

## **Timeless Transformations**

### ***Daily Inspirations – February 2019***

(Daily Inspiration) Momentum is a mysterious force that motivates us to accomplish what we want or need to get done. Where can we get this? The truth is we can't get it anywhere. It's a personal choice we make with every opportunity—big or small. We choose to pull ourselves backwards or push ourselves forward. The more we push forward, the more we want to move forward, and the more we find a way to move forward. When the momentum starts rolling, harness that energy and let it work in your favor today.

(Daily Inspiration) How do some people lead and command the room with so little energy? Their aura emits respect, confidence and influence. It comes down to one thing: reputation with credibility. When we have it, it's everything. We must guard it and stake our careers on it. Our work is done before we even enter the room or say a word. Our strengths are exaggerated. Even after we leave, our presence is left behind, and our influence continues. Let your reputation precede you and your influence linger wherever you go today.

(Daily Inspiration) Why would we wait for anyone else or anything to make things happen for us? We are the creator of our lives. When we aim for growth with a mindset to improve, we are creating things that are happening or will happen for us. The only one holding us back is us. Anything is possible if we are willing to stay focused and put in the effort. Rather than wait for the perfect time, make the time perfect today.

(Daily Inspiration) The most difficult person to lead is staring back at us in the mirror. It's us! It's self-leadership. If we can't lead ourselves, we surely can't lead anyone else. To lead ourselves better means we must think new thoughts, speak in a better way, take new directions, learn more skills, and act with clear-minded intentions. Today, we are the best we can be in this moment. Tomorrow we will be better. Says who? You! Lead yourself to be better by leading your thoughts in a positive direction today.

(Daily Inspiration) A rotten attitude spoils everything because it's infectious. Once it starts spreading it's difficult to counteract. It seeps into the crevasse of every conversation and undermines every word that's said. Great attitudes ripen the relationship. If we just phrase every conversation and question with a positive slant, we spread positivity. Then, positive people gravitate to us. Let your positive attitude attract positive people that will go out of their way to help you today.

(Daily Inspiration) Who is the person that is a spark, no matter what situation they are in or wherever they go? Who is it that elevates the energy of the room, that serves as a catalyst to shake things up and make things happen? These are the people that have an uncanny ability to act and bring out the best in others. Their confidence and energy rub off on everyone around them and as a result, they lift everyone else up. Be the spark that spills over to everyone you encounter today.

(Daily Inspiration) Why would we ever let someone else do our thinking for us? Maybe because it's easier. If someone else is influencing our thoughts or controlling us, then it's not our fault if we fail. What inspires success is what we think about ourselves that makes us successful. If we truly know what we want and that drives our thoughts and beliefs, we attract the right opportunities and our subconscious mind figures out how to make it happen. Let your mind think about success and you will surely find it today.

(Daily Inspiration) People that get things done do one thing: They do the work. We can read every success book on the market. We can dream. We can build a solid plan. We can have all the resources in the world. But, at the end of the day, only we can do the work that must be done. There is no one stopping us. The choice is always ours. Plain and simple, successful people do the work. Let go of the internal struggle because you have the power to get the work done today.

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(Daily Inspiration) There are some days we must figure out how to do more with less time. Because “work expands to fill the time available for its completion,” the only choice we have is to figure out how to do it more efficiently. Allocating more time to a task wastes time in making decisions and doing things over. Rather, set boundaries and let our mind adapt with a minimal buffer. Decide what must be done, commit to it, jump and then figure it out on the way down today.

(Daily Inspiration) Everything in life begins and ends. Living on purpose is to relish every moment, live it to the fullest, be grateful for whatever happens, do our best and love beyond measure. It is in this state of consciousness where we live without regret. Live on purpose today.

(Daily Inspiration) How much we love another is largely determined by how much we love ourselves. If we don't love ourselves how can we expect anyone else to love us? What actions do we take towards loving ourselves? Why not give us permission to do things we love and enjoy? Self-love is a state of appreciation for oneself. It expands from actions that support our growth. From that place, our love for all things and all people expands. Be love in action today.

(Daily Inspiration) There are takers, givers and matchers. If we concentrate on taking as much as we can from another person or a situation, there is usually an element of stress in the relationship. When our giving is lopsided and not reciprocated, we eventually feel a twinge of resentment. If our giving and taking is matched, there is an equal balance. There are less strings attached. The focus is more on creating synergy, evolving and contributing. Be a strategic giver and add value by being a matcher today.

(Daily Inspiration) Successful people make things happen. They initiate. They cause the beginning. They spark new ideas and ask thought provoking questions. They know how to pitch their ideas so they can get the wheels in motion. They never find themselves in a position of reaction because they are the ones that are creating the first action before there was any action at all. Be a trigger that lights the fuse. Break the cycle and use your energy to initiate the first action today.

(Daily Inspiration) When we use these three little words, “I will try,” we signal to our intentions that it's OK to fail. Worse, we alert whoever we are speaking with that we are asking for permission to fail, in advance. The word “try” suggests that we lack confidence in getting a task done. It emanates the perception that we won't try that hard or we aren't fully committed. Take ownership of your intentions. Either you will or you won't; there is no try today!

(Daily Inspiration) We underestimate the power of being kind. A peaceful feeling emerges within us when we are kind. Being kind is going the extra mile when another needs to be cared for or needs our help. It's to be friendly and smile. It sounds so basic but to be empathetic with another or generous with our time and everything we must give is our greatest gift. Who can't find peace and cooperation with us when we demonstrate kindness? Be someone's hero today by just being kind.

(Daily Inspiration) We can't control what someone else thinks about us. There's no way we'll ever know. We don't have the ability to read someone else's mind. Why spend an ounce of energy wondering and rewinding these thoughts repeatedly in our mind? If we do, it's our choice, and then we are left feeling drained. It's pointless. Spend your valuable energy concentrating on what you can control which is your attitude, enthusiasm and effort today.

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(Daily Inspiration) It's only natural to compare ourselves to others. The positive effect is that it helps us grow and aspire to be better. The downside is when we fall into the trap of enviously wanting what others have, we feel unhappy and unworthy. This feeling subtly tugs at us, and even at a subconscious level, holds us back from being our best. We are the best when we perceive we are the best and do our best. Don't try to be perfect or compare yourself to anyone else; just choose to be the best version of yourself today.

(Daily Inspiration) Deciding to make a change or break a habit is as simple as shifting our thinking, one thought at a time, followed by similar thoughts. It's easy for our thoughts to weight us down into a rut of negative self-talk. That's why we need reminders to redirect our energy. We can ask ourselves a question rather than make a negative affirmation. Feel the difference: Am I willing to do what it takes to make this happen for me? VS. I don't have what it takes to make this happen for me. Don't let negative self-talk or affirmations work against you today.

(Daily Inspiration) It only takes a second or blink of an eye to make an impression about another person. If we've already met or had dealings with a person, our experience shapes everything we know, feel and perceive about that person. If we make a concentrated effort to look at everyone as if we are meeting for the first time, we give others a second chance. It shatters the past and gives us a chance to make everything new again. We all deserve a fresh look. Look at everyone you meet today as if you are meeting them for the first time.

(Daily Inspiration) There are two types of relationships: transaction and transformation. Transaction relationships are based on doing something for another trusting they will do something for us in return. Transformation relationships are based on doing things for another because of a higher cause with inspiration and impact for the greater good. Transaction relationships don't last over time. Transformation relationships are built for growth. We know the relationship is transactional when the transaction is complete, the relationship ceases to exist or until the next need arises. Build transformational relationships today that are everlasting.