



# GOAL

## Gain Ongoing Achievements in Life

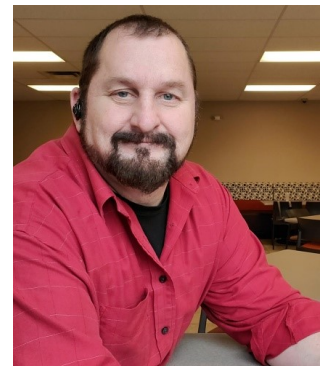
**2020** is almost here! A lot of us are taking time to focus on the Resolutions we have for next year, and how we plan to **GROW** to become the person we most desire to become. Resolutions are fleeting and even a bit pointless; however, setting a **GOAL** will better assist you get the best results. It is ironic that the year will be 2020 and that, hopefully, we will begin to see 20/20 with our plans and vision for our future.

It all begins with setting the right **GOAL - Gain Ongoing Achievements in Life:**

Many start the year with New Year with a desire to "diet and exercise" to look good. Though this is admirable, and could maybe work, we often see workout centers packed in January and then decimated in February. Why does this happen when the plan was to look good, eat better, and exercise? It isn't the fault of the center, your plan, or your desire to look good; it is actually due to the fact that you may have missed the point of a **GOAL - to Gain ON-GOING Achievements in Life.** Continued on Page 2

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**Nick Furey**  
**Author/Speaker**

Notice how it says "Ongoing Achievements"; if your GOAL is to lose 40 lbs, get your Cholesterol down, and have more energy (which are all great ideals), you need to focus on each individual step in front of you before you can possibly get to the top floor. By the way, the elevator is out, so no cheating.

Each step gets you closer to your GOAL. There was a song years ago on the Rudolph the red nosed reindeer cartoon that said, "Put one foot in front of the other, and soon you'll be walking out the door" or from one of my favorite movies, "What About Bob?" -- Dr. Leo Marvin tells his patient, Bob, to just take Baby Steps; "Don't think of going outside, think of Baby stepping, first out of bed, then baby step to the kitchen, and then baby step to the door, and so on and so forth..."

So, to lose that 40 lbs, your first GOAL might just be to lose a couple of lbs in the first two weeks by setting a schedule to go to the gym regularly. When you have met that GOAL, give yourself praise for that Achievement (not with sweets or even something elaborate - save the big celebration for when you've met your ultimate GOAL. Remember, each Achievement is like the step on a staircase and your celebration would be better served as you make it to each landing; take a moment to breathe, but keep going!

As you begin to Gain the Ongoing Achievements, you will notice that the power of your mind will GROW; Lose weight or problems in your Life, and GROW in knowledge and wisdom.

**GROW- Gain Real Ongoing Wisdom**

Consider a gardener that plants a tiny seed in the soil; though the seed may be microscopic, it can eventually GROW into a magnificent plant that will feed people. Remember, like the plant, in order to grow, it takes time, effort (hoeing and getting rid of pests and weeds - these can be people that are naysayers or "Debbie Downers") and nutrients (learn to eat right and find resources or support groups that will empower you) in order for you to reap the benefits.

Some think that Knowledge and Wisdom are the same; this actually is not true. Though knowledge can help to gain Wisdom, Wisdom is a much higher level of knowledge. Though you may have knowledge as to how to do the right thing, Wisdom is the decision to DO the right thing.



## **POWER-** **Persistence Over Weaknesses Enables Restoration**

Did you get that? Though it is similar to PASSION, POWER reminds you to have Persistence Over your Weaknesses and by doing this you will Enable true Restoration in your life.

Persistence is the tenacity to stick to something, even after the cause is removed. Again, it is to Never give up! I understand that we all deal with various forms of Weaknesses; whether it is physical, mental, emotional, or some other challenge that hold you back from being the real person we are intended to be, however we DO NOT have to be identified by our weaknesses, but rather by the true strength within that Enables you to Experience Real Restoration.

What does Restoration look like to you? Is it having real success? Remember, Success is NOT the absence of Failure, rather it is the Persistence to continue on even when your Failure or Weaknesses try to persist. When confronting an enemy, it is important to not listen to the lies you have been told or to even become like your enemy, rather it so essential to learn how your enemy functions and use countermeasures to overpower your adversary.

If you didn't figure it out, your adversary may be just your own mind. POWER lifters, persistently lift weights, even when their muscles feel weak and burnt; but in doing so, they know that this will Enable the physique they are trying to accomplish and Restore or maintain their health. So don't go through life's POWER struggle, be Persistent and be Restored!

[www.motivateyourworld.net](http://www.motivateyourworld.net)

To discover more of the more than 150 original acronyms, visit the website. Other benefits include:

- Become an Agent of SHIELD
- View the Posters
- Learn how to create meaningful acronyms.
- Book an event to hear Nick's motivational presentation

**Make Fun of  
Life,  
Before Life  
makes Fun of  
you.**

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**Nick Furey  
Director of the  
New Marvelous  
S.H.I.E.L.D.**

**“Give em L-  
Life, Love, and  
Laughter”**

# FAMILY

Finding  
A  
Meaning  
In  
Loving  
You



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I heard an earlier acronym for family:  
FAMILY – Father And Mother I Love You

Though I understand what the author of this one was intending, it is still missing some crucial aspects of a FAMILY.

What if a child has no Father or Mother, are they still part of a family?  
What about our church FAMILY, work FAMILY, etc?

Isn't FAMILY much more alive with Love?

Here are some awesome quotes regarding FAMILY and Love:

*"The most important thing in the world is family and love."* –John Wooden

*"Nothing is better than going home to family and eating good food and relaxing."* – Irina Shayk

*"To us, family means putting your arms around each other and being there."* – Barbara Bush

*"In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony."* –Friedrich Nietzsche

*"Other things may change us, but we start and end with the family."* –Anthony Brandt

*"Having somewhere to go is home. Having someone to love is family. And having both is a blessing."*

*"Being a family means you are a part of something very wonderful. It means you will love and be loved for the rest of your life."*

–Lisa Weed

A Child with no Mother or Father—More often today, we are seeing children growing up without both a Mother and Father.

Does that mean that it is no longer a FAMILY? By no means! Children are often in homes where there is only a Father, or only a Mother, in a Foster home, or in some cases, two dads, or two moms.

It is important to realize that a Family is not only ones that are based on biological connection, but more on the heartfelt Love that binds the FAMILY together and gives real Meaning to those that are in it.

—Is your Biological Family living with and Meaning and Love? Do YOU take time to Forgive your parents and siblings for things of the Past? "As much as it depends on you, be at Peace with everyone." The bond of a Family is a like a great Fortress. They say that blood is thicker than water, but more deadly effects with bloodborne illnesses than with those of the water.

"Family isn't always blood. It's the people in life who want you in theirs; the ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what."



By giving someone a **SMILE**, we are enabling them to see how much we care, thus motivating them to go on. A genuine smile can break the saddest heart; it can give them the reason to go on. Someone once asked me, "As a Funeral Director, what's the best thing you ever told a grieving family member?"

I replied, "Nothing. Just **SMILE** and let them know that you're there for them. Words tend to get us into trouble; we could say the wrong

thing, or say something nice like 'I'll visit you soon!' and not follow through with it. Just be there!" A **SMILE** is a universal sign of friendliness. Whether you're in the United States or in Africa, a smile will communicate an understanding when words cannot be expressed.

Businesses have to focus more intently on their customers. Whether you are a waitress, a customer service representative, a salesperson, or some other position that puts you directly in front of people, you have the ability to Motivate others by such a simple expression.

The waitress who puts herself around customers on a constant basis has to find some way to encourage her customers to be happy and enjoy their visit. If she greet them with a genuine **SMILE** from the start, they will feel relaxed and motivated to possibly buy more, and better yet, tip more.

On occasion, I find myself having to stay at a hotel, and I find it my privilege to carry on a conversation with the check-in attendant. I remember a specific time when I stayed at a prominent hotel next to the Mayo Clinic when my brother was dying of cancer. I went up to the man there and asked, "Have you ever heard what the letters of the word **SMILE** stand for?" He replies with, "No. There's a definition for that word? I would love to know!" So, I share with him the acronym and he says, "Wow! I have never thought of it like that before!"

I expound on this by saying, "Do you realize that every time you **SMILE** when a new guest comes in that they are happy, right from the start?" He says, "This makes a lot of sense! I want my guests to feel relaxed and at home, right away, and I believe this could really be the answer!" guest comes in that they are happy, right from the start?" He says, "This makes a lot of sense! I want my guests to feel relaxed and at home, right away, and I believe this could really be the answer!"

# SOLDIER

**S**trength  
**O**vercomes  
**L**ife's  
**D**ifficulties  
**I**n  
**E**ngaging  
**R**esistance



Once a **SOLDIER**,  
Always a **SOLDIER**.

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