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MOTIVated

THE MAGAZINE THAT MOVES YOU!



The Challenge in Change

Taking the Plunge

It Takes Vision

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Change is good

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Life is full of change and challenge—some brought on by choice and some by circumstances. We move from one location to another, we change jobs, we graduate from high school and enter college, we face health, employment, or financial challenges, and the list goes on.

Most of us look at change with some apprehension, because it often means a lot of extra work, and at times changes can be outright difficult and exhausting.

But what if our lives were always the same, and things continued forever in the way they are now? We most likely would get bored quickly. We would stagnate and stop growing.

Change is not only needed, but it is good for us. It moves us on to new horizons, and provides opportunities for success that we may not have if nothing ever changed.

In this issue of *Motivated* you'll find great articles on the positive effects of change and challenge. After reading these, you may find yourself thinking, "Now what can and should I change in *my* life?" You may even find yourself considering taking some risks! I hope you will!

Change equals good, and by looking at change and challenge positively, it may lead you to where you'd always dreamed to be, or what you always wanted to do.

Christina Lane
For *Motivated*

TAKING THE PLUNGE

By Lilia Potters

The little boy must have been about four years old. I watched with interest as his dad walked to the end of the diving board at the deep end of the pool and began to teach him how to dive. The boy cheered wildly at the splash his dad made as he entered the water, but when his dad encouraged him to jump in, he backed away apprehensively. “Don’t worry, son,” his dad assured him. “I’ll catch you.”

After some prodding, the boy ventured to the end of the diving board and teetered there, signaling wildly to his dad in the water below to come a little closer. “No, Dad, a little more this way! ... No, that way!” I heard him call out. This went on for a while until I thought for sure he was going to take the plunge. But at the last minute he chickened out, turned around, and walked back to the poolside.

His dad, patient but persistent, as dads often are, urged him not to give up and finally coaxed him back to the end of the diving board. The whole procedure was repeated several times until the boy

finally jumped into the waiting arms of his father. He was so proud of himself! The look on his dad’s face said it all, but he couldn’t have held back the praise if he’d wanted to. “You did it, son! I’m so proud of you!”

I smiled and thought how much like that little boy I can be at times. For several months, I’ve been in the process of pulling up stakes and preparing to move to another location where new work, new experiences, and new friends are waiting for me. Even though I’ve received encouragement from all quarters that this change is going to be good, I am still tempted to worry about how it is all going to turn out.

An inner voice tells me, “Don’t worry! Just take the plunge! It’s all going to work out. You won’t be disappointed!” And of course, I know from previous changes I’ve experienced that things usually do work out in the end.

So, like that little boy, I once again will trust that inner voice and take the plunge. Who knows? This change might just be what I’ve been waiting for. #





The Challenge in Change

By Asad Rafi

When I learned that I would be transferred into a wheelchair and may not be able to walk again, my life was changed completely, and I was faced with the biggest challenge of my life. At first, this wheelchair felt like a prison, and meant total confinement as I did not want to be limited in where I wanted to go and what I wanted to do. But as time went on, something happened. Instead of feeling frustrated and depressed, I started to look at my being in a wheelchair as a challenge to overcome the other obstacles I faced with my disability. Gradually I began to discover the advantages associated with being in a wheelchair.

My disability caused by Friedrich's Ataxia* became a blessing in disguise as it instilled in me a strong willpower to never give up in life. As a result of adopting a positive mindset, I began to see the wheelchair as an extension of my body and a vehicle to get me places. (*Friedrich's Ataxia is a genetic disorder. It causes progressive damage to the nervous system and weakens the lower limbs.)

Activities, which are ordinary for most people, are a big challenge for a person in a wheelchair; using the washroom, changing clothes, or getting in a car were a daily challenge. These challenges also motivated me to keep making progress, and like many physically challenged people, toughened me up for battle. I decided to keep a positive frame of mind and fight rather than give up. I would not let disability stand in the way of what I wanted to achieve.

I drew inspiration from W. Mitchell**, whose slogan says, "It is not what happens to you, it is what you do about it." Like Mitchell, I wanted to share my story with others and I decided to become a motivational speaker. (**W. Mitchell (1943 -) is an American motivational speaker and businessman. He is a burn victim, paraplegic, and a former small-town mayor.)

Here are three qualities that have helped me to achieve this goal, and that continue to motivate me to keep fighting.

1 Have determination

Many people will tell you that you can't do something because it is very difficult. When this happens, I remind myself of people I look up to, such as Imran Khan and Roger Federer. They achieved success in life by never giving up. Imran Khan, after retiring from cricket, founded the first cancer hospital in Pakistan. He succeeded despite the fact that many people discouraged him. The great tennis player Roger Federer, despite losing many times, kept a positive attitude, and through determination won many matches. We only lose when we give up.

2 Believe in your abilities

When I ended up in a wheelchair at the age of 20, I simply wanted to continue living my life the way it was before. I wanted to be as active and mobile as I could. Swimming was my passion and it had become a major part of my life. It was also important to swim for my health. There was a time when I was not able to swim even one full length of the pool, and it used to get me very upset, since I had been able to do 15 to 20 lengths not long ago. I decided to keep up my quest for swimming a length, I believed it was possible, and I eventually succeeded.

3 Have faith

God has His own ways of giving happiness and always compensates for loss. Before doing something important, like giving a motivational talk or having a meeting I ask God for success, and He always rewards me. When I am feeling low or frustrated, my communication with God helps me to remain positive and to look at the bright side of life.

I love taking up a challenge, even if it means making several changes in my life and getting out of my comfort zone to fight against all odds. Feeling frustrated does not get me anywhere, but having goals in life highly motivates me.

Life is a continuous journey. We have to keep changing and growing until the things we set out to do don't seem difficult anymore. When that day comes, it is time to start looking for new challenges to boost our confidence and to allow us to live a more rewarding life.

Obstacles build our character. Each individual will have his own way of dealing with life's hurdles, but there is no doubt that positive thinking and determination play a major role as we continue the quest to fulfill our goals in life. ■

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swimming with sea giants

By Nyx Martinez

Recently I did something that should be on everyone's to-do-in-this-life list: I swam with whale sharks.

Yes, whale sharks—the largest known fish on this planet. Okay, I'm not quite sure if it was swimming with them or chasing after them, but whatever it was, the experience was one for the books.

Recognizable by their huge bodies and checkerboard pattern on their skin, whale sharks can be spotted migrating during the hot summer months off the coast of Donsol, a little fishing village near Legaspi City, on Luzon, the large northern island of the Philippines.

Once, not much was known of this tiny village. Fishermen lived quietly and the economy barely moved. All that changed when hundreds of whale sharks—butanding, as they are called in the local Tagalog language—were spotted in the murky waters, and a new door opened for tourism.

Now the tourists come in droves, multiple boats at a time, like the ones that circled the waters on our trip. Each boat came with three or four men who balanced on top, on the lookout for butanding.

On command, the skipper would

shout, “Now! Everyone! Jump!” and the five of us on board the banka boat would flip our feet over the bamboo slats and dive into darkness.

It was a struggle for me to keep up with the four men who swam out, but the one time that I did manage to hang onto the skipper, he pulled me down deeper to where the sunlight illuminated the spots and stripes of the giant fish below me. I was swimming right above its head!

For an instant I was within arm's reach. Then it disappeared in a flash. Their immense size doesn't slow them down; whale sharks move quickly in open waters. Here for a second, and then gone. Whoosh, just like that!

For that one fantastic moment, I was awed by the greatness of these friendly monsters. It was a day I will never forget.

I am calling it to mind today, because again, I find myself facing more scary monsters—creatures of doubt, difficulty, and looming obstacle. Giant creatures of financial difficulty, challenge, and change. Scary things, swimming around me in this vast ocean of life.

Comparatively, I am remembering the whale sharks in all their glory and greatness. What are they but benign



oversized creatures of the sea? And such a sight to behold! They are not to be feared, but rather sought for their immenseness and beauty. They are the reason that travelers flock to the shores of Donsol.

In absence of great challenge, we feel safe; when everything is clearly in sight, we are at ease. But then, we see the challenge in front of our eyes, and

quiver. We see the monsters and pray for deliverance.

But I want to look on these things in life, not as fearful, looming giants, but as challenges that are worth going after, even if just for the thrill of experiencing them. Life isn't just about survival. It's about adventure.

“Now! Everyone! Jump!”

Problems vs. Opportunities

By Zig Ziglar

Be grateful for your problems. The problems or challenges we face force us to grow and become more capable. The long-distance runner who trains for the Olympics by running downhill will have no chance of winning the medal. The runner who trains by running uphill is far more likely to develop the speed, mental toughness and endurance that it takes to win the medal.

The best thing that ever happened to boxer Gene Tunney was that he had weak hands. His manager felt that he could never punch hard enough to be the heavyweight champion. Instead, Tunney decided that he would become a scientific boxer, not a slugger. Boxing historians will tell you that he developed into one of the best boxers who ever fought. Tunney would never have been champion had he not had the problem of his weak hands.

So the next time you encounter a difficult climb, obstacle, or “problem,” smile and say, “Here’s my chance to grow.” ❀



Self-Confidence Boosters for Your Child

By Silvana Clark, adapted excerpts

Sit by any playground and observe the children running, jumping, and climbing over and under the equipment. It's not hard to notice the daredevils who soar headfirst down the slide and then leap from the hanging bars to begin twirling feverishly on the tire swing. These kids know no fear! Then there are the cautious playground participants. They slowly walk across the shaky wooden bridge. It takes them time to get the courage to slide down the fireman's pole. What makes the difference? Could it be self-confidence?

We all want our kids to eagerly participate in school, join other kids in the playgroup, or volunteer to play on the soccer team. Yet often—as well meaning as we are—parents undermine their children's ability to develop self-confidence. If a preschooler runs into a room carrying a glass of water, what's the first thing most parents say? You'll usually hear, "Be careful, you might spill that!" instead of "It's a good idea to walk when carrying a glass of water." Why encourage a self-fulfilling prophecy by telling Susie she'll spill the water?

Let's revisit the playground. Listen carefully and you're bound to hear some mother yelling, "Jordan, stay close by where I can see you, you might get

hurt!" Yet that's no way to build a child's confidence! When our daughter was three, my husband found her trying to climb an apple tree in the backyard. Rather than tell her she was going to fall, he spent time showing her how to select branches for holding and standing. They climbed another ten feet, much to Sondra's delight. The rule is she can climb trees when an adult is nearby—which has resulted in numerous father-daughter, tree-climbing expeditions.

Here are some ways that you can help young children develop confidence in themselves and their abilities.

Encourage positive risk taking

Self-confident children have the inner fortitude to try new things, even if it means a possibility of failure. Cheer on your toddler as he or she tries new skills. As a family, read a book on a topic new to all of you. Take a walk on some unfamiliar trails, just for the adventure of seeing where you'll end up.

When my daughter was younger and assigned to bring something for *Show and Tell*, I encouraged risk taking. Instead of having her share the latest Barbie doll, I'd give her a theme such as "Take something

you made yourself.” (We baked bread, which she shared with the class.) “Take something that grows in the ground.” (She picked dandelions and showed their long root systems.) The teacher always commented positively about Sondra’s unique choice of *Show and Tell* items. In a small way, she learned she’d get positive reinforcement by doing things a bit different from the ordinary.

Let children make choices

Yes, you want your toddler daughter to go out wearing the cute red plaid skirt with the matching red sweater. She, of course, wants to wear the purple striped pants with her yellow flowered turtleneck. Why not let her?

A large part of self-confidence is the feeling that it’s great to reach out and do something out of the ordinary. All too often as parents, we say things such as, “But all the other kids have lunch boxes. Why do you want your lunch in a bag?” Give children the opportunity to make choices as long as safety and family values are taken into account.

Keep praise in perspective

There’s a tendency for parents to praise every action their child makes. There’s no need to clap and cheer if your youngster puts his napkin on his lap at dinner; that’s expected behavior. Some parents gush over every scribble their toddler makes as if each drawing belongs in a museum.

As a preschool teacher, I often saw parents excessively praise children for minor accomplishments; yet positive feedback is effective when it is realistic. When children learn they can do almost anything and parents automatically give a standing ovation, the praise loses its meaning.

As a parent, you can indeed offer support and encouragement to your child. But you can go even a step further and allow her to explore her own abilities and revel in her own accomplishments. These tips for encouraging self-confidence can breathe new spirit into your child, instilling confidence that will last a lifetime. ❁

Whenever you hear of a man doing a great thing, you may be sure that behind it somewhere is a great background. It may be a mother’s training, a father’s example, a teacher’s influence, or an intense experience of his own, but it has to be there or else the great achievement does not come, no matter how favorable the opportunity.

—Catherine Miles



10 Essential Tips to Change Your Life

By Donald Latumahina, adapted

1. **Slow down.** Slow down and make room for change. Slow down and enjoy life. It's not only the scenery you miss by going too fast—you also miss the sense of where you are going and why.—Eddie Cantor
2. **Be willing to change.** Willingness is essential. To build the willingness to change, first you should realize that your life can be better than it is now.
3. **Accept responsibility.** Accepting responsibility for your life is a must. Don't blame other people or circumstances for the bad things that happen in your life. Whether your life goes up or down depends on you and you alone.
4. **Find your deepest values.** Deep down in your heart, there are some principles that you know are true. Take the time to find them. Align yourself with these values, and remind yourself of them constantly.
5. **Find your cause.** Change is not easy because it takes effort to change. Your cause is the source of energy you need. Your cause can give you the strength to make the effort. To find your cause, find what matters to you.
6. **Replace limiting beliefs with empowering beliefs.** Limiting beliefs are among the biggest obstacles that hinder you from changing your life. You need to identify them before you can effectively handle them. Whenever you find one, write it down. After identifying your limiting beliefs, replace them with empowering beliefs. Write positive statements that counter the negative ones whenever you realize that a limiting belief is at work.
7. **Replace bad habits with positive habits.** Are there habits that drag you down? Are there habits that you know you need to break? List them all. Then, rather than focusing on breaking those habits, focus on creating new positive habits that replace them.
8. **Find a mentor.** Finding a mentor can greatly help you improve your life. Without a mentor, most likely you will have to learn many lessons the hard way. Having a mentor will save you a serious amount of time.
9. **Have the right expectation.** Change takes time, especially if you want a change to last. Having the right expectation prepares you to be persistent in difficult times.
10. **Maintain the momentum.** The most difficult part is always the beginning. Once you get started, things will become easier if you maintain the momentum. Change your life day by day. ❄

It Takes Vision

By Misty Kay, adapted

“Courage is not the absence of fear,” Ambrose Hollingworth Redmoon wrote, “but rather the judgment that something else is more important than fear.” So how do we find the courage to do what we are otherwise afraid to do? We have to look beyond the fear. We have to keep our eyes on the goal, on the “something else.”

There was a recent TV show in the United States called *Fear Factor*, in which contestants competed in a series of tests of courage—or more precisely, tests of overcoming fear. To pass to the next phase of the elimination process, they needed to accomplish certain feats under terrifying, bizarre, or revolting conditions. Why would anyone willingly submit to such torment? For the prize that goes to the last man or woman left standing, the “something else”—\$50,000 in this case.

And they are not the only ones. Mountain climbers risk life and limb under grueling conditions such as exposure to the elements, hunger, and exhaustion, all for the thrill of reaching the peak and seeing the world from a perspective that few others ever have or ever will. Athletes exercise incredible self-discipline and push themselves to the limit because they are focused on the trophy, the gold medal, or the prize money.

This world is full of problems, sorrow, and pain, and both today’s news headlines and numerous predictions tell us that things are going to get worse before they get better. Where will we find the courage to face what’s ahead? We must look beyond the day-to-day problems and focus on the prize—the goal we want to reach.

Sometimes the challenges before us may seem insurmountable, but there are no Alps to men and women of faith. So what are we waiting for? Let’s start climbing! It may be a rugged climb, but the view from the summit is worth every rocky step of it. We can look forward and up to the heights we’re soon to attain and views we’re soon to thrill to if we keep fighting, climbing, winning, and don’t quit! ❀



Change is Good

NOTABLE
QUOTES



Man cannot discover new oceans unless he has the courage to lose sight of the shore.—Andre Gide

You miss 100 percent of the shots you never take.—Wayne Gretzy

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.—Maria Robinson

By changing nothing, nothing changes.—Tony Robbins

Today is the first day of the rest of your life.—Anonymous

All great changes are preceded by chaos.—Deepak Chopra

When in doubt, choose change.
—Lily Leung

If you do what you've always done, you'll get what you've always gotten.
—Tony Robbins

Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward.—C.S. Lewis

Sometimes good things fall apart so better things can fall together.
—Marilyn Monroe

All our dreams can come true—if we have the courage to pursue them.
—Walt Disney

