

Volume 3, Issue 1

MOTIVATED

THE MAGAZINE THAT MOVES YOU!

Dare to Dream...

"Yes, I Can!"

Inspiring stories of people who proved the naysayers wrong

Goal-Getters

Helping kids reach their dreams



3

This Is My Dream...

4

“Yes, I Can!”

Inspiring stories of people who proved the naysayers wrong

The Kid Always Chosen Last

The Manager Who Couldn't Write

The Kid Stays in the Picture

“You're Studying Dirt”

8

Goal-Getters

Helping kids reach their dreams

10

Dare to Dream...

...with passion

12

Notable Quotes

Dare to be great

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“I have a dream...!” Most of us are familiar with these famous words, which became the name for the ten-minute speech calling for racial equality and an end to discrimination by Dr. Martin Luther King Jr. on August 28, 1963. Maybe the reason that these words still have such an impact on so many is because we all have dreams—dreams for our own lives, dreams for our children, dreams for the future—all kinds of dreams. Some of the dreams we secretly hold we may reason away and set aside as unrealistic notions.—But what if our dreams *could* come true?

When I edited the first issue of *Motivated* magazine, I had worked for over 20 years in developing countries, among people who lived under unfortunate and often difficult circumstances. Some were resilient, but many were discouraged and in need of a boost. Besides giving practical assistance to those who needed it, I wanted to do more; leave something with them that would somehow make a difference—something motivating.

When I shared my “dream” with my co-workers, along with the rough draft of the first *Motivated* issue and the idea to publish a magazine like this regularly, some thought it was a great idea, and others saw obstacles—financial and logistical.

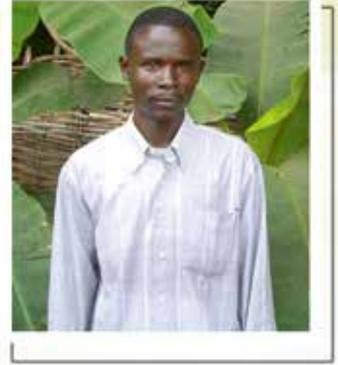
Today, as I write this editorial for the first issue of Volume 3 of *Motivated*, I am so glad I dared to keep on dreaming, faced the obstacles, and did not give up. Thanks to all those who dreamed with me and worked hard to make *Motivated* a reality, our magazine has been and continues to be an inspiration to many.

This issue of *Motivated* is dedicated to all those who dream “impossible” dreams and want to “leave the world a bit better.” I hope it will encourage you that with faith, vision, courage, initiative, and perseverance those dreams can come true!

Christina Lane
For *Motivated*

This Is My Dream...

By Younis Y.



Younis Y.

I grew up in a village on the African continent. In 1986, I started to go to school in my village. I had a wonderful time for the next 3 years. It was peaceful and there were no problems.

Then, in 1989, war broke out and I lost the chance to complete my primary education in the village that I thought I would never leave. We fled and lost everything that we had.

We finally reached the town that I live in now. Despite the shock of war and its negative effects, my family decided that my sisters and I should continue our education. It was very difficult, but where there is a will there is a way, and in the end, I got into University. It was very difficult for me to spend all that time in lectures, as I had to support myself. I had to work hard in the construction work I'd found, but in the end I graduated with a bachelor's degree in accounting. Some of my hopes and dreams had finally come true.

Not all of my dreams are realized yet. I would like to study abroad, and eventually get married and start a family. Until then I will continue to work in one of the war-affected areas with the humanitarian help organization that employed me.

But my biggest dream of all is that all people everywhere will learn to live in peace and harmony. The world was a good gift to all of us, into which we are born free and equal. If we can understand that, and give up wars, which have negative and long-lasting consequences for generations to come, the world will be a better place. ■



Two of Younis' nephews

"Yes, I Can!"

Inspiring stories of people who proved the naysayers wrong
From Reader's Digest, adapted

The Kid Always Chosen Last

By Lisa Miller Fields

Pudgy and shy, Ben Saunders was the last kid in his class picked for any sports team. "Football, hockey, tennis, cricket—anything with a round ball, I was useless," he says now with a laugh. But back then he was the object of jokes and ridicule in school gym classes in England's rural Devon County.

It was a mountain bike he received for his 15th birthday that changed him. At first, the teen went biking alone in a nearby forest. Then he began to pedal along with a runner friend. Gradually, Saunders set his mind on building up his body, increasing his speed, strength, and endurance. At age 18, he ran his first marathon.

The following year, he met John Ridgway, who became famous in the 1960s for rowing an open boat across the Atlantic Ocean. Saunders was hired as an instructor at Ridgway's School of Adventure in Scotland, where he learned about the older man's cold-water exploits. Intrigued, Saunders read all he could about Arctic explorers and North Pole expeditions, then decided that this would be his future.

Treks to the Pole aren't the usual holidays for British country boys, and those who didn't dismiss his dream as fantasy probably doubted he had what it takes. "John Ridgway was one of the few people who didn't say, 'You're completely nuts,'" Saunders says.

In 2001, after becoming a proficient skier, Saunders embarked on his first long-distance expedition toward the North Pole. It took incredible stamina. He suffered frostbite, had a close encounter with a polar bear and pushed his body to the limit, hauling his supply-laden sledge up and over jagged ice ridges.

Saunders has since become the youngest person to ski solo to the North Pole, and he's skied more of the Arctic by himself than any other Briton. His old playmates would not believe the transformation.

Later, Saunders, at 27, headed south to trek from the coast of Antarctica to the South Pole and back, a 1,800-mile journey that had never been completed on skis. ■



The Manager Who Couldn't Write

By Gary Sledge, adapted

What launched Amy Tan's career was not a big break, but getting fired.

Before the million-copy sales of *The Joy Luck Club*, *The Kitchen*, and *The Hundred Secret Senses*, Amy Tan was a writer.—A business writer. She and a partner ran a technical-writing business with lawyer-like “billable hours.”

Her role with clients was largely that of account management—but this daughter of immigrants wanted to do something more creative with words—English words.

So she made her pitch to her partner: “I want to do more writing.” He declared her strength was doing estimates, going after contractors, and collecting bills. “It was horrible stuff.” The very stuff Tan hated and knew she wasn't really good at. But her partner insisted that writing was her weakest skill.

“I thought, I can believe him and just keep doing this, or make my demands.” So she argued and stood up for her rights.

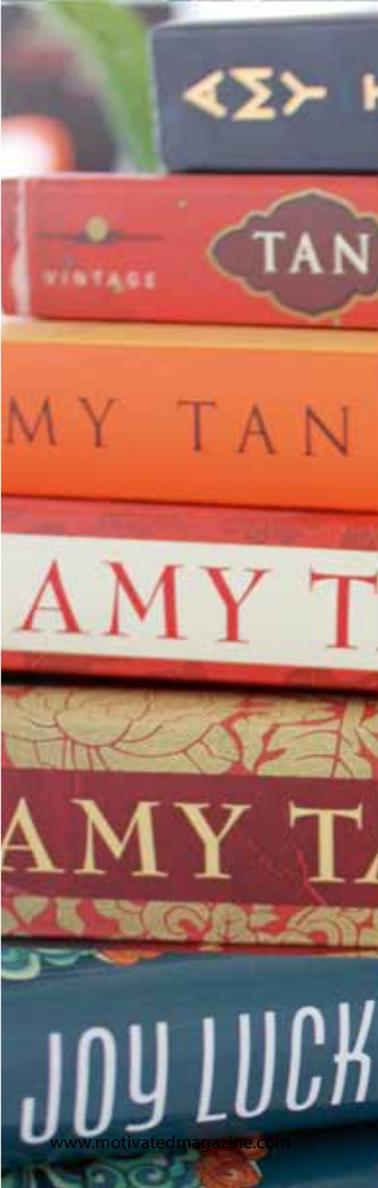
He would not give in.

Shocked, Tan said, “I quit.”

He said: “You can't quit. You're fired!” And he added, “You'll never make a dime writing.”

Tan set out to prove him wrong, taking on as many assignments as she could. Sometimes she worked 90 hours a week as a freelance technical writer. Being on her own was tough. But not letting others limit her or define her talents made it worthwhile. And on her own, she felt free to try fiction.

Thus *The Joy Luck Club*, featuring the bright, lonely daughter of Chinese immigrants, was born. And the manager who couldn't write became one of the bestselling, best-loved authors. ■



The Kid Stays in the Picture

By Fran Lostys, adapted

He was no scholar, and his classmates teased him. Rather than read, the kid really preferred running around with an 8mm camera, shooting homemade movies of wrecks of his Lionel train set (which he showed to friends for a small fee).

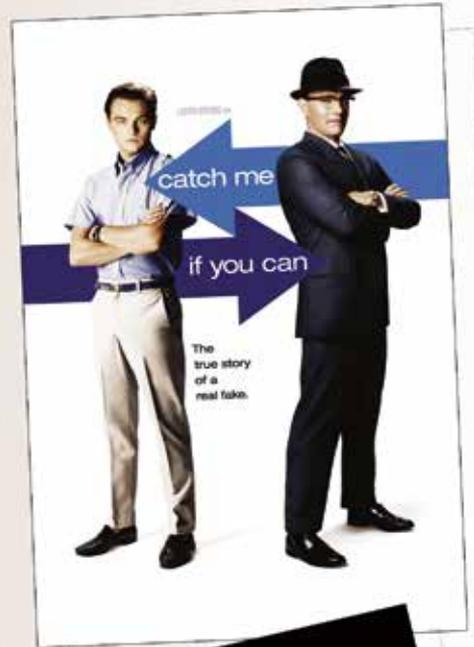
In his sophomore year of high school, he dropped out. But when his parents persuaded him to return, he was mistakenly placed in a learning-disabled class. He lasted one month. Only when the family moved to another town did he land in a more suitable high school, where he eventually graduated.

After being denied entrance into a traditional filmmaking school, Steven Spielberg enrolled in English at California State College at Long Beach. Then in 1965, he recalls, in one of those unanticipated moments, his life took a complete turn. Visiting Universal Studios, he met Chuck Silvers, an executive in the editorial department. Silvers liked the kid who made 8mm films and invited him back sometime to visit.

He appeared the next day. Without a job or security clearance, Spielberg (dressed in a dark suit and tie, carrying his father's briefcase with nothing inside but "a sandwich and candy bars") strode confidently up to the guard at the gate of Universal and gave him a casual wave. The guard waved back. He was in.

"For the entire summer," Spielberg remembers, "I dressed in my suit and hung out with the directors and writers [including Silvers, who knew the kid wasn't a studio employee, but winked at the deception]. I even found an office that wasn't being used, and became a squatter. I bought some plastic tiles and put my name in the building directory: Steven Spielberg, Room 23C."

It paid off for everyone. Ten years later, the 28-year-old Spielberg directed *Jaws*, which took in \$470 million, then the highest-grossing movie of all time. Dozens of films and awards have followed because Steven Spielberg knew what his teachers didn't—talent is in the eyes of the filmmaker. ■





“You’re Studying Dirt”

By Fran Lostys

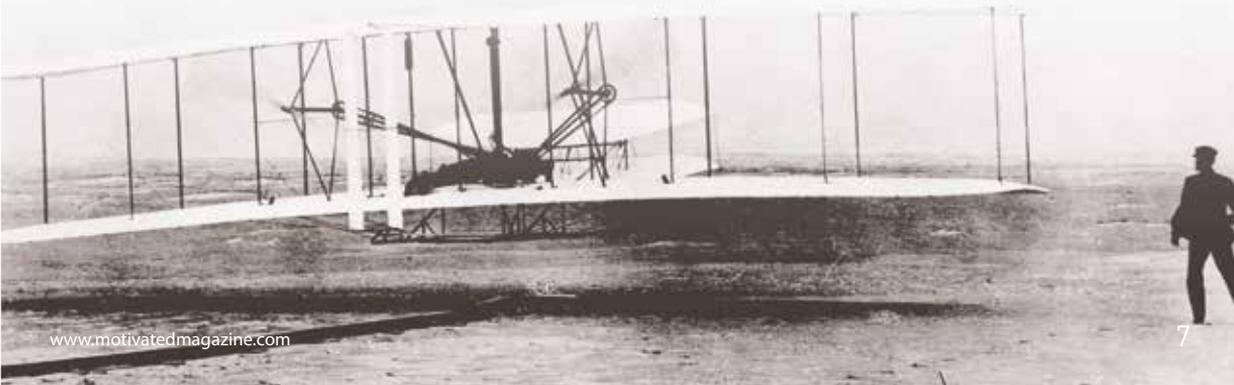
Dr. Judah Folkman keeps a reproduction of a 1903 New York Times article in his archives. In it, two physics professors explain why airplanes could not possibly fly. The article appeared just three months before the Wright brothers split the air at Kitty Hawk. In the early 1970s, Folkman proposed an idea in cancer research that did not fit what scientists “knew” to be true, that tumors did not generate new blood vessels to “feed” themselves and grow. He was convinced that they did. But colleagues kept telling him, “You’re studying dirt,” meaning his project was futile science.

Folkman disregarded the insults of the research community. For two decades, he met with disinterest or hostility as he pursued his work in angiogenesis, the study of the growth of new blood vessels. At one research convention, half the audience walked out. “He’s only a surgeon,” he heard someone say.

But he always believed that his work might help stop the growth of tumors, and might help find ways to grow blood vessels where they were needed—like around clogged arteries in the heart.

Folkman and his colleagues discovered the first angiogenesis inhibitors in the 1980s. Today more than 100,000 cancer patients are benefiting from the research he pioneered. His work is now recognized as being on the forefront in the fight to cure cancer.

“There is a fine line between persistence and obstinacy,” Folkman says. “I have come to realize the key is to choose a problem that is worth persistent effort.” ■





Goal-Getters

Helping kids reach their dreams

By Beverly K. Bachel, adapted

Most of us think about what we want to accomplish and set goals for our lives. But are our kids doing the same? It's fun for kids to imagine the amazing things they might achieve someday—but are they doing anything right now to make their dreams come true? There's no better time than the present to help our kids become real goal-getters. Anyone can learn to set goals, and research shows that kids who set goals feel better about themselves; have increased motivation; get better grades; and are more satisfied with their lives.

Here are 10 tips to help kids get on the goal-setting track and into the fast lane to reaching their dreams:

1. Make them SMART. Make sure kids' goals are:

Savvy – Easy to understand and meaningful to them.

Measurable – Define exactly what they want to accomplish.

Active – Tell them what action they need to take.

Reachable – Realistic, based on their skills and experience.

Timed – Have a clear date when they'll be able to say, "I did it."

Not-so-SMART Goal: "Get an A+ in math."

SMART Goal: "Boost my math grade by at least one letter by the end of the semester."

Not-so-SMART Goal: "Get a new bike."

SMART Goal: "Save up for a new bike by the end of the year."

2. Write them down. Have kids write their goals and the date by which they want to achieve them on a piece of paper. Have them post it on their wall, on the computer, on the refrigerator, or somewhere else where they'll see it often.

3. Think positively. Attitude is everything when it comes to kids' future success. Help them make a list of their good qualities, remember compliments, and appreciate what they have. Also remember that if kids see a good example of a can-do attitude, they'll be more likely to think positively.

4. Find time. Help kids cut down on time wasters, like watching TV, surfing the Internet, or talking on the phone, so they can free up time to focus on their goal.

5. Take 10. Set a kitchen timer or stopwatch for 10 minutes and encourage kids to use that time to work on their goals. They may find themselves motivated to keep working on their goal even after the 10 minutes are up.

6. Give a reward. When kids take a step toward their goal, reward them with a movie, their favorite meal, a weekend off from their chores, or another affordable incentive that will keep them motivated.

7. Visualize success. Minds produce what they dwell on. If kids see themselves reaching their goals with ease, they'll be far more likely to succeed. Ask questions at dinner or while driving them to school to get them talking about their goals.

8. Set “anti-deadlines.” These are the opposite of rewards. Have kids tell themselves, “If I don’t do it by 5 p.m. I can’t go out with my friends tonight.”

9. Ask for help. Let kids know they don’t have to do it alone and that people in their lives (family, friends, teachers, coaches) will want to help in whatever ways they can. Offer to introduce them to a role model or take them on a field trip to learn more about a career they’re interested in.

10. Be a role model. If we talk to kids about our goals and the steps we take to accomplish them, and they see us following through on our commitments, they’ll be more likely to do the same. ■



Kids are unstoppable as long as they keep taking the next step. Why wait one more day for them to begin? Get goaling!

Dare to Dream ... with Passion

By David Jones

Are you trying to change your world for the better? Are you looking for ideas that will help to improve the quality of your life and the life of your family? Are you in search of strategies that will make your community stronger, safer, and healthier?

If you answered yes, you are trying to make a big difference, but you may also be facing big obstacles. You may not have enough money or time. You may need more cooperation from other people. Your circumstances may make it difficult to create programs that make things easier. Your problems may seem invisible to the people around you. Sometimes it probably feels like the odds are really stacked against you.

When we face big obstacles, it's tempting to get frustrated and doubt our chance of success—even when we care deeply about our goals and people are relying on us. But frustration and doubt will not help us to be successful in the face of adversity. So what will? Passion! Whenever people accomplish important things in the face of adversity, passion is always present.

We've spent years researching what creates passion and what sustains it when the going gets tough. Our work has led to this definition: "Passion is a strong emotion that happens within each of us when we are doing meaningful work that makes us feel better about ourselves at a pace that feels like real progress." Said another way, "Meaning x Progress = Passion."

Most people think that if they care deeply about the product of their work, they will

automatically be passionate. But meaningful goals alone won't sustain passion. Our research demonstrates that a high sense of meaning without progress actually creates feelings of frustration and anger. If we want to sustain passion in our work, we need to feel like we are moving our meaningful goals forward. Without progress, we are cut off from passion and the power it gives us to endure when others give up.

Progress is an interesting thing. It's hard to quantify because it is more a feeling than a fact. The events that create feelings of progress for me might not create those feelings in others at all. For instance, I might be trying to build a school in my community. Today I get a local business to donate books for the school and that makes me feel like I'm making progress because I believe that "books are the fountain of knowledge." Someone else is also trying to build a school and they get the same donation of books but this doesn't make them feel like they are making progress at all because "books don't pay for teachers." Similar circumstances do not necessarily create similar feelings of progress.

So how do we make sure that we are experiencing feelings of progress on our meaningful goals? What can we do to make sure those around us are feeling the same way? Here are three things we can do right now to elevate feelings of progress, especially when our goals are big and the obstacles even bigger.

1. Measure action. Regularly and publicly, measure the activities that will help to make our dream a reality. Let's take that school building goal as an example. Start tracking enabling actions like community meetings, fund raising, student books, teachers, land acquisition, building plans, construction materials, community support, and government permit applications. Within each of these enabling actions, we can measure what it will take to create success.

For example, to secure funding we might track the number of meetings we have with NGOs, or the preparation of funding applications, or the number of community fundraising events, or the number of private sector partnerships we create. When we measure these types of activities, we can create feelings of progress during the long struggle between the point where we dream of a new school and the day it actually opens.

2. Be realistic. Frequently our feelings of progress are stifled because we think goals will be realized faster than is possible. Let's say that we and our team believe that it will take one year to build that school. And let's say that in every other community in our country it has taken three years just to secure funding and government approvals. How are we and our team going to feel when at the end of year one our school isn't open and we don't even have the money to get started? Well, progress and passion aren't likely. If our timeline for

achieving our goals is realistic, we are far more likely to be able to feel progress and sustain passion during the journey to making our dream a reality.

3. Celebrate regularly. Every day, we should get into the habit of acknowledging our efforts, and the efforts of colleagues, to move our goals forward. That's a lot harder to do than it sounds. We are always tempted to focus more on what is going wrong and less on what is going right. For example, let's take a look at the following mathematical formulas. What do we notice?

$$2+2 = 4$$

$$3+1 = 7$$

$$4+5 = 9$$

Like the thousands of people who have attended our workshops over the years, we probably said, "the middle one is wrong." We didn't say "two of them are right." All of us are well trained to focus on what's wrong and try to fix it, but doing that alone prevents us from seeing progress where it exists. If every day all we do is focus on the things that went wrong we will cut ourselves off from progress. Instead, we should take time every day to recognize the two thirds of actions that went right. When we celebrate those actions as progress, we will be able to sustain passion even when things don't go exactly as planned—which most likely will be a normal state of affairs when we are dreaming big dreams in the face of big obstacles. ■

David Jones is the president of *PassionWorks*, www.passionworks.ca, and author of the book, *Passion Works, Your Guide to Passion in the Modern Workplace*.



DARE TO BE GREAT

NOTABLE
QUOTES



If you want to make your dreams come true, the first thing you have to do is wake up. —J.M. Power

Shoot for the moon. Even if you miss, you'll land among the stars. —Les Brown

Success isn't a result of spontaneous combustion. You must set yourself on fire. —Arnold H. Glasow

Life's problems wouldn't be called "hurdles" if there wasn't a way to get over them. —Author Unknown

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. —Author Unknown

The best angle from which to approach any problem is the try-angle. —Author Unknown

Don't live down to expectations. Go out there and do something remarkable. —Wendy Wasserstein

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

What lies behind us and what lies before us are tiny matters compared to what lies within us. —Ralph Waldo Emerson

It is not the mountain we conquer, but ourselves. —Edmund Hillary

God gives us dreams a size too big so that we can grow into them. —Author Unknown

The important thing is not to stop questioning. —Albert Einstein

The best helping hand that you will ever receive is the one at the end of your own arm. —Fred Dehner

Nature decrees that we do not exceed the speed of light. All other impossibilities are optional. —Robert Brault

Dreams are free, so free your dreams. —Astrid Alauda

In response to those who say to stop dreaming and face reality, I say keep dreaming and make reality. —Kristian Kan

Don't let anyone steal your dream. It's your dream, not theirs. —Dan Zadra

If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again. —Flavia Weedn

The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do. —Sarah Ban Breathnach