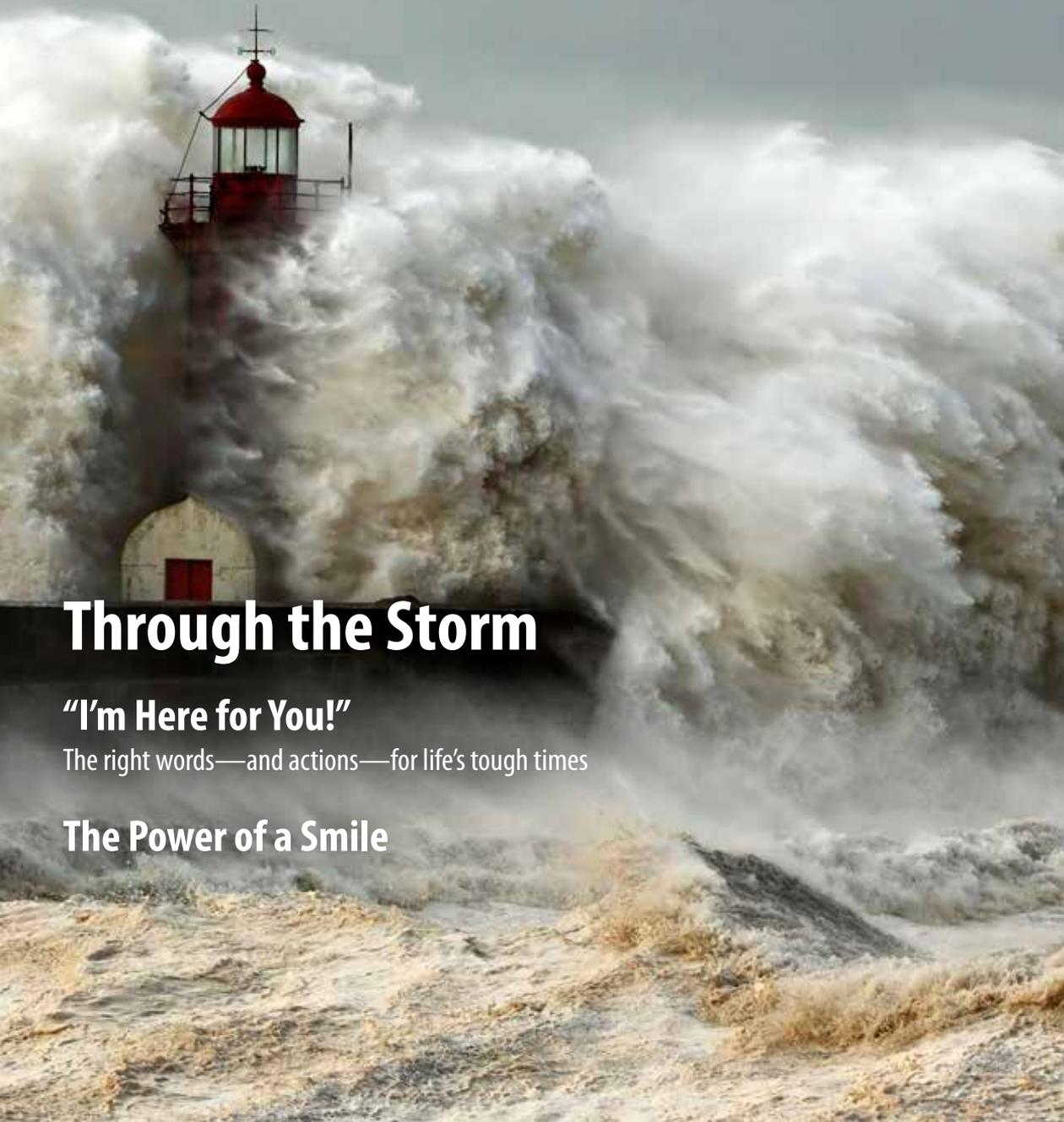


Volume 6, Issue 3

MOTIVATED

THE MAGAZINE THAT MOVES YOU!



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Motivated Vol 6, Issue 3
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A recent, sudden change in my circumstances left me scrambling to find new housing and additional employment, while at the same time trying to keep up with my work. As much as I tried to stay calm, I felt on the verge of panic. There just seemed to be no human way for me to sort everything out before the deadlines and due dates, and I felt pulled in every direction.

The topic for this issue of *Motivated* could not have been more appropriate. As I researched and compiled the content, one quote in particular stood out.

A spacecraft en route to the moon is off course 90 percent of the time. It's pulled back by the earth's gravity. It's continually drawn to one side or the other by other forces. But it has a built-in computer that has a singleness of purpose that homes in on the moon. The computer is making continual corrections to keep the spacecraft on target with its purpose and goal. Our lives are like that. If our eye is on our goal, if we have a singleness of purpose, nothing will stop us from getting to where we are going.—Dick Innes

Reading this helped me to take a deep breath, evaluate, and refocus. The challenges were still there, but focusing on the positive and concentrating on my goals lifted some of the pressure and made my situation look a lot brighter.

I also realized that I didn't need to face these problems on my own. God's care for me through the years reminded me that He is always there to help me, and when I confided in family and friends, they were all there to support me too.

I hope you will find similar support when you go through tough times, and that this issue of *Motivated* will have the same positive effect on you as it had on me.

Christina Lane
For *Motivated*

On Course



Adapted excerpts from an article by Sandy Snavelly

My husband Bud and I love to sail. When the water is calm and the wind is stable, sailing is a profoundly rich experience. Yet there are times when the water turns evil and the wind breathes terror through our veins like an invisible enemy.

One day, a sea condition appropriately known as a “widowmaker” interrupted our peaceful voyage. Five- to six-foot waves slammed against us, one right after the other, and we steadied ourselves for a bumpy ride.

Suddenly, Bud heard a sound that appeared to be coming from the bow. Straining to see forward through the water that the wind whipped around us, he discovered that our anchor had become dislodged and was banging against our hull. With each thud, the danger of beating a hole into the fiberglass increased.

Bud then did the most frightening thing I’ve ever seen him do. With neither a life jacket nor a lifeline, he made his way forward to the point of the bow, leaving me in the cockpit to man the tiller as he retrieved the anchor.

Wave after angry wave crashed over him. Steadying my focus on Bud, I

immediately began to plan what I would do to rescue him if indeed he went overboard.

The sound of my husband’s voice shouting to me through the storm broke the hold fear had on me: “Get back on course! Point her toward the marker!”

Prying my focus off my husband and setting my sights back to the marker was the most difficult order I have ever been called to obey. It went against all my instincts, but as I heeded Bud’s command, I was able to get us back on course. Bud fastened the anchor into its holder, and we were once again headed in the right direction.

We both learned a valuable lesson that afternoon: Danger lurks around every corner, and we can be distracted from our real goals, tempted to try to change the rules to solve what seem to be life’s more immediate crises.

But there are sound principles designed to bring us safely to our destination, if we are willing to trust them and not be swayed off course by sudden fears. We must be determined to study the charts, follow the rules, and steady the course, or we will end up over our heads in deep water when life’s storms hit. ■

8 Things to Remember When Everything Goes Wrong

By Marc Chernoff, adapted

Today, I'm sitting in my hospital bed waiting to have both my breasts removed. But in a strange way I feel like the lucky one. Up until now, I have had no health problems. I'm a 69-year-old woman in the last room at the end of the hall before the pediatric division of the hospital begins. Over the past few hours I have watched dozens of cancer patients being wheeled by in wheelchairs and rolling beds. None of these patients could be a day older than 17.

That's an entry from my grandmother's journal, dated 9/16/1977. I photocopied it and pinned it to my bulletin board about a decade ago. It's still there today, and it continues to remind me that there is always, always, always something to be thankful for, and that no matter how good or bad I have it, I must wake up each day thankful for my life, because someone somewhere else is desperately fighting for theirs.

Truth be told, happiness is not the absence of problems, but the ability to deal with them. Imagine all the wondrous things your mind might embrace if it weren't wrapped so tightly around your struggles. Always look at what you have, instead of what you have lost. Because it's not what the world takes away from you that counts; it's what you do with what you have left.

Here are a few reminders to help motivate you when you need it most:

1. Pain is part of growing.

Sometimes life closes doors because it's time to move forward. And that's a good thing because we often won't move unless circumstances force us to. When times are tough, remind yourself that no pain comes without a purpose. Move on from what hurt you, but never forget what it taught you. Stay patient and stay positive. Everything is going to come together; maybe not immediately, but eventually.

2. Everything in life is temporary.

Every time it rains, it stops raining. Every time you get hurt, you heal. After darkness there is always light—you are reminded of this every morning, but still you often forget, and instead choose to believe that the night will last forever. It won't. Nothing lasts forever. Every moment gives you a new beginning and a new ending. You get a second chance, every second. You just have to take it and make the best of it.

3. Worrying and complaining changes nothing.

Those who complain the most, accomplish the least. It's not over if you've lost; it's over when you do nothing but complain about it. If you believe in something, keep trying. Don't let the shadows of the past darken

the doorstep of your future. Spending today complaining about yesterday won't make tomorrow any brighter. Take action instead. Let what you've learned improve how you live. Make a change and never look back.

● **4. Your scars are symbols of your strength.**

Don't ever be ashamed of the scars life has left you with. A scar means the hurt is over and the wound is closed. It means you conquered the pain, learned a lesson, grew stronger, and moved forward. Don't allow your scars to hold you hostage. Don't allow them to make you live your life in fear. You can't make the scars in your life disappear, but you can change the way you see them. You can start seeing your scars as a sign of strength and not pain. See your scars as a sign of "YES! I MADE IT! I survived and I have my scars to prove it!"

● **5. Every little struggle is a step forward.**

In life, patience is not about waiting; it's the ability to keep a good attitude while working hard on your dreams, knowing that the work is worth it. If you want it, you'll do it, despite failure, rejection, and the odds. You will realize that the struggle is not found on the path, it *is* the path. And it's worth it. So if you're going to try, go all the way.

● **6. Other people's negativity is not your problem.**

Be positive when negativity surrounds you. Smile when others try to bring you down. It's an easy way to maintain your enthusiasm and focus. When other people treat you poorly,

keep being you. Don't ever let someone else's bitterness change who you are. You can't take things too personally, even if it seems personal. If you believe strongly in something, don't be afraid to fight for it. Great strength comes from overcoming what others think is impossible.

● **7. What's meant to be will eventually, BE.**

There are blessings hidden in every struggle you face, but you have to be willing to open your heart and mind to see them. You can't force things to happen. You can only drive yourself crazy trying. At some point you have to let go and let what's meant to be, BE. Laugh at the confusion, live consciously in the moment, and enjoy your life as it unfolds. You might not end up exactly where you intended to go, but you will eventually arrive precisely where you need to be.

● **8. The best thing you can do is to keep going.**

Don't be afraid to get back up—to try again, to love again, to live again, and to dream again. Don't let a hard lesson harden your heart. Life's best lessons are often learned at the worst times and from the worst mistakes. There will be times when it seems like everything that could possibly go wrong is going wrong. You might feel like you will be stuck in this rut forever, but you won't.

When you feel like quitting, remember that sometimes things have to go very wrong before they can be right. Sometimes you have to go through the worst, to arrive at your best. ■

Through the Storm

Author Unknown

She must have been six years old, this beautiful brown-haired, freckled-faced image of innocence. Her mom had on a pair of tan pants and a light blue knit shirt, with sneakers. She looked like a mom.

It was pouring outside—the kind of rain that gushes over the tops of rain gutters, so much in a hurry to hit the earth it has no time to flow down the spout. Drains in the nearby parking lot were filled to capacity or blocked. Huge puddles formed lakes around parked cars. We all stood there under the awning or just inside the door of the store. We waited—some patiently, others aggravated because nature messed up their hurried day.

Her voice was so sweet as it broke the hypnotic trance we were all caught in. “Mom, let’s run through the rain,” she said.

“What?” Mom asked.

“Let’s run through the rain!” she repeated.

“No, honey. We’ll wait until it slows down a bit,” Mom replied.

This young child waited about another minute and repeated her statement.

“Mom, let’s run through the rain.”

“We’ll get soaked if we do,” Mom said.

“No, we won’t, Mom. That’s not what you said this morning,” the young girl said as she tugged at her mom’s arm.

“This morning? When did I say we could run through the rain and not get wet?”

“Don’t you remember? When you were talking to Daddy about his cancer, you said, ‘If God can get us through this, He can get us through anything!’”

The entire crowd became dead silent. You couldn’t hear anything but the rain. We all stood quietly. No one came or left in the next few minutes. Mom paused and thought for a moment about what she would say.

“Honey, you are absolutely right. Let’s run through the rain. If we get wet, well, maybe we just needed washing,” Mom said.

Then off they ran. We all stood watching, smiling, and laughing as they darted past the cars and through the puddles. They held their shopping bags over their heads just in case. They got soaked. But they were followed by a few believers who screamed and laughed like children all the way to their cars, perhaps inspired by their faith and trust.

And yes, I ran too. I got wet. I needed washing. ■

The Power of a Smile

By Vera Wade, adapted excerpts

A smile is one of the most obvious and effective methods of non-verbal communication, and one of the first things someone will notice about you. A smile, both physically and subconsciously, transmits the message, “I’m happy you’re here and I’m happy to see you.”

A recent survey revealed people’s true feelings when giving and receiving a smile. One survey respondent said, “It makes me feel good and special when I receive a smile and it puts me in a happy mood. My automatic reaction is to smile back.” Another respondent said, “When I smile at someone I feel like it’s a good deed done for the day. You never know what a smile could mean to someone.”

Here are some other reasons to smile:

✓ **Smiling changes our moods.**

Next time you are feeling down, try putting on a smile. There’s a good chance that you will feel happier.

✓ **Smiling is contagious.** A smiling person brings happiness with them, so if you smile a lot you will draw people to you, and they will often pass your smile onto someone else.

✓ **Smiling relieves stress.** Stress can really show up on our faces. Smiling keeps us from looking tired, worn out

and overwhelmed. When you are feeling stressed about something, put on a smile.

✓ **Smiling boosts your immune system.** When you smile, immune function improves because you are more relaxed. The better it works the less likely you are to catch a cold or the flu.

✓ **Smiling lifts the face and prevents aging.** Don’t opt for a face lift; instead just try smiling through the day. You’ll look and feel younger.

✓ **Smiling helps us to stay positive.** When we smile, our mind is sending the rest of our body a message that life is good. To ward off depression, stress and worry—start smiling. ■

A smile costs nothing but gives much. It enriches those who receive it without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich that he cannot get along without it, and none is so poor that he cannot be made rich by it. Yet a smile cannot be bought, begged, or stolen, for it is something that is of no value until it is given away. Some people are too tired to give you a smile. Give them one of yours, because no one needs a smile as much as he who has no more to give. —Author Unknown



Helping Children Cope

By Sharon M. Danes, adapted

Losing a job or income affects all members of the family. Adults frequently become so preoccupied they forget that tough times have an emotional and financial impact on their children also. Children depend on their parents for emotional security. When parents are tense, upset, and inattentive, much of this security is gone.

Reduced income can mean sudden lifestyle changes for the entire family. There's less money to spend, so decisions must be made on how to spend what's there. It may mean other family members must find jobs. There may be less family time.

Unemployment can mean a parent

is home more, which might call for adjusting schedules and space. It may involve a move for the family.

Whatever changes tough times bring, all family members feel the impact. Discussing these feelings and concerns as a family is important.

Family Communication

Communication has two parts—talking and listening. Each must occur for communication to be successful.

As families undergo changes in their lives, they need to talk about them. This includes adults and children. People who are not ashamed to express fears, anxieties, and sorrows and to seek help

from others, deal with crisis the most successfully. Children who learn this at a young age will be more likely to cope with stress as adults.

Being able to discuss and vent angry feelings can help keep those feelings from creating more severe problems, such as emotional difficulties, family violence, or substance abuse.

Listening is as important as talking. Everyone needs someone to listen to them—someone who supports them and allows them to openly express feelings. Sometimes a person can find a solution or discover the sources of stress through talking. The listener should not feel obligated to give advice, analyze, or have all the answers. Listening and responding with concern and understanding may be all the help that is needed.

Open communication within the family is vital to good relationships. During stressful times, we frequently need people outside the family willing to listen when we need to vent our feelings.

In some families, listening without judging is difficult because we want to help, but we have strong feelings and opinions. Also, family members are sometimes too busy or preoccupied to be good listeners. Taking the extra effort to listen actively is important.

Tips for Helping Children Cope

Even though you feel overwhelmed with your own problems, as a parent you can help your children cope with stress. Here is a list of tips for helping children cope:

✓ You can help your children best by first helping yourself. Try to gain control

of your own stress; then you are ready to help your children.

✓ Provide your children with information about your family's situation in a way that is within the child's understanding. Don't keep the income loss a secret from children and other family members, despite the urge to spare them or "save face."

✓ Recognize symptoms of stress that may affect your children: sleeplessness, diarrhea, withdrawal, headaches, and/or angry outbursts. Encourage the child to share feelings and fears. If you feel ineffective in helping your children manage stress, talk to their teachers, a school psychologist, counselor, religious leader, or mental health professional.

✓ Promote a balanced diet and get adequate rest and plenty of exercise to guard against health problems.

✓ Try to keep other major changes to a minimum. Too many changes at once can be overwhelming. However, some changes, such as a move, may be unavoidable, so try to keep them in perspective.

✓ Help your children focus on the positive aspects of their lives. Look at family and personal strengths and draw on talents and contributions of all family members. Recognize these contributions, no matter how small.

✓ Hold a family discussion on how the income loss affects money available for extra activities and allowances. Talk about family spending priorities. Discuss how each person will help control family spending.

✓ Spend family time together doing low-cost or no-cost activities that family members enjoy. ■



“I’m Here for You!”

The right words—and actions—for life’s tough times

By Julie Weingarden Dubin, adapted

When someone we know suffers a loss or is going through a difficult situation, we’re often not sure what to say. Sometimes we ramble or, worse, say nothing and avoid the person. But that doesn’t help at all, and it leaves us dragging around a ton of guilt. The next time you’re struggling with how to help, try these comforting words and ways to show you care:

Your neighbor’s husband has passed away.

SAY THIS: “I know what a profound loss this is for you, and I want you to know I’m here if you need me.” Or you might say, “We all miss him—he touched so many people’s lives,” and then add a happy memory, such as, “I still remember the time he suggested

grilling in the middle of that downpour in January; it was the best barbecue we ever had.” That kind of reminiscence “gives the mourner a terrific gift,” says Florence Isaacs, author of *Just a Note to Say... The Perfect Words for Every Occasion*.

DON'T SAY: “He lived a long life.” For the mourner, the life may not have been long enough, says Isaacs.

SHOW YOU CARE: Be specific when offering help, Isaacs advises, because the grieving person is usually numb. For example, ask, “Would you like me to pick up your relatives from the airport?”

Your friend tells you she's getting divorced.

SAY THIS: “I’m your friend, and I’m always here for you.” Even if you’re burning to ask about details of the split, don’t. “You can validate your friend’s pain and commiserate with her without having to know all the details of the divorce and without stating your opinion,” says June Paris, coauthor of *But I Didn’t Mean That! How to Avoid Misunderstandings and Hurt Feelings in Everyday Life*.

DON'T SAY: “I never liked him anyway,” because the two of them could get back together, and more than likely your friend will not forgive you, says Isaacs. Besides, it would be best, of course, if they remained amicable.

SHOW YOU CARE: Go with your friend to her court date or lawyer appointment so she knows she has someone to lean on. Invite her out shopping or to a museum. She’s probably losing a large part of her social life, Isaacs points out.

Your sister-in-law has cancer.

SAY THIS: “I’m so sorry you have to go through this,” followed by a hug. Or gently ask, “How are you managing? How are the kids doing?” and let her talk about her fears and what she’s experiencing, says Isaacs.

DON'T SAY: “Everything is going to be OK.” You can’t promise her recovery, explains Paris. Also, don’t give medical advice unless you’re a doctor; that’s not what she needs from you.

SHOW YOU CARE: Offer to drive her to the hospital, do her shopping or bring her meals. And remember, just because she’s ill doesn’t mean she’s lost her sense of humor. “Send her something to make her laugh and recall the good times,” Paris suggests.

A co-worker has been laid off.

SAY THIS: “I’m very sorry to hear the news.” Empathy goes a long way, notes Paris. You might also offer words of experience spoken from the heart: “Hang in there. Although it might take a little time, you will find another position that will be just right for you.”

DON'T SAY: “Try not to worry.” A job loss is all about worry, and denying your colleague’s feelings won’t help.

SHOW YOU CARE: In addition to words of encouragement, you can assist with the job search. For example, pass along names of helpful contacts. “She’ll appreciate your effort,” says Paris. And who knows? She may even return the favor one day. ■

For Tough Times



Tough times never last, but tough people do.—Robert H. Schuller

A problem is a chance for you to do your best.—Duke Ellington

Prosperity is a great teacher; adversity is a greater. Possession pampers the mind; privation trains and strengthens it.—William Hazlitt

The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.—Ulysses S. Grant

I smile when I look back at the troubles that have strengthened me. What seemed to be insurmountable struggles then are now beautiful ornaments illuminating my soul.—Dodinsky

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.—Michael Jordan

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.—Henry Ford

The brook would lose its song if you removed the rocks.—Fred Beck

Flowers never emit so sweet and strong a fragrance as before a storm.—Jean Paul Richter

Even when life isn't good on the outside, you have an option to make it good from the inside out.—Terri Guillemets

The bravest sight in the world is to see a great man struggling against adversity.—Seneca

