

More Hope Creates More Motivation!

(Sample free chapter from Dr. Thom A. Lisk... read and then submit your sample material for our next book in the series of books about INSPIRING HOPE! Contact info at end of this material)

Everyone needs motivation on an ongoing basis, and some days it is more challenging to be and stay motivated than others, you know that, right? In this chapter for sure you will learn some things you do not know that, will get you motivated, keep you motivated, and help you to motivate others. Do you understand the great value to being much more motivated day in and day out?

The most exciting way to live is in a constant state of motivation and it could be—think deeply about it—that true HOPE is the root cause or seed that can germinate into outstanding motivation... so that you reach your greatest goals. You need to follow some steps, I have discovered (and now document) the hard way after 40 years in the work world. This is an IMPORTANT chapter in this book... maybe the most important material you will read this year or any year! Highlight what you read in this chapter!

Don't forget what you read in this chapter! Apply what you read in this chapter and I can promise YOU a much brighter happier more successful future! Do you want that!?

YES! Regardless of what the uninformed skeptics think or say, EVERYONE NEEDS MOTIVATION. What is motivation anyway?

You know of various types of motivation, does that mean there are different kinds of hope too? Discover the answers so that you can propel yourself to more success.

Success comes from serving, serving others better.

Notice I did not write, serving others better than someone else. That may not necessarily be a motivation of yours, at least in your top ten. Some people actually claim they are not interested in success, in my experience and research it is because of how they define success. Words are wonderful things and certainly do connote different things for different people... words can motivate each person differently, and the same words may not motivate one but do motivate another person. Keep reading please.

I want to be clear with the choice of words so as to bring you to the root of your motivation, so that you accelerate your success. To do so it has been proven that sharing stories, especially personal stories, is often most motivational. We gain insights through hearing stories about real people, real lives, real circumstances; and we all know our own life story best.

Learn all you can through life stories. Let these words and stories feed your inner motivations to the core: you gain more hope!

Crossroad Hope

I recall, again, my early marriage at age 18—an elopement—and being a father at age 19. Had I not been filled with a confident hope how could I have survived let alone succeeded these past 40 years?! I actually had \$10 to my name when I returned from our secret trip to Michigan in August 1968. That was a tumultuous year. We can not allow all the uncertainty in the world or economic challenges or other people's lives to shape our decisions—this was the right thing to do for me and my girlfriend. And Todd, now at age 40 has a great marriage and child of his own!

You may be at a crossroad in your life. Possibly the most good news is that God can bring good out of bad decisions in your life. God is in control when you may not even be thinking about God or factoring in doing His will in your decisions. The God I serve can turn any lemon into delicious lemonade. I have seen this repeatedly in the past 40 years, and even before that.

When I was in high school some of my male friends did not like the rules of the Varsity Basketball Coach. In my case the only rebellion I exhibited was a desire to not cut my hair to the coach's specifications. So in both my junior and senior year I did not play varsity ball, rather I played in another organized league: Hi-Y Basketball played at the YMCA. We had a team from our high school just as others did. When I was a senior our varsity team was last place in their league however my team was #1 and I was the leading scorer on the team and in the league. Champs! #1!

Now in the past 40 years I have learned many lessons that confirm that it is okay to stand-up for what you believe in. You need not go along with the crowd, simply being a

person with a herd mentality. Hope that you can be someone uniquely better and different, and you can.

You need not rebel against the establishment or the way things have always been done, however chances are that if you keep doing what you have been doing you will keep getting what you have been getting. So, we must ask some difficult questions, and act accordingly.

In sharing personal and true stories I am hoping they trigger within you a hopeful attitude that brings about better actions, better habits, maybe even a better character manifested from you, and this, I promise can change your destiny for the better too.

For years I went to church by myself along with my two young children when that first wife of mine stubbornly refused to go with me. Week after week, year after year, it was hard on me to see other complete and loving so-called nuclear traditional families sitting together in church. Finally when Lynda began to go, one minister's message hit her the wrong way when it came to her from Romans 12:1, and the next week she filed for divorce. That was a tough time!

I needed hope to make it through those months, not just motivation, I would have done anything for my family and my wife, and now she was rejecting me because I chose to put God first in my life with only one evidence of that my faithful and regular church attendance. "You've changed!" Yes, that was true and I was changing for the better.

Sometimes people will not be able to accept you when you change for the better; change for the better anyway!

In life it is too easy to get bitter rather than better, but in writing this I am hoping to help you get better, never get bitter. If you are bitter in some ways now, I want to help you get over your bitterness forever.

I know it is difficult. Things that happen in life, mere circumstances themselves can trigger bitter thoughts and feelings. However it is always best to forgive and do your best to forget. Start over with new hopes, new goals. Yes, you can if you think you can. "With God all things are possible!"

In 2007-early 2009, like nearly everyone else, I lost money in the stock market with my retirement investments. Do I choose to get bitter about this or better? Invest better next time, hoping of course there is a next time. Thank God we always can have another chance till the day we die.

It is not too late if you can still read this to make things right with other people. Write a letter, send a card, make a phone call, and reconcile relationships to the best of your ability to do so. Don't burn bridges you may need that link later in life if you are fortunate enough to be here later. Count your blessings today you will be much more likely to have more to count tomorrow.

Some of what I just wrote sounds like clichés to some of you possibly; however good advise is always worth repeating or reviewing over and over again until it is second nature.

Crossroads? We read in the newspapers or see on TV or via the internet news about lay-offs, some so massive that one company may be laying off several thousand people in their world-wide operations. Millions are unemployed, some for the first time and they don't know how to cope, how to hope for a bright tomorrow. Don't worry there is always Hope.

Forty Plus is the name of an organization helping people in transition. I have spoken to this organization on many occasions over the past 26 years. I have met people at career or work crossroads and worked to bring them hope.

In my case when I was nearly 40, like with many people, I felt I had not accomplished much of what I could have yet in my life. I knew I needed to refocus, rededicate myself, maybe get more education, and acquire new vision, mission, purpose and more motivation. The solution I came to was a one year working sabbatical moving from Ohio to California living nine of those months at a Christian seminary where I worked on two books, one of which served as a dissertation for an earned and honorary doctorate degree. It was a huge sacrifice and change in my life, but in retrospect well worth the change. If you were to consider something similar make certain you prepare yourself and your family well in advance. Many marriages can not survive that kind of change. It was not a mid-life crisis in my case; rather a re-sharpening of my axe or skills.

Abe Lincoln once wrote, "The woodcutter who stops to sharpen his axe will cut the most wood." Think about it!

It is true that after I returned to Ohio even though in many ways I was starting over from scratch (again) my effectiveness was so much sharper, my decision making so much better, that success was inevitable. As one friend put it to me one Monday morning recently, "The fruit of your efforts is visible for all to see even if most people do not know you are the Founder of what is now called the Catholic Men's Ministry, Diocese of Columbus, thousands of men are the better for what you began" when I came back from Southern California, and this is only one of the things I began after my one year working sabbatical.

I emphasize the word "working" when describing my sabbatical because even though my environment changed and so did the kind of work I was doing in large part it took a great deal of humility to make a great many changes in my life. I was motivated as I knew what was possible. I had a vision of the man I wanted to be, yes, and purpose to make a difference with my life which made every sacrifice worth it. Consider please...

You don't know anyone who has done successfully many of the things I have done, by God's grace. Like what? When I knew it was right and God's will for me to go to California, first I sent out some letters to organizations that might hire me as a consultant so I could have some kind of income so as to not be a burden to my family who was to move out to California too once I got established—this seemed like the right plan at the time. As time went on that plan changed and I returned to Ohio. But had I not stepped out by faith in hope the many good things that happened to me from age 40 to age 59 would not have been possible. Think about...

Driving over 2500 miles in about two days! Is that possible? Yes. After dropping off my daughter Erin at her high school at about 7:30 am in Columbus, Ohio on a cold winter day with my car packed to the edges I began driving. By the time I stopped that day I had traveled 1050 miles in my Toyota Camry, and then stopped at a Church where I slept for about six hours before resuming the trip the next morning, a Saturday. That day, stopping to jog for 5-10 minutes numerous times so as to stay alert and energized while also listening to motivational and educational tapes

as I drove, I traveled 1100+ miles leaving me in the high country west of Los Angeles about 250 miles. I fell asleep at a rest area in my auto so that no time would be lost. I resumed the next day Sunday morning at six am. As I exulted in the sunrise I approached LA and then Orange County (just south of LA) where I arrived in the parking lot of the world-famous Crystal Cathedral with pastor Robert H. Schuller, my friend then, just in time for the 9am church service which can be listened to in your auto.

Wow! After the church service was complete, I drove further south to my final destination that day in San Diego where my aunt Helen, age 83, lived with her husband Stewart. They had invited me to stay with them a few days until I got my bearings and my work was established. Little did we know what the future might hold but we had great hope.

At that time I was a very devoted Protestant Christian. I had thought and prayed about becoming an ordained Minister. The timing never seemed quite right. Regardless, I was very involved in serving and living out my Christian life wherever I was led having held several state-wide leadership positions in Ohio before age 40 in the church, and also as a business executive, professional speaker, consultant, and seminar leader.

My faith had helped to cultivate a willingness to adapt and change, and commitments to be a servant leader first and foremost. This commitment would find me enrolled at a seminary shortly after arriving in the San Diego area and living in a dormitory situation for nine months at age 40 while working night and day in a variety of meaningful ways. The evenings and weekends found me continuing my education (be a life-long learner) while working on two books, one became a national best seller, and the other served as my dissertation for the doctorate degree that Southern California Seminary bestowed upon me.

It would never have happened had I not hoped towards the vision that I could receive a doctorate, and act in faith accordingly.

"What really is important?" Pulitzer price winning photographer Jerry Gay called me recently in 2009, nearly 20 years after I left for my first major life sabbatical in

1990 echoing some of my current thoughts written here as if to confirm that I was on the right track right now again.

Have you had those kinds of confirmations in your life? Jerry Gay is a visionary who talks about God the Father in such an intimate way that you can better understand how God's love is reflected in all of life, and certainly is through his photographs and accompanying words. The lessons learned in life must be reflected upon so that we can share them with others, this is the essence of what I heard from Jerry by phone that eventful blessed Monday morning.

TGIM! Thank God it's Monday! Have you seen any t-shirts sporting that affirmation? I was in the grocery store and saw in the frozen food section products from the TGIF restaurant chain. "Thank God It's Friday" is a cute way (but losers way) to live life, in my experience.

Everyday is a day to be thankful to God! Yes, we are thankful when Friday comes most usually because we get a time of personal rest or personal focus. If you hate your Monday to Friday work do get another job before it's too late; and in the meantime look for motivation to find happiness and hope in every day. I bet the founder and owners of the TGIF sure are glad to capitalize on so many peoples obsession with the end of the normal work week.

As Zig Ziglar used to say, "Let's not call the weekend weak any longer, let's call it what it really is for most people, the strong end to the week or the strongend." How you label things in life can motivate or demotivate, bring hope or diminished hope.

Motivation is defined by Webster's as "that within an individual that excites" or propels you forward. Tap that hope within you -get and stay motivated! Yes, you can if you think you can!

May everyday forward be like Easter Sunday for you as your days will be full of resurrection and victorious life.

May you stay motivated and stay connected to True Hope to the day you die; and may you be blessed to go to heaven the paradise where hope is no longer needed, yes, you will no longer need hope. In this life you will always need all the empowering Hope you can find, by the grace of God.

After all, everything is a gift from God including Hope.
God bless you richly.

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