

Timeless Transformations

Daily Inspirations – December 2018

(Daily Inspiration) When we seek to progress in our current status we are gaining. When we seek to maintain our current status, we are declining. If we aren't advancing, we are withdrawing. By always learning and evolving we don't follow into the trap of plateauing. Once we master one set of skills, we advance and seek to be a master at something new. Be open to release the old so you can make quantum leaps in your progression today.

(Daily Inspiration) Great leaders set themselves apart with clarity. It's easy to lose clarity so we must be reminded every day. Can we answer these questions? Goals = What am I trying to achieve? Plans = How am I going to get it done? Values = What principles will guide me along the way? Roles = How can I contribute? Rewards = What value does it bring to me? The clarity of these answers will determine our success. Be clear about what you plan to accomplish today.

(Daily Inspiration) Everything you need to know about getting a grip on your time is controlled by these 3 words: DO, DUMP or DELEGATE. Do it and be as efficient as possible. Dump it and forget about unnecessary, low priority tasks. Delegate it and give to someone else to do. We can't manage time. All we can do is manage ourselves. Your time isn't the main thing, it's the only thing you have today.

(Daily Inspiration) A peak-state of mind is when our experience is exciting, exhilarating and elevating. It's when we are moving at our most optimal level where we feel like there's nothing we can't do. In this peak-state we know we are limitless. It's our responsibility to cultivate a peak-state of mind, every single day. No one else can do this for us. Why not make this our level of attainment for the way we live? Why live any other way? Life isn't a drudgery where we just try and get to the end of the day. Put yourself in a heightened state of peak experience today.

(Daily Inspiration) All leaders manage. All managers lead. What sets them apart? Leaders break new ground. Leaders have a long-term vision for themselves and the organization. Leaders answer the questions like, who are we? Where are we going? What are our core values? What is our brand? Managers ask, "How do we do things better?" Leaders ask, "How do we do new things?" The higher the status in the organization, the more leadership skills are needed. As you move through your day, ask yourself if you are managing or are you leading?

(Daily Inspiration) "Imagination is more important than knowledge because knowledge is limited to what we know and understand. Imagination embraces the entire world and all there is to know and understand." To have faith in what we can't see requires imagination. We must be able to see BEYOND what is right in front of us. We must see things that could be real or true. We must see the what and why not the who, when or how. We don't care if other people can't see the future, we imagine it to be. Use your imagination and create great things today.

(Daily Inspiration) Every choice we make has a ripple effect and impact. Just one small drop can make a ripple in the water. No just on us, but the people around us. The small choices we make each day affects our future in uncommon ways. Our choice to work that extra hour has consequences. Our choice to help someone in need makes a difference. Our choice to invest in ourselves shapes who we are. We are who we choose to be. Choose to drive your choices in your journey today.

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(Daily Inspiration) There is an intersection between happiness and high performance. That's the sweet spot in employee engagement and finding meaning in our work. It can be found when we know why we get up in the morning. It's that thing we live for. It's more than money or an impressive job title. If we understand what drives us in our intersection, we can align our actions to it and use it as our internal GPS. Find your sweet spot by asking yourself 4 questions today: What do you love? What sparks your energy level? What can you get paid for? What does the world need?

(Daily Inspiration) The formula for building a team is simple. Using the formula and sticking to it every day is difficult. The formula: If we want our team to serve, serve them. If we want our people to care, care about them. If we want our team to love their work, love them. If we want our staff to be their best, give them our best. If we truly value everyone on our team, the team will take care of each other and our customers and students. Consider it a red flag if you can't name anything you value about each team member. Show your team how much you value them and invest in them today.

(Daily Inspiration) In the first 10 minutes of when we begin our productive work may be the most stressful. Our anxiety increases when we see what we are faced with: a queued-up list of urgent e-mails or action items, unscheduled crisis meetings, or work that is due but incomplete. The easiest thing we can do is clear our desk. We can't let the negative gravity of a work space pull us down when we are bogged down with overwhelming demands. When everything else is in chaos it may be the one small thing we can do to bring clarity and feel like we are in control. Let your work area be the calm place in the center of your storm today.

(Daily Inspiration) We make the greatest impact when we ask the right question. The right question enlightens, invites deeper levels of thought, reveals what matters most and initiates focus. The right question is the most powerful statement we can make. An authentic question promotes ownership. If we tell another person the answer, we own it. If the other person arrives at the answer, they own it. Your question tells others what you care about and who you are today.

(Daily Inspiration) Who doesn't want to be interesting? To be interesting may require that we "pursue interestingness." That means we seek out a random project or goal that may open something new that we haven't thought about before. It's based on a hunch, an impulse, or an intuition. It's inspired by curiosity that brings a hint of surprise into our lives. Interestingness gives us a reason to peek around the corner or turn the next page of a book or click on a hyperlink to see what's next. Pursue a surprisingly new dimension of your life today.

(Daily Inspiration) Effective leaders usually think "below the line" or "above the line." Below the line thinking is believing that what is happening to us is outside of our control and everyone else's fault. Above the line thinking is having the ability to see potential challenges on the horizon and planning accordingly. It is being 100% accountable for whatever happens. It is knowing that if we fail it will be a learning experience. We will be more successful next time. Breathe in success by setting your visual perception way above the line today.

(Daily Inspiration) Most people plateau at some point. Even the most successful people start to slack off once they attain a certain level of achievement. They stop being as innovative as they once were. They only make incremental steps in their growth. They start playing it safe and stop taking risks. A real mastermind pushes their perimeter every single day. They use each morning to redefine who they are. They never lose their enthusiasm. They don't rest on their laurels. Push your boundaries and make quantum leaps in your growth today.

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(Daily Inspiration) There are those that play the short game and others that play the long game. To develop mastery in anything takes years of intentional practice and study. That's the long game. Those that luck into a position or stumble on success may achieve quick results but because there's no depth their relevance doesn't last. That's the short game. The advantage of the long game is there's little competition. We can bet most people don't have the grit to stay focused with consistent persistence. Focus on your long game not the immediate result because your results will be created by your actions today.