

Volume 9, Issue 8

MOTIVATED

THE MAGAZINE THAT MOVES YOU!

LOVE IN THE WORKPLACE

Opportunities for Love

Parenting from the Heart

Teaching self-esteem to kids



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Love

In modern English, the word “love” conveys a range of emotions, but the classical Greeks were more precise. They had four words that have all been translated as “love” in English:

Storgē roughly fits our English word “affection,” especially the type of affection within families.

Philíos was used for a general type of virtuous, dispassionate love—the type that inspires loyalty. Today, it’s an equivalent of “friendship.”

Éros was a passionate love, the kind that exists in a healthy marriage or intimate relationship.

Agape, the fourth word for love, made its appearance in Greek literature to describe the deepest kind of love, and reinforces the idea that *agape* is a selfless, giving, and unconditional love.

Reading the articles in this issue of *Motivated*, which illustrate love in various and practical ways, encouraged me to strive for the kind of love that makes a difference—both in my own life, and in the lives of others. I hope it makes you think of ways to show more love to others around you, too.

Christina Lane
For *Motivated*

**Issue
Editor**

Motivated Vol 9, Issue 8
Christina Lane

Design

awex

**Contact Us:
Email
Website**

motivated@motivatedmagazine.com
www.motivatedmagazine.com

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Love in the Workplace

By Sally García, adapted

No, I'm not talking about coffee break romances, but rather about whether it's possible to run a successful business with love. An article in the *Harvard Business Review* suggests that it is. ["Can You Really Power an Organization with Love?" Duncan Coombe, *HBR*, August 1st, 2016] It uses the analogy of the computer. Love should be the *operating system (OS)*, and the other business strategies—sales, marketing, distribution, etc.—the *apps*. The apps are the most visible working part of the computer, but they're only stable if there's a strong OS.

The famous Peruvian chef and restaurant entrepreneur Gastón Acurio says, "We don't want to be the most avant-garde. We just want to make people happy." [Interview with Bárbara Muñoz for *El Mercurio*, Chile, July 2nd, 2016] Though Gastón has won international awards, he teaches his cooks not to only be goal-oriented. He believes that if his cooks enjoy their work, serve in love, and seek to make others happy, the customers will enjoy the results.

People know when they're genuinely cared for, and employees need to feel that their work is valued. We all do a

better job when we're appreciated. Even challenging an unmotivated worker can be a type of "tough love," if it lets them know you trust in their abilities and believe in their potential.

Generosity is another attribute of love in the workplace. Among the many ways to express love in a professional setting, this is one that seems counterintuitive. One of the most common suggestions for achieving your own goals is to help other people be successful in *theirs*. As we reach out to help others, our own world gets larger.

By endorsing Peruvian and Latin American ethnic foods, Gastón Acurio became well known for promoting his country's unique cuisine. As a result, Lima has become famous in recent years for its gastronomical tours. If Gastón Acurio had considered the other Lima restaurants only as competitors, his world might still consist only of his own local restaurant; but through his working with other chefs to promote Peruvian flavors overall, Lima's cuisine has obtained international fame, and so has he. ■

Opportunities for Love

Adapted from the Roadmap series of leadership articles.

There's an important and easily missed form of love that's manifested in the small matters. For example, helping a person in need, preferring them over ourselves, showing sympathy when someone is stressed or worried, offering a prayer, or being a listening and sympathetic ear.

When we choose to take the time to stop and help someone in need, when we show love and concern for someone hurting, when we give of what we have, we become more loving. We leave a legacy of love behind us as we pursue our path of life.

On the other hand, when we choose to focus only on our own goals, responsibilities, and concerns, ignoring the people around us, we become more self-centered and isolated, and we can end up wandering aimlessly about in our own universe. In the end, we're the sum total of the choices we make on a daily basis.

Each of us has opportunities to make choices based on love for others, on wanting to help humankind. Each day, we can do kind deeds. Putting ourselves in others' shoes and taking time to think about why people do what they do is a

lot more fulfilling than criticism, and it breeds sympathy, tolerance, and kindness. As a wise man once said, "God Himself doesn't propose to judge man until the end of his days. So why should you and I?"

There are many ways of showing love, and it will be up to each of us to take the time to reflect on how we can personally show more love. We may want to get a notebook or journal and ask ourselves a few questions, such as:

- How much love and self-sacrifice do I show on a daily basis? How do I stop and show love to those who need it?
- In what situations can I show pure love and unselfishness, even if it involves sacrifice, and even if there would be little or no return?
- When I don't feel like stepping out, when I feel the other person should be the one reaching out to me, am I still willing to take the first step?
- Am I willing to listen to others and show concern for their thoughts, ideas, and preferences? How can I incorporate this more into my life?
- How can I reach out more to others and add meaning to their lives? ■



An Enduring Romance

By Marie Alvero, adapted

I recently had the opportunity to be around a couple who had 35+ years of marriage under their belt. Watching the way they interacted with each other raised the marriage bar for me.

As we gathered to enjoy a meal outside, Jen came to the serving table to get a plate for Greg. “Greg loves asparagus!” she said, excited to be serving him something he enjoyed.

Later in the evening, Greg brought up Jen’s passion for gardening. “Jen, tell them about the fabulous vegetable garden you grew last year!”

Over the few days they visited with us, they carried on in this way, checking on each other, serving each other, laughing together, and thoroughly enjoying each other. All around were drawn into their circle of warmth and welcome. I was fascinated. I had to find out their secret. Could my marriage look like that after thirty-some years? Please tell me how!

I finally got a moment alone with Jen. “I can’t help but notice,” I said filled with curiosity, “how happy you and Greg are together. How do you keep your marriage so strong?”

She smiled. “Yes, things are pretty good with us! I can’t tell you any one secret to keeping a marriage strong and happy, but I can tell you that we started

out like most other couples, madly in love, and then disappointed when the daily grind of marriage wore away at our happiness. We fought and struggled for a while. Things weren’t terrible, but they weren’t great. We gathered some great tips here and there, but”—she paused and put her hand on my shoulder—“the real breakthrough came when we decided to both look for ways to give of ourselves, even to sacrifice. It was in the little things, like making his favorite meal even if I was tired, him stopping at the store for a few items when all he wanted to do was get home. Holding our tongues when we had a nasty comeback.”

She continued, “It was also in the bigger things, like letting go of some of our personal endeavors in favor of a family goal, or getting behind each other’s personal dreams. When you think about it, there are endless ways to give.”

And so I did think about it, and I saw a lot of room for improvement in my relationship with my husband. It takes effort to make someone else happy, to show that “greater love.” But I like that the trend of my marriage is changing. Our decision to try to give more than we take has set us on a path to deeper love and greater happiness. ■

TEACHING SELF-ESTEEM TO KIDS

PARENTING
FROM THE HEART



By Cozetta Lagemann, adapted

As a mom of three young and incredibly amazing kids, I want to make sure they grow up to love themselves in a way that I never learned myself. My sense of self-esteem had to be learned and cultivated as I became an adult.

For whatever reason(s), I just missed the boat on how to love and appreciate myself. This led to countless mistakes and painful decisions that quite possibly may have been avoided had I learned early on just how awesome and worthy I am as an individual.

Now, I wouldn't want to miss out on the priceless lessons that came from the life I've led, but my hope as a mom is to help guide my children down a different and less painful path, if possible.

I've turned my life's work and career into helping other moms learn how to love themselves. They, in turn, can show their children how to do the same, while

they're young and able to really absorb the lessons instead of having to learn it all firsthand later on in life.

My theory is that if you grow up learning how to love yourself and feeling safe and loved in your environment, you'll grow to be a happy, healthy, kind, compassionate, and loving adult. When the world is filled with people that feel that way, we'll see more compassion and kindness on a much grander scale. I don't know about you, but I absolutely want to live in a world like that.

Through years of observing and noticing what works best for me and my kids, I've come up with a list of my top five ways to teach our children how to love themselves.

1. Make them feel important.

When your kids want to talk to you, put aside what you're doing, look them in the eye, and be genuinely interested in what

they're talking about. It may only take a minute or two for the entire conversation, but it will make such a positive lasting impression on them. The last thing you want is for them to feel that your iPhone is more important than they are.

Also, say "I love you" all the time. No, it won't lose its effect if you use it multiple times throughout the day. Make sure that they never doubt that you love them. Even when they get a bit older and they seem like they're sick of hearing it, they're not. Keep saying it.

Another pointer: When talking to friends or relatives, I know it can be easy to vent about the latest trouble your children may have gotten into. Try to focus on the good, and make sure they overhear you praising and speaking highly of them.

2. Give them opportunities to stretch outside of their comfort zone.

If they normally like to take dance classes, encourage a soccer camp or music lessons. Letting your kids see that there's little to be afraid of when trying new things will give them the confidence to make this a lifelong habit. Who knows? This could encourage them to travel to foreign countries as young adults. These enriching experiences, paired with the confidence to pull it off, will result in more self-love.

3. Show them how to give to others.

When you give to others, whether your time or material things, you experience such a beautiful feeling. You feel warm and connected to others. You realize that those you are helping are important and worthy. In turn, you'll feel the same for yourself.

This shouldn't just be delegated to the holiday season, either. Make it last

throughout the year. I know life gets busy, but try to gently prioritize your life. What's truly important to you? Not to everyone else, but to *you*. This will help you find time for the things that you want to do and experience.

4. Encourage your children to see their strengths.

What are they really good at? The skills and strengths that we all possess are not necessarily traditional or obvious. You may have to dig a little to find those original and unique little nuggets, but once you do, you start to notice all of the areas that a particular strength comes in handy. It's pretty cool, actually. Do this activity together, and find your own strengths as well. Help each other out if you need to. That can be a really nice bonus, too.

5. Show them by example.

Take time for yourself, away from your responsibilities. Eat healthy foods. Spend time with positive and uplifting people. Speak highly of yourself and others. Cultivate a satisfying hobby. Exercise. Drink lots of water. Cultivate a positive mindset towards yourself and life in general.

Children learn by example. We can tell them to do these things over and over, but if they see us living in a way that contradicts our advice, they won't be nearly as likely to take it on for themselves. Not only that, but you'll be a happier mama overall, and have so much more energy to spend on numbers 1-4 above.

I hope these tips help you to encourage and teach your children to love themselves. The sky is the limit. ■

THE BOND OF KINDNESS

By Elsa Sichrovsky, adapted



When I think back on my unforgettable freshman semester in college, an image of a six-foot-five, lanky fellow with longish black hair comes to mind. Steve was a senior in my department, but we first met in a General Education course. He won my admiration by joining me in the front row, the spot avoided by most students. Although I barely recognized him, having only seen him a few times in the department office, he acknowledged me with a nod.

I had a two-hour gap before my next class, so I headed to the nearby reading room to prepare for my upcoming quiz on the *Odyssey*. To my surprise, Steve was already there, settled down with a coffee and poring over *The Merchant of Venice*. Apparently he had the same two-hour gap. I sat down opposite him and took out my textbook, too shy to say anything, having already learned not to cross the divide between seniors and freshmen. Steve sometimes looked like he wanted to say something, but didn't, so a slightly awkward, but almost friendly, silence reigned for the next two hours.

For several weeks, every Tuesday the two of us would sit opposite each other, studying in silence. Still, his companionable human presence eased the lonely hours of relentless memorizing and analyzing every college student is subjected to. His consistently focused academic performance was an excellent example to me as I struggled with the distractions and excitements of the great and complex world of academia. As the proverb goes, "As iron sharpens iron, so a friend sharpens a friend."

Finally, one hot day he wanted to turn on the electric fan in the reading room, and, being a gentleman, he first asked for my consent. In the conversation that followed, we discovered a shared love of Shakespeare, linguistics, and Mrs. Lee, the most popular professor in our department. He was glad to share helpful information on the freshman courses I was taking and recommended some interesting courses.

For the rest of the semester, our Tuesday study time was punctuated with light conversation and even jokes. We greeted each other in the hallways and took an elective together in the next semester. Steve had little to gain by chatting with me, but I realized that he not only saw our shared passion for learning, but also had compassion on me as a clueless freshman he once had been, and he didn't let social convention keep him from reaching out.

In my sophomore year, he graduated and we lost contact. However, I will always be grateful to Steve for what he taught me through his example: when social norms conflict with kindness, let kindness have the final say. A social norm that promotes exclusion, like the division between seniors and freshmen in my college, must be discarded in order to fulfill our responsibility to love those with whom we come in contact.

Furthermore, those quiet Tuesdays showed that a good friendship is not necessarily built on gregariousness or outward charm. All that a good friendship requires is mutual respect, combined with shared interests, and above all, the kind of love that binds us together in perfect harmony. ■

The Eccentric Couple

By Anna Perlini, adapted



I first met Danica and Milic over 13 years ago. They were already affectionately known as “the grandparents on the mountain,” because the name of the small village where they live, Suhodol, means “dry hill.” To reach it, you have to drive on a steep trail, and during harsh winters, there’s no way to get there by vehicle. They don’t have running water or indoor plumbing, and like many people in the area of Croatia bordering Bosnia, they have a sad story of fleeing from war and destruction, living in refugee camps, and finally returning home to their village and their burned-down house and having to start building a life again at an age when people usually retire.

In spite of hardships, their spirits are always high; and of course, they look forward to our visits, as these days very few people live in this isolated village. Once, we came across them washing their clothes in a freezing stream and gave them a ride back home. When they entered our van, we jokingly asked: “Where would you like to go? We can take you anywhere” “To Suhodol,” they proudly answered, “the best place in the world!”

Danica is feisty, Milic is meek, and together they are a funny, entertaining, eccentric, and lively couple. Despite being in their eighties, whether there be rain, sunshine, or snow, they’re busy tending to their land and sheep. I visited them countless times with other friends and volunteers, bringing them food and other necessities, but always leaving with more than what we brought in terms of priceless lessons and values.

A young girl was profoundly impressed by them and shared: “I hope that one day I can build something as valuable as they have.” At first, I was a bit puzzled at this comment, as Danica and Milic have hardly anything of any value, as much of what they owned was irredeemably lost. I wondered if she really understood their condition, and if so, what she meant.

She explained that what mostly impressed her was the love she saw in their eyes after so many years of being married and facing together all kinds of hardships and difficulties.

In a world where relationships are so volatile and commitments are easily broken, she considered that a most valuable accomplishment, and how could I not agree? ■

Kings and Queens



By Keith Phillips, adapted

Some years ago there was a popular song about righting all the wrongs in the world. I don't remember all the words, but the gist of it was, "If I were king of the world, I would do things differently." There would be no more war, or hate, or suffering, or any of the other evils that plague our planet.

It was a noble thought, at least on the surface, but it failed to take into consideration one important factor: we have each been given free will, free choice. In that sense, we are each "kings of the world." We may not rule over the whole world or be able to make a visible impact on the grand scheme of things, but it is given to us to rule our own personal world. Depending on how well we do at that, we may then be able to have a positive impact on the world around us.

As kings and queens we have both dominion and responsibility. Queen Elizabeth I of England said, "To be a king and wear a crown is a thing more glorious to them that see it than it is pleasant to them that bear it." In other words, it's not always easy to rule, especially not wisely and justly.

In fact, if you will take an honest look at your realm, I think you will realize that it's humanly impossible to always rule well. You can't always get it right, nor can you expect those around you to.

But the good news is that although we won't always get it right and will not be perfect from one moment to the next, God can help us moment by moment to have the love, humility, wisdom, understanding, and everything else we need to "rule justly" if we ask Him to. ■

Love

NOTABLE
QUOTES



Nowadays we think of a philanthropist as someone who donates big sums of money, yet the word is derived from two Greek words, *philos* (loving) and *anthropos* (man): loving man. All of us are capable of being philanthropists. We can give of ourselves.—**Edward Lindsey**

Sweeter than the perfume of roses is a reputation for a kind, charitable, unselfish nature; a ready disposition to do to others any good turn in your power.—**Orison Swett Marden**

The deepest principle in human nature is the craving to be appreciated.—**William James**

Kind words do not cost much ... yet they accomplish much.—**Blaise Pascal**

For one day, try to say as little as possible. Try to keep the focus away from yourself. Where you're tempted to tell a story, ask a question. Where you're tempted to say, "Oh, that same thing happened to me..." ask, "How did that make you feel?" ... At the end of the day, make a list of everything that you learned. How much would you have missed if you had spent the time talking about yourself?

—**Linda Kaplan Thaler and Robin Koval, *The Power of Nice***

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

—**Leo Buscaglia**

Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.—**John Wesley**

Love is the most durable power in the world. This creative force ... is the most potent instrument available in mankind's quest for peace and security.

—**Martin Luther King Jr.**

