

Volume 6, Issue 8

# MOTIVATED

THE MAGAZINE THAT MOVES YOU!

## A SINGLE STEP

**5 Steps to Success in Life**

**Parenting from the Heart**

Real-mommy resolutions



# CONTENTS

# FROM THE EDITOR

3

**A Single Step**

4

**For the First Time**

5

**5 Steps to Success in Life**

6

**Mallory's Mountain**

7

**Notebooks and Planners**

8

**Parenting from the Heart**

Real-mommy resolutions

10

**Live Today**

12

**Notable Quotes**

Moving forward

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No one knows what the future holds. We're quick to wish someone happiness and all the best at the beginning of a new year, but we actually have very little control over how things will play out.

It's good to plan ahead and lay solid foundations in our personal and professional lives, but we know from the start that the future will have unforeseen events and circumstances that we may not be able to avoid or change.

Perhaps in addition to wishing others happiness, we could also wish them courage and faith to face whatever the future may hold.

Whether you are about to start a New Year, a new career, or another event that's a first for you, the articles in this issue of *Motivated* are sure to encourage you that every day can be a fresh new beginning.

Here's to faith and courage, and a bright and happy future!

Christina Lane  
For *Motivated*

# A SINGLE STEP

By Milutin Bunčić, adapted

A couple of years ago, I took an English teaching training course. My first language is Croatian, and I had been working as a professional translator and interpreter for over 20 years, so I spoke English on a daily basis and was quite happy to do some freelance English teaching from time to time.

However, I eventually realized that a teaching diploma would open more opportunities, and would also make it possible for me to teach and help those less fortunate to learn a new language. The good news is that since taking this training course, I've been able to pursue those opportunities I was looking for.

I've worked with both adults and children, and I empathize with the trepidation and fear experienced by those who feel inadequate and unable to learn a new language, which is why I often build my lessons around a pithy, motivational quote. This one, "A journey of a thousand miles begins with a single step" by Lao-tzu, is one of my favorites.

Starting out is always the hardest. When we are about to try something new in our lives, we often see it as a huge mountain in front of us, and we may just "know" that we will never be able to climb it.

True, it can be a daunting sight, especially when we compare ourselves with those who have been at the top for some time. But when we are able to overcome the initial fear and take that single step, we may just find ourselves on the road to victory. ■

## Fresh New Year

Another fresh new year is here,  
Another year to live.  
To banish worry, doubt, and fear,  
To love and laugh and give.

This bright new year is given me  
To live each day with zest,  
To daily grow and try to be  
My highest and my best.

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs.

—William Arthur Ward (1921–1994)



# For the First Time

Author Unknown, adapted

I'm tired of the old idea of living today as if it were my last.

What about the first day?

There's so much emphasis put on memories. The moments we remember, both good and bad, seem to make us who we are and influence how we react to the present.

I love to remember. I love to slip away from reality and go somewhere I've been, be with people I miss, and stay awhile there inside my yesterdays.

It's nice to remember, but dangerous to stay

there too long. By doing so we often miss the "now" events that could one day be a treasure to return to.

Today I thought about my favorite "firsts."

The first time I saw my children after they were born. The first time I tasted coffee. The first time I heard a song I love. The first time I saw my wife, and the first time I saw an eagle fly.

I love the feeling of remembering, but oh, the thrill of the "first time" for anything.

Instead of remembering, I thought how exciting it would

be if I could experience the beauty of everything around me as if it were the first time. How thrilling it would be to see the wonder in a sunrise... for the first time.

Think about all that you value in your life and pretend for a moment that you could awaken tomorrow and experience them once more...for the first time.

Now, think about this.

Imagine how exciting it would be to treat everyone you meet tomorrow like it was the first time. Oh, not pretending like they don't know you and you don't know them. But how

Experience the beauty of everything around you—the people, places, things, and events—with fresh eyes.



about making a real effort to “see” them. A chance to really pay attention to who they are and what they bring to your life. Imagine taking the time to re-discover why you love them, why you call them friend, why you enjoy their company so much.

Let’s take it a step further. I challenge you to see the world around you tomorrow for the first time, too. The house you live in, the car you drive, the neighborhood, the trees, the birds, and your pet, too.

Imagine your first bowl of chips, glass of orange juice, lasagna and fresh

salad. Go to the local florist and buy some roses, and sit in your kitchen and touch them, smell them, for the first time.

Everything in your life, everyone in your life, was once a “first time.”

Tomorrow, I dare you to appreciate all of it again like it was the first time.

Oh, yes. First thing in the morning head into the bathroom and stand in front of the mirror and see yourself for the very first time, too. I mean really see yourself up close, inside and out as if you never met before.

Begin by introducing yourself. Yes, you are going to talk to yourself. But here are the rules.

Don’t talk about what you do for a living, if you are married or if you have children. Talk about you, what you love, feel, and believe...not your labels.

If you can truly see yourself for the very first time, then the rest of the day will be incredible.

Yes, I’m tired of the old idea of living today as if it were my last.

The real excitement would be in living today as if it were my first.

You know, I am really excited about tomorrow! ■



Web Reprint, adapted

**W**e all want success in life. Whether it's success in business or family or just success in overcoming a bad habit. The destinations may be different but the steps to getting there are all the same. I've laid out the 5 steps that I've found, over the years, to be essential to success in life.

### **1. Make the decision to stop being average**

This is one of the most important steps to success in life. You may know about setting goals, but many people overlook the importance of this first step. You need to make the decision, once and for all, to stop letting yourself be just another average Joe. This is the time to decide if you are really serious about being successful in anything you do. It requires the ability to think and act outside the box and being willing to make the changes necessary to reach your goals. So pull away from the herd and start thinking for yourself.

### **2. Realize your dreams**

If you can, close your eyes for a moment, take a deep breath, and try to relax. Try to push all thoughts out of your mind. Now ask yourself a question and try to be honest with yourself when you answer. Ask yourself, "If I could change anything in my life, what would it be?" This can be anything, where you live, what you do for a living, anything. After you've answered your question, paint a picture in your mind of what this changed situation would look like. Think of the details, the sights, smells, etc. Now that you have this image in your mind, open your eyes and write down a couple of paragraphs that describe what you've envisioned. This is your dream.

Now, when I say dream, I don't mean THE DREAM, the one and only dream of your life. I mean A DREAM. One of many. Each thing in your life that you want to improve on or change starts with A DREAM and this is one of them. You

can use this method to clarify or realize anything that you want to change. But if you don't clarify what you want, it will be very hard to get it, let alone know whether or not you've already got it.

### **3. Set goals**

We have all heard about the importance of setting goals. Well, it's true, but how do you go about doing this. Let's start by defining what a goal is. A goal, in this case, is a set guideline of when and how to complete a task. So if your goal is to reach your dream, then you would decide what needs to happen and how quickly you can and want it to happen.

So get that pen and paper out and make a list of all the things that need to be done to reach your dream. Then, under each item, decide what needs to happen or change for that particular task to be accomplished. Finally, make a time frame for these items. Each item is a mini goal to accomplish the picture you've already painted.

### **4. Find ways to stay motivated**

Now, the hard part. The first three steps are very easy compared to this one. Anybody can do what we've already talked about. But what sets apart the average person from the successful one is the ability to consistently put forth the effort to accomplish their goals. That is where motivation comes in. You need to learn the skill of keeping that fire burning inside you. Without this fuel of desire and a clear resolve you'll be dead in the water in a week.

Try to find what works and stick with it. If reading this article helps you stay motivated, then make sure to read it on a regular basis. If exercising keeps your confidence up and your energy high, then don't miss a workout. Whatever it takes, find what works and stick with it. And, whenever you feel your drive start to fade, or you start questioning why you're doing what you're doing, just go back to that pad of paper and re-read your description of your dream. This will often re-ignite the fire and get you back on track.

### **5. Enjoy the process!**

Just as important as the first 4 steps, this one requires little effort but is often missed. Notice that I didn't say, enjoy yourself when you reach your dream. You don't want to feel like you are slaving away for the mirage in the distance. The process should be rewarding on its own as you are seeking to get the most out of every day.

All throughout your life you will be working on "that next goal," so if you are only happy when you reach it, you will never be happy, because there will be a new one right around the corner. Success in life is not about reaching a final destination, but instead it's the process of constantly upgrading your life to a better version.

If you are just grazing with the herd, I don't blame you for feeling down. But if you are in the process of pursuing the life that you desire for yourself and your family, then I hope that you find yourself satisfied RIGHT NOW as well as in the future. ■

# MALLORY'S MOUNTAIN

By Koos Stenger, adapted

When someone asked the famous mountaineer George Mallory why he wanted to climb Mount Everest, he simply stated: "Because it is there."

Didn't he know that staying home would have been a whole lot safer? Didn't he care about the dangers, the hardships, and the risks?

Sadly, a mysterious accident befell Mallory and his climbing companion in 1924 while attempting to reach the summit of Everest; his body was only found 75 years later. He had literally died trying. Still, I have an inkling that if he'd had the chance, Mallory would have tried again. Vision is never risk-free, but it carries its own rewards.

Most of us wouldn't mind standing on top of a mountain, but it's the journey to the top that worries us, the sacrifices involved that make us waver. On the other hand, to those who have vision, even the journey is exciting, part of the reward. Only those who conquer mountains will see the world in a new perspective. As amateur mountaineer Henry Edmundson said, "There is the sheer beauty of the landscape that you never saw before, the mystery of what's beyond the next bluff, the muffled roar of a torrent a thousand meters below, the stillness of the late afternoon and the intense companionship when you share this dream with others."

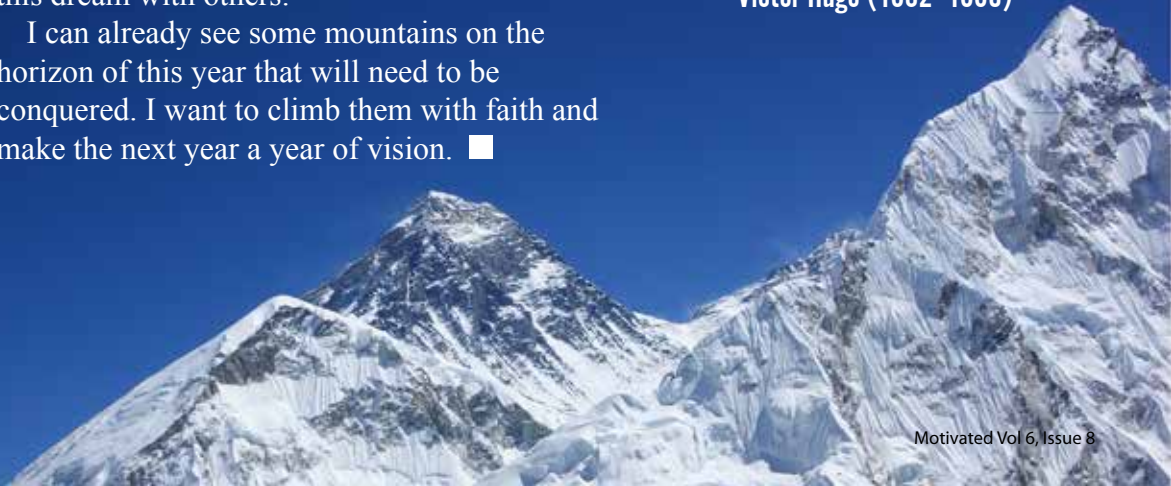
I can already see some mountains on the horizon of this year that will need to be conquered. I want to climb them with faith and make the next year a year of vision. ■

If you cannot understand that there is something in man which responds to the challenge of this mountain and goes out to meet it, that the struggle is the struggle of life itself upward and forever upward, then you won't see why we go. What we get from this adventure is just sheer joy.

—George Mallory (1886–1924)

These men go up the mountain, enter into the clouds, disappear, and reappear. The road is uneven, its difficulties constant. ... As they rise, the cold increases. They must make their ladder, cut the ice, and walk on it, hewing the steps in haste. The air becomes difficult to breathe. ... The lightning plays about them ... No matter, they persevere. They ascend.

—Victor Hugo (1802–1885)





# NOTEBOOKS & PLANNERS

By Anna Perlini

Ever since my school days, one of my greatest thrills has been to start a new notebook. That first nice-smelling white page, all clean and perfect, without wrinkles or dents, was so inviting and promising! It could be because I wasn't always so neat, so here was another chance to finally improve my handwriting, or simply because I was excited about starting something new. Inevitably, as the days passed, I got sloppy again and couldn't wait to throw away that notebook and start another new one.

Later on, I transferred this feeling of anticipation to new yearly planners. They came in all sizes and types—from the big, thick, luxurious ones to the small, humble pocket-sized that fit nicely into my smallest purse, then to the electronic ones that simply did away with paper altogether.

A few years ago, something changed in my perspective. Due to increasing responsibilities in my work, which required a higher level of organization, I also started using a large wall planner that allowed me to see the whole year ahead at a glance and start filling out the main upcoming events.

That's when my focus also changed. I felt the need to have a yearly vision and not just a nice first few clean and perfect pages at the very beginning. It's great to start off all excited, with great propositions and the best of intentions—they do say that well begun is half done—but I've been learning that it's just as important to project all the way to the end goal, measure my strength, and realize that it's going to take quite a few steps to get there, not to speak of the inevitable falls along the way.

With this in mind, the best pages could come around the end, or anywhere, for that matter.

Let's live each day to the fullest and make each day memorable.

## **Some ideas for Planners:**

Dayviewer, free on-line planner: <https://www.dayviewer.com/>

At-a-Glance pocket planners: <http://www.ataglance.com/>

# REAL-MOMMY RESOLUTIONS

PARENTING  
FROM THE HEART



By Sasha Emmons, adapted

**H**ere are some real-mom, doable resolutions we can start putting into practice anytime and try to keep up throughout the year.

## Don't Say "Don't"

I want to reduce how often I use the word "don't." That means I'll say, "Please be kind to your brother" instead of "Don't talk to him that way." I think it's better for our relationship that I am not always the source of negative reminders. When I do say "don't" for an important reason, maybe it will stick more since they are not barraged by "don'ts" constantly.—Laura

## Put a Cap on Your Work Day

I will try never to check e-mail after 6 p.m.—even though it never stops coming in. I want to let the day's tasks, hassles, and responsibilities slowly melt off me as I become present for my daughter. The computer got my attention all day—now it's my daughter's turn.—Jaine

## Everyone Goes Green

I've recently committed to being more eco-conscious and would really like to share that with my children,

as it's their future world that will be affected by this. One small thing is that instead of sending greeting cards this year, I've had my kids help me compile digital slideshows from pictures we've taken throughout the year. We emailed these to friends and family. We'll do this for birthdays and other holidays this year as well! —Alice

## Make Exercise Fun

One of my sons is an athlete, but the other is not. I want to make sure he doesn't learn to dislike physical activity just because he's not on a sports team. I want to try to find more ways to sneak non-competition related exercise into my days with the boys—more bike rides, more walking scavenger hunts, and more silly relay races.—Katherine

## A Little More Patience

Every mommy probably makes this promise—to be more patient with my kids. I hate when, at the end of a long day, I start snapping at them and issuing threats. I am going to try to have a little more patience this year.—Jessica

What are your parenting resolutions? ■

# Choose

Choose to love, rather than hate.  
Choose to smile, rather than frown.  
Choose to build, rather than destroy.  
Choose to persevere, rather than quit.  
Choose to praise, rather than gossip.  
Choose to heal, rather than wound.  
Choose to give, rather than grasp.  
Choose to act, rather than delay.  
Choose to forgive, rather than curse.  
Choose to pray, rather than despair.

—Author unknown

Make the choice to embrace this day.  
Do not let your TODAY be stolen by  
the ghost of yesterday or the To-Do  
list of tomorrow! It's inspiring to see  
all the wonderfully amazing things  
that can happen in a day in which you  
participate.

—Steve Maraboli

# LIVE TODAY!

By Virginia B.



Someone has said that today is a marvel of opportunity, sandwiched between two thieves, yesterday and tomorrow! Today, this very day, is one of the most wonderfully precious things you will ever have.

You can have faith for almost anything if you'll take it a day at a time.

Today you can do some of the things that you've been putting off for so long. You didn't do them yesterday, and may not have the chance to do them tomorrow, but today is yours! Today you can be the kind of person you always dreamed you'd be "tomorrow."

Your yesterdays are gone, and none of their disappointments should be dragged into today. Tomorrow is still unborn and you shouldn't borrow from it. Today is filled with golden opportunities and ripe with great possibilities! This is the golden tomorrow that you dreamed about yesterday. ■

# Moving Forward

NOTABLE  
QUOTES



Whatever you do, or dream you can, begin it. Boldness has genius and power and magic in it.—Author unknown

Take the first step in faith. You don't have to see the whole staircase, just take the first step.—Martin Luther King

A great accomplishment shouldn't be the end of the road, just the starting point for the next leap forward.  
—Harvey Mackay

Some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity.  
—Gilda Radner

I think there is something more important than believing: Action! The world is full of dreamers. There aren't enough who will move ahead and begin to take concrete steps to actualize their vision.—W. Clement Stone

Your past is important, but it is not nearly as important to your present as the way you see your future.  
—Tony Campolo

Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.—Mother Teresa

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon—instead of enjoying the roses that are blooming outside our windows today.—Dale Carnegie

Resolve to make at least one person happy every day, and then in ten years you may have made 3,650 persons happy, or brightened a small town by your contribution to the fund of general enjoyment.—Sydney Smith

The only limits to the possibilities in your life tomorrow are the “buts” you use today.—Les Brown

