

Volume 4, Issue 8

# MOTIVATED

THE MAGAZINE THAT MOVES YOU!

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We often think that if we only had... a tremendous God-given talent, inherited wealth, a decade of postgraduate education, connections with the top people in our field... we would be assured of success.

Fortunately, for most of us, while these things of course could be winning factors, something very simple and a lot more accessible can help us succeed: A clearly defined vision and written goals.

A study of Harvard graduates found that after 20 years, three percent of them who had a clear vision and written goals achieved more than the other 97% combined! It concluded, "An average person with average talent, ambition and education, can outstrip the most brilliant genius in our society, if that person has clear, focused goals."

While researching articles for this issue of *Motivated* and reading numerous tales of people who had big visions, it became obvious that those whose dreams came true had strong, powerful visions to begin with. They dreamed big dreams, and then set goals, even small ones to start with, to make their dreams reality.

These true stories and accounts of people whose dreams came true encouraged me to have a bigger vision, and to start taking steps towards that brighter future I envision. I hope they will do the same for you, no matter what circumstances you may find yourself in today. The sky is the limit!

Christina Lane  
For *Motivated*

# Comfort Zone

Author Unknown, Source Unknown

I used to have a Comfort Zone  
Where I knew I couldn't fail.  
The same four walls of busy work  
Were really more like jail.

I longed so much to do the things  
I'd never done before,  
But I stayed inside my Comfort Zone  
And paced the same old floor.

I said it didn't matter,  
That I wasn't doing much.  
I said I didn't care for things  
Like diamonds, furs, and such.

I claimed to be so busy  
With the things inside my zone,  
But deep inside I longed for  
Something special of my own.

I couldn't let my life go by  
Just watching others win.  
I held my breath and stepped outside,  
And let the change begin.

I took a step and with new strength  
I'd never felt before,  
I kissed my Comfort Zone goodbye  
And closed and locked the door.

If you are in a Comfort Zone,  
Afraid to venture out,  
Remember that all winners were  
At one time filled with doubt.

A step or two and words of praise,  
Can make your dreams come true.  
Greet your future with a smile,  
Success is there for you!





# Everybody Has a Dream

By Virginia Satir, Source Unknown

Some years ago, I took on an assignment in a southern county with people on public welfare. What I wanted to do was show that everybody has the capacity to be self-sufficient, and all we have to do is to activate them. I asked the county to pick a group of people who were on public welfare, people from different racial groups and different family constellations. I would then see them as a group for three hours every Friday. I also asked for a little petty cash to work with as needed.

The first thing I said after I shook hands with everybody was, “I would like to know what your dreams are.” Everyone looked at me as if I were somewhat wacky.

“Dreams? We don’t have dreams.” I said, “Well, when you were a kid what happened? Wasn’t there something you wanted to do?”

One woman said to me, “I don’t know what you can do with dreams. The rats are eating up my kids.”

“Oh,” I said.

“That’s terrible. No, of course, you are very much involved with the rats and your kids. How can that be helped?”

“Well, I could use a new screen door because there are holes in my screen door.”

I asked, “Is there anybody around

here who knows how to fix a screen door?”

There was a man in the group, and he said, “A long time ago I used to do things like that, but now I have a terribly bad back, but I’ll try.”

I told him I had some money if he would go to the store, buy some screening, and go and fix the lady’s screen door.

“Do you think you can do that?”

“Yes, I’ll try.”

The next week, when the group was seated, I said to the woman, “Well is your screen door fixed?”

“Oh, yes,” she said. “Then we can start dreaming, can’t we?” She sort of smiled at me. I said to the man who did the work,

“How do you feel?”

He said, “Well, you know, it’s a very funny thing. I’m beginning to feel a lot better.” That helped the group to begin to dream. These seemingly small successes allowed the group to see that dreams were not insane. These small steps began to get people to see and feel that something really could happen.

I began to ask other people about their dreams. One woman shared that she always wanted to be a secretary. I said, “Well, what stands in your way?” (That’s always my next question).

She said, "I have six kids, and I don't have anyone to take care of them while I'm away."

"Let's find out," I said.

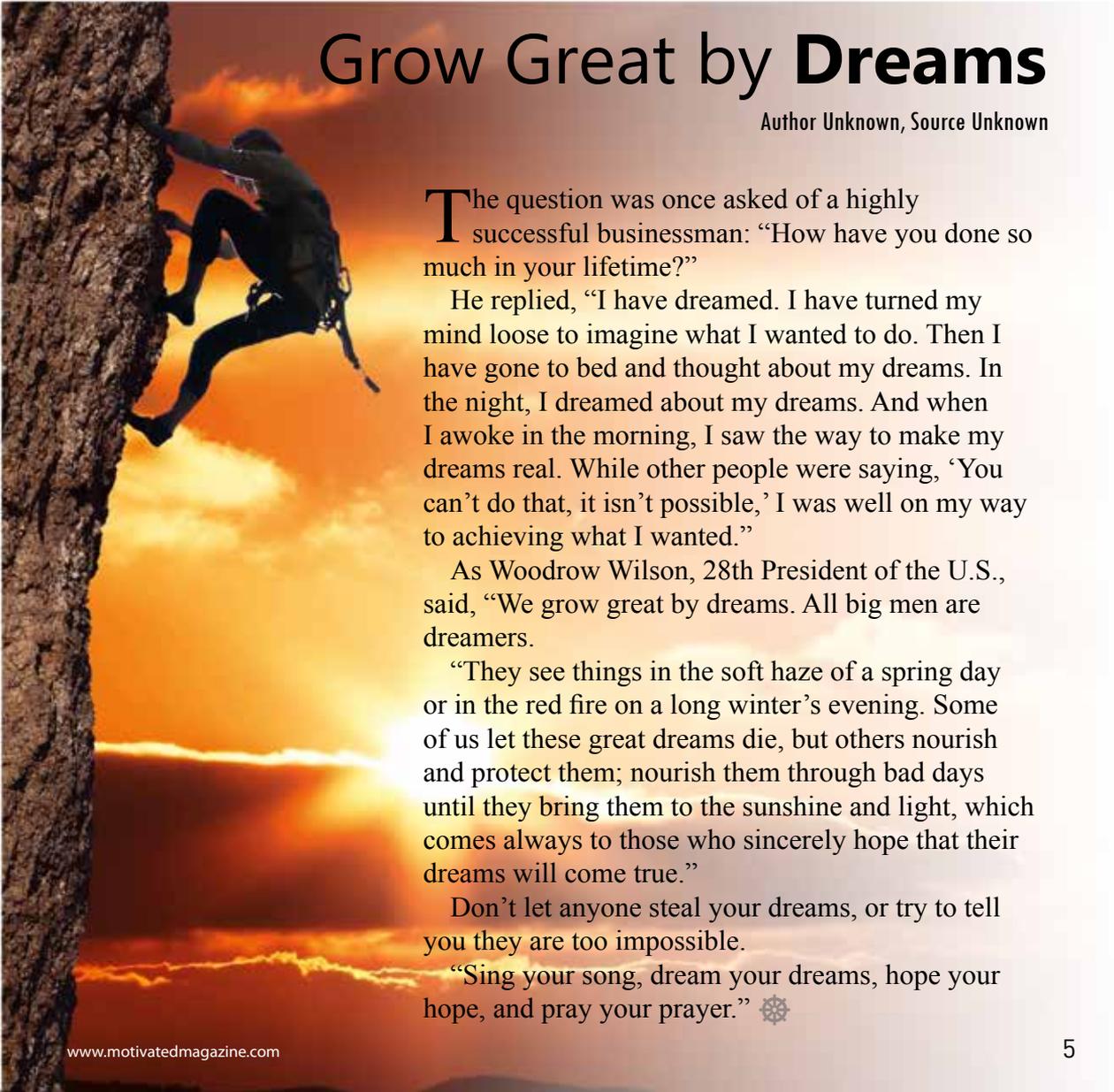
"Is there anybody in this group who would take care of six kids for a day or two a week while this woman gets some training here at the community college?"

One woman said, "I got kids, too, but I could do that."

"Let's do it," I said. A plan was created and the woman went to school.

Everyone found something. The man who put in the screen door became a handyman. The woman who took in the children became a licensed foster care person. In 12 weeks, I had all these people off public welfare.

I've not only done that once, but many times since. ❁

A person is climbing a tree trunk on the left side of the page. The background is a vibrant sunset or sunrise with orange and yellow clouds. The person is silhouetted against the bright light.

# Grow Great by Dreams

Author Unknown, Source Unknown

The question was once asked of a highly successful businessman: "How have you done so much in your lifetime?"

He replied, "I have dreamed. I have turned my mind loose to imagine what I wanted to do. Then I have gone to bed and thought about my dreams. In the night, I dreamed about my dreams. And when I awoke in the morning, I saw the way to make my dreams real. While other people were saying, 'You can't do that, it isn't possible,' I was well on my way to achieving what I wanted."

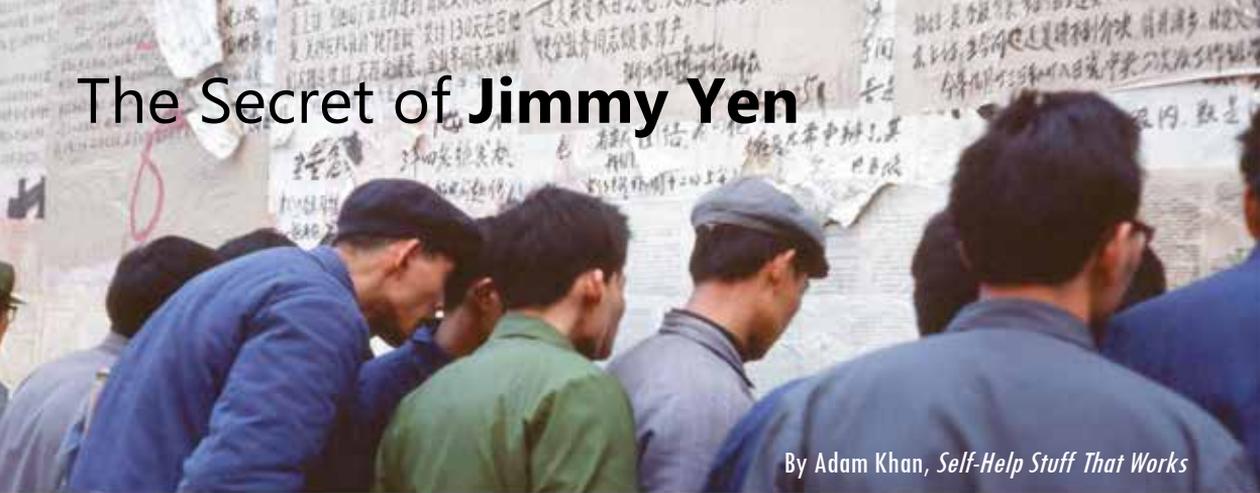
As Woodrow Wilson, 28th President of the U.S., said, "We grow great by dreams. All big men are dreamers.

"They see things in the soft haze of a spring day or in the red fire on a long winter's evening. Some of us let these great dreams die, but others nourish and protect them; nourish them through bad days until they bring them to the sunshine and light, which comes always to those who sincerely hope that their dreams will come true."

Don't let anyone steal your dreams, or try to tell you they are too impossible.

"Sing your song, dream your dreams, hope your hope, and pray your prayer." ❁

# The Secret of Jimmy Yen



By Adam Khan, *Self-Help Stuff That Works*

A jury of distinguished scholars and scientists, including Albert Einstein and Orville Wright, thought enough of Jimmy Yen to vote him one of the top ten Modern Revolutionaries of the Twentieth Century. Yet all he did was teach Chinese peasants to read.

What made that so amazing was that for four thousand years only scholars learned to read and write in China. “Everybody” knew, including the peasants themselves, that peasants were incapable of learning.

That thoroughly ingrained cultural belief was Jimmy Yen’s first “impossible” barrier. The second barrier was the Chinese language itself, consisting of 40,000 characters, each character signifying a different word! The third barrier was the lack of technology and good roads. How could Jimmy Yen reach the 350 million peasants in China?

Impossible odds, an impossibly huge goal—and yet he had almost attained it when he was forced to leave his country.

Did he give up? No. He learned from defeat and expanded his goal: Teach the rest of the Third World to read. Practical reading programs, like the ones he

invented in China, started pumping out literate people like a gushing oil well in the Philippines, Thailand, Sri Lanka, Nepal, Kenya, Columbia, Guatemala, Indonesia, Bangladesh, Ghana, India—people became literate. For the first time in their entire genetic history, they had access to the accumulated knowledge of the human race.

For those of us who take literacy for granted, I’d like you to consider for a moment how narrow your world would be if you’d never learned how to read and there was no access to radios or TVs.

180,000 Chinese peasants were hired by the Allied Forces in WW1 as laborers in the war effort. Most of them had no idea—not a clue—where England, Germany or France was, they didn’t know what they were being hired to do, and didn’t even know what a war was!

Try to grasp, if you will, the vacancy, the darkness, the lack that existed in those people because they couldn’t read. Jimmy Yen was a savior to them.

What was the secret of Jimmy Yen’s success? He found a real need, and found in himself a strong desire to answer that need—and he took some

action: He tried to do something about it even though it seemed impossible. He worked long hours, started with what he had in front of him, and gradually took on more and more, little by little.

The English author Thomas Carlyle said, “Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand.” And that’s what Jimmy Yen did. He started out teaching a few peasants to read, with no desks, no pens, no money, no overhead projectors. He started from where he found himself and did what was clearly at hand.

And that’s all you need to do. Start now. Start here. And do what lies clearly at hand. ❁

## A Ten-Cent Idea

Author Unknown, Source Unknown

When young F. W. Woolworth was a store clerk, he tried to convince his boss to have a ten-cent sale to reduce inventory.

The boss agreed, and the idea was a resounding success. This inspired Woolworth to open his own store and price items at a nickel and a dime. He needed capital for such a venture, so he asked his boss to supply the capital for part interest in the store.

His boss turned him down flat. “The idea is too risky,” he told Woolworth. “There are not enough items to sell for five and ten cents.” Woolworth went ahead without his boss’s backing, and he not only was successful in his first store, but eventually he owned a chain of F. W. Woolworth stores across the nation.

Later, his former boss was heard to remark, “As far as I can figure out, every word I used to turn Woolworth down cost me about a million dollars.” ❁



Y.C. James Yen (Chinese: 晏初, Yan Yangchu, 1890-1990). Yen, known to his many English-speaking friends as “Jimmy,” was a Chinese educator and organizer known for his work in mass literacy and rural reconstruction, first in China, then in many countries. After working with Chinese laborers in France during World War I in the 1920s, Yen first organized the National Association of Mass Education Movements to bring literacy to the Chinese masses. He then turned to the villages of China to organize Rural Reconstruction, most famously at Ding Xian, (or, in the spelling of the time, Ting Hsien), a county in Hebei, from 1926-1937. He was instrumental in founding the Joint Commission on Rural Reconstruction in 1948, which then moved to Taiwan. After 1949, Dr. Yen organized the Philippine Rural Reconstruction Movement and the International Institute of Rural Reconstruction. He returned to China in the 1980s but died in New York in 1990.

–Wikipedia



# Keep Your Goals in Sight

Author Unknown, *A 2nd Helping of Chicken Soup for the Soul*

**W**hen she looked ahead, Florence Chadwick saw nothing but a solid wall of fog. Her body was numb. She had been swimming for nearly sixteen hours.

Already she was the first woman to swim the English Channel in both directions. Now, at age 34, her goal was to become the first woman to swim from Catalina Island to the California coast.

On that 4th of July morning in 1952, the sea was like an ice bath and the fog was so dense she could hardly see her support boats. Sharks cruised toward her lone figure, only to be driven away by rifle shots. Against the frigid grip of the sea, she struggled on—hour after hour—while millions watched on national television.

Alongside Florence in one of the boats, her mother and her trainer offered

encouragement. They told her it wasn't much farther. But all she could see was fog. They urged her not to quit. She never had...until then. With only a half mile to go, she asked to be pulled out.

Still thawing her chilled body several hours later, she told a reporter, "Look, I'm not excusing myself, but if I could have seen land I might have made it." It was not fatigue or even the cold water that defeated her. It was the fog. She was unable to see her goal.

Two months later, she tried again. This time, despite the same dense fog, she swam with her faith intact and her goal clearly pictured in her mind. She knew that somewhere behind that fog was land and this time she made it!

Florence Chadwick became the first woman to swim the Catalina Channel, eclipsing the men's record by two hours. ❁

## Focus Your Thinking

By Brian Cavanaugh, T.O.R., *More Sower's Seeds*

**O**n a clear, bright sunny day, take a powerful magnifying glass and a stack of newspapers and go outside for an experiment. Hold the magnifying glass over a pile of crumpled pages.

the power of the sun's rays will never start a fire—if

But if you hold the allowing it to focus the beam of sun energy, you sun and multiply it through

Focusing also works with Try it and ignite your



Even though you are magnifying through the glass lens, you you keep moving the glass. magnifying glass still, rays in a concentrated harness the power of the the lens—starting a fire. your power of thought!

wandering ideas. ❁



# Helping Children Realize their **Dreams**

Web Reprint, adapted



**T**he dreams of childhood are many and varied. Many times, they are born of a fleeting fancy that is silly, funny, or impossible.

Other times a dream arises from within. It begins as a fleck of light in the heart, and grows until it is a consuming desire. This dream is not an idea for that mysterious time “when I grow up.” It is a dream for now. It is something the child wants to pursue today. It is something the child will fight for, work for, and save for. These are the dreams a parent needs to get behind and help to grow.

When a dream is born in the heart, I believe it should be nurtured, explored, and expounded on by both parent and child. A child who has a dream may not have the ability to explore the dream, or even the full capacity to express their desire, that is why an adult may need to be involved.

## What was your dream?

Think back to your childhood. What was your dream? Did you achieve it? Was it worth pursuing, even if it doesn't serve you today?

When I was four years old, I sat under the dining room table one day, planning out my life. Who I would be when I grew up. From those plans sprouted many dreams. One of those dreams was to learn to sew.

While learning to sew may not seem very spectacular, I knew what I wanted, and pursued it by every means available. I talked one of my grandmas into teaching me how to crochet, while the other one showed me how to embroider. Soon I was stitching doll clothes by hand. By the time I was seven years old, I was fairly proficient in most sewing related crafts. By high school, I made 90% of my clothing, plus quilts and gifts.

## Our children's dreams

Just today, my toddler has made it known to me that he wants to play the violin. Having heard of great composers, who began their journey at the tender age of two, I sat down with him, and let him feel the violin play. He is not ready for lessons, and won't be for awhile. However, he is ready for encouragement. After all, if mom believes he can, he won't have any reason to doubt his ability.

Encouragement was one of the greatest gifts my parents gave me even when they didn't understand my passion. It is a gift all children need. ❁

# The Birth of a Dream



Author Unknown

**W**ould you agree with the statement that a dream is born from an idea—a simple idea conceived in the mind?

Back in the 19th century, two brothers had an idea that eventually became their passionate and consuming dream. Their relentless pursuit of that dream was rewarded with an accomplishment that changed world travel.

On Friday December 17, 1903 at 10:35 AM, the Wright brothers (Wilbur and Orville) achieved their dream. They flew “the world’s first power-driven, heavier-than-air machine in which man made a free, controlled, and sustained flight.” This memorable feat took place at Kitty Hawk, North Carolina on a cold windy morning.

The dream started with an idea that was planted in their minds by a toy given to them by their father. In the words of the boys, “Late in the autumn of 1878, our father came into the house one evening with some object partly concealed in his hands, and before we could see what it was, he tossed it into the air. Instead of falling to the floor, as we expected, it flew across the room till it struck the ceiling, where it fluttered awhile, and finally sank to the floor.”

This simple toy made of bamboo, cork, and stretched rubber bands, fascinated the Wright brothers and sparked their lifelong interest in human flight.

The Wright brothers were great thinkers. They enjoyed learning new things. Initially, they recycled broken parts, built a printing press and opened their own printing office. Their interest moved to bicycles and in 1893, they opened the Wright Cycle Company

**“Whatever the mind can conceive and believe, it can achieve.”  
—Napoleon Hill**

where they sold and repaired bicycles. But Wilbur (the older brother) had his mind set on something more exciting.

He decided to pursue flying seriously.

The brothers spent many hours researching, testing their machines, and making improvements after unsuccessful attempts at human flight. What started out as a hobby soon became a passion. With determination and patience, they realized their dream in 1903.

The next time you hear or see an airplane or travel on one, remember where it all started. A simple idea conceived in the minds of two young men who did not finish high school. Believe it or not, they did not have a University degree in Aeronautical Engineering, Mathematics, Physics

or any other subject. They were not scientists in the true sense of the word. In fact, many of their peers who did not witness their accomplishment, had trouble believing that two bicycle mechanics from Dayton, Ohio did what they claimed.

What idea or ideas are YOU working on? Have you said you can't do this or that because you are not a scientist? Have you limited yourself by saying you are not smart enough? Or have

you joined the majority in saying that everything has already been invented or discovered?

Since the introduction of the first generation of personal computers in 1981, we are able to do many things more efficiently. With a super computer between your ears and the personal computer at your fingertips, your dream can be achieved. First, give birth to that dream with an idea. A simple idea that ANYONE of us can conceive! ❁

## Keep Your Goals Away from the Trolls

By Peter McWilliams, *Do It: Let's Get Off Our Butts*, adapted

There is a type of crab that cannot be caught—it is agile and clever enough to get out of any crab trap. And yet, these crabs are caught by the thousands every day, thanks to a particular human trait they possess.

The trap is a wire cage with a hole at the top. Bait is placed in the cage, and the cage is lowered into the water. One crab comes along, enters the cage, and begins munching on the bait. A second crab joins him. A third! Eventually, however, all the bait is gone.

The crabs could easily climb up the side of the cage and through the hole, but they do not. They stay in the cage. Other crabs come along and join them—long after the bait is gone.

Should one of the crabs realize there is no further reason to stay in the trap and attempts to leave, the other crabs will gang up on him and stop him. They will repeatedly pull him off the side of the cage. If he is persistent, the others will tear off his claws to keep him from climbing.

The crabs—by force of the majority—stay together in the cage. The cage is hauled up, and it's dinnertime on the pier.

The chief difference between these crabs and humans is that these crabs live in water and humans on land. The human crabs (we call them trolls) do not usually use physical force—they have more effective methods at hand and in mouth—doubt, ridicule, mockery, sarcasm, scorn, belittlement, humiliation, teasing, lying, and a dozen others not listed in our thesaurus.

The way to handle such people is the same method used by Jonathan Joffrey Crab on his clan. (Remember that book about the crab who wasn't content to walk around, he wanted to learn underwater ballet?) Jonathan, knowing the dangers of attempted departure from the cage, said, "Hey! This is fun! What a gathering of crabs! I'm going to go get some more!"—And he danced off to freedom. ❁



# Dreams

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

Dream as if you'll live forever.  
Live as if you'll die today.—James Dean

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.  
—Henry David Thoreau

Reality is wrong. Dreams are for real.  
—Tupac Shakur

A dream doesn't become reality through magic; it takes sweat, determination, and hard work.  
—Colin Powell

Dream no small dreams, for they have no power to move the hearts of men.  
—Johann Wolfgang von Goethe

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.  
—Harriet Tubman

Dreams are today's answers to tomorrow's questions.—Edgar Cayce

A man is not old until regrets take the place of dreams.—John Barrymore

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.  
—Anatole France