

Volume 7, Issue 4

MOTIVATED

THE MAGAZINE THAT MOVES YOU!

THE RIGHT CHOICE

Parenting from the Heart

Teaching kids the skill of decision-making

How to Make Wise Career Choices



- 3** **The Right Choice**
- 4** **5 Reasons Why It Is Critical to Follow Your Heart**
- 6** **Of Ice Cream and Dreams**
- 7** **The Key to Making Wise Decisions**
- 8** **Parenting from the Heart**
Teaching kids the skill of decision-making
- 10** **How to Make Wise Career Choices**
- 12** **Notable Quotes**
Never stop learning

Issue Editor

Motivated Vol 7, Issue 4
Christina Lane

Design

awexdesign

**Contact Us:
Email
Website**

motivated@motivatedmagazine.com
www.motivatedmagazine.com

Copyright © 2015 by Motivated,
all rights reserved

Our lives often go through seasons that bring different sets of challenges and opportunities. We cope with stresses and make decisions to the best of our abilities, but we can't know what the future holds, and past performance is no guarantee of future success. If you're anything like me, you may feel a little lost sometimes, and wonder how to proceed and make the right decisions for yourself, your family, and your future.

I found myself in a situation recently where I knew I had to seriously consider changing jobs for practical and financial reasons. There were several options and directions for me to choose from, and I wondered how I could possibly know which one was best. One provided more security, but the other opportunity offered the experience I wanted.

I ended up choosing the less lucrative job option, and I believe I did the right thing. I've been very happy in my work, and this particular job experience is teaching me a lot. As time goes on, I may have to make yet another change and choice, but for now I am content with the decision I made.

Perhaps there are changes—personal or professional—happening around you too that require you to choose between different options. If so, I hope the articles on different ways to make decisions in this issue of *Motivated* will inspire and encourage you, and make it easier for you to make the best choices—the ones that are right for you.

Christina Lane
For *Motivated*

The Right Choice

By Elsa Sichrovsky, adapted

The summer when I was twelve, my father surprised my younger sister and me by announcing that he had a different plan for our summer holiday. Instead of planning our vacation, he gave us the money that he had set aside, and let us decide what to do with it. We could save it, spend it as we pleased, or use it for a five-day vacation at the lake. After some discussion, my sister and I told Dad that we wanted to go on the lakeside vacation.

But immediately after making the decision, I felt a cloud of doubt descend. Suppose I had not made the best choice? Perhaps the money would have been better spent on something else? Then a series of severe typhoons and family emergencies forced us to delay our vacation until the next summer, which added fuel to my worries. Maybe this was all too much hassle?

When I voiced my feelings to Dad, he assured me that while I was free to change my mind, fears and doubts were a natural part of making decisions. “Just because you feel uncertain doesn’t mean you’ve made the wrong choice,” he said.

Encouraged by his words, I decided to wait and for everything to work out in good time. Sure enough, a year later we were enjoying the time of our lives at the lake!

But I brought home more than happy memories and mementos; the experience taught me important lessons that have since helped me many times when I faced bigger and

more important decisions with higher stakes.

I learned that hardly any decision can be made without taking a risk; yet being willing to take that risk is crucial to arriving at a wise choice. Having difficulty reaching a decision—and feeling worried or uncertain about it afterwards—is natural, and a wild storm of emotions is not an indication that I should not have made the voyage, or that my boat will sink.

By being patient, and with God’s help, I will reach my destination in good time. ■



5 Reasons Why It Is Critical to Follow Your Heart

By Natalie Nixon, adapted

One of the greatest gifts my parents gave me was when I was a university sophomore, and had to choose a major. I was terrified of making a “wrong” decision. They told me, simply, to “study what you love. Opportunities will come to you.”

That directive to follow my heart was incredibly freeing. A load was lifted from my shoulders, and to this day, I practice what my husband and I refer to as “the law of momentum”. We made up that term. For us, it just means, you keep going through the door that opens, rather than banging on a door that may be shut to you. It could be that you’re not naturally gifted in a particular area, or that it feels more like work than fun. In short, you know you are following your internal nudge, or intuition, where there is more of a flow, which is at the core of creativity.

As a university professor, I see too

many people who practice the habit of ignoring the internal nudge, instead of the habit of obeying the nudge, that internal voice. University is too expensive and life is too short to not obey the nudge imperative. If your heart is telling you to study painting and not accounting, then do it—and vice versa.

William Duggan has written about the three types of intuition that spark human achievement in a business context in *Strategic Intuition*:

- 1) Ordinary intuition, which is very instinctual;
- 2) Expert intuition, which comes in the form of a trained response; and
- 3) Strategic intuition, which is commonly referred to as a flash of insight.

My default is to practice all three, whenever possible! It is no accident that some of the entrepreneurs we look up to the most, were those who kept following

the nudge to do something based on an instinct, not based on evidence of what was physically manifest. For example, Steve Jobs' decision to study calligraphy for 18 months at Reed College consequently made him more attuned to aesthetic detail, and subtlety as a technologist.

Now granted, following your heart and obeying the internal nudge can often feel like a luxury. How do you pursue that path when there are bills to pay, and expectations from parents/family/society (fill in the blank) to which you feel compelled to live up to? Indeed, following your heart doesn't initially seem to be the path of least resistance.

Here are 5 reasons why it is imperative that you follow your internal nudge:

Intuition gets sharper with more use. The internal nudge is intuition, and intuition at its basic form is all about pattern recognition. It is a form of human radar, and it gets dull if you continually ignore it and push it aside. Intuition gets clearer, more reliable, and more melodious the more regularly you tune into it. Intuition is at the heart of many a brilliant business decision, joint venture, and exit strategy. Sometimes logic and rationale cannot supply the evidence we need to make a move forward, backwards, or sideways.

Regret sucks. Ever made a decision, small or large, to not follow your heart, and then wondered "What if?" It's not a good feeling. Whenever I am at that crossroads I try to imagine myself in the scenario "A" where I gave it a try, and then the scenario "B" where I did not. Whichever one I can envision myself happiest, is the path I take. Typically it

is the choice to go for it, scenario "A", because I think regret is one of the worst emotions in the world.

Gain respect and admiration at unexpected times and places. Obeying the internal nudge forces you to practice new habits of honoring who you are—versus honing the practice of procrastination. For example, some school leavers might feel nudged to travel, or pursue other activities, to gain some experience, rather than go to university straight away.

It will catch up with you. If you don't follow your heart, it is not like following the path of least resistance gets easier. Not obeying the internal nudge just makes you more numb and complacent with a nagging feeling that something is amiss. Why go through that at the end of your life, when you could face it head-on in youth or middle age? It is never too late to stop, be still, take stock, and begin listening to that inner voice.

Acute clarity about who you are and where you are. When you practice obeying your internal nudge, you'll most likely be happier, and so will those around you. You will have a clear and unapologetic sense of purpose while simultaneously craft an openness and expectancy with ordinary encounters. What better way to work with others or lead a new venture!

I am so happy that I decided to study Anthropology and Africana Studies those many years ago! No one ever had to tell me to work harder, get up earlier, or stay later. And that lens continues to serve me well in my work today. When you follow the internal nudge, you develop a magnetic energy, and opportunities really do come to you. You might say it's a practice that could save your life. ■

OF ICE CREAM AND DREAMS



By Bonita Hele, adapted

It was vacation time, and my husband and I were driving with another family to a beach resort 16 hours from home. We started before the sun was up, but by noon we were still only about halfway.

We couldn't use the aircon, because the car had had a recent engine overhaul, and it was getting hot. The long car ride was starting to wear on the other couple's three young sons, so we decided it was time for a break.

We found a roadside restaurant and bought a round of coffee for us adults, and ice cream for the kids. Jerry, the youngest, had just turned three. He was eager to pick his own ice cream, and decided on vanilla on a stick, dipped in chocolate.

"He's going to make a mess," one of his parents cautioned. "It's okay," said the other. "This is the one he wanted. Let him enjoy it."

With great interest we watched the race between Jerry and the heat. Jerry clutched his ice cream with both hands, trying his best to eat it before it melted. The chocolate covering kept up a strong pretense, but the vanilla ice cream slowly dripped down Jerry's arms and onto a strategically placed plate. The more it

dripped, the tighter Jerry held it. Finally, the chocolate shell couldn't withstand the pressure and imploded, leaving a mound of melted goop and a little boy distraught at his loss.

His mother picked him up, wiped away his tears, and cleaned up the mess. Then she ordered another ice cream for him—this time in a bowl and with a spoon.

As we continued our drive and I thought about what had just taken place, the event took on new significance. How many times have I had my mind set on something that I was sure was good for me, some dream or desire? My entire focus was on that one thing. Then when I later find myself holding a mound of melted dreams that I'd held too tightly to, I wipe away my tears, and finally accept what would have been better for me, but which, in my intense focus, I hadn't given a second thought to.

Life is like that. We are constantly faced with making decisions and choices. It's wise to consider all options and not get too focused on just one, and to consider the consequences of our choices before we finally decide.

So, which will it be—the stick or the bowl? ■

THE KEY TO MAKING WISE DECISIONS

By Jonathan Wells, adapted excerpts

Of all the valuable life skills a person can develop, the ability to make wise decisions ranks at the very top. No other skill has such a dramatic impact on our quality of life! And yet, society and education often don't teach us these skills.

Have you ever wondered why such an important life skill presents such a formidable challenge to so many? Have you struggled with this challenge personally? Thankfully, we can all improve our ability to make decisions with the application of a few basic principles.

What influences the process of making decisions? One of the reasons people struggle when it comes to making decisions is that there are so many things to consider. We have our personal wants, financial impact, the effect on our friends and family, and so on. This alone can be overwhelming.

Then there's the pressure from outside influences. For example, advertisers work very hard and use every psychological trick in the book to influence our decisions in their favor.

Once we really look at all of the different aspects of making decisions,

we can see why so many struggle with this life skill. In fact, the seeming complexity of the process can easily lead to procrastination and indecision.

Now that we've examined some of the reasons why decision making can seem so complicated, let's simplify it.

The real basis for making better decisions. One important key to making wise decisions is to consider the consequences. Every decision you have ever made, or will ever make, has consequences. Once we learn to consider that our decisions have consequences, other considerations will fall into place also.

Ask simple questions like: If I do this, what will be the likely result? If I choose this course, what are the consequences going to be?

Be wise when making decisions; don't over-complicate it. Regardless of the way you've made decisions in the past, you can start making wise decisions now. Carefully think things through before you decide. This simple practice will help you avoid untold pain and regret. Soon, others will marvel as your life remodels itself around the beneficial consequences of your wise decisions. ■

TEACHING KIDS THE SKILL OF DECISION-MAKING

PARENTING
FROM THE HEART



By Carolyn Warnemuende, M.S.

Teaching wise decision-making begins during toddler hood. One of my daughters used the words good idea and bad idea when teaching her boys about decision-making. When one of them would start toward the TV or another off-limits object she would say, “Is that a good idea or a bad idea?” As one of the children would begin doing something he

wasn't supposed to, he would say, “Bad idea. Bad idea.” Even if she was not watching, she would hear the words and intervene.

Like other effective parenting practices, teaching wise decision-making takes time. There are steps that, when taken, give children the tools to use when making decisions on their own.

1. GIVE REASONS.

Before parents ever begin teaching children about making their own decisions they need to talk about what is or isn't acceptable behavior, and why. For example, when babies begin to crawl they see bits of fluff or small things on the floor and often put them in their mouths. When a parent sees this, instead of just saying, "No, no" they might say, "No, no. Let's leave the fluff on the floor as you might choke if you put that in your mouth." Even if the child is too young to understand what you mean, she begins to recognize there is a consequence to her behavior. Older children may not like hearing your reasons for not agreeing with their decisions, so you may want to use a short phrase or one word. Usually they will listen and think about what you've said.

2. BRAINSTORM

When teaching school-age or older children to make decisions, brainstorm. Ask them to think of as many reasons as they can for making or not making a particular choice. In this exercise no monitoring is necessary. Coming up with off-the-wall ideas helps them to narrow their choice to a reasonable one.

4. DISCUSS.

After a child has come up with a choice either for or against the issue she's deciding about, talk about it with her. Acknowledge her for the thought she's put into her decision. Give input as to why you agree or disagree with her choice, using an "I" message. You might say, "I agree with your decision because...." or "I can see why you would like to make that choice. On the other hand, I wonder

if you considered...." Offer options she may not have considered. Above all, be compassionate. Children want to make good decisions. They don't have the experience to always make the best ones. If they haven't made a good choice, guide them toward a better one without judging their ability.

5. LET HER TRY.

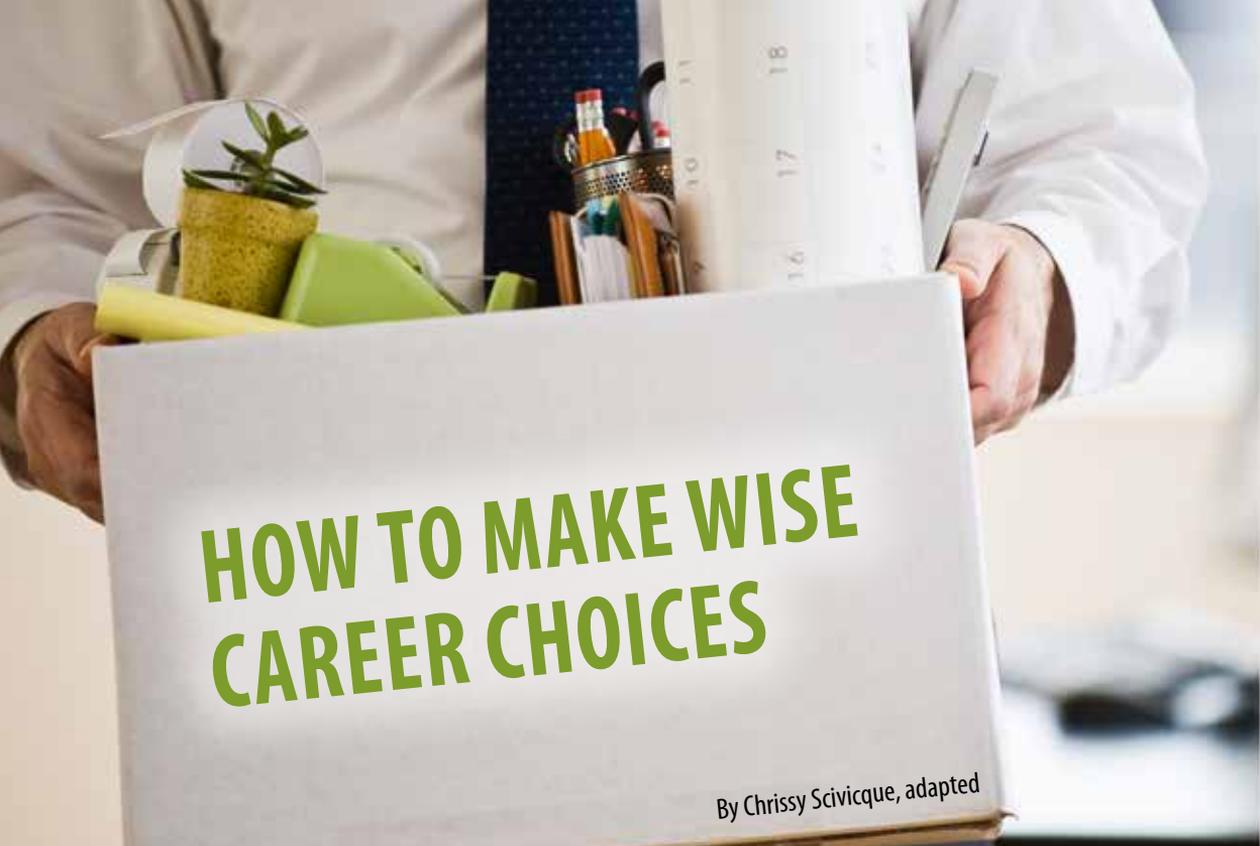
Once a child has made her decision, let her try it out unless it is harmful to herself or another. She will experience the consequences of her choice, and that will help her decision-making process in the future.

When the outcome of her choice is positive, rejoice with her and let her know that you are pleased that her decision was a good one. If the consequences aren't as positive as she had hoped, be understanding. Help her analyze what didn't work, and how she might decide differently in the future.

6. ACKNOWLEDGE.

Regardless of how decisions turn out, children need to know that you appreciate their efforts. Let her know that you are there for her, and will be, as she makes future decisions.

Children, especially older ones and teens, will make many decisions on their own. Sometimes they turn out well; sometimes they don't. This is all part of the maturation process. Do the best you can with assisting your children to learn the process of effective decision-making. Then be there to support as they experience the ups and downs of growing up. ■

A person wearing a white lab coat is holding a white box. Inside the box, there are various office supplies including a green pen holder with pens, a small potted plant, and some papers. The box has the title 'HOW TO MAKE WISE CAREER CHOICES' printed on it in large, bold, green letters. Below the title, it says 'By Chrissy Scivicque, adapted' in a smaller, black font.

HOW TO MAKE WISE CAREER CHOICES

By Chrissy Scivicque, adapted

Life is full of choices. Some require little thought or reflection—like the choice of what to eat for dinner—while others demand rigorous deliberation. When it comes to your career, you’ve likely already made several difficult choices in the past and will undoubtedly face many more.

There is a natural give and take in every decision. Usually, whenever something is gained, something else is lost. In order to make wise choices, you must weigh the risks against the potential rewards. You must make predictions and assumptions and, at times, great leaps of faith. Choices are rarely ever black and white, all good or all bad, clearly right or clearly wrong. They are complicated and multi-dimensional; prisms through which no two people will see the same world.

As with most things in life, putting in

the effort on the front end is the best way to reduce the potential for disappointing results on the back end. There is no guarantee, of course. Even the most thoughtful decisions have been known to backfire. A choice is, most often, nothing more than a best guess—a hopeful step in a new direction.

So, when facing a career choice, whether big or small, how can you make sure you’re approaching the situation with the appropriate level of consideration? How can you ensure your “guess” is truly the best you can do? Below, I’ve outlined a few points to remember in your decision-making process.

Choices reflect values.

Your life is the result of your choices. Every choice shapes your reality and is a reflection of who you are, what you value

and what you want. Making choices that conflict with your underlying values will inevitably lead to restlessness and dissatisfaction. If you aren't happy with the choices you've made in the past, evaluate your values and what motivated your decision. More than likely, there was a disconnect.

Emotions influence choices.

Recognize the role that emotions play in your decision-making process. Though it's unrealistic—and unhealthy—to suppress emotions, it's helpful to understand how they influence your behaviors. Look for the messages beneath the emotions; let your heart and your head work together to find the best solutions.

Don't rush yourself.

Anxiety and urgency almost always have a negative impact on decision-making. Don't let a ticking clock push you into a choice you haven't properly evaluated. Sure, you likely don't have an infinite amount of time with which to work, but avoid placing unnecessary deadlines on yourself. Be thorough and balance your desire for a quick resolution with your need for a well thought-out decision-making process.

NOT making a choice is still a choice.

You can't simply ignore a decision that has to be made and expect it to go away. Choosing not to choose is an abdication of power, but it's still a choice in its own special way. It's the choice to observe rather than participate, which isn't necessarily a bad thing. There are times when you're better off simply

letting a situation run its course without attempting to steer it in any direction. Sit back, allow events to unfold, and let the path form naturally.

Refuse "either/or" dilemmas.

There are always more options. When you trap yourself in limited thinking, you fail to see the real opportunities. Don't place artificial restrictions on yourself or the possibilities the world has to offer. When you face an "either/or" dilemma, look for the grey space in between. This isn't an empty void; it's a deep and endless well of potential.

Build trust.

Trust in yourself, trust in others, and trust in God. Have a little faith that everything will work out well, whether or not the future looks exactly the way you had imagined it. Remember that change is constant and you have the resources to manage whatever comes along. Your choices have consequences that shape your reality; you always have the opportunity to make different choices in the future and create a new reality for yourself.

Remember that a well thought-out choice is never wrong, no matter what happens. It might be tempting to blame yourself when things don't turn out the way you had anticipated, but this accomplishes nothing. Don't dwell in regret. Simply accept the lesson and move on. Take what you've learned with you and use it the next time you face a difficult choice in your career or elsewhere in life. ■

Choices

Man cannot discover new oceans unless he has the courage to lose sight of the shore.—André Gide

Decision is the spark that ignites action. Until a decision is made, nothing happens. Decision is the courageous facing of issues, knowing that if they are not faced, problems will remain forever unanswered.—Wilferd Peterson

“Sir, what is the secret of your success?” a reporter asked a bank president.

“Two words.”

“And, sir, what are they?”

“Good decisions.”

“And how do you make good decisions?”

“One word.”

“And sir, what is that?”

“Experience.”

“And how do you get experience?”

“Two words.”

“And, sir, what are they?”

“Bad decisions.”

— Author Unknown

We make our decisions, and then our decisions turn around and make us.

—Frank Boreham

Never make a permanent decision based on a temporary storm. No matter how raging the billows are today, remind yourself, “This too shall pass.”—T. D. Jakes

Men must be decided on what they will not do, and then they are able to act with vigor in what they ought to do.—Mencius

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

Don't ask God to guide your footsteps unless you are willing to move your feet.—Author Unknown

