

# Confident and Motivated

October 2009

## Youth Motivation~

I would like to introduce you to a young lady that I met and mentored 8 years ago. Caitlin is now a super confident, top-of-her-class seventeen year old with her black belt in karate, which she also teaches in her spare time! There are huge numbers of us who very much admire and respect Caitlin. She sent the following advice to young women - thank you Caitlin!

*My grandmother came to me the other day and gave me a Dear Abby article she'd torn out of the paper. She told me to read the article and keep this knowledge in the back of my head so when a guy I liked came by I wouldn't give it all away.*

*Dear Abby: Last night a really cute guy kissed me. He says he wants nothing further to do with me unless I will have sexual relations with him-then he will date me. I like him a lot and really want this to work out.*

*What should I do? - GOING ON 16*

*DEAR GOING ON 16: He may be cute, but you have described a user and a loser.*

*A reader once sent me the following-and it applies to you:*

*" When I saw him, I liked him"*

*" When I liked him, I loved him"*

*" When I loved him, I let him"*

*" When I let him, I lost him"*



*Love is when a girl puts on perfume and a boy puts on shaving lotion and they smell each other.*

*Karl 8 years old*

## Adult Motivation~

Yesterday was a perfect day. I caused it to happen.

The day before, I had come to realize that there simply weren't enough masterpiece and memorable days in my life so it was time to make changes and create more perfect days.

I started by figuring out how much time I had to devote to the masterpiece part of my day.

There are 1440 minutes in a day.

-480 are spent at work.

-420 minutes in a rejuvenating slumber (7 hours).

-540 minutes left for preparation, travel, eating and various other things that pertain to what I absolutely **must do** each day.

I deducted three more hours for family and relationships which left 120 minutes (2 hours) with which to put a crown on my masterpiece day.

Then a friend called...she has cancer and a host of other troubles that have descended on her wonderful life over the past 2 years.

She described for me how much more she now enjoys just waking up each day.

She starts each day with a long stretch which she does in perfect time with her dog.

Then, she slowly takes in her magnificent surroundings, including a spider spinning its own masterpiece in the window.

She now sips her coffee at a snail's pace and it's just delicious. My friend says the smell of rain is like a dousing of the best perfume life has to offer. She says it's totally rejuvenating to run into the rain instead of away from it. My friend says that today **is the** perfect day for a perfect day!





## Mailbox~

Re: **Habits of Happiness Workshop** was absolutely amazing! Our staff enjoyed it very much and came away with more enthusiasm and optimism than I've seen in months. Personally, the workshop inspired me to take some time for myself and spend my 1 minute a day doing some positive self-talk. My daughter thanks you too.... (working my way into the 1% Club!!!) **Kimberlee Smith CMHA Kawartha Lakes Branch**

Re: **Parents workshop St. Bernard Ottawa Sept 2009**

As interesting as it was to learn about these techniques relating to children- it was also an eye opener as it relates to me personally. Very enjoyable!  
**Rosie Stockdale-parent**

Re: **I AM CONFIDENT** workshop - Community Living Sept 2009

I loved how your material engaged the kids with one another. I will be recommending you to other agencies. It was a pleasure to work with you.  
**Penny Wood-Community Living Kawartha Lakes**

Re: **School workshop for girls Ottawa May 2009**

i saw you talking at my school St. Thomas More! I still have my goals set up in my room! i hope that we can keep in touch! talk to you later!  
**Olivia**

Re: **Train the trainer Durham College Sept 2009**

I was so motivated and inspired by your compassion for kids. Wonderful presentation. I did not want to leave the training.  
**Connie Mclean-Community Living Quinte west**



## Use the Power of Deadlines!

At work or at home, the power of deadlines is a compelling incentive that almost always propels people to action. If the task doesn't have a deadline, create one for everyone involved!

Without a deadline, it's as though there is no priority to the task. If you are having trouble motivating a procrastinator, try adding a deadline. Some people say they work better under stress. Some don't. The idea is to figure out which one your staff or family work better under deadlines.

If the deadline doesn't work, try a friendly competition. Everyone loves games and some people are at their best when challenged in a competition. It must work because GM has just launched a "may the best car win" competition and already their cars are starting to sell again!



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