

Volume 1, Issue 1

MOTIVATED

THE MAGAZINE THAT MOVES YOU!

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What is *Motivated*? It's a magazine designed with your interests at heart. It's full of new as well as time-tested ideas, quotations from distinguished and successful people, true and true-to-life energizing short stories, and answers to frequently asked questions.

Why *Motivated*? Let's face it, we all seek answers of some sort, and we appreciate encouragement and positive input towards the issues and situations we face in life; whether at home, at work, or socially. *Motivated* provides you with motivating and positive input, the opportunity to learn social skills and techniques, and to adopt mindsets and attitudes that will make a difference in your life. *Motivated* includes articles on communication, relations with others, loneliness, coping with pressure, overcoming obstacles, current events, friendship, marriage, parenthood, what the future holds, and more!

What will *Motivated* do for you? We can't guarantee instant success, but we can guarantee that as you put the principles and ideas presented in *Motivated* into practice personally, you will experience a change for the better. You will find greater fulfillment as an individual. You will experience improvement in your relationships with others, and you'll be encouraged to adopt a more positive outlook on life and many issues of contemporary living.

We invite you to let *Motivated* move you into positive action today!

Christina Lane
For *Motivated*



Help Someone

Don't let this chain of love end with you

He almost didn't see the old lady, stranded on the side of the road. But even in the dim evening light, he could see she needed help. So he pulled up in front of her Mercedes and got out.

His car was still sputtering when he approached her. Even with the smile on his face, she was worried. No one had stopped to help for the last hour or so. Was he going to hurt her? He didn't look safe. He looked poor and hungry.

He could see that she was frightened, standing out there in the cold. He knew how she felt. It was that chill which only fear can put in you. "I'm here to help you ma'am," he said. "Why don't you wait in the car where it's warm? By the way, my name is Bryan."

Well, all she had was a flat tire, but for an elderly lady, that was bad enough. Bryan crawled under the car looking for a place to put the jack, skinning his knuckles a time or two. Soon he was able to change the tire, but he had to get dirty and his hands hurt.

As he was tightening the lug nuts, she rolled down the window and began to talk to him. She told him that she was from St. Louis and was just passing through. She couldn't thank him enough for coming to her aid. Bryan just smiled as he closed her trunk.

She asked him how much she owed him. Any amount would have been all right with her. She had already imagined all the awful things that could have happened had he not stopped. Bryan never thought twice about the money, just about helping someone in need, and God knows there were plenty who had given him a helping hand in the past. He had lived his whole life that way, and it never occurred to him to act any other way.

He told her that if she really wanted to pay him back, the next time she saw someone who needed help, she could give that person the assistance that they needed. "And," Bryan added, "think of me." He waited until she started her car and drove off. It had been a cold and depressing day, but he felt good as he headed for home, disappearing into the twilight.

A few miles down the road the lady saw a small cafe. She went in to grab a bite to eat, and to take the chill off before she continued her trip home. It was a dingy looking restaurant. Outside were two old gas pumps. The whole scene was unfamiliar to her. The cash register was like the telephone of an out of work actor — it didn't ring much.

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Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time.

Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

—Henry Wadsworth Longfellow

You Can Make...

By David Fontaine

Do you ever get discouraged and feel like giving up? Do you sometimes get frustrated with the way things are, and feel as if you have no power to make a difference? We hope the following story will be an encouragement to you.

Back in 1913, a young man about 20 years of age took a walking tour in a rural province. The area was rather barren and desolate at the time, as it had been almost totally denuded of trees due to over-cutting and too-intensive agriculture. The soil had then been washed away by the rains, because there were no trees to hold it in place. The whole region had become barren and dry.

Little farming was being done because of the poor condition of the soil. The villages were old and run-down, and most of the villagers had deserted the countryside. Even the wildlife had left, as without trees the protective undergrowth had thinned, food was scarce, and few streams remained.

The young hiker stopped one night at the humble cottage of a shepherd, who, although gray-haired and in his mid-fifties, was still very strong and stalwart. The young man spent the night there, enjoying the shepherd's kind hospitality, and ended up staying several days with him.

The visitor observed with some curiosity that the shepherd spent his evening hours sorting nuts by lamplight—hazelnuts, walnuts, and others. He very carefully examined them and culled out the bad ones, and when he had

finished his evening's work, he put the good nuts in a knapsack.

Then, as he led his sheep to graze the next day, he would plant the nuts along the way. While his sheep were pasturing in one area, the shepherd would take his staff, walk several paces, and then thrust the end of the staff into the ground, making a small hole. He would then drop in one of his nuts, and use his foot to cover it over with earth. Then he would walk several paces more, push his staff into the dry ground, and drop in another nut. He spent all his daylight hours walking over this region as he grazed his sheep, each day covering a different area, planting nuts where there were few trees.

Watching this, the young man wondered what in the world this shepherd was trying to do, and he finally asked him. "Well, young man," the shepherd replied, "I am planting trees."

"But why?" the young visitor asked. "It will be years and years before these trees ever get to where they could do you any good. You might not even live long enough to see them grow!"

The shepherd replied, "Yes, but some day they'll do somebody some good and they'll help to restore this dry land. I may never see it, but perhaps my children will."

The young man marveled at the shepherd's foresight, vision, and unselfishness, that he was willing to prepare the land for future generations, even though he might never see the results or reap the benefits himself.

Twenty years later, when in his forties, the hiker once again visited the same area and was astounded at what he saw. One great valley was completely covered with a beautiful natural forest of all kinds of trees.

They were young trees, of course, but trees nevertheless. Life had sprung forth all over the valley. The grass had grown much greener, the shrubbery and the wildlife had returned, the soil was moist, and the farmers were again cultivating their crops.

He wondered what had happened to the old shepherd, and to his amazement found that he was still alive, healthy, and hearty, still living in his little cottage—and still sorting nuts each evening.

The visitor learned that a government delegation had come down from the capital recently to see this new forest of trees, which to them looked like a miraculous new natural forest. They learned that it had over the years been planted by this one shepherd, who day-by-day as he was watching his sheep, diligently planted nuts. As a result, the whole valley was covered with beautiful young trees and underbrush. The delegation was so impressed and grateful to this shepherd for having reforested this entire area single-handedly, that the shepherd was given a special pension.

The visitor said he was amazed at the change, not only in the beautiful trees, but also in the revived agriculture, the renewed wildlife, and the beautiful lush grass and shrubbery. The little

farms were thriving, and the villages seemed to have come to life again. What a contrast from when he had visited there twenty years before, when the villages had been rundown and abandoned.

Now all was thriving, just because of one man's foresight, one man's diligence, one man's patience, one man's sacrifice, one man's faithfulness just to do what he could do, day-by-day, day in and day out for a number of years.



The question you may ask yourself after reading this story is, "But what difference can *I* make? What can *I* do to make the world a better place?"

It is true that the job may appear too big and the problems too difficult. Sometimes we may be tempted to feel we're not very capable or we don't have the means. But there is something we all have, every single one of us, and that's influence. Everybody is affecting somebody and just one caring person who is concerned about improving and changing the world around him can influence others to do the same as well.

You can start by making a difference in your part of the world by improving your own life. Then you can start making a difference in others' lives, and soon you'll find that things have improved, that you have improved the world in which you live for the better. Even if you have improved only *one* life, your own, you've improved a part of the world, and you've proven that there is hope that one day it can *all* improve. ■



...a Difference!



It's All a Matter of Attitude

ATTITUDE ADJUSTMENT

Right attitudes are the foundation stones of successful living. All that you are and do today is the sum total of your thoughts and attitudes of yesterday. You will travel the path tomorrow that your heart and mind blaze today. The thoughts, images, and perceptions cast upon the screens of your mind become the blueprints you will use to build your future.

If you want to make wrong things right, if you want to set the world straight, if you want to get your act together, you have to get your attitude right. Get your heart right. Everything you are and do is a product of your attitude about life.

TURNING THINGS AROUND

Here's the key to a changed attitude about life: Not only can we change our attitudes, we can change them in any set of circumstances.

WHEN THINGS GO WRONG

Things are going to go wrong in your life. That's the way life is. It's a series of mishaps and problems that you must solve. It's like a mouse trying to run through a maze. There's a place to go in and a place to come out, but there are a lot of dead-ends and walls to overcome in between. When you hit a wall, you just have to change your attitude, your heart, and your actions to make them right. If you don't change your direction, you just keep butting your head against the wall, because the wall won't budge.

It's up to you to change your life. It's up to you to make things right when things go wrong.—And God has given you the power to do it.

LIVING RIGHT IN AN ALL-WRONG WORLD

What's needed is an inner attitude, an unshakable conviction that, regardless of the circumstances

that life may send your way, with God's help you can triumph in your troubles, even if you can't triumph over them. To triumph in your troubles is really the only victory you need.

No matter how hard you try to convince yourself to the contrary, your happiness and satisfaction in life are not determined by your actual circumstances, but by your attitude.

HOW DO YOU CHANGE YOUR ATTITUDE?

How can you learn to be content in any situation? How can you achieve this significant goal in life?

The answer is simple: *Believe* you can.

YOU CAN TURN YOUR LIFE AROUND

Once you believe you can change your attitude and learn to be content in any set of circumstances, then you must decide you will change. The fact is, you can *will* to change. You *can* turn your life around. You can *will* to, whether you want to or not.

Someone once observed that, "People are about as happy as they choose to be!" And that's about right, isn't it? Among a variety of folks there are always some who are happier than others. Why? It's because they have come to grips with life in a more responsible manner than others. Their lives are under control because they have their *wanters* in submission to their *willers*.

COMPARISON KILLS CONTENTMENT

Contentment largely depends on your ability to be satisfied with what you have and not worry about what everybody else has. Life is filled with this type of thing. You probably have a friend who makes more money than you do. He lives in a larger house and drives a finer car than you (even though you're obviously smarter and more talented than he is). How you handle the difference depends on your attitude. If you're

always comparing yourself and your situation to others, you'll always be discontent. You'll spend all your time at a personal pity party that will destroy your happiness and contentment. But you can choose to rejoice in the good fortune of others, and you will spend your life rejoicing and happy "whatever the circumstances."

REFRAMING—WAY TO CHANGE

One way to change your thinking is to reframe the way you perceive the circumstances that surround you until you can think of them in their most positive and favorable light. An artist can take an ordinary-looking picture and, by putting a decorative color-coordinated frame around it, completely transform the picture. You look at the reframed picture and think, "My, I didn't really see that picture's beauty until it was framed!" That's the gift of an artist. He has learned to display his handiwork in its most attractive form.

Life can be reframed, too! Reframe the things around you until you can see them in their best light.

USE IT OR LOSE IT

If you put your arm in a sling and keep it inactive, soon it becomes limp and useless. The fish in Mammoth Cave in the USA are blind because they do not use their eyes. Stop acting in faith, and faith dies. Stop hoping, and hope dies. Use it or lose it; that's the message.

When I speak with appreciation of my wife and children, my attitude of appreciation toward them increases. When I go out of my way to do something that puts the interest of someone else above my own, my attitude of goodwill toward that person grows. So exercise the qualities you want to acquire, and you'll soon find yourself actually becoming like that.

ACT BETTER THAN YOU FEEL

Wouldn't it be wonderful if you always felt like doing what you ought to do?

If life worked like that, you wouldn't have nearly so many problems. But life has its uncanny way of hurling you into situations where you must act better than you feel. Following your feelings often leaves important things undone. And it's so easy for feelings to misfire, lash out, and cause devastating results. But there's good news: You can make things right when they've gone wrong by acting better than you feel.

FAKE IT 'TIL YOU MAKE IT

You may be thinking: "Acting better than you feel is hypocrisy!" But you are a hypocrite only when you deceive others into thinking you are what you never intend to become. In contrast, acting out a part on the stage of life because you honestly desire to adopt the noble qualities of that character springs from genuine motives, not hypocrisy.

Members of Alcoholics Anonymous use a motto to encourage each other to succeed: "Fake it 'til you make it!" You can be sure these people are not using the term "fake" in a phony or hypocritical sense. Their intent is to make it. Their intent is to fake the feeling that they don't want a drink, one day at a time. "Acting as if" they are recovered alcoholics, they cast themselves in the direction of sobriety, until they really make it.

WAITING FOR THE URGE?

The odds are overwhelming that you will never do what you ought to do if you wait for the urge to strike.

Ernest Newman, an English music critic, said: "The great composer does not set to work because he is inspired, but he becomes inspired because he is working. Beethoven, Bach, and Mozart settled down day after day to the job at hand with as much regularity as an accountant settles down each day to his figures. They didn't waste time waiting for inspiration!"

SERVE OTHERS

Someone once was asked, "What would you do if you thought you were going crazy?"

The reply came, "I'd go out and find someone less fortunate to serve!" Life just seems to make a lot more sense when you're helping someone who has more problems than you do. And it's somehow reassuring to be the one helping another person up, rather than being helped up yourself. For instance, when you pass a man sitting on the sidewalk who has no legs and you put a dollar in his cup and take a pencil, you walk away thinking, "My life's not so bad after all!"

You see, good relations come from serving one another. When you serve others, you serve yourself, too. You have to just get out there and serve. ■

—Excerpts from "Making Things Right"
by Paul Faulkner



Answers to your Questions



How can I get through to someone who has difficulty opening up and communicating?

A Most people who are very quiet and withdrawn don't really want to be that way. They know they need to be communicative and they don't want to stay behind their walls, but they need somebody to be kind and understanding enough to help them open up to others. If you're interested in people and you care about them, then you need to learn how to get them to come out of themselves and communicate.

One way to do this is to ask questions. "You look like you're having a rough day. Is everything all right?" And if they were to say, "No, but it's my problem. I'd rather not talk about it," you could say something like, "I wish you would, because I'd really like to help if I can." With most people, if you show that you're sincerely concerned about them and what they're going through, they'll eventually come out of themselves and be more specific. They do want to, but they just need help.

Some people are brought up from childhood to believe that it's better not to show their emotions, or to talk too much about their feelings and consequently they have never developed the ability to talk

meaningfully with another person. They have never learned how to openly share their thoughts and feelings with someone else, and they have difficulty finding the words to say.

Others are fearful of exposing what they feel or think. They don't want to run the risk of being rejected or hurt if someone else disagrees with them.

Others have the attitude that talking won't do any good, so why bother? They may have tried at some point to get through to another person and it didn't work, so they stopped trying altogether.

And some people simply don't believe they have anything to offer others. They don't think that their ideas are worthwhile. They have a low opinion of themselves, and so withhold their comments and personal feelings.

Hang-ups and fears such as these keep us at a shallow level of communication. But caring, understanding, patience, and a listening ear can liberate us and help us overcome these negative attitudes so we can move to deeper, more meaningful levels. ■

—*Maria Fontaine*

DON'T you feel more motivated to see through ideas that you come up with for yourself than those handed to you on a silver platter? If so, wouldn't it be better to try not to force one's opinions on other people? Isn't it wiser to make suggestions, and let the other person think out the conclusion?

One man who worked three years in the office of a famous mayor declared that during that time he never heard him give a direct order to anyone. He always gave suggestions, not orders. He never said, "Do this," or "Do that." He would say, "You might consider this," or "Do you think that would work?" Frequently he would say, after he had dictated a letter, "What do you think of this?" In looking over a letter of one of his assistants, he would say, "Maybe if we were to phrase it this way it would be better." He gave people the opportunity to

do things themselves. Rather than always telling his assistants how to do their work, he let them work things out on their own and learn from their mistakes.

A technique like that makes it easy for a person to correct errors. It enables them to save face, and encourages cooperation instead of resistance.

Asking questions not only makes a directive more palatable, but it often stimulates the creativity of the person asked. People are more likely to accept a decision if they have a part in the discussion that caused the order to be issued.

An effective leader will ask questions rather than give direct orders: "Don't you think we should do such-and-such?" or "Would you like to do such-and-such?" or "What do you think we should do about it?" Always give a choice and make it voluntary, if possible. ■



Success with People

How to get cooperation

A sales manager in an automobile showroom and a student in one of my courses, suddenly found himself confronted with the necessity of injecting enthusiasm into a discouraged and disorganized group of automobile sales people.

Calling a sales meeting, he urged his people to tell him exactly what they

expected from him. As they talked, he wrote their ideas on the blackboard. He then said: "I'll give you all these qualities you expect from me. Now I want you to tell me what I have a right to expect from you."

The replies came quick and fast: "Loyalty, honesty, initiative, optimism, teamwork, eight hours a day of enthusiastic work." The meeting ended with a new

courage, a new inspiration, and he reported to me that the increase of sales was phenomenal.

"The people had made a sort of moral bargain with me," he said, "and as long as I lived up to my part of it, they were determined to live up to theirs. Consulting them about their wishes and desires was just the boost they needed." ■

—Dale Carnegie

Help Someone

Don't let this chain of love end with you

The waitress came over and brought a clean towel to dry her wet hair. She had a sweet smile, one that even being on her feet the whole day couldn't erase. The lady noticed that the waitress was in the last month or two of pregnancy, but even the strain of that didn't stop the waitress from being cheerful. The old lady wondered how someone who had so little could be so kind to a stranger. Then she remembered Bryan.

After the lady finished her meal, she paid with a hundred dollar bill. The waitress went to get change, and the lady slipped out the door. She was gone from the parking lot by the time the waitress came back to the table.

The waitress wondered where the lady could have gone. Then she noticed something written on a napkin, under which were four more hundred dollar bills. Tears came to her

eyes as she read what the lady had written.

"You don't owe me anything. I have been there too. Somebody once helped me out, the way I'm helping you. If you really want to pay me back, here is what you can do: Don't let this chain of love end with you."

There were still tables to clear, sugar bowls to fill, and people to serve, but the waitress made it through another day.

That night when she got home from work and climbed into bed, she was thinking about the day and what the lady had written. How could the lady have known how much she and her husband needed it? With the baby due next month, it was going to be hard. She knew how worried her husband was, and as he lay sleeping next to her, she gave him a soft kiss and whispered softly, "It's gonna be all right. I love you, Bryan." ■

—*Author Unknown*



Every survival kit should include a sense of humor.

A stranger, passing along a road and uncertain of his way, saw a shepherd boy lying by the roadside while the sheep were grazing contentedly in nearby pastures. Approaching the boy, the stranger asked the way. The boy, scarcely looking up, stretched out his arm nonchalantly and said, "That way."

The stranger thanked him, but said, "My boy, if you can show me anything lazier than that, I'll give you a dollar."

Without looking up, the boy said, "Put it in my pocket."



WHAT DOES LOVE LOOK LIKE?

Young Mrs. Benson had been so miserable. Her husband was away on a “refresher course,” sent by his firm, and for the first time in her married life she had been left in the house on her own. My wife popped in to try to cheer her up. To her surprise, Mrs. Benson met her with a smile on her face.

“I’ve had another visitor,” she explained. “She made me feel so ashamed. But I’m so glad.” My wife couldn’t quite understand what Mrs. Benson meant.

“It was the woman from around the corner,” she explained. “Her husband was killed recently in a car accident and she’s left with three small daughters. To think that in her trouble she could remember to look in to see how I was. Suddenly she made me feel like the luckiest woman in the world.”

Mrs. Benson was silent for a moment. Then she added quietly, “I think I’ve learned something. Perhaps the only way to cure your own unhappiness is by trying to help someone else in theirs.” —*Francis Gay*

What does love look like? It has hands to help others. It has feet to go to the poor and needy. It has eyes to see misery and sadness. It has ears to hear the sighs and sorrows of mankind. That is what love looks like.

A smile of encouragement at the right moment may act like sunlight on a closed flower—it may be the turning point for a struggling life.

About 200 years ago a well-known encyclopedia defined the word “atom” with the use of only four lines. But five pages were devoted to a definition of “love.” In a recent edition of the same encyclopedia, five pages were given to the word “atom”; “love” was omitted. What a sad commentary on modern values.

Stephen Grellet was French-born, but lived in the U.S. until he passed away in 1855. Grellet would be unknown to the world today except for a short prayer that lives on. The familiar lines, which have served as an inspiration to so many, are these: “I shall pass through this world but once. Any good that I can do, or any kindness that I can show to any human being, let me do it now and not delay it. For I shall not pass this way again.”

HOW CAN ONE PERSON MAKE A DIFFERENCE?

Even the little things you do can mean a lot: A little bit of love goes such a long way. The light of your smile, the kindness of your face, the influence of your life, can shed light on many, and have an amazing effect on some people you think might be the least likely to be impressed.

When people feel you care and you tell them it’s because of God’s love, they kind of feel like, “Maybe somebody up there *does* love me!” It changes their whole outlook and gives them a real uplook.

People everywhere are looking around for some little ray of hope, some bright spot somewhere.—A little care, a little mercy, someplace where they can find some relief. If you can show them that love exists, then they can believe that God exists, because God *is* love. ■

—*David Fontaine*

If I can stop one heart from breaking,
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Into his nest again,
I shall not live in vain.

—*Emily Dickinson*



Keys to Motivation

🔑 Treat people as if they were what they ought to be, and you help them to become what they are capable of being.

🔑 Praise loudly; blame softly.

🔑 “I am proud of you” are five of the most precious words you can ever use to make another person feel important.

🔑 You must look into people as well as at them.

🔑 The sweetest music in the world to most people’s ears is their own name, which is natural, because it shows somebody loved them enough to remember; somebody cared enough to know they exist.

🔑 Many people have, like uncut diamonds, shining qualities beneath a rough exterior.

🔑 Give credit where credit is due.

🔑 Everyone likes to feel important. People are hungry for praise and starving for honest appreciation.

🔑 Few things help an individual more than to place responsibility upon them, and to let them know that you trust them.

🔑 You can knock the chip off the other person’s shoulder simply by patting him on the back.

🔑 We all need the encouragement of others.

🔑 In marriage, with children, at work, in any association—an ounce of praise, of sincere appreciation, of some act or attribute, can very often do more than a ton of fault-finding. If we look for it we can usually find in even the most unlikely, unlikable and incapable person, something to commend and encourage.

