

ISSUE 2

YOUTH ZONE



AN
**ATTITUDE
TEST**

THE
CHILDREN'S
**NOBEL
PRIZE**



THE
KING'S
LESSON

HOW2
INSPIRE
POSITIVENESS



A MOTIVATED PRODUCTION

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>> FROM THE EDITOR:

When you look up the word “positive” in a dictionary, you will find quite a few different definitions. Some of them include:

Optimistic: confident, focusing on good things rather than bad

Beneficial: producing good results

Encouraging: encouraging good behavior

When you read these and other definitions, it's pretty clear that being positive is a good quality to have and cultivate.

You might argue that it's not always easy to feel, be, and act positive and grateful all the time, especially when there are so many problems in the world around us.—And you're right, it isn't.

When I start feeling a little down like that, it always helps me to remember that there are many people worse off than I am, and that in fact, I have good reasons for gratitude. Reading about people who kept positive despite difficult circumstances also never fails to cheer me up.

In this issue of *Youth Zone* you will find stories and articles about and from people who learned to be positive and grateful. There are also tips and ideas on how to be a positive force for good.

If after reading this issue you too have a story to tell about the power of being positive, please write us about it.

We always appreciate hearing from you at youthzone@motivatedmagazine.com.

Christina Lane

FOR YOUTH ZONE

An Attitude Test

By Leena Pekkala, adapted

When my brother and I were children, we spent a few weeks each summer in the countryside. Our childless uncle owned a big house there and didn't mind having children around, so of course our parents were happy to let us visit him for a few days at a time.

Our uncle was a geologist* and he loved to go on long walks to find stones for his collection at the university.

More often than not, we followed him. He had a housekeeper who

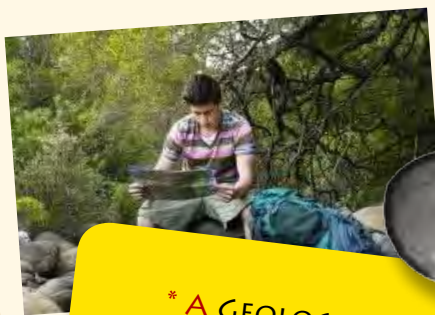
could cook like an angel and always gave uncle a big basket full of good food for those trips. We didn't mind sharing those goodies, and we eagerly awaited those excursions.

One day we left early and this time uncle had bought us backpacks. "You can help me carry the samples," he explained.

"Sure. Why not?" The whole day we walked around the countryside and every now and again uncle put stones in our bags. We were surprised when he also took some stones out from our bags at times, but figured he had just found better samples than the ones we already had.

Still, when we reached the house in the late afternoon, we were beat. The backpacks were so heavy we heaved a big sigh of relief when we thumped them on the porch. Yet, uncle's backpack was nearly empty.

* A GEOLOGIST IS
SOMEONE WHO STUDIES
THE SOLID EARTH, ITS
ROCKS AND MINERALS.



"Why did you give us so many stones?" we asked.

"I didn't. You did," he said cryptically. He waited for a while before continuing. "You did not know it, but I made you go through a little attitude test today."

"What do you mean with attitude test?" we wanted to know.

"It is something someone once did to me—and I shall always remember it. You see I listened to every word you said, and whenever you were complaining about anyone or anything, I added a stone to your bags. Whenever you talked about something with a grateful and positive attitude, I took a stone out of your packs. Now look at your backpacks."

We did. They were almost bursting at their seams.

"I hope you remember this little attitude test. You see, your negative thoughts are like stones. You carry them in your mind just like those stones in your backpack. The more negative thoughts, the heavier your mind is. A positive thought, however, cancels a negative one. So take another look at those bags and start paying attention to what you say and how you say it."

This little lesson was one of the most important I ever learned, and I remember uncle with great love for teaching us one of the most important lessons in life—the power of attitude.



TRY THIS:

TAKE A NOTEBOOK WITH YOU, AND THROUGHOUT THE DAY RECORD THE RESPONSES OF 10 PEOPLE WHO YOU APPROACH WITH A SPONTANEOUS AND SINCERE COMPLIMENT. BE SPECIFIC!

OBSERVE AND RECORD HOW THE PERSON WAS BEFORE AND AFTER YOUR COMPLIMENT. AT THE END OF THE DAY, REVIEW YOUR NOTES AND SEE HOW CHEERFULNESS AND OPTIMISM CAN MAKE A DIFFERENCE.

Read more:

THE FIZZ TEST FOR LIMESTONE ROCKS

EXPERIMENT

Many rocks can look alike. Sometimes telling the difference between a limestone or marble and other rocks, such as shale and quartzite, can be difficult. One way geologists test the rocks is by performing the acid or "Fizz" test.

YOU WILL NEED:

- Household acid such as lemon juice or vinegar (lemon juice works best)
- Eye dropper or straws
- Hand magnifier
- Notebook and pencil
- Camera (optional)

STEP 1:

Before you begin, practice focusing your handmagnifier and make sure you take a close-up look at the surface texture of your rock, so you can note the changes after the fizz test.

STEP 2:

Drop, using a straw or dropper, or pour your acid on one rock sample at a time. Look through your hand magnifier right away to see the bubbles. The bubbles will be small so look closely.

INTERESTING FACT:

A geologist is someone who studies the earth, rocks in particular.

What's interesting about rocks is that they can tell us a lot of things about the history of the earth, as well as what is happening to the earth right now—and a lot more is happening than you may imagine! If you think the earth is solid, think again. Mostly, the earth is a big glob of liquid, and the solid part (crust) is actually very thin. If the earth was an apple, the crust would only be as thick as the peel. All that hot liquid rock under our feet causes lots of interesting things to happen, and when it does, geologists are there to see it.

Geologists can also help us to understand about the history of the planet, predict volcanoes as well as earthquakes, and even find useful minerals in the earth. If you have petrol in your car, or gas for your stove, it is thanks to some geologist who found it deep inside the earth for you.

OBSERVE & DOCUMENT:

Do you see the bubbles? If so, what do they look like? The fizz is telling you that your rock is a limestone or contains calcite like limestone (coquina).

CHECK IT OUT:

Use other samples such as shale, slate, and quartzite to observe samples that should not "fizz." Mix up your samples and see if you can figure out what they are by using the fizz test!

To help us see
the bright side
of life

Positive Attitude Quotes

A cloudy day is no match
for a sunny disposition.
—William Arthur Ward

Some people are always
grumbling because roses
have thorns; I am thankful
that thorns have roses.
—Alphonse Karr

Become a
possibilitarian. No
matter how dark
things seem to be
or actually are, raise
your sights and see
possibilities—always
see them, for they're
always there.
—Norman Vincent
Peale

Every day may not
be good, but there's
something good in
every day.
—Anonymous

Say you are well, or all
is well with you, and
God shall hear your
words and make them
true.
—Ella Wheeler Wilcox

If you don't get everything
you want, think of the things
you don't get that you don't
want.
—Oscar Wilde

Your living is determined
not so much by what life
brings to you as by the
attitude you bring to life;
not so much by what
happens to you as by the
way your mind looks at
what happens.
—John Homer Mille

Things turn out best for
the people who make
the best out of the
way things turn out.
—Art Linkletter

Attitudes are contagious.
Are yours worth
catching?
—Dennis and Wendy
Mannering

The only disability in life is
a bad attitude.
—Scott Hamilton

Our attitude toward
life determines life's
attitude towards us.
—Earl Nightingale

Enjoy the little things, for one day you may look
back and realize they were the big things.
—Robert Brault

Oh, my friend, it's not
what they take away
from you that counts. It's
what you do with what
you have left.
—Hubert Humphrey

Try it!
Write your very own
"positiveness" quote here:

WORD PUZZLE

ACTIVITY

START WITH THE WORD 'FROWN' AND CHANGE IT TO 'SMILE'.
YOU CAN ONLY CHANGE ONE LETTER AT A TIME. FOLLOW THE CLUES.

1 FROWN

2 _ _ _ _ _

3 _ _ _ _ _

4 _ _ _ _ _

5 _ _ _ _ _

6 _ _ _ _ _

7 _ _ _ _ _

8 _ _ _ _ _

9 _ _ _ _ _

10 _ _ _ _ _

11 _ _ _ _ _

12 _ _ _ _ _

13 _ _ _ _ _

14 _ _ _ _ _

15 S M I L E

CLUES

1. A sad facial expression.
2. If you had done this you would have been a bird.
3. A river does this.
4. Some mistakes.
5. A place to live, but with no yard. (Plural)
6. Thin pieces of wood—for building a tree house!
7. The cracks in the floor of your tree house... great for spying on people.
8. When someone sends something flying out of their mouth.
9. An angry or mean feeling.
10. Be careful not to get hurt here.
11. Part of a bicycle wheel.
12. Cough, cough!
13. If you got in a fight you probably did this. (Old English, ask an adult.)
14. Means the same as the last one. (Present tense.)
15. You made it! Happy now?

Now see if you can find a shorter way of changing 'frown' to 'smile'. If you do, send it in.

THE CHILDREN'S NOBEL PRIZE

By Danielle Azzolina, adapted



Each year, prizes are presented to adults who accomplish great things in art, writing, science, and economics. So why not give awards to youth?

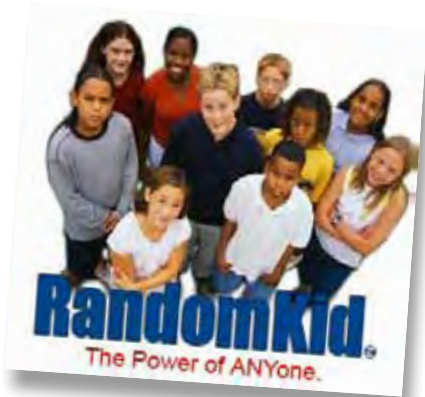
Harry Leibowitz asked himself that question in 1996. As an answer, he and his wife, Kay, created the *World of Children* organization and began handing out awards to youth and adults whose work has helped kids all over the world. The awards *World of Children* presents are nicknamed the "Children's Nobel Prize."

"You know, youth are so important," Leibowitz, a retired business executive, told me. "We should have prizes for youth if we're going to have prizes for everything else."

Talia Leman, from Iowa, received a 2008 *World of Children* Founder's Youth Award. At 10 years old and living in rural Iowa, Talia began empowering her peers to solve real world problems in 2005, when she helped organize fundraising relief efforts by children nationwide for victims of hurricanes Katrina and Rita. Children rallied by Talia ended up raising more than \$10 million. Wanting to do more, Talia then founded *RandomKid* (www.randomkid.org) a nonprofit organization that through its web site has helped children in 48 states in the U.S. and in 19 countries to develop funding solutions to real world problems. Examples include: Helping fund a school for 300 children in Cambodia; helping fund and refurbish a school for 200 children in Slidell, Louisiana; providing an interactive play center serving 500 hospitalized kids in Iowa; and, raising funds to buy water pumps in Africa. At 13, Leman started also helping peers develop fundraising strategies for their own social entrepreneurial ventures.

Talia never thought that the organization she founded would be as successful as it has become. "The goal for my first project was to raise \$1 million. That seemed really high, but when you reach a goal, you always wind up reaching higher—and we actually raised \$10 million." The money *RandomKid* raised provided help to the victims of hurricanes Katrina and Rita.

When asked what advice she would offer to other young people who want to help kids in need, she replied, "Well, I'd say the first thing would be to find an adult and tell them your idea," Talia said. "They're really the people who can help, and from there I think it can just really take off."



DO THIS ACTIVITY WITH
YOUR TEACHER OR WITH
YOUR PARENTS,
AND THEN GIVE THE
COOKIES TO SOMEONE
WHO YOU KNOW WOULD
APPRECIATE IT.

ACTIVITY

BUTTER COOKIES

PREPARATION:

Cream the butter and sugar together until light and fluffy. Add the egg and vanilla, beat until combined.

Sift in $\frac{3}{4}$ of the flour to the butter mix. Mix in well. You may want to use your hands as it can be hard to mix with a spoon. The mix should form a soft dough. If it is too sticky add a little of the remaining flour. Continue to add flour to the mix, mixing/kneading as you go, to get it to a soft dough.

Form into a log, and place in the fridge until firm for about 30 minutes.

Ask a grown up to preheat the oven to 375F (180C) degrees. Then line a cookie sheet with baking paper. Once the dough is firm, slice about $\frac{1}{4}$ inch thick. Bake for about 10 minutes or until golden brown (for a crunchy cookie), or 7 minutes for a softer cookie.

INGREDIENTS:

- 1 $\frac{1}{2}$ sticks (185 grams) butter, softened
- 1 cup soft brown sugar, firmly packed
- 1 teaspoon vanilla extract
- 1 egg
- 2 $\frac{1}{4}$ cup self-rising flour





BE THANKFUL



- If you woke up this morning with more health than illness, you are more blessed than the millions who will not survive this week.
- If you have never experienced the danger of battle, the loneliness of imprisonment, or the pangs of starvation, you are ahead of 900 million people in the world.
- If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than 75% of this world.
- If you have money in the bank or your wallet, and some spare change in a dish some place, you are among the top 8% of the world's wealthy.
- If you can read this message, you are more blessed than over two billion people in the world who cannot read at all.
- If you hold up your head with a smile on your face and are truly thankful, you are blessed because the majority can, but most do not.

THE GRATITUDE ATTITUDE

By Glen Hopkins, adapted

Life works in mysterious ways. There are many stories of people who were in a great crisis, but who ended up helping others who were experiencing greater turmoil. Once we help someone in greater need than ourselves, we always

feel better. When we help another human being, it forces us to change our mindset from focusing on our problems to focusing on their solutions. We should always focus on solutions, not the problems, and live with an attitude of gratitude.

Let's take a moment to think of five things that we are grateful for today. For example, our friends, our family, our school, our sense of smell, touch, sight, and sound. The list can go on. Imagine what our life would be like without these things. Let's write them down on a piece of paper and really think about the things we are grateful for. We will be amazed at how great we will feel!

A LESSON FROM HISTORY

Our ancestors did without sugar until the 13th century; without coal fires until the 14th century; without buttered bread until the 15th century; without potatoes until the 16th century; without coffee, tea, and soup until the 17th century; without pudding until the 18th century; without eggs, matches, and electricity until the 19th century; without canned goods until the 20th century.



NOW, WHAT WAS IT WE WERE COMPLAINING ABOUT?



Matthew Henry, a famous scholar (1662-1714), when accosted and robbed by thieves, wrote these words in his diary:

"Let me be thankful first, because I was never robbed before; second, because, although they took my bag, they did not take my life; third, because, although they took my all, it was not much; and fourth, because it was I who was robbed, not I who robbed."

- KEEP YOUR WORDS POSITIVE, BECAUSE YOUR WORDS BECOME **YOUR ACTIONS.**
- KEEP YOUR ACTIONS POSITIVE, BECAUSE YOUR ACTIONS BECOME **YOUR HABITS.**
- KEEP YOUR HABITS POSITIVE, BECAUSE YOUR HABITS BECOME **YOUR LIFESTYLE.**
- KEEP YOUR LIFESTYLE POSITIVE, BECAUSE YOUR LIFESTYLE BECOMES **YOUR DESTINY.**

Alfonso XII of Spain (born Alfonso Francisco de Asís Fernando Pío Juan María de la Concepción Gregorio Pelayo, 28 November 1857 – 25 November 1885) was king of Spain, reigning from 1875 to 1885. In November 1885, Alfonso died, just short of his 28th birthday, of tuberculosis.

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There was once a good king in Spain called Alfonso XII. Now it came to the ears of this king that the pages at his court forgot to ask God's blessing on their daily meals, and he determined to reprimand them.



He invited them to a banquet, which they all attended.

The table was spread with every kind of good thing, and the boys ate with evident relish; but none of them remembered to ask God's blessing on the food.



During the feast a beggar entered, dirty and ill clad. He seated himself at the royal table, and ate and drank to his heart's content. At first, the pages were amazed, and they expected that the king would order him away. But Alfonso said never a word.

When the beggar had finished, he rose and left without a word of thanks.

Then the boys could keep silence no longer. "What a despicably mean fellow!" they cried.

The king silenced them, and in clear, calm tones he said, "Boys, bolder and more audacious than this beggar have you all been. Every day you sit down to a table supplied by the bounty of your God, yet you ask not His blessing nor express to Him your gratitude."



THE END

DR. DAVID J. ABBOTT M.D.



Life is Good

Dr. David J. Abbott M.D. is an eye surgeon who worked overseas as an eye doctor for his entire professional career. Some of the countries he worked in are Kenya, Liberia, Panama, Puerto Rico, and Saudi Arabia. Dr. Abbott and his family also sailed around the world on their thirty-nine foot catamaran*. Dr. Abbott is an expert in expeditionary desert travel. He has driven more than one-hundred thousand kilometers in the deserts of Arabia and Australia using customized Land Rover Defenders.

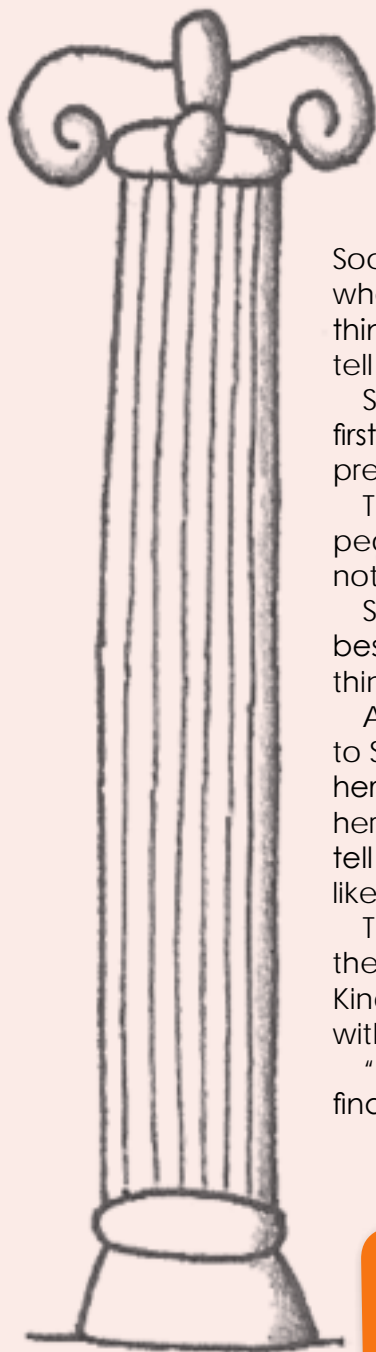
Dr. Abbot said, *Life is an awesome miracle. The fact that we are here on planet earth means that we won the lottery of life. We won first prize, and all of the living things that surround us are our most precious possessions.*

When I sailed around the world, the most important discovery I made was that life is good. Everything that's alive, including you, is a massive miracle. Don't waste your time complaining about the things in your life. Forget about your woes and worries, and instead, focus on the miracle of life. You are a miracle and you live in a miraculous world.

Read more at
www.positiveselftalk.com

*A YACHT OR OTHER
 BOAT WITH PARALLEL
 TWIN HULLS.

A Question for Socrates*



Socrates was sitting outside of the gates of Athens when a man came up to him and said, "I am thinking about moving into Athens. Can you please tell me what it is like to live here?"

Socrates replied, "I would be happy to tell you, but first would you please tell me what it was like in your previous home city?"

The man quickly roared, "Oh, it was awful. The people stab you in the back and rob you blind. I am not leaving any friends, only enemies."

Socrates frowned and sadly continued, "Well, you best be on your way because you will find the same thing here in Athens."

A little while later another man stopped to speak to Socrates and inquired, "I was considering moving here to Athens. Can you tell me what it is like to live here?" Socrates again replied, "I would be happy to tell you, but first would you please tell me what it was like in your previous home city?"

The man smiled and said, "Where I come from the people all work together and help each other. Kindness is everywhere and you are never treated with anything but the utmost respect."

"Welcome to Athens," smiled Socrates, "You will find the same thing here."

*Socrates was a classical Greek Athenian philosopher, who lived from 469 BC–399 BC.



Smile!

What good did it do to be grouchy today?

Did your frostiness drive any trouble away?

Did you cover more ground than you usually do,

Because of the grouch you carried with you?

If not, what's the use of a grouch or a frown,

If it won't smooth a path, or a grim trouble down?

If it doesn't assist you, it isn't worthwhile.

Your work may be hard, but just do it

—and smile!

CHEERFULNESS IS CONTAGIOUS,
BUT DON'T WAIT TO CATCH IT
FROM OTHERS. BE A CARRIER!

