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# MOTIVATED

THE MAGAZINE THAT MOVES YOU!



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Life is made up of choices, ranging from mundane to overwhelming. *What should I wear today? What do I want for breakfast? What career should I pursue? Where should I take my vacation?* Big and small, our choices work together to order our days, define who we are, and largely determine our levels of happiness and fulfillment.

Ironically, the little choices often get more than their share of our time and attention, while the most fundamental choices, the ones that matter most and could make the biggest difference in the long term, are overlooked or put off.

It’s possible to go through life without ever tackling big questions such as *What do I want out of life?* and *What kind of person do I want to be?* But that approach to life is far more likely to end in disappointment and regret than in genuine accomplishment and happiness. As Yogi Berra\* quipped, “If you don’t know where you’re going, chances are you will end up somewhere else.”

What are your goals in life? What things are you prepared to sacrifice in order to make them yours? Those are personal decisions each one of us has to make on our own. I hope that this issue of *Motivated* will get you thinking in the right direction.

May you be blessed with the best!

Christina Lane  
For *Motivated*

\*Yogi Berra (b. 1925) is an American former Major League baseball player and manager.



# SIGHT ADJUSTMENT

By Ariana Andreassen, adapted

When I am not wearing my glasses, everything a few feet away strains my vision, and anything past that is a blur. I have been wearing glasses for about 20 years, but sometimes there are situations where I can't or won't wear them. When that happens, I invariably miss most of what is going on around me.

Once my husband Mike and I were leaving a hairdressing salon when, out-of-the-blue it seemed, Mike started talking about a friend of ours. She had, in fact, been in the salon the entire time, but my range of focus had been so limited that I hadn't even seen her.

It's easy to go through life that way, so focused on what's happening at the moment that we fail to see the whole picture.

For example, as a young mother, I sometimes resent that parenthood doesn't leave me much time. I miss the

freedom to do as I please. But when I stop and think about it, I immediately realize that my "freedom" is a very small thing to give up in exchange for the love and appreciation I receive from my two adorable children, or the pride I take in being their mother.

Sometimes we're too shortsighted to see the bigger picture; other times we pass through a fog, or obstructions block our view; and yet other times the big picture is just too big for us to comprehend. When that happens, those relatively small matters that have our attention can become too important to us.

Whatever the case, we can adjust our sight by taking some time to step back. It will help us realize that bigger and ultimately more important things are going on outside of our range of vision, and we will see what we have been missing. ✂

**I live for those who love me,  
For those who know me true,  
For the heaven that smiles above me,  
And awaits my spirit too;  
For the cause that lacks assistance,  
For the wrong that needs resistance,  
For the future in the distance,  
And the good that I can do.**

—George Linnaeus Banks (1821–1881)



# WHAT MATTERS MOST

By Akio Matsuoka, adapted

“I’ve been so busy with life that I haven’t had time to think,” a terminally ill woman in her forties told me when I visited her at a hospice. “I realized while lying here that I barely know my husband, my children, or my mother-in-law, who also lives with us. I’ve been wrapped up in caring for them—shopping and cooking, doing their laundry, cleaning after them, helping them with their homework—and yet I can’t say that I really know what they are thinking or what they are going through. I can’t tell you when was the last time that I had a deep conversation with any of them.”

I heard a similar lament recently while attending a seminar. The main lecturer finished and opened the floor for a casual question-and-answer period. An elderly man who was the retired CEO of a large company stood up and spoke to the 100 or so attendees. “I am 70 years old, currently in excellent health, and recently retired with a substantial pension. I was looking forward to finally relaxing and spending time with my family, but yesterday my wife asked for a divorce.

I have worked hard my entire life, always for the family that I loved. Where did I go wrong? Why has my life turned out this way?”

I often hear people say that they want their loved ones to be happy, and that is why they need to work so long and hard. Unfortunately, the more successful they become, the busier they get and the less time they have to spend with their families—and the less they reap of the rewards they expected from their investment. While the dying woman’s and the retired man’s motives may have seemed noble at the time, the lives they led to were not able to satisfy the needs of their loved ones’ hearts.

Of course, work is important, but when we strive to find a better balance and sacrifice some things to make time to help others, to participate in their lives, to share in their victories and struggles, to have heart-to-heart interaction with them—in short, when we make time to love—it will make a difference. In the end, things may turn out differently in our own lives, and in the lives of those for whom we care. ☸

# The “What Matters Most” Exercise

By Scott McIntyre, adapted

Are you being bombarded from all sides with a barrage of tasks and people demanding your time?

There always seems to be something important to do, and someone else who wants a piece of your attention. Soon it all gets out of control and you struggle to keep a grip on everything. We create lengthy To-Do lists. We fill our schedules and diaries with appointments and decorate our calendars with red marker pen circles.

In this haze of conflicting demands, it can be difficult to know what our priorities are—let alone for us to get our priorities right.

Not everything matters, though we mistakenly think it does.

I'd like to share a simple exercise with you that can help cut through all this clutter. I hope that it will help you decide what really matters the most in your life.

## For this exercise,

- You don't need to complete any time management questionnaires.
- You don't have to draw any fancy graphs or charts to plot your goals.
- You don't even need to read any self-help manuals.

Just ask yourself this one little question:

**If you could plan it, how would you spend your last day on earth?**

Think about what you would do during your final 24 hours. Write down all your ideas.

Doing this exercise will focus your mind and give you perspective on what really matters the most to you. The question might be basic, but the answers will be huge.

Would you spend it on your own or with family and friends? Will you do familiar or new things? What do your answers tell you about your real priorities in life?

For me, I'd get up at the crack of dawn to watch the sun rise. I'd go back again to see it set. I'd witness both amazing sights in one day.

I'd hastily arrange a last-minute get-together for family and friends. I'd call up those people I hadn't seen in a while to invite them along. I'd make sure I told everyone what they meant to me.

I'd celebrate my life. I'd reminisce about the past few decades and squeeze all these memories into a few hours. I'd forget about the downs and rejoice in the good times.

I'd do as much as I possibly could.

What about you? How would you spend your final 24 hours? ☘





# Frozen Dawn

A sci-fi story By Colin C. Bell, adapted

Time had stopped. One morning in the early hours, as people walked or drove to work, without any warning and with no apparent cause, time simply stopped.

Like a broken clock that suddenly stops and refuses to go on, time suddenly stopped.

All around me there are people, cars, animals, clouds, the sun—all frozen as though we were in a video and someone had pushed pause.

Nothing moves. Everything is frozen in one moment.

It's very conducive to thinking. And I have all the time in the world.

Silly me! There isn't any time!—Eternity to think.

Think about what?

I'm stuck. We're all stuck—everyone and everything I can see. Stuck with nothing but our thoughts. And if I don't think...

I can hear. I can hear the stillness. Absolute silence.

But no. There are voices. They must be memories. Shouldn't thoughts stop, too, when time stops?

But I can think. In fact I can't stop thinking. There, I hear him—my father. I tried not to think about him, tried to shut him out of my life.

It was too painful. That day I told him off, said I would go my own way. He wanted me to help him, take over his business. I wanted to go into research, researching time fields, time lines, so to speak. I had shouted at him, and he had slammed the door behind me.

"I'll go my way!" I had screamed through the closed door.

And he had opened the door just wide enough to shout back, "Then you don't have to come back here!"

It seems so trivial now. We should've talked about it, after giving it some time. That's what I wanted to do at first. But then weeks turned to months, months to years. And I guess neither of us wanted to make the first move.

Why do we get so easily upset?

I hear another voice.

No more voices from the past, please.

I listen into the stillness. Kind of nice, so quiet. Kind of scary too.

Now I hear another voice. It doesn't seem to come from inside, though.

About 30 degrees to my left is a woman, maybe 20 meters away. I'm not focusing on her, but I can see her, a bit blurred, in my field of vision.

Strange—the voice seems to come from her.

"I shouldn't have let them go this



morning,” I hear. “I didn’t tell them I love them. I didn’t tell them anything. They just left. To work, to school. Last night that silly argument with George. I should’ve said something this morning. Something nice. Should’ve given him a hug at least. Something.”

It looks like I’m not the only one with regrets.

Now I hear the young guy in front of me, 15 or 20 meters away.

“I stole that money. Well, I guess it doesn’t matter. Granny probably didn’t notice. She doesn’t need it. I do. At least I did. Doesn’t matter anymore. She didn’t find out. Or if she did, so what? I’m not an angel. Should’ve known better, though.”

Strange, it seems like anyone I think of I can hear. Everybody’s sorry for something. The stillness is so complete, we can hear each other’s thoughts.

Maybe it works long distance. Maybe...

Father!

“Father? Father?”

“Son!”

“Father? Is that you?”

“It’s been a long time!”

“A long time for sure. Father, I’m so sorry. I didn’t mean to upset you so. I understand you may not want to talk to

me after all that happened.”

“Son!”

“Yes?”

“Son, it’s good to hear you again. I ... I didn’t really mean what I said that day, you know.... I didn’t think you’d really never come back.”

“So, you’re not upset at me anymore?”

“Never really have been, son. It was just the anger of the moment.”

We would hug if we could, but I can only hear him, feel him.

Quiet.

Is there somebody else I should talk to?

What’s happening?

Something moved. No, that’s impossible!—Time has stopped. Nothing moves.

There it is again. What’s happening? People are moving. Everything is moving. And I can move. Time has started again.

Or has it? Had it ever really stopped?

Was all that in an instant, only in my mind?

Everyone is acting normal. No one seems surprised that time has resumed—or at least they don’t show it.

Did time stop?

I should find out. I should talk with Father. ... ☚



**L**ife priorities are the values that drive our lives and define our spiritual essence. We all talk about our priorities in life, but sometimes our list of priorities falls into the same wastepaper basket as our New Year's resolutions. We talk about them, but that's as far as it gets. Our task is to put our life priorities into action.

This is a very tough assignment. To begin this challenging task, list your top six priorities. Your list may include your own physical, emotional, and spiritual health, your marriage, your children, time with friends, your education, work, household chores, or leisure, travel, and fun. Now list your daily activities and how much time you spend on each activity. Compare the two lists. Do they resemble one another? The way we spend our time, tells a lot about our real priorities. If your list of priorities doesn't resemble your list of daily activities, decide if you really want to live out your chosen priorities or if you just want to keep telling yourself that these priorities are important to you. Talk is easy. It certainly won't buy you priorities. They come at a very high price... your time.

The way we live our lives tells the truth about our priorities. If we proclaim that our health is one of our top priorities, but we spend zero minutes exercising, eat fattening, unhealthy foods before crashing in front of the TV with a bag of potato chips every night,

# Life Priorities

By Nadyne Lee, A.R.N.P., adapted

we're really just giving "lip service" to our statement that caring for ourselves is a priority.

If we justify the fact that we are working parents by saying what counts is the "quality, not the quantity of time spent with our children," and then at the end of the day have no energy to spend ANY time at all with them, do we really believe that our children are one of our top priorities?

If we declare that our marriage is a priority, but we can't find the time to have an outing, an intimate conversation, or time alone, how do we convince ourselves that our marriage is of prime importance?

Who are we kidding? Probably just ourselves! If we spend our time talking on the phone, watching TV, or compulsively cleaning the house instead of caring for ourselves, being with our spouse, and playing with our children,

what is our real priority? We defend our behavior with an endless list of excuses, but the reality of the situation remains the same. We recognize the priorities in life by how we spend our time.

Changing behavior is not easy, even if we are highly motivated. Lifestyle changes happen slowly. Don't decide that you will attack all areas of your life this week. Just concentrate on one priority at a time. Practice until you have made a lasting change in your life in that one area, then move on to your second priority. Give yourself two months to change in one area of your life.

Gradual change is lasting change. To make real lasting changes in all of your top six priorities, should take about a year. In the age of instant oatmeal and minute rice, we all expect immediate results. It just isn't going to happen that way! Be patient with yourself. ☘

## For Happy Living

Rules attributed to Boyce Bowdin

- 1.** Strike a balance between work and play, between seriousness and laughter.
- 2.** Stick with the truth even if it makes you look or feel badly. Falsehoods are like wandering ghosts.
- 3.** Forgive your enemies as part of the price you pay for the privilege of being forgiven.
- 4.** Spend time outside. Walk. Get lots of air and sunshine and occasionally some rain or snow in your face. Get some dirt on your hands.
- 5.** Talk over your troubles, mistakes, and dreams with someone you trust.
- 6.** Don't underestimate the ability of God to straighten out a situation—even when you can't. Be patient.
- 7.** Discriminate among your fears. Learn to tell which ones are useful, and which ones are destructive.
- 8.** When you can't sleep, say, "Aha! Here's a chance for a little privacy and creative thinking" or prayer.
- 9.** Fall in love with life, with children, older people, the theater, music, books, cities, hills, the sea—everything except money.



# Teaching children time management



PARENTING  
FROM THE HEART

By Sue Douglass Fliess, adapted

**A**s a busy parent, you may be thinking: Teach my child to manage his time? I can't even manage my own! Then it's decided. There's no better time to start than the present. And while teaching your child how to best manage his time, you may just learn a trick or two about becoming more productive yourself.

Time management is really just a fancy way of describing balancing more than one opportunity or responsibility at once. Like any other skill, it takes practice. But while most parents make it a point to teach their kids how to brush their teeth or show them dozens of times how to wash their hands properly, few drill them in organizing the hours in

their day. By showing your child early on how to manage his time, you are instilling a skill he can use long after he's donned his college cap and gown. This is a skill he can use for life.

Didn't get an early start? It's never too late to teach kids how to organize their week and prioritize their To-Do list. Christi Youd, president of Organize Enterprise, LLC, has twenty years of experience helping companies and individuals increase productivity with the principles of organization. Youd says, "Time-management is essential for everyone. But if you can get your child to learn the main principles, that's a tool they can use forever. Time management is a principle that impacts children's emotional, social, physical, mental, financial, and spiritual lives," Youd says. "If we don't train them in good habits while they are young, they will spend the rest of their lives trying to shake a bad habit."

## Here are her top five tips for teaching children the importance of time management:

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**1.** Help your child make the distinction between what is important and what is urgent. Important means it will help them obtain the quality of life that is most valuable to them. Urgent just means it needs immediate attention. Encourage them to work on the things that are important first.

**2.** Help your child make a hierarchy of priorities they can use as a master checklist to make better time management decisions. For example, prioritize the following values: Family, Health & Fitness, School, Personal Development, Community, Friends. Add or eliminate values here depending on what's important to you and your child.

**3.** Within each value, prioritize activities to perform. For instance, under School, she may have to 1) complete homework assignments, 2) study for tests, 3) work on large projects, etc.

**4.** Have your child practice using the hierarchy of priorities when making decisions about how to utilize his time. Give him different scenarios and let him consider what should be done first, second, and third. For example, if he wants to go to a friend's house, but also has to read the next three chapters of his science textbook, ask him to weigh his options. If he does the assignment now, he may be able to stay at his friend's for dinner. If he chooses to do the assignment later, he has to be home before dinner so he's not up late doing schoolwork. Work with him to figure out the best use of his time.

**5.** Each evening have your child list on paper everything she needs to do, and use her hierarchy of priorities checklist to help her choose the top five or six priorities for the following day.

Managing time well is a learned thing, and it only gets harder as life goes on. The fact is that there are more opportunities in life than there is time to do them. Start kids early at learning how to weigh their options. Not every task is equally important and not every task is equally urgent. Help your child determine what things can or cannot wait, and then, depending upon what they choose to tackle first, discuss how that will affect the rest of his time that day. He'll start to learn how much time he needs to allocate to certain responsibilities and will improve his productivity too.

Don't forget to absorb some of these lessons yourself. Create some of your own checklists and priorities. I hope that teaching your child to do the same will make it to the top 5. ❀

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?

—Lee Iacocca

Spend time with those you love. One of these days, you will say either, "I wish I had," or "I'm glad I did."—Zig Ziglar

In all my years of private practice, I've never heard one of my young clients mention "quality time." All a child knows is that he wants your time and your attention, whether it's to watch him do somersaults and cartwheels or to take him for a Big Mac. In trying to find time for your children, don't worry too much about how much "quality" is in it. Give them all the time you can and the quality will take care of itself.—Kevin Leman

Treasure the love you receive above all. It will survive long after your gold and good health have vanished.

—Og Mandino

The life you have left is a gift. Cherish it. Enjoy it now, to the fullest. Do what matters, now.—Leo Babauta

We are always getting ready to live, but never living.

—Ralph Waldo Emerson

Many people die with their music still in them. Why is this so? Too often it is because they are always getting ready to live. Before they know it, time runs out.—Oliver Wendell Holmes, Sr.

The purpose of life is a life of purpose.

—Robert Byrne

If there is a sin against life, it consists perhaps not so much in despairing of life as in hoping for another life, and in eluding the implacable grandeur of this life.—Albert Camus

When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.—Cherokee proverb

NOTABLE  
QUOTES



# Priorities