

# The Art Of Staying Motivated: Making Time For What You Enjoy

By Lee Wise

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"Good Health Makes Good Sense" <http://www.myseasilver.net/las/request.html>

THE ART OF STAYING MOTIVATED  
Making Time For What You Enjoy  
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I was out to lunch with one of my students. He had asked me to spend some time with him since he was about to begin his time of internship training.

While sitting in a popular Chinese restaurant in our area, he shared with me: "What things would you personally suggest that I keep in mind as I think about my future training?"

In the process of our discussion, I said to him...

"TAKE TIME FOR WHAT YOU ENJOY"

It wasn't a new concept for him. I share that idea in my classes. And, I'm sure it's not new to you.

But it is important.

Speaking from my own experience, I would state it stronger. I would say it is a *\*very\** important aspect of staying motivated.

LET'S TALK ABOUT THE IDEA OF "TAKING TIME"

As Ken and I continued to interact, I reviewed a few key ideas related to taking time for what you enjoy.

My suggestions revolved around these points:

- \*"Think small."
- \*"Don't think big."
- \*"Make the time."
- \*"Take the time."

Reflect about these concepts with me for a moment...

"THINK SMALL. DON'T THINK BIG."

These ideas really go together. I wanted Ken \*not\* to think a certain way. When I said to him, "take time for what you enjoy," I didn't want him to think in terms of activities that would take big blocks of time.

- A trip to Disney World
- Develop a seminar on family living
- Develop a strategic plan for the next five years

Don't get me wrong. Those are \*great\* ideas!

I was after something else. I wanted him to think about things he could do \*in the process of a normal day\* during his week.

Let me give you an example. Ken is a sports buff. Where he will be training has a gym. I said, "If you like bouncing a basketball, then bounce that ball! If that is something you enjoy, and it might even make you a little sharper during the day... then get to the court!"

I also mentioned to him: "If you can only do it for ten minutes, then take the ten minutes."

My point was simple...

When you begin thinking about "doing what you enjoy," beware of discouraging yourself by thinking about activities that take too much time and effort. Stuff you can't fit in.

Think in small chunks. Bits and pieces here and there that can give you a "shot in the arm" for part of your day -- or your week.

"MAKE THE TIME"

When I think of "making the time," two ideas come to mind:

- \*I plan for it in the back of my mind
- \*I schedule it

"I plan for it in the back of my mind."  
What's that mean?

I'll give you another example. I enjoy writing. As an administrator in a seminary I can take a break and write something that is short.

Like a quote.

Not an article -- a quote.

I may not, for instance, \*schedule\* time to create a quote, but I can \*spontaneously\* create one to share in an email I am writing to an intern.

In other words, the concept is in the back of my mind. I am thinking "small/not big." And because I have this mindset, I create a moment of enjoyment during my day.

It helps me stay motivated.

Now about scheduling. Let's return to the example about my love for writing. At times I can schedule that activity.

Recently I took some of my class notes and turned them into articles. I did it to force me to work on being a better communicator. Naturally, I hoped that my students would appreciate a break from the ordinary :)

Planning for periods of time to change the format of part of my class notes can be one of those \*scheduled\* events.

Both of these examples have three things in common:

1. I was doing something that motivated me.
2. I was doing something that was "small/not big."
3. I decided I \*wanted\* to do them and that I \*could\* do them in the context of my normal week.

But none of this would have taken place if I did not...

"TAKE THE TIME"

I won't spend but a few seconds on this point. We all know about it.

We can have the right mindset, know what we would like to do, and even make fantastic plans.

But all the plans in the world don't mean anything if we do not take action.

**TIME TO BRAINSTORM!**

Four questions:

What do you like to do?

What could be done if thought "small/not big"?

When could you do these things in a normal week?  
When will you start?

NOW FOR YOUR ANSWERS

What do you like to do?

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What could be done if thought "small/not big?"

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When could you do these things in a normal week?

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When will you start? (just one thing you named)

I will start on this date \_\_\_\_\_

I will start with this \_\_\_\_\_

AND REMEMBER...

Get it in your mind first.

1. "Think small/not big."
2. Believe you can do it!

THAT'S ALL!

Yours for a day filled with beautiful moments in time,

Lee

P.S. If you are \*really\* serious, have someone help you. Ask them to hold you accountable to do what you have set out to do. Tell them when to give you a call or write you an email you will respond to!

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Lee is a seminary administrator, has a part-time business at home, and writes his own motivational mailing entitled "A Beautiful Moment In Time." Permission is given to distribute article. This entire paragraph must be included. You may contact him at [lfwise@aol.com](mailto:lfwise@aol.com) or by visiting -- <http://www.myseasilver.net/las/request.html>

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