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MOTIVATED

THE MAGAZINE THAT MOVES YOU!



Taking RISKS is Leadership

Bringing out the Best in People

Parenting from the Heart

When you thought
I wasn't looking

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What is so mesmerizing about passionate leaders? What does it take to become one? What are the essentials for inspiring others?

In his introduction to *Leading with Passion*, best-selling author John Murphy writes:

Light a match in a dark room and watch as the light instantly overcomes the darkness. Observe the power and grace of that single, solitary flame dancing with life. Now light several candles, or kindle a fire, and experience the added warmth and comfort extending from that first, vulnerable flame through others. This is the heart and soul of leadership—the essence of inspiring others. It is about courageously casting off fear, doubt, and limiting beliefs, and giving people a sense of hope, optimism, and accomplishment. It is about bringing light into a world of uncertainty and inspiring others to do the same. This is what we call passion, the fire within.

Stop and think about it: When you feel truly passionate and inspired about someone or something, what frame of mind are you in? What are you willing to do? What kind of effort are you willing to put forth? How fearful are you? Chances are you feel motivated to do whatever it takes, without fear or doubt, to turn your vision into reality. You grow in confidence. You believe you can do it. You are committed from the heart and soul.

In this issue of *Motivated* we invite you to take a look at the essentials for passionate, successful leadership. When put into practice, these keys to leading with passion are bound to inspire change—change in ourselves, in our lives, in the lives of others, and in the world around us.

Christina Lane
For Motivated

HANDS ON



Being a good leader or role model, and motivating others, doesn't call for a special personality, or require any certain chemistry or training. Any one of us can do it. There is an easy formula, and that formula is simply this: WE MUST CARE!

I occasionally see a retired man who lives a few doors away from picking up trash. He does it cheerfully and never complains.

This morning, I was out walking when I saw another neighbor picking up trash with his kids. When I commented on what a good job they were doing he said, "Well, there's an older fellow in our street who does this. And my friend and I thought it wasn't fair that he had to do it all the time, so now we take a turn."

The older man inspired others to pick up trash by doing it himself. It just goes to show that we should lead the way to be the change we want to see in this world.

Always treat others the way you wish to be treated, should roles be reversed.

Last week, as I pulled into the parking lot with my son for his baseball game, I saw a woman trying to change her flat tire. I told my son I would get him over to his practice field and then I was going back to help the woman change her tire.

When I got back to the parking lot, nobody had stopped to help her. I went over and offered. She tried to be nice and said that she was fine, but I could see otherwise so I insisted. Another woman parked nearby and said she had some wipes in the car, as I was getting dirty from the tire. She waited for us to finish and then gave us the wipes. I could tell it made her feel good in her own way.

The best part for me though wasn't just the fact that I could help. It came after my son's game was over. As he and I walked to the parking lot he asked me why I went back to help the woman. I told him that it was the right thing to do. When he said to me, "Next time, Dad, I want to help you change a tire," it reminded me that our children learn kindness from us, and I will not let them down! ↩

- From www.helpothers.org



Taking RISKS is Leadership

Written for *Motivated* by Tom Haupt, International speaker, trainer, and author

What is taking risks? It is growth. It's being and doing something different. It's brainstorming new and different ideas. It's making mistakes and not always looking good. Sometimes it's about taking action and forging ahead without any compass or roadmap, or not even knowing the outcome. It's the doorway to the extraordinary. It's getting comfortable with being uncomfortable. It's motivating and moving!

The word *risk* scares many people. In the Miriam-Webster's dictionary, risk is defined as the possibility of loss or injury, a dangerous element or factor, to expose to hazard or danger. In other words, it is the opposite of safety and comfort. The unknown is what often leaves us feeling afraid, vulnerable, or hesitant.

But what if, in the context of leadership and achieving our goals and dreams, RISK was the key component? What if risk was simply part of the equation $1 + 2 = 3$? One being where we're at today, two being the required risk, and three, achieving our goals. What if we redefined risk simply as an element of the unknown that establishes the possibility of achievement?

Risk is nothing to be cautious, worried, or intimidated by. It's just part of the process, like getting dressed in the morning before we head out into the world. If we look at it that way, we would be EXCITED about taking risks. We would be making confident choices by taking risks, and playing in the realm of all our HUGE goals.

Why do we often perceive risk as something "bad?" Perhaps because based on our education or upbringing we look at risk as a negative force. If that is the case, we may be buying into someone else's belief system. Maybe now is the time to take a good look at *risk*, and evaluate and change our perception of it.

When we are motivated to take risks, growth is inevitable.—And THAT'S the idea! Although the result we create may be different and outside our comfort zone, the alternative is that we become like a hamster on a wheel, doing the same thing over and over again. Staying in our comfort zone and being busy is not enough.

Which is scarier, taking risk, or never achieving anything extraordinary personally or professionally? Consider the following great people and leaders, both past and present, who took risks, each by a different path, and achieved tremendous results.

TAKE A RISK ACTION CHALLENGE

Be a risk-taker, and inspire yourself and others to create the life of your dreams!

Over the next 30 days, meet one new person per day to discuss your dream or goal. By doing so, you will create an urgency to reach that goal, and break through self-limiting beliefs. This can change your perspective on available time, and result in more freedom, financial abundance, and independence. Also, give those you talk with a chance to share their goals and dreams with you, which will enhance your vision. ↩



- Bill Gates, co-founder of Microsoft, took a risk and left Harvard University before graduating to fulfill a dream of placing a personal computer on every desktop in the world.
- Sir Edmund Hillary, the first man to summit Mt. Everest, took a risk bigger than actually climbing the mountain. He asked for more money from his investors before scaling the mountain and succeeding on his second attempt. If he hadn't asked, he may have never reached the top.
- The Wright Brothers risked their reputations by being the first to design and build a flying craft that could be controlled while in the air. They started out as bicycle builders.

Our HUGE goals and dreams might often be outside our comfort zone. If they weren't, we'd already have them. To achieve them, we need to be motivated and consciously choose, moment-by-moment, day-by-day, and year-by-year, to embrace risk and stretch ourselves. Some say the size of the risk is in direct proportion to the size of the goal. In other words, the bigger the goal, the bigger the risks.

We may think HUGE goals and dreams are way out of our reach; for example, building a big and successful business, being a millionaire, or starting a non-profit foundation. But taking on and embracing risk does not have to be overwhelming. Success may just be one phone call, one meeting, or one risk away.

Living life outside our comfort zone is a big game with big wins. If we keep in mind that risk is just part of the process to be successful, then we can change our paradigm and start our journey.

Step out, and take some risks today! ↩



Tom Haupt is the best-selling author of *Time-Out, Winning Strategies for Playing a Bigger Game in Life* and a world-renowned keynote speaker, facilitator, and trainer in the arena of self-improvement and leadership training. He is a leading expert on *Creating Results through Risk* and founder and CEO of *Tom Haupt International*, an organization with a purpose to empower and inspire people to transform their lives as they step into their greatness. For further information, please go to <http://www.tomhaupt.com>

COMING IN FROM THE COLD

By Dr John C. Maxwell, adapted

As many know, especially those of us who are history buffs, Sir Ernest Shackleton was a great explorer who found himself and his crew in a life-or-death crisis when they had to abandon ship in the icy waters around Antarctica.

The year was 1914, and Shackleton's expedition had planned an unprecedented land crossing of the frozen continent. When the ship got stuck in the ice and sank, the crew began a harrowing 18-month survival test.

They stayed alive as they moved among the drifting ice floes until they eventually found an island, where they established a camp. When their provisions began to run low, Shackleton and several crewmembers boarded one of their salvaged lifeboats and made a daring 800-mile voyage to a whaling station. They returned with a ship, and all 27 men survived the ordeal. Their story is incredible and nothing short of miraculous.

Many books have been written recently covering the profound lessons found in this dramatic story of survival and endurance. I personally think there are many lessons we can learn about crisis leadership from Shackleton's experiences, specifically creativity.

There are two types of people during a crisis -- those who freeze, and those

who focus. Shackleton and his men were stranded in one of the coldest places on the planet, but his creativity never froze. Instead, it was critical to the team's survival. His creativity was central to the survival of the lives of the men who had entrusted themselves to him for their journey.

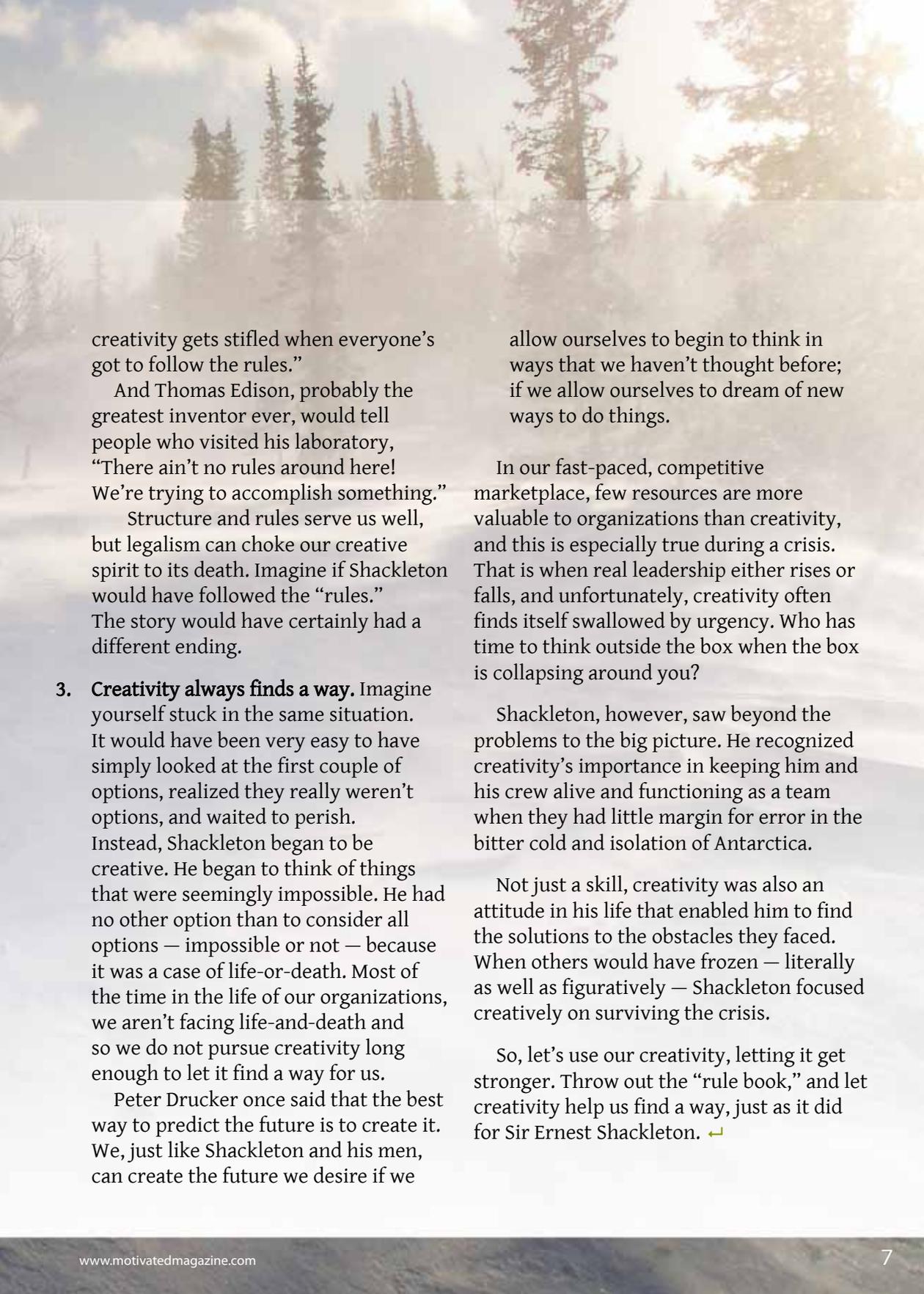
As I have studied Shackleton's experiences, three principles about leading with creativity during crisis came to mind.

1. Creative activity increases creative ability. As you become active in creativity, you gain more creative ability. Many people would love to have creative ability, but they've never done creative activities. When we freeze, we stop creating.

Shackleton practiced "routine" creativity, for himself and for his crew. So when problems presented themselves, he and his crew never gave up on their ability to come up with creative solutions.

Creativity is much like a muscle: The more you use it, the stronger it gets.

2. The rule book no longer rules. Everybody wants to give you the rule book. David Kelley was right when he said, "The most important thing I learned from big companies is that



creativity gets stifled when everyone's got to follow the rules."

And Thomas Edison, probably the greatest inventor ever, would tell people who visited his laboratory, "There ain't no rules around here! We're trying to accomplish something."

Structure and rules serve us well, but legalism can choke our creative spirit to its death. Imagine if Shackleton would have followed the "rules." The story would have certainly had a different ending.

3. **Creativity always finds a way.** Imagine yourself stuck in the same situation. It would have been very easy to have simply looked at the first couple of options, realized they really weren't options, and waited to perish. Instead, Shackleton began to be creative. He began to think of things that were seemingly impossible. He had no other option than to consider all options — impossible or not — because it was a case of life-or-death. Most of the time in the life of our organizations, we aren't facing life-and-death and so we do not pursue creativity long enough to let it find a way for us.

Peter Drucker once said that the best way to predict the future is to create it. We, just like Shackleton and his men, can create the future we desire if we

allow ourselves to begin to think in ways that we haven't thought before; if we allow ourselves to dream of new ways to do things.

In our fast-paced, competitive marketplace, few resources are more valuable to organizations than creativity, and this is especially true during a crisis. That is when real leadership either rises or falls, and unfortunately, creativity often finds itself swallowed by urgency. Who has time to think outside the box when the box is collapsing around you?

Shackleton, however, saw beyond the problems to the big picture. He recognized creativity's importance in keeping him and his crew alive and functioning as a team when they had little margin for error in the bitter cold and isolation of Antarctica.

Not just a skill, creativity was also an attitude in his life that enabled him to find the solutions to the obstacles they faced. When others would have frozen — literally as well as figuratively — Shackleton focused creatively on surviving the crisis.

So, let's use our creativity, letting it get stronger. Throw out the "rule book," and let creativity help us find a way, just as it did for Sir Ernest Shackleton. ↩

Seven Personal Leadership Qualities

*By Barbara White, President of Beyond Better Development,
www.livingbeyondbetter.com*

The following seven personal qualities are foundational to good leadership. Some of these characteristics may be more naturally present in the personality of a leader. However, each of these characteristics can also be developed. A good leader, whether they naturally possess these qualities or not, will be diligent to consistently develop and strengthen them in their leadership role.

1

A good leader has an exemplary character. It is of utmost importance that a leader is trustworthy to lead others. A leader needs to be trusted and be known to live their life with honesty and integrity. A good leader “walks the talk” and in doing so earns the right to have responsibility for others. True authority is born from respect for the good character and trustworthiness of the person who leads.

2

A good leader is enthusiastic about their work or cause, and about their role as leader. People will respond more openly to a person of passion and dedication. Leaders need to be able to be a source of inspiration, and be a motivator towards the required action or cause. Although the responsibilities and roles of a leader may be different, the leader needs to be seen as part of the team working towards the goal. This kind of leader will not be afraid to roll up their sleeves and get dirty.

3

A good leader is confident. In order to lead and set direction a leader needs to appear confident as a person and in the leadership role. Such a person inspires confidence in others and draws out the trust and best efforts of the team to complete the task well. A leader who conveys confidence towards the proposed objective inspires the best effort from team members.

4

A leader also needs to function in an orderly and purposeful manner in situations of uncertainty. People look to the leader during times of uncertainty and unfamiliarity and find reassurance and security when the leader portrays confidence and a positive demeanor.

5

A good leader is tolerant of ambiguity, and remains calm, composed, and steadfast to the main purpose. Storms, emotions, and crises come and go. A good leader takes these as part of the journey and keeps a cool head.

6

A good leader, as well as keeping the main goal in focus, is able to think analytically. Not only does a good leader view a situation as a whole, but they are able to break it down into sub-parts for closer inspection. Not only is the goal in view, but a good leader can break it down into manageable steps and make progress towards it.

7

A good leader is committed to excellence. Second best does not lead to success. The good leader not only maintains high standards, but they are also proactive in raising the bar in order to achieve excellence in all areas. ↩



BRINGING OUT THE BEST IN PEOPLE

Author Unknown

Some time ago in Toronto, I gave a speech to an executive club. After the meeting, an elderly man came up to talk. He was tall, slender, and elegantly dressed. At 74, he was retiring from a lifetime of manufacturing lead pencils. I thought to myself, "What a boring way to make a living," and said, "I'll bet you're glad to be getting out of that business, aren't you?"

"Oh no," he replied. "In fact, I'm going to miss it like crazy. And you know what I'm going to miss most? The friends I've made in this business. Some of my suppliers and customers have been my

best friends for 40 years. And several of our upper-level managers are guys I hired right out of college. I've had a lot of satisfaction helping them succeed."

As we talked, I learned that this man had built up a multi-million dollar company, and had recently sold it for a very large sum. His success should not be very surprising, however, considering his deep-rooted belief in people. He had mastered the art of finding the good side of everyone and building on that, and in the process of helping other people succeed, he had made a lot of money as well. ↵



WHEN YOU THOUGHT I WASN'T LOOKING

Author: Unknown

When you thought I wasn't looking, I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking, I saw you make my favorite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew there is a God I could always talk to, and I learned to trust in God.

When you thought I wasn't looking, I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking, I saw you give of your time and money to help people who had nothing, and I learned that those who have something should give to those who don't.

When you thought I wasn't looking, I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking, I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up.

When you thought I wasn't looking, I saw tears come from your eyes, and I learned that sometimes things hurt, but it's alright to cry.

When you thought I wasn't looking, I saw that you cared, and I wanted to be everything that I could be.

When you thought I wasn't looking, I learned most of life's lessons that I need to know to be a good and productive person when I grow up.

When you thought I wasn't looking, I looked at you and wanted to say, "Thanks for all the things I saw when you thought I wasn't looking." ↩



LEADERSHIP IS ...

Leadership is the capacity to translate vision into reality.—*Warren G. Bennis*

Management is doing things right.
Leadership is doing the right things.
—*Peter Drucker*

One of the true tests of leadership is the ability to recognize a problem before it becomes an emergency.
—*Arnold H. Glasgow*

Not everything that is faced can be changed. But nothing can be changed until it is faced.—*James Baldwin*

The first responsibility of a leader is to define reality, the last is to say, "Thank you." In between the two, the leader must become a servant.—*Max De Pree*

You get the best efforts from others not by lighting a fire beneath them, but by building a fire within.—*Bob Nelson*

Quality is never an accident: It is always the result of high intention, sincere effort, intelligent direction and skillful execution. It represents the wise choice of many alternatives.—*William A. Foster*

Values are critical guides for making decisions. When in doubt, they cut through the fog like a beacon in the night.—*Robert Townsend*

A leader's job is to look into the future and see the organization not as it is, but as it should be.—*Jack Welch*

Giving people a little more than they expect is a good way to get back a lot more than you'd expect.—*Robert Half*

Leadership is caring more than others think is wise; risking more than others think is safe; dreaming more than others think is practical; expecting more than others think is possible.—*Author Unknown*