

Timeless Transformations

Daily Inspirations – October 2018

(Daily Inspiration) One valuable attribute of success is optimism. It's the faith that leads to success with great hope and confidence. It's the mental willpower that keeps us going when things get tough. Optimists see a failure as a minor setback. They know they will learn and be better next time. At the core of optimism, it isn't flippant, positive phrases, but in the way we think about causes and explain to ourselves why good or bad things happen. Let optimism lead you to great achievement today.

(Daily Inspiration) It's now about what we do it's about how we do it. Answering the "what" is easy. Clearly defining the "how" sets us apart. The "how" is what defines value. It's what makes us unique. It is the subtle differentiator that brings success to whatever we do. Take the time to define "how" you do "what" you do. Let how you approach anything be what makes you different from everyone else today.

(Daily Inspiration) High levels of achievement depend on two things: clarity and focus. Clarity is knowing exactly what you want to accomplish. Focus is knowing what specific actions will get you there and acting on those actions every day. Without clarity we can only expect blurry results. Without focus and consistency, we'll give up before we reach our success. Be clear, stay focused and success will follow you today.

(Daily Inspiration) We can wait for opportunities or we can start the day out by creating our own. We can put part of our life on hold or we can find a way to start working on our dreams. We can do things just for the sake of doing them or we can evaluate what we are doing and quit the things that no longer serve our higher purpose. The question should be not, what does life have in store for me today, but rather what can I bring to life, so I can fully experience it to the fullest? Imagine what you can give to the world and create that today.

(Daily Inspiration) We hear the term "dress to impress." When we dress up for any occasion it sets the tone for the experience. Whether it's for work, a project or a social event, it matters. How we look on the outside reflects our inner drive and self-worth. Just taking a little extra time to look our best changes our ability to focus and the probability of being successful. Look great, feel great and accomplish great things today.

(Daily Inspiration) Successful leaders know how to master the art of focus. To be focused means to be clear on the most important task and give it 100% of our attention. To be laser-like focused kicks it up a notch by aligning all our thoughts and actions with our most important task - all day long, day in and day out, hour after hour - until that task is done. When we chase two rabbits, both will get away. Chase the right rabbit with laser-like focus today.

(Daily Inspiration) What is the value of our time? How much is our time worth? What does one-hour cost? No matter how much money we have we can never buy time back. Once used that time is gone forever. Not all uses of our time are equal so at the start of the day it comes down to two questions: how we will spend our time and how will we value our time. When we know what our time is worth and understand how to get the most out of our time, we can use it more effectively. Time is the only thing you own so make it count today.

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(Daily Inspiration) It's natural to fall in an occasional trap of feeling unworthy whether it be intellectually, emotionally, financially, mentally or physically. The truth is we are destined to achieve great things. We are just as deserving and worthy as any other person in the world. The key is that it takes work. We must prove this truth by our actions each day. Don't let the limiting thoughts of yesterday limit your potential for today.

(Daily Inspiration) When guiding teams there are two basic modes of leadership. We are either telling or asking. Telling inherently exerts authoritative power. Asking inspires discovery by stimulating thought. Questioning serves as a catalyst to understanding. The highest level of leadership performance is when those we lead ask the right questions for themselves. Practice asking the right question at the right time today.

(Daily Inspiration) Before we can exert our leadership influence we must understand the other person. To understand a mind of a person, look at what they have achieved. To understand the heart of a person, look at what they dream of becoming. We must understand their journey, the people they love, what they do best and who influences them. We must value where they are at this moment of time. This level of understanding is an invisible bond between you and the other person. Touch the other person's heart before you ask for their hand to help today.

(Daily Inspiration) As we plan the day it's more about what we plan to give back, who we plan to lift and who plan to help be better. It is the quality of our relationships that makes the day have value. It is how grateful we are that makes our day special. If we question whether today is going to be a great day just question what it would be like if we didn't have this day. Create a great day today!

(Daily Inspiration) Impactful leadership is creating motion in an emotional way. When there is motion, people are moving, teams are making progress, and individuals are acting and making recommendations. Stirring up emotion is finding creative ways to fire people up by raising their level of energy. We use a combination of emotions and logic to make decisions, but the ultimate decision point is made based on how we feel. Be impactful by stirring up the energy and emotions so everyone around you is moving in a positive direction today.

(Daily Inspiration) Successful leaders with high energy know how to do one small thing that makes a huge difference. They know how to shift their energy to others. When this happens, others are motivated, energized and more apt to be influenced by you. It may be as easy as intent listening, a sincere smile, laughter, excitement in our voice tone, or a hug or handshake. Energy that can't be transferred to others fizzles out. Magnify your performance by mastering the ability to transfer your energy to others today.

(Daily Inspiration) The more we understand about who we are and what we value, the less attachment we have to people and things that control our lives. Allowing anything or anyone to dictate our mood, attitude, energy or enthusiasm is a shallow mindset. Relying on external forces or things we can't control sets us up for failure and false expectations. Why ride a roller coaster when you can stand firm on a deep foundation today?

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(Daily Inspiration) If there are people that don't like us then it maybe we've stood up for something sometime in our lives. We teach people what we stand for when we take a stand on what we value. Who wants to be a wind-sock and go with whichever way the wind blows? If we don't stand for something we will fall for anything. Stand up for what you believe in to define who you are today.

(Daily Inspiration) We may not be as smart, influential, educated or experienced, but nothing takes the place of outthinking and outworking everyone else. When everything and everyone is equal, the only competitive advantage we may have is attitude, effort and persistence. One thing is for sure: doing less is never a good strategy. If nothing else, we can always do more. Set yourself apart by going the extra mile today.

(Daily Inspiration) The responsibility to change anything or anyone only applies to us. We don't have the power to change anyone else or control what they do. We only have the power to change ourselves. Once we accept this reality we have the energy to focus on our vision, goals and self-improvement. Maybe we seek to change others because it's easier than changing ourselves. Concentrate on yourself today.

(Daily Inspiration) When we do the same thing every day our brain stops making new memories. Our repetitive memories dissolve into one big memory. That's when time flies by without us even noticing. If every new day is like yesterday, life feels uneventful and boring. If we can create new memories, be surprised and welcome the unknown, time slows down. Don't make today just like yesterday. Do something different today.

(Daily Inspiration) Nothing extraordinary ever came from ordinary effort. The formula for extraordinary is simple: Effort + Energy + Enthusiasm + Emergency = EXTRAORDINARY. We must put forth effort to get anything done. We must do it with high levels of energy. A spark of enthusiasm is the extra added ingredient that sets us apart. When we add a sense of emergency as if the task needs to be done right now with urgency, the result will be EXTRAORDINARY. Ask yourself if you are really doing the work it takes to get the result you seek to achieve today.

(Daily Inspiration) People respect successful people but they despise anyone carrying around an air of arrogance. If we have an insulting attitude and believe we are smarter, better, or more important than anyone else, it turns everyone off. Nothing worthwhile comes from feeling like we are superior. True self-worth lies in being superior to who you were yesterday. Be confident, help others get their job done and inspire others today.