

Timeless Transformations

Daily Inspirations – November 2018

(Daily Inspiration) Every exceptional person is fixated on their goals. They get what they want in life because they are clear and persistent. Being deliberate and obsessed with precision points them in the right direction. Exceptional people usually irritate those that are average because exceptional people aren't willing to compromise on what matters most to them. They are fixated on pushing the small, insignificant details of any task. Don't get lost in the noise of the world and stay fixated on your goals today.

(Daily Inspiration) Why waste time thinking about what other people think and say about us? Seeking approval from others is time consuming. Over time it drains our energy. Why not spend that time improving, learning and growing? Exceptional people have always been the subject of others with average minds. When we let ourselves believe that anyone else's opinion of us matters more than our own we become their prisoner. Don't fall into the trap of believing other's opinion matters more than your own today.

(Daily Inspiration) The position of leadership does not grant privilege or give power, it requires credibility. The credibility gap is the distance between what we say we will do and our actual practice. The bigger the gap, the greater loss of impact and influence. The wider the gap, the more lack of trust there is. Without credibility there is no authority or believability. All that is left is the use of position and power. Close the credibility gap by keeping your words and actions in alignment today.

(Daily Inspiration) Those that are emPOWERed outperform others. Feelings of power increase when others feel valued. Those who feel powerful take risks and act innovatively with confidence and boldness. Give others power by clearly defining success. Get people focused on what they can control rather than what they can't. Create roadmaps to success with short-term wins. Make decisions because uncertainty drains power. Surrender power to create power and let others have your power today.

(Daily Inspiration) To be a person of influence is to capture the attention of others, so they will listen to us. There aren't any social shortcuts. If we want others to listen, we must care about them first. We do this by helping them achieve their goals, by being authentic, by being relatable, by saying things in a way that attracts attention and by using our credibility. Take the time to care first before you say anything today.

(Daily Inspiration) We only lose our power when we underestimate how powerful we are. We are never powerless because we control what we think, what we say and how we feel. We control how we spend our time and energy. We control how we speak to others and ourselves. We control how we internalize what others say to us. We have the power to change lives. We have the power to inspire. Our greatest power is to decide to use our power for something worthwhile rather than do nothing at all. Be the driver, never the passenger, and own your own power today.

(Daily Inspiration) To be antifragile is to find a way to benefit from disorder and chaos. Antifragility takes resiliency to the next level. It's more about bouncing back and getting stronger, faster and better the next time. Anything that lasts overtime has an antifragile system in place because anything fragile is eventually eliminated. A system that is fragile can't withstand change or adversity. To be successful we must make antifragility a way of life. No matter what happened yesterday, be a greater force today.

(Daily Inspiration) Most great leaders have one thing in common - they make time for doing nothing. We tell ourselves that we must be productive, and we can achieve more by being busy. But, all of us need to give our brains a rest by stepping away and doing nothing at all. Once in a state of nothingness, our brain has space to create new ideas. Avoid scrambling around to be busy. Build the momentum of making a great impact by scheduling time to do nothing today.

(Daily Inspiration) The mark of a true leader is the ability to inspire people to move in the same direction. Otherwise people are fragmented and moving at their own pace, ending up nowhere or the wrong place. True leaders inspire their teams through encouraging actions and words directed towards a common vision. An average leader tells. A good leader explains. A great leader demonstrates. A true leader inspires. Step up and be a true leader by inspiring others today.

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(Daily Inspiration) The greatest gift we can give another person is to hold them to the highest level of standard. We do others a favor when we hold them accountable when delivering on a commitment. It's not just a set of tasks or actions. It's a culmination of an overall outcome, with initiative and strategic follow-through. We don't need to make the other person feel wrong but simply point out that their behavior is ineffective. Don't let anyone that you care about hinder your commitment to expecting excellence in all they do.

(Daily Inspiration) Highly productive know where every minute of their time is spent. They know a tremendous amount of work can be achieved when they own their time. Watch your words. Rather than say "I have to..." or "I need to..." say "I choose to." This is a simple way to remind ourselves that how we spend our time is our choice. What you do today is important because you are exchanging a day of your life for it. Don't just manage your time, take ownership of it today.

(Daily Inspiration) Motivation is an intangible thing. It's not as if there is a force that pushes us to get going every day. We would love it if we naturally woke up with high levels of vibrating energy, but we can count on it. The only thing we can rely on is consistent effort. Consistency depends on a process and a schedule to help keep us on track. Once we get into the zone of putting forth the effort, when we least expect it, a flash of inspiration just magically appears. Don't allow yourself to fizzle out when you feel your motivation start to dwindle. Focus on the pure work of consistent effort today.

(Daily Inspiration) Success is nothing but an idea or concept. It doesn't lend itself to quantification because it depends on our perception and values. Success is difficult to measure because our goals shift, and the rules change. Plus, life isn't a game. Life is an experience. What if success is merely doing whatever inspires us most so we never have the desire to complain, procrastinate or bring down our level of energy. If you tried to measure your success today, what would be the ultimate quantification?

(Daily Inspiration) When we reach a place where we are 100% competent, we no longer care about how anyone else is doing their work. We have the confidence to get things Done how we best see fit. We event our own rules. There is no need to compete with others because others want to compete with us. We stop playing everyone else's game and start creating our game. We create the context, so others want to play our game. Create the playbook and call the rules of the game today.

(Daily Inspiration) We can say everything happens for a reason but we can add to it and say it is our responsibility to choose the reasons. We can find fault about why we are in a certain situation. But, no one is ever responsible for our situation but us. Fault is past tense. Responsibility is present tense. Fault is about choices we've already made. Responsibility is about the choices we make right now and are planning to make in the future. Choose how you perceive and react to anything that happens and take responsibility of how you measure your experiences today.

(Daily Inspiration) If we just did a couple of things a day that aligns us with our dream, we would achieve greater results. Research shows that our conscious thoughts must be aligned with our unconscious values, habits and belief systems. When we are out of alignment our mind blocks our actions and ultimately our success. Our conscious mind is the chooser and the subconscious mind is the implementer. Align your dream with your mind and actions today.

(Daily Inspiration) Respecting another's right to have a different point of view may be one of the greatest gifts of all. Respect is a deep sense of worth and personal value we attach to another person. It is a positive view that we form and give value to their ideals and about they live their life. To respect another person like us is ordinary. To respect another that is different from us is EXTRAordinary. We learn more from others that are different from us than we do from others just like us. May you respect your fellow beings through a better understanding of them today.

(Daily Inspiration) Those that achieve long-term success are more interested in personal growth because success isn't a quantifiable measurement. Success is an evolutionary improvement cycle and they never intend to get there. It's not about what they accomplished in the past, hat their status is now, or what everyone else has achieved. They know if they are growing and getting better, true success will naturally follow. Be willing to risk your current level of success to grow then fail, then start over today with the same level of enthusiasm as yesterday.

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(Daily Inspiration) There is always an opportunity to lead no matter what position we hold in an organization or in our lives. We can always make a difference. A chance to step into greatness can happen at any time. Leaders seize these opportunities. When we fall into the trap of saying, “Why don’t THEY do something about this?” Think again and say, “What can I do about this?” Don’t miss an opportunity to make an impact. What are you waiting for today?

(Daily Inspiration) When we value our integrity at the highest level, living in alignment with our words and actions is our top priority. Following through on our commitments - no matter what - creates limitless opportunities. If we make excuses, we are excusing ourselves to do what is easiest. We are choosing a life of mediocrity which will lead to discontent and regret. Act as if your life depends on your integrity today because in the end it does.