energy environment within and around yourself today.

(Daily Inspiration) We own the day when we ignore what other people are doing and focus less on competing with others. Who cares about being superior to another? By focusing the process, doing the work day in and day out, controlling our attitude and actions, that's when we are our best. True integrity is being superior to who we were yesterday. Just be the best that you can be today because that's all we can control and all that really matters.

(Daily Inspiration) Living large and dreaming big is expansive thinking. Living small and limiting possibilities is meager thinking. When we aim low the result is low. We may as well set our sights high because we have nothing to lose if we stay practical, work hard and take one step at a time. Be an expansive thinker today.

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(Daily Inspiration) How many times do we have to be reminded of this? Until we take full responsibility for everything that happens to us we will be stuck in a rut. It's not easy when others around us look for blame outside of themselves. Taking responsibility is the path that builds character and inner strength. Remove fault finding and the phrase, "If they would only....." from your choice of words today.

(Daily Inspiration) Let our WHY be the primary source for defining the direction in our lives. Our identities can't be defined by a specific result because we can't always control the result. We can control our behavior, action, response and attitude. Let your WHY be your identity then align everything else to that.

(Daily Inspiration) Success can be just as difficult as failure. When we outgrow our friends and colleagues our success may make others feel uncomfortable due to their inability to meet their goals. We can't control anyone else's results. We should never feel compelled to lower our standards or squelch our success. Don't boast but don't feel the need to apologize when you reap the rewards of your success today.