



MOTIVATION

AN UPLIFTING PERSPECTIVE ON GROWTH & LIFE



M O S E S



INTRODUCTION

P1.	CH 1: THE INSPIRATION
P7.	CH 2: YOUR MINDSET
P11.	CH 3: THE EMOTION OF TIME
P15.	CH 4: THE CHALLENGE
P19.	CH 5: PRESSURE
P23.	CH 6: RELATIONSHIPS
P27.	CH 7: ROLLER-COASTER
P31.	CH 8: LIMITED VISIBILITY
P37.	CH 9: FROM SEED TO PURPOSE
P46.	ABOUT THE AUTHOR



I'd like to start this conversation by stating my intention.

My desire for this expression is to help provide encouragement and motivation, through my perspective on growth and life.

I wrote this for someone who is looking for clarity in purpose. I believe this message will uplift you, inspire you, and MOtivate you! With that, enjoy and I promise all things work together for your good!



M O S E S



IF A SEED IS
“LIFE-GIVING”
THEN IT IS
PURPOSEFUL
AND HAS VALUE
TO THOSE
RECEIVING THE SEED.

1



THE INSPIRATION



THE INSPIRATION

WHAT IS INSPIRATION?

What is inspiring you? What is motivating you? Or what is agitating you? Whatever is pushing you has a place of origin. If we focus our attention on that place of origin, why does it exist? Why is it important? What problem does it solve? Why is it needed in the world today?

What is your motivation for wanting to fulfill your passion or dream? Before we can walk through the layers of that framework, we have to ultimately arrive at the beginning of a thing. We will start by calling this the idea or inspiration.

The idea or inspiration is the SEED ORIGIN.

If we look at a seed, the size of the seed does not matter. The weight of the seed does not matter. The make-up of the seed does not matter. A seed can be a concept; but however it's derived it has a place of inspiration. Like any seed, its make-up is life-giving. And just like that your dream started out as a seed, so to your thought idea was inspired with a passion to become something great. Your motivation for your seed dream is giving you and those it touches life.

{ If something is life giving then it is purposeful and has value to those receiving the seed.

So what's the purpose of the seed? It must have an objective if it has a purpose.

If you really sit back and you spend time focusing on a seed, you don't really see all that it possesses. Think of all the possibilities that it could be.

Think of what it looks like when it has matured. It can be very hard to move. For example, think of an apple tree that has been around for many, many years, whose base is strong, whose tree limb stretches high and wide, and whose fruit is plentiful and delicious to the taste. However long ago that this tree was planted, It started out as a seed.

It was tiny. It was small in comparison to the successful life that it lives now.

So in the same way think of that seed as your idea or your thought that develops the idea. What is the right environment for your seed idea, your seed purpose, your seed dream, your seed vision.

This "seed thought" needs the right environment to cultivate the seed. Your seed's success is dependent upon its nutrient-rich environment. That environment we will call your mindset, but first...

There's a parable that talks about the sower who spreads seed on shallow ground.

The seed that was cast on shallow ground didn't take root; instead weeds developed in its place. Weeds are responsible for choking out dreams and stealing the necessary ingredients for a seed's maturation.

Weeds will steal from your seed.

People can be like weeds, they have the ability to steal from your dream. There are non-believers that seek to steal your belief and your blessing. They have the ability to take hostage your resource if you allow them to. Keyword (allow). Those that look to choke out your dream have the ability to take your concept, your idea, your why, your objective; but they are not the ones responsible for the seed. You are.

So in preparing the ground. If weeds exist, you've got to remove them. You've got to cut-off those relationships, those friendships that just take from you. They will look to intercept your blessing or position themselves to steal your joy, happiness, etc..., which can make it harder for you when you don't have access to what gives life to your seed.

And since your mindset is the environment for the seed to flourish, you have to be able to block out the negativity. Break up the hardened ground of your mind. It most likely will take you agitating and cultivating the ground of your mind in order for the idea and the concept of the seed to germinate and take root. moses



*Like any seed. its
make-up is life
giving.*

2



YOUR MINDSET

How you establish your mindset will determine how successful the outcome of your seed idea or dream can be.

You have to ensure that before you plant the seed, the ground in which the seed is planted is cultivated and prepared to receive the seed. When you think of MINDSET, really consider the amount of head dialogue one has with themselves on any given day, especially when considering challenging times.

Take time to think about how much head dialogue you have with yourself, especially the negative thoughts. It's considerable.

Now that we have inspected the amount of internal chatter, we are able to discover how much limiting beliefs that we have deposited in our mind and the amount we had to overcome. Limiting belief is like purposely shutting off the water hose that you possess in your hand to water your seed.

This limiting belief is what YOU control. It's not what someone else possesses. You have no one to blame here.

If we willfully choose not to water the environment surrounding your seed, then we are setting the tone for self-imposed challenges.



Believe it or not, limiting dialogue is something that I have to put into check daily. I'm so motivated about tackling my day and the task within that day that I don't even realize or recognize the limiting belief chatter.

I've noticed over 20 years that I'm great at confronting the challenges that I'm faced with daily, but I wasn't addressing the challenges of limiting belief.

Let me paint a picture. It was like a small crack crossing the windshield of my life. Or like a wall with cracks in it compromising its structure.

This wall secured me in my daily battle with time and people and yet every day I would feel the effects that my wall was receiving stress fractures of limiting beliefs. Just like that slow running crack on your windshield you may or may not know what chip made the first impact, but after time you see it running and now it's crossing the line of your sight.

In addition, I would also categorize doubt as a limiting belief.

Doubt says that you are less than capable, less than knowledgeable, less skilled than, financially unfit, and/or unworthy. "Less than, Less than, Less than; or doubt, doubt, doubt, and more doubt." Doubt is a lie we believe to be true and it steals from us. If doubt can trip up your motivation, it can kill your seed idea, your business idea, your inspiration, etc.

We need to replace doubt and limiting belief with a motivation. Motivation is the spark plug to your engine. And doubt is sludge that gets in the way of making the engine fire. It doesn't matter how much gas you have in the tank, or that you're wearing the right gear for the job. If your motivation is waning, getting that spark to ignite will be a chore.

Have you ever tried turning over a lawn mower that just won't start. You pull on the string and yank with one leg on the mower and the rest of your body's trying to muster enough energy to get that lawn mower to start. You keep pulling and pulling and tugging and tugging, then frustration sets in and you start to give up because nothing's working. { Everything that you're trying leads to nowhere. }

You have to get rid of the doubt. You have to remove the crud from the spark plug so it can fire and operate. moses

When everything is in sync and you no longer have doubt to cloud the mindset, your motivation will kick into gear and your purpose will be activated.



THE EMOTION OF TIME

Now with any seed or dream, time is a factor. But how we respond to time determines our energy. One day I was reading an article that read, “Manage Your Energy, not Your Time.”

What a strong statement!

Where I really want to help is not just in the management of energy, but the EMOTION that comes as a result of the energy we put forth into our dream, vision, purpose, or business. You see, the reason you pursue a thing is likely because you believe it has value or worth, so you believe in it. It has a cause or a reason that motivates you to do something.

Since it has meaning to you, it has importance.

So whenever we put forth energy, we develop an emotion that is tied to that energy. It is a radical component that if not harnessed or identified, it can derail your progress prematurely in your process.

Think back when time was a factor and it was not on your side. How anxious did you become? Were you visibly frustrated? Did you hit a tipping point? Had you waited long enough?

The emotions surrounding time are like riding a roller coaster ride. One minute you’re up, and the next minute you’re down. One minute, the speed of time is picking up and becomes exhilarating and the next it has become so chaotic that you can’t wait to get off the ride.



Where I want you to focus (as it pertains to time) is not the length of time you have to wait or the amount of time it takes to become fulfilled; but the emotion surrounding the energy we spend wrestling with time. We get angry and frustrated because it's not happening in **OUR** timing. We get impatient and rush the process because of anxious emotion. We bite our nails, bounce our knees while sitting or break into a cold sweat.

The emotions we're exhibiting are producing reactions. We lash out at others because time is delayed or because those same people are wasting our time. Another factor to recognize concerning time is rushing. How often do we drive through an intersection and speed through a yellow light and risk getting into an accident? Why do we risk an extreme event that has so much downside just because we are in a hurry or do not want to wait the extra time to do things safely?

When we try to bypass the process of time due to haste, we risk our seed not becoming fully developed.

A vision or dream that is not fully developed lacks its full DNA because it is now diluted and holds less value than what it was intended to become. I know that we live in a microwave generation where we expect quick turnaround times. And yes, things seem to happen at a much faster pace because of improved technology and processes.

"As a word of encouragement because I've experienced it myself, (and still wrestle with it) don't let time steal your joy and passion from your pursuit."

At the same time, exercise patience because a moment of inspiration can hit you. When it does, that inspiration can now be incorporated into what you're creating.

When it comes to timing, it's a balancing act. We can't shuffle our feet to the finish line and expect to win against other elite athletes that have been training for months at higher rates of speed. We can't be so negative that we don't even start. We should not be fearful to attempt and waste time trying to figure out what we need to do.

So when it comes to timing, keep your emotions in check. Because that ultimately affects your energy which will impact what you are working on and who you are working with. You need the right environment to make your seed germinate to full maturity. Your emotion with time is one of those **KEY CRITICAL** ingredients.

Timing allows for you to learn how to care for the product during its growth period. Timing is also a gift because it allows you to reflect and become appreciative of the growth since you have a front row seat to your own creation.

Lastly, when it's dark and no one sees what you have to go through in order to achieve what you want to showcase, be strong. Be strong, because what's happening underground for that seed is that it's absorbing information for its future self.

Don't underestimate the **MANURE TIME** of life. Being underground and under the stench of manure is at times unbearable and unthinkable to be in this situation. Although it may smell and feel as though you're not visible to others, hold fast. When it's dark and no one sees what you have to go through in order to achieve **your dream or purpose, BE STRONG!** moses



THE CHALLENGE

What happens when your dream is met with a challenge? What does that challenge look like to you? Is it a hurdle? Does it look as tall as a skyscraper? Maybe it's a person or a previous fear.

Does the challenge feel like a jump rope that you keep jumping?

You continually see the same challenge over and over, only to find that you're not making any progress to get past it. You just continue to stay in the same place, dealing with the same challenge. I believe challenges are supposed to be in your path, but they're merely there for the purpose of overcoming.

They help you see what you're made of and provide the help to grow stronger.

When I think of challenges I think of a work out. What I've come to understand about lifting weights is that your muscles become fatigued. When these muscles experience this level of exertion, after your workout your muscles then go into repair mode. During this repair mode they begin to compound which is redefining the size of the muscles.

Since lifting weights is a challenge, that means it is responsible for strengthening the muscle and increasing the muscle size. How exciting! That should give you optimism, for your seed, dream or vision! It should not cause you to look at the challenge and retreat in fear.



Challenges just like change, are inevitable. Think of the old saying: “Iron Sharpens Iron.”

We can’t become better or sharper, without facing some adversity, agitation, or without there being some form of a grind. Challenges are not intended to take us out. The purpose of challenges are to take us through or to take us over. So when we look at challenges, we should greet them as our teacher. Challenges are separating the weakest parts of you from the best that you have to offer.

Any challenge should strengthen our mindset to be able to overcome challenging moments.

And when we do, we are one step closer to fulfilling our purposes. Challenge is necessary.

I hope you are starting to recognize where you’re at in your journey and that you can use this writing as a compass to gain clarity and bring your seed closer to fulfilling your purpose.

My hope is that you do not fall behind and retreat when a challenge rises up in your life. Realize you have what it takes to overcome each challenge in order to achieve and get to the next step in your maturation. moses



*Challenges separate
the weakest parts
of you from the
best that you have
to offer.*

5



PRESSURE

As things start to develop for our dreams we might find ourselves in places that we never thought we would be. There are moments of brokenness and pressure that we may or may not understand.

Let me share some points with you concerning brokenness and pressure.

Brokenness is felt when something of value has been mishandled, dropped, or crushed. Sometimes it happens when we least expect it.

In agriculture, a bushel of wheat experiences brokenness by way of a millstone or beating the wheat bushel against the floor. The purpose for these 2 forms of brokenness is to extract the fruit from the stem.

If you are currently experiencing something breaking in your life; then I am here to encourage you that you are closer to healing and joy than you think.

What you are going through is only separating your gift for your purpose!



PRESSURE

Then there is Pressure. Pressure is when proportions are constrained in order to extract or push through.

Pressure can show up in so many forms. Pressure is not always meant to create headaches, but can be used to make diamonds.

If we lack clarity and continue to cave in under pressure we will become stagnant beings that allow pressure to hinder our progress. The fear of pressure can also keep us from moving forward. moses



Often times the pressure we feel is disguised as fear trying to keep our dream silenced

{ Establish core principles to live your life by and take captive every negative thought that would choose to stand in the way of your progress!

MOTIVATION

6



RELATIONSHIPS

As you continue in your journey consider your progress like riding a bus. Some folks will get on and some folks will get off. Perspective and discernment will bring clarity for those times.

Some of these people have been through similar experiences and have likely shared in your same struggles and frustrations. These individuals can identify with the feelings of being overlooked and not recognized. Then there are some people who are not in support of you even when you are on the same path.

Have you ever seen crabs trying to get out of a bucket? People can be “crabby” like that. They look for personal gain by stepping on others to achieve their needs. Some people in your life may not support you and may not believe in your dream.

Identify who are your allies in your journey.

On this road, you may also experience people that are genuine and of kindred spirit. Some people who start with you may not be there for the entire length of the journey.

It comes as a surprise to us but it’s never a surprise to God.

And that statement, has helped me when I faced changes. When you approach life in that manner, then you understand that change will happen and because of that you can better respond to it. How, you ask?



Because we live by faith and not by sight. Change will no longer come as a shock. It won't come out of left field. Change is inevitable, and you will be prepared for it.

You start to change your perspective on change and you realize that certain people are in your life for a certain season or time. You are in position to give to them; and they are in position to give back to you.

Here is my word of encouragement: people adjust, people pivot, and people move. That's okay. Because we don't own people. They are not our possession. We just need to handle with care. We are commissioned to tend to, care for, lead those, and protect those that are put in our path and in our lives, and vice versa.

We are called to love our neighbor as we love ourselves. So in this regard, if people who start out with you don't end with you, don't wish them evil. Don't wish them bad. Just love them. Pray for their next steps and opportunities and continue about your business. All you can control is your mindset, your energy, and the thing that you feel you are led and called to do.

The things that you gain from the relationship are lessons, value, love, insight, connections,...and the list goes on and on. moses



*Change comes as
a surprise to us,
but never a
surprise to God.*



ROLLER-COASTER

Have you ever felt that life is like a roller coaster? It's up one minute and down the next? Have you felt that your dream seems to be exciting and also daunting?

Life can be a roller coaster.

I have learned that these roller coaster moments are sifting moments. Up one minute, down the next. Because I have learned this about life, I am not surprised. I have learned to recognize where I am at in the journey of my process for my purpose. During the times of harvest a farmer will collect the contents of his harvest such as wheat and sift through it to separate what does not belong for what does belong.

I really wanted to talk about this sifting because just like challenges that happen either to us or for us, the same thing is happening during the sifting time of our lives.

You experience uncertain turns and increased speed of chaos.

Then there are the drops and the moments where you are upside down and your stomach is in your throat. You desperately want off the ride only to find there's a surge of power that then sends us into a dark tunnel where we can't see. Then all of a sudden it's back to sunlight and the ride starts to slow down, only to find that there's another drop off.



When I'm going through these instances I get back to my core values and tackle life one step at a time.

By practicing this exercise it shows me how much further along I am than where I was. I realize what this moment means. It means that the things that are connected to me are like the chaff on wheat that cannot continue with me for the next leg of my journey.

This is a really inspirational time!

I know roller-coaster rides make people uneasy. I know that it makes people nauseous. But these are the moments where I start to recognize how much closer I am towards being a valuable product. How much closer I am to being of better service.

If we think of ourselves as the harvest and our farmer comes to sift us the purpose is to ensure that we are reaching our full potential.

If we don't recognize that this sifting period is purposeful we may fail to eliminate the hardened shell that inhibits us from reaching our full potential and full service to others. moses



*These roller-coaster
seasons may not be
life happening to us,
but rather for us.*



LIMITED VISIBILITY

In addition to all of the brokenness, pressure, people leaving you, and roller-coaster rides; dark times also exist!

When we feel that no one sees us, or we don't see a way out, welcome to limited visibility.

It's the feeling that the light at the end of the tunnel seems to be so far away that it only creates more questions and doubts. I choose to have a different perspective on dark times. I believe it's a season of being carried.

The definition for this dark time is called CARRYING.

My seed and your seed is being cared for as its next step in its journey.

Consider the dark times that you've been in and how it has felt, and what your thoughts and emotions were surrounding these dark times.

I know for me, I would question how long is it going to last?

I felt very sad and lonely. I can recall the moments where I felt that nobody really understood what I was going through. I felt that I had no one that I could confide in. I just wished someone would hear me out and listen to every word I had to say.



Here is an example:

Have you tried walking through a room that you are not familiar with and attempted to turn the light switch on?

When you start at the door you know a light switch is close by. But as you walk through the doorway, your pace starts to slow down. You don't walk in with all the knowledge of the room. You might shuffle your feet so you don't stub your toe.

You start to reach out with your hand because you're looking for support. But you may or may not find it.

Or the support that you find cannot stabilize you and as you walk through this room, things begin to fall or break. It causes you to become apprehensive of the sounds. It causes you to become worried as to what more damage could happen because your walking through this dark room.

But if we take a different perspective, what if in this dark time I'm supposed to be still and I'm not needing to find my way. I need to allow God to carry me.

{ If I allow him to carry me, soon I will see the light of day and won't have to force my way through dark times. moses



*Dark times can
cause us to become
disillusioned,
creating questions
and doubt.*



FROM SEED TO PURPOSE

Everything is working together for your good. There is always purpose for the challenges that you have faced.

Just like we talked about the muscle, which requires tearing, in order to grow, and operate its purpose.

Your challenges are a gathered collection of victories that show what you have been through and how far you have come. People can see the different reflections of the colors that exist in your mosaic piece.

This will be your masterpiece, your work of art.

As a kid I used to watch my grandmother make flour tortillas. She would put the necessary ingredients together to make her dough reach the right consistency. Those ingredients had to be just right. Just like those key ingredients you have been intricately formed.

The thing about the ingredients is if they're separate, they still serve no purpose.

Once they come together they start to create the right recipe necessary to achieve the taste for your desired meal.



Everything that you've gone through, has come together for a specific purpose.

So when it's all said and done...

- 1 What is your dream or gift serving to others?
- 2 Are you serving them something stale due to fear?
- 3 Or are you serving them something that is ripe to the taste?
- 4 Did you skip any steps?
- 5 Is what you're serving others delicious and nourishing?

WHAT ARE YOU SERVING OTHERS?

What I have learned thus far in 20 years of being an entrepreneur in business, is that there is a process to our journey.

That first thought is key because you have to identify if its postive or negative. Then the next key item is the environment that you will raise that idea.

The energy that you give your seed thought/seed dream must be freeing and not taxing.

The mindset is the environment that will cultivate your seed.

And when you start to unveil your life story and speak the chapters of your life, what you're gonna find is that the ebs and flows were all apart of the process for purpose.

What you choose to define these moments as, will determine your maturation in life. It will showcase your ability to graduate from level to level and successfully move through these stages in your life. So when you find yourself in the roller-coaster seasons, don't be surprised.

Learn to identify where you are at in your process so you can give better definition to what you are going through. When you find yourself on a winding road, or a rocky path, do not get discouraged.

When others who were once on your journey with you seem to fall off, understand it's a moment. There will be another individual or group of people who will join you on this next phase of your journey.

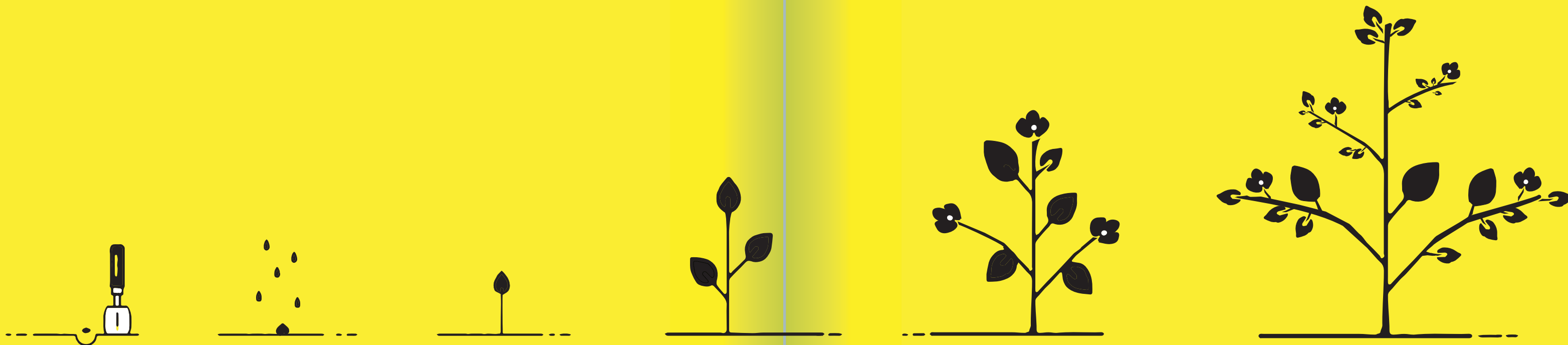
My desire for this content was to share that the changes in life are not meant to destroy you. They are not meant to take you out, but they are all meant to take you through.

My purpose is to encourage and share the paths I've taken and shine the light in dark places I've endured. Why? Because I want others to be able to see clearly and help give definition to what you are going through. moses



*Everything
is working
together for
your good!*

AN UPLIFTING PERSPECTIVE ON GROWTH AND LIFE



MY HOPE IS THAT
YOU FIND PURPOSE
IN YOUR JOURNEY.



BE ENCOURAGED!



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| ABOUT



M O S E S

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My hope is that you find purpose in your journey. Be encouraged!

My desire is to encourage you! My goal is to inspire you to live your life with purpose.

I've had the privilege of being a Business Executive in Healthcare, Real Estate, Renewables, and Education.

With leadership as my calling card; I have been able to hone my skills in business development and business solutions, since 2006.

I am looking to help those who want to strengthen their mindset and get clear on your WHY so you can make a difference in the world around you!

Let's Connect



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