

Volume 1, Issue 7

MOTIVATED

THE MAGAZINE THAT MOVES YOU!



WORDS ARE REAL THINGS

The power of positive speech

THE MAGIC MASK

A legend

ATTITUDE IS EVERYTHING

You can choose to live fully

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Issue Editors

Design

Contact Us:
Email
Website

Volume 1, Issue 7
Christina Lane
Souad Abuhalmim
awexdesign.com

motivated@motivatedmagazine.com
www.motivatedmagazine.com

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It's been another hectic day and nothing's gone right. The world around you seems to be getting worse by the day, and now you're about to get stuck in traffic for a couple of hours. What a dismal day it's been. Surely this justifies a record case of the blues—but why do they call it “the blues”? There's not a patch of blue anywhere. “The grays” or “the blacks” or “the drabs” would be more like it...

Even though we know that good will win over all the evil we see around us in the end, we all get down and discouraged about our circumstances at times, and sometimes it seems nearly impossible to pull out of it. But no matter how low we sink, or how bleak our circumstances may be, there's a lifesaver that we can grab onto. That lifesaver is a positive attitude and grateful heart.

That may seem easier said than done when everything is going wrong, and problems tumble about us, but it works! As many who've tried it will attest, not only will being grateful for the good we do have pull us out of the dumps, but maintaining a positive attitude will nearly always keep us from getting down and discouraged in the first place.

Life looks brighter when seen through the rose-colored glasses of faith in God's unfailing love and care. Let's take a look through them now.

Let the power of gratefulness and positiveness pull you up if you happen to be down today!

Christina Lane
For *Motivated*

The Magic Mask

A legend

—Author Unknown

THERE ONCE WAS A KING of a vast domain. He was shrewd and powerful and feared by all, but no one loved him. Each year, as he became more severe, he became lonelier. His face reflected the bitterness in his soul. There were deep, ugly lines around his mouth, and deep, permanent furrows on his forehead.

It so happened that in his realm there lived a beautiful girl whom everyone seemed to love. The king wanted to make her his wife, and finally he decided to speak to her of this love. He dressed in his finest robes, but when he looked in the mirror, he saw a cruel, hard face, even when he tried to smile.

Then a thought came to him. He sent for his magician. “Use your greatest skill to paint a mask that looks kind and pleasant and handsome. I will pay any price you ask.”

“This I can do,” said the magician, “on one condition. You must keep your own face in the same lines that I paint. One angry frown, and the mask will be ruined forever and I cannot replace it. You must think only kindly thoughts and do kindly deeds. You must be gracious to all men.”

So the magic mask was made, and it looked so natural that no one guessed it was not the true face of the king.

Months passed, the beautiful lady became his bride, and the king fought hard to keep the mask from breaking. His subjects attributed the miraculous change



in the king to his lovely wife, who, they said, had made him like herself.

Eventually the king regretted having deceived his beautiful wife and summoned his magician. “Take away this deceiving mask!” he cried. “It is not my true self!”

“If I do,” said the magician, “I can never make another. You will have to wear your own face as long as you live.”

“Better so,” said the king, “than to continue to deceive one whose love and trust I have won dishonorably. Take it off, I say!” The magician did as he was commanded.

In anguish, the king turned to see his reflection in his mirror. Suddenly his eyes brightened and his lips curved into a radiant smile. The ugly lines were gone. His face was the exact likeness of the mask he had worn so long. When he returned to his beloved wife, she saw only the familiar features of the man she loved.

Yes, this is only a legend, but it teaches a truth: A man’s face portrays what is inside, what he thinks and feels. The wise and true proverb tells us, “As a man thinks in his heart, so is he.” ✱



The Best Day of My Life

— By Gregory M. Lousig-Nont, Ph.D, adapted

Today, when I awoke, I suddenly realized that this is the best day of my life, ever!

There were times when I wondered if I would make it to today; but I did. And because I did, I'm going to celebrate!

Today, I'm going to celebrate what an unbelievable life I have had so far: the accomplishments, the many blessings, and, yes, even the hardships, because they have served to make me stronger.

I will go through this day with my head held high, and a happy heart. I will marvel at life's seemingly simple gifts: the morning dew, the sun, the clouds, the trees, the flowers, the birds. Today, none of these miraculous creations will escape my notice.

Today, I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know. Today, I'll give

a sincere compliment to someone who seems down. I'll tell a child how special he is, and I'll tell someone I love just how deeply I care for them and how much they mean to me.

Today is the day I will be grateful for all the wonderful things I've been given. I'll remember that to worry is just a waste of time because my faith in a Divine Plan ensures everything will be just fine in the end.

And tonight, before I go to bed, I'll go outside and raise my eyes to the heavens. I will stand in awe at the beauty of the stars and the moon, and I will be thankful for these magnificent treasures.

As the day ends and I lay my head down on my pillow, I will be grateful for the best day of my life. And I will sleep the sleep of a contented child, excited with expectation, because I know tomorrow is going to be the best day of my life, ever! ✨

Words Are Real Things

The power of positive speech

— By Maria Fontaine

One day, when my daughter was very young and we were trying to help her form positive attitudes, I overheard her say, “I hope it stops raining and that it will be a nice day tomorrow!” She was hoping for better weather and for the next day to be nice, as we were living in a country with an exceptionally wet climate at the time.

Of course, most of us realize and are thankful for both sunny and rainy weather, as we know both are needed. So I told her, “Honey, I think it’s fine to wish for better weather, but we need to realize that we can’t always get what we want. The rain is important too. We need both sunny and rainy days. Rainy days can be nice too, so let’s try to always be thankful for the beautiful day we’ve been given, whether it’s rainy or sunny.”

It seemed such a simple childish lesson—to be thankful for both rain and sun—but it made me realize that the way we choose to talk about things affects our overall happiness and outlook on life. Sad to say, many of us have formed the bad habit of adopting

a negative terminology regarding certain situations. If we want to be more positive, think more positively, and react more positively, we need to work on changing our vocabulary to be more positive, because it’s pretty hard to talk about a “bad” situation and think of it positively. To change the way we think about things, we need to also change the way we talk about them.

Our vocabulary, the way we label things and the way we express things, has a major bearing on the way we think.

It would be pretty hard, for example, to think of someone whose nickname was “Pea Brain” as being intelligent and capable. If we want to think positively, we need to speak positively.

Almost everything in life has its pros and cons. But if the positive outweighs the negative, then we can and should say that it is a good thing—and for those who love and trust God, that includes everything, because in the long run He always makes the good outweigh the bad for us. ✱



Attitude Is Everything

By Francie Baltazar-Schwartz, adapted

Jerry was an amazing person. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, “If I were any better, I would be twins!”

He was a unique restaurant manager, and he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing his style really made me curious, so one day I went up to Jerry and asked him, “I don’t get it! You can’t be a positive person all of the time. How do you do it?”

Jerry replied, “Each morning I wake up and say to myself, ‘Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.’ I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose

to accept their complaining or I can point out the positive side of life. I choose the positive side of life.”

“Yeah, right. It’s not that easy,” I protested.

“Yes it is,” Jerry said. “Life is all about choices. When you cut away all that surrounds it, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good or bad mood. The bottom line: It’s your choice how you live life.” I reflected on what Jerry said.

Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in the restaurant business: He left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him.

Luckily, Jerry was found relatively quickly and rushed to the local trauma center. After 18 hours of surgery and

**You can
choose
to live fully.**

weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, “If I were any better, I’d be twins. Wanna see my scars?”

I declined, but did ask him what had gone through his mind as the robbery took place.

“The first thing that went through my mind was that I should have locked the back door,” Jerry replied.

“Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live.”

“Weren’t you scared? Did you lose consciousness?” I asked.

Jerry continued, “The paramedics were great. They kept telling me I was going

to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes I read, ‘He’s a dead man.’ I knew I needed to take action.”

“What did you do?” I asked.

“Well, there was a big, burly nurse shouting questions at me,” said Jerry. “She asked if I was allergic to anything. ‘Yes,’ I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, ‘Bullets!’ Over their laughter I told them, ‘I am choosing to live. Operate on me as if I am alive, not dead.’”

Jerry lived, thanks to God and the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. ✱

“Life is what you make it:
Always has been and always will be.”

—Grandma Moses

Answers to your Questions



I get pretty discouraged when I compare my situation with others who seem better off than me. Why do some have more opportunities than others? Why does life seem so unfair at times?

A: **COMPARING ONESELF NEGATIVELY** with others is something that almost everyone goes through at some time in life. People compare themselves, their abilities, their lives, their situations, their blessings—just about everything—with others for different reasons and to different degrees. The end result is often feelings of frustration, envy, or discontent.

Some people have just one “trouble area” that they struggle with—something they don’t like that’s a problem from time to time. Others are chronic negative thinkers who constantly battle with feeling that others are better off and have more opportunities—and on and on it goes.

Whatever the case, we need to overcome this mindset so we can enjoy life despite our circumstances.

We will be able to accomplish so much more if we don’t compare ourselves with others—if we don’t have

our mind on what we feel we don’t have that others do.

How much better to accept and be thankful for our situation, even if we do have serious problems, to be thankful for the many blessings we’ve been given, and to turn around and make those blessings a blessing to others as well.

When we’re content with what we have, we’re at peace. We’re happy, we’re thankful, we’re praiseful, and we will be a blessing to others around us. We’ll only hurt ourselves, our friends, and our relationships with them if we become resentful simply because our circumstances or opportunities are different.

The only comparing or measuring we should do is to ask ourselves if we’re living up to our potential and doing our best to be the person we’re meant to be. There’s a maxim that says, “It’s not what you’ve got that counts, but what you do with what you’ve got.” *

How often are we grateful for our sight? — A tour group was spending the night at a mountaintop resort and most of the group gathered to watch the sunset from the terrace of the hotel. One man lingered until the last glow faded, and seemed thrilled through and through by the beauty of it all.

One of his fellow travelers noticed this and remarked to him later, “You certainly seemed to enjoy that sunset. Are you an artist?” “No, I’m a plumber,” the man responded with a slow grin. “But I was blind for five years.”

—Author Unknown



Contentment

A story is told of a king who went in his garden one morning, and found everything withering and dying.

He asked the oak that stood near the gate what the trouble was. He found it was sick of life and determined to die, because it was not tall and beautiful like the pine. The pine was disheartened because it could not bear grapes, like the vine.

The vine was going to throw its life away because it could not stand erect and have as fine fruit as the peach tree. The geranium was fretting because it

was not tall and fragrant like the lilac; and so on through all the garden.

Coming to a little marigold, he found its bright face lifted as cheery as ever. “Well, marigold, I’m glad, amidst all this discouragement, to find one brave little flower. You do not seem to be the least disheartened.”

“No, I am not of much account, but I thought if you wanted an oak, or a pine, or a peach tree, or a lilac, you would have planted one. But I knew you wanted a marigold, so I am determined to be the best little marigold that I can,” the little marigold replied. ✱

From one deaf, dumb, and blind from childhood, the following words give us a glimpse of Helen Keller’s happy heart: “Is it not true that my life, with all its limitations, touches at many points the beauty in life? Everything has its wonders, even darkness and silence, and I learn whatever state I may be in, therein to be content.

Sometimes, it is true, a sense of isolation enfolds me like a cold mist as

I sit alone and wait at life’s shut gate. Beyond there is light and music and sweet companionship, but I may not enter... Silence sits immense upon my soul.

“Then comes Hope with a smile and whispers, ‘There is joy in self-forgetfulness.’ So I try to make the light in others’ eyes my sun, the music in others’ ears my symphony, the smile on others’ lips my happiness.” ✱



Helen Keller (1880-1968), though blind, deaf, and dumb from infancy, was taught to read and write, and graduated from college with distinction. She published several books, and was a tremendous example of someone who overcame her handicaps.

Secrets to Success

Understanding People

From *Becoming a Person of Influence* By John C. Maxwell

Knowing what people need and want is the key to understanding them, and if you can understand them, you can influence them and affect their lives in a positive way. Five things you need to understand about people:

1. Everybody wants to be somebody. There isn't a person in the world who doesn't desire to be someone, to have significance. Even the least ambitious and most unassuming person wants to be regarded highly by others. And if you treat every person you meet as if they were the most important person in the world, you'll communicate that they are somebody to you.

2. Nobody cares how much you know until they know how much you care. The moment that people know that you care for and about them, the way they feel about you changes. Showing others that you care isn't always easy. The challenge is to keep caring about them no matter what. Keep smiling, sharing, giving, and forgiving them. That's the right way to treat people.

3. Everybody needs somebody. There are no such things as self-made men and women. Everybody needs friendship, encouragement, and help. What people can accomplish by themselves is almost nothing compared to their potential when

working with others. Doing things with other people tends to bring contentment. If you understand that, are willing to give to others, and maintain the right motives, their lives—and yours—can change.

4. Everybody can be somebody when somebody understands and believes in them. It doesn't take much effort to help other people feel important. When was the last time you went out of your way to make a person feel special, as if they were somebody? Little things, done deliberately at the right time, can make a difference. The investment required on your part is overshadowed by the impact it makes on them. All they need is encouragement and motivation from you to help them reach their potential.

5. Anybody who helps someone influences a lot of somebodies. When you help one person, you're impacting other people. What you give to one person, overflows into the lives of all the people that person impacts. Most people are so genuinely grateful when another person makes them feel that they're somebody special, that they never tire of showing their gratitude to those with whom they come in contact. ✨



We're Rich!

He's got the blues no more

— Author Unknown

HAROLD ABBOTT WAS A CHRONIC WORRIER. That is until one spring day in 1934 when, as he was walking down the street, he saw something that put an end to all his worries. “It all happened in ten seconds,” he told a friend some years later, “but during those ten seconds I learned more about how to live than I had learned in the previous ten years.”

At the time, Harold had been trying to run a grocery store—not easy in the middle of the Great Depression. He had gone heavily into debt, and had been forced to close his store a few days before. Now he was on his way to the bank to try to borrow some money so he could go to a nearby city to look for a job. Harold had lost all his fight and faith. He walked like a beaten man.

Then he saw a man coming down the street—a man who had no legs. The man was sitting on a little wooden platform equipped with wheels from roller skates. He propelled himself along with a block of wood in each hand. Harold met him just after the man had crossed the street and was starting to lift himself over the curb and onto the sidewalk. As the man tilted his little wooden platform to an angle, their eyes met and the man greeted Harold with a smile. “Good morning! It is a fine morning, isn’t it?” he said with spirit.

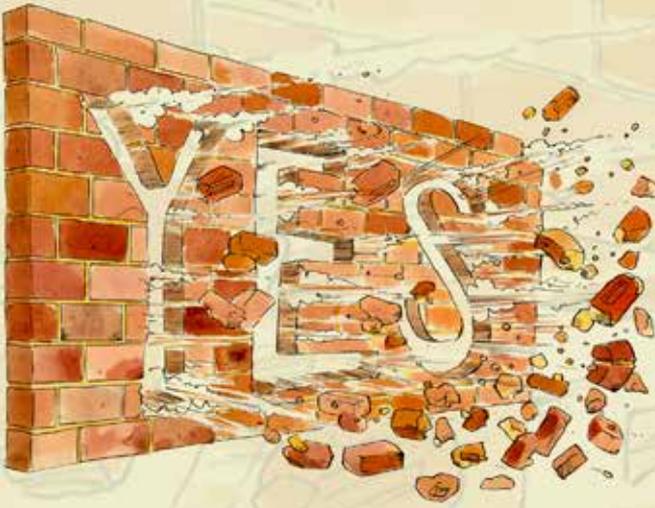
As Harold stood looking at him, Harold realized how rich he was. He

had two legs. He could walk. He felt ashamed of his self-pity. “If that man can be happy, cheerful, and confident without legs,” Harold said to himself, “I certainly can with legs.” He could already feel his self-esteem returning.

He had intended to ask the bank for one hundred dollars. Now he had the courage to ask for two hundred. He had intended to say that he wanted to go to the city to try to get a job, but at the bank he announced confidently that he wanted to go to the city to get a job. He got the loan, and he got the job.

For years afterwards, Harold Abbott kept the following words pasted on his bathroom mirror, and read them every morning as he shaved:

**I had the blues,
Because I had no
shoes,
Until upon the
street,
I met a man who
had no feet.**



Optimist or Pessimist

—Which are you?

Cheerfulness is what greases the axles of the world.

Keep your face to the sunshine and you cannot see the shadow.

Our attitude should be gratitude.

Thanksgiving is good. Thanks-living is better!

Contentment is a treasure that doesn't decay.

Optimist or pessimist? Do you call traffic signals go-lights or stoplights?

A pessimist is one who feels bad when he feels good, for fear he'll feel worse when he feels better.

Contentment is happiness.

A pessimist sees a difficulty in every opportunity. An optimist sees an opportunity in every difficulty.

Some people think in terms of problems and some in terms of solutions.

He who is thankful for little, enjoys much.

An optimist is the one who makes the best of it when he gets the worst of it.

If it weren't for the optimist, the pessimist would never know how happy he isn't.

Both the optimists and pessimists contribute to society. Proof?

—The optimist invents the airplane and the pessimist invents the parachute!

He that is content with little becomes richer.

The pessimist says, "The worst is just around the corner." The optimist says, "The best is yet to come."