

# The gap between knowledge and action assignment



Inspirational Speeches “ The Gap between Knowledge and Action” Have you ever wondered why, a lot of times, you just can’t seem to make progress in life despite the fact that you know so much about what it takes to succeed? There just seems to be a gap between what you know and what you actually do. I call this The Gap Between Knowledge and Action. That is the title of this message: The Gap Between Knowledge and Action. Over the years, I have gotten many enquiries through my website called Motivation for Dreamers from people who feel frustrated and unable to progress in life.

Quite a few indicated that they have read a lot of different personal development and motivational materials over the years and acquired a wealth of knowledge in this way. But, for some reason, they just couldn’t get past reading or listening to such materials to actually living the life they desired. Often this was accompanied by a sense of frustration and the feeling that perhaps such things just don’t work, or at least not for them. That is usually how we get to feel when there is a gap between our knowledge and our actions. It’s when you know what to do and how to do it, but you just can’t get to actually doing it.

I have attended or listened to many seminars myself over the years. In many cases they were great seminars, giving really useful information. But I noticed that in all likelihood, most people attending the seminar would put the seminar materials on their shelves afterwards and pretty much not act on the information, even though at the time they received it they were very enthusiastic and excited about it. But somehow, as the days go by the routines of daily life get in the way and the initial zeal just dies out. It was a coaching session that I came to realize what exactly that gap was.

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I found out that the missing ingredient is usually: Clarity Or rather I should say, it is a lack of clarity that keeps us stuck in a certain pattern. By lack of clarity I mean three basic things: - Your fears - Feeling Powerless - Lack of Focus Your Fears By far the biggest obstacle to taking action is your fears. These may be fears that you are aware of, but quite often it is fears that you may not even be consciously aware of. For example, like many people you might like to start a business and have a lot of business ideas in this regard, but maybe you find yourself unable to take the next step.

Something holds you back. Until you recognise and deal with that issue you may find yourself stuck. I know of a person that had such a problem. She had gone into business several times and nothing seemed to have worked out. During one coaching session, she discovered what was holding her back. You see, this lady's parents had divorced when she was very young. After the divorce, she lived with her mother who was not wealthy. Her father, on the other hand, was wealthy and would get her expensive gifts and generally provide for her materially.

Well, through coaching, she discovered that she was actually sabotaging her chances of success because to her, being wealthy meant being like her Dad. She felt that by being wealthy she would be betraying her mother who was not wealthy. So although outwardly and logically she was in business to make money, inwardly, she was afraid to make money, because she felt it would make her like her like the person she did not want to be-her father. It is important to be clear on what your fears are. They are by far the biggest obstacle that you have to deal with in order to move ahead and succeed.

The example I have given also illustrates that knowing the origins of our fears is very important in dealing with them. You may know what your fears are, but may not be clear on the reason you feel that way. The answer usually lies in the origin of the fear. Coaching and counselling can help you dig deeper and understand yourself better with respect to your fears. Feeling Powerless The second obstacle is Powerlessness. Powerlessness occurs when you are living in a state of low power. In this state you will find that you generally feel less energetic, blame yourself or others, are judgmental of self and others and at times even angry.

The best way I would describe this state is the feeling of having a weight on your shoulder, or a feeling of heaviness in your chest or heart, particularly when you think about your future and your plans. It can be such a drag and every step can take so much effort. Part of the answer to dropping this weight lies in learning to let go of the negative things in your life. Once you do, you are able to move ahead to a state of higher power. When you are in a state of higher power you let go of blame, judgment, anger and negativity.

You drop that weight from off your shoulders or loose those bands that are constricting your heart and mind. Then you begin to feel refreshed and light. It becomes easier to move ahead without the clutter of negativity. In a state of higher power wisdom and intuition are more accessible to you. The process of letting go of such judgments, blame and negativity need not be a lengthy or difficult one. It just needs to be focused and deliberate. Again, coaching can be very useful in this area. There are even some self coaching tools, such as the Brain Walk, that can help you in this regard.

Using the Brain Walk once a day for five to ten minutes, for example, you can energise yourself and get yourself in a state of higher power easily. Another thing that can help you to get to a state of higher power is your spirituality. We often neglect prayer and reading God's Word, but they are the easiest and cheapest means of getting rid of negativity, blame and judgment of self and others. Meditate on God's word and pray earnestly. The Bible says the " effectual, fervent prayer of a righteous man availeth much. " It will avail you the power you need and give you the courage to move forward without fear and heaviness.

Lack of Focus Once you have recognised and let go of your fears and are in a state of higher power, you need to add Focus in order to move from knowledge to action. By focus, I mean your vision in life. What is it that you want to do with your life? Part of the reason that knowledge you have is not being put to use may be that there is nothing for you to focus it on. There is nothing pulling you in a certain direction. So today if I tell you about investing in real estate you will be really excited about it, and tomorrow if I tell you about multilevel marketing you will be really excited about that too.

The result is that you be pulled in many directions and end up remaining stationary despite your unfocused efforts. Acting consistently and towards the right purpose is important. Work out your vision. Work out your purpose. Be clear on what you want in life. Once you do it becomes easy to say no to things that will not add value to you. It becomes easier to say no to distractions and you will then know what knowledge you need to acquire and concentrate on in order to reach your destination. Life is Hard, Life is Difficult

My message today is titled "Life is hard" and it's about how to live a great life despite the fact that life is difficult.

Everybody wants to be happy in life. We all want to live a perfect life. We want that great job or a successful business. We want to be married to Mr. Right or Mrs Perfect. We want to have great kids. We want to have friends that stick by us come rain or shine. We want to be able to have all the material things life has to offer and have all our problems just disappear. Everybody wishes for good life. It may be at different levels. One person may define a good life one way and another may describe it another way. For one person a good life may be just having three meals a day and a roof over their head.

For another it may be having a huge mansion and a couple of million dollars in the bank. There are different levels and meanings to what a good life is. But whatever your definition of it, there is perhaps one thing that you may have in common with many other people. You might want that good life stress free. You would like to have it without having to work so hard or struggle so much for it. That is a normal human expectation. Nobody likes to struggle through life. Unfortunately, that is also what may be stopping you from having that great life.

The thought of all that work, all that planning, overcoming hurdles and resistance is enough to make a lot of people give up before they even start. It can all seem too overwhelming, and for many it all just doesn't seem be worth it. It's like being drained of energy just at the thought of running a marathon. Before you are even at the starting line the thought of all that

running just scares you and tires you so much mentally you just decide not to go for it. It's just too hard. One of my favourite books is titled "The Road Less Travelled" by M. Scott Peck.

The first sentence in the book is: "Life is difficult." Now, if you pick up a book and the first thing it tells you is "life is difficult" you may just think "is this book going to get reassuring and encouraging after such a start? But, as Peck goes on to explain, once you accept that life is hard, it no longer becomes an issue that it's difficult. He says: "Once we know that life is difficult- once we truly understand and accept it - then life is no longer difficult." In life you will have difficulties getting anything you want. It is very rare to get anything in life without some degree of effort. Only if you win the lottery will you have everything without effort, and even then you would have had to go out and buy the lottery ticket anyway so it's not free at all. Life is hard - your boss will not always be the nicest person in the world. Your job will have challenges that you did not foresee. Your workmates will sometimes be a pain. You won't always get the salary and recognition that you want and deserve at work. Your clients may not be the nicest people in the world. Life is hard - your kids won't always be the ideal kids you want them to be.

Your wife or husband may not be as perfect as you thought they were when you married them - in fact I can guarantee you they are not. Your home may not be the ideal place you would want it to be. You may not be the perfect wife or husband that you once thought you were. Life is hard - running a business is not as easy as you thought it would be. No one is lining up to bring money to your business, even though you are a really nice person and your business

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has great products to offer. I could go on and on with these examples, but the bottom line is that “ Life is hard. I don’t mean to say in all this that you don’t deserve a break. I am not saying that you are not justified in thinking that you deserve more than what you have gotten from life and the world to this point. I am not saying that you are not justified in feeling the way that you feel. I know you have had it tough at times. I know that at times you feel that it’s all very confusing and just too hard. I mean you have worked very hard. You’ve done all that you possibly could in your life whethxer it is at work or at home. But things just don’t seem to have worked out as well as you had planned or hoped.

It all just seems to have gone wrong and you don’t know or understand how or why. But that’s okay. It’s normal. That’s what being human is all about. That’s what life is all about. Life is hard. Accept that. Once you do, you will feel better about your circumstances. Then you won’t think of your situation as anything but what is common to every human being. Then you will think of your situation as a part of life. You will no longer beat yourself up about how bad things are or how you are not doing so well in one area or another. You will realise that you are only human.

You make mistakes just like everybody else. You are not perfect just like everybody else. But don’t stop there. Accepting that life is hard does not mean that you accept every circumstance and simply go with the flow. You see, there are two sides to this story. There is another side to this coin. On the one side of the coin is where you have the words “ life is hard” inscribed, but if you turn that coin over you will five very small but powerful words.



They read: “ You can make it better” That is one of the beautiful things about life. You can make your life better.

You have total responsibility for what you do and how you respond to the fact that life is hard. As the now cliché saying goes: “ If life hands you lemons, make lemonade. ” Accepting that life is hard comes with accepting that you have the responsibility to make it better. Not only do you have the responsibility to make it better, you have the ability and the power to make it better. You can make it better - become a better employee and someone worth giving more responsibilities at work. The promotions and the better pay are sure to follow one way or another. You can make it better - learn how to raise better kids and have a happier home.

Become the good husband or wife you would like your spouse to be. You can make it better - learn how to turn that business around. Gain the extra skills you need to run a successful business. You see, the only person you have any control over is yourself. You cannot change other people. Let’s take the example of marriage for moment. Notice that I did not say you should turn your husband or spouse into an ideal spouse. I said you should become the ideal husband or wife you want your spouse to be. Then, once you become such a person you may have several choices as to how to relate to your spouse.

Firstly, once you are as near perfect a spouse as anyone can be your husband or wife might see the difference and also decide to change for the better or they may just change naturally as a response to your new attitude. Secondly, if they don’t change, perhaps you will have reached a level of

maturity where you are content and satisfied with who they are and their faults no longer bother you. Or thirdly, in some cases, such as in abusive relationships or in relationships that are a risk to your health, you may reach a level of self acceptance and courage where you are able to leave that abusive or unfaithful partner.

Whatever the case may be, this example illustrates one other important fact about the fact that life is hard and taking responsibility. That is: " You always have choices" No matter what situation you are in, you have a choice. No matter how bad things are, you have a choice. No matter what you think you can or cannot do, you have a choice. Now it may not be an easy choice, by any means. It may be a very difficult choice and the road you decide to take may be a tough one. It may push you way out of your comfort zone. It may mean that in the initial period your life may get even harder than it already is.

But it is a choice nonetheless. A lot of times you will actually find that the choices are not as hard as you thought they were. You may just have shut off your mind from seeing those choices and possibilities because you thought you had no choice. Once you become open to the idea that you are responsible for your life and that you have choices, you will find that you are no longer stuck just because life is hard. At that point, life is still hard, but you have the final say. Your life becomes more meaningful and purposeful.

Motivation Speech " Dare To Be Different"

If you want to get what everyone is getting, do what everyone is doing. Mr. Toastmaster, ladies and gentlemen, my speech tonight is not simply about

me, but also about being different. I have chosen this topic because it is something that is very dear to me and something I have made a personal philosophy and which I endeavor to live by. THE WALK I think it all started when I was 18 years old and in my first year at campus. That was about the time that I started to observe people's behaviour and just to think about life. I was taking a walk with two friends and was in deep thought.

They were chatting, but I was not paying attention to what they were saying. Then suddenly I said " You know guys; I am pretty disappointed with the adult world. " One of them asked me why and I explained that when I was going to campus I expected a lot of change and difference in the behaviour of the people around me. After all, they were adults. I always thought being an " adult" was a lot different from being a kid. However I felt after being on campus for a few months that the adult world was not what I had expected. Everyone just seemed to behave like they were still teenagers.

Nobody seemed to be outstanding in any way. There was no distinction, as far as I could see, between the 18 year old and the 50 year old apart from their age! Where was the wisdom and excellence I had come to expect. There was no change! I did not know it then, but over the years I have come to see that the reason people don't change is simply that they do not dare to be different. WHAT DOES BEING DIFFERENT MEAN? Being different means:-  
Not being afraid to challenge the norm. - Being willing to take a chance. - Asking why. - Making your own track, not just following the well trodden path. Charting your own course and destiny. - Being the person that you were meant to be. | | I believe that everyone is born unique. But through the years we work very hard to be like everyone else. We conform to society's  
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so-called “ common-sense. ” Unfortunately it is just that – “ common sense. ” That does not mean its “ good sense. ” THE FOLLY OF EDUCATION. If I were to take just the people in this room, it is likely that most of you have spent anything from 15 to 20 years getting an education so you can get the jobs you have.

Doesn't it strike you as irresponsible that one can spend so much time getting an education and yet so many people don't make any deliberate effort to develop their greatest asset – themselves! Most people think once they have a qualification that's it. They have arrived. Is it any wonder they don't grow? They are stagnant. Stuck at 18! Most of us won't even read unless there's an exam in sight. But you know what? Everyday of your life is an exam. Everyday you either pass or fail the test of life. Everyday is an opportunity to grow beyond your present barriers and circumstances. Everyday is a chance to become a better person.

The saddest part is most of people don't realize this. If they had to be graded at the end of their lives you know what they'd get? D, D and more D's. And yet they thought they were doing very well. They let society's “ common sense” grade them. MY ADVICE? If I can leave you with one piece of advice it would be this: READ Society celebrates mediocrity so much that it does not take much to set yourself above the rest. Doing that one thing regularly will put you way above the rest. Read books that challenge you and that make you think. I have decided to read at least one book every month. I'm already amazed at the results.

MY FINAL WORDS In closing I'd like to say to those of you that are skeptics out there, those of you that are saying " oh, he is just drink with the omnipotence of youth. He'll get over it, and then he'll be just like everyone else. " My words to you are: " I ain't going out like that. I know that I have an abundance of potential within me and I will bring it out to fruition. Why? " " Because...I'M DIFFERENT! " Motivation Speech " 24 Hours to Live" This motivation speech was written for presentation at a Toastmasters club meeting. Enjoy it. Death is something most of us would rather not think about.

It's dark, mysterious, sad, final, lonely and cold. These may be some of the thoughts that come to mind when death is mentioned. In my experience as a doctor I have found that there is a lot that can be learnt about life from death. At no time has this struck me more than on one occasion when I was on call at a local hospital. I was called to see a patient. It was a man in his mid-forties lying in the acute bay, unconscious. From his clothes and general appearance one could see that he was relatively well-off financially. Apart from his shallow breathing there was no sign of life in him.

He had a blank stare into the air and never blinked. I noticed there was no one by his bedside. Quickly looking through the notes by his bedside I learnt he was diabetic and had recently started taking medication for HIV. I don't know why exactly, but somehow I felt a lot of empathy for the man. Perhaps it was the perception that everyone seemed to have given up on him. The nurse had left me by now - she'd gone to attend to other patients who still had a fighting chance. As I worked to put up an I. V line and gave him drugs

and oxygen and try to figure out what the problem was I couldn't help but think about his life.

I wondered - where are his family, friends and relatives? Who brought him here? Why is there no one to be with him at this - probably the most desperate moment in his life? How did he get HIV? What circumstances and choices had led him down to this point where he was hanging on to life by a thread, and no one seemed to care? Every now and then he would groan. I had heard groans many times before from unconscious patients, but now it was almost as though he was saying - " help me, please help me. About one and a half hours later when I was sure I had done all I could I left him and hoped for the best.

Still I couldn't help thinking about him. | | Less than half an hour later I went back to check on him. His breathing was better and I could see his half-open eyes follow me as I moved around him. That was encouraging. I was about to move away when his hand gently grabbed at my wrist. He mumbled something but I could not understand him. Moving my head closer to his I said: " What's the problem? " There was a pause. He took a few breaths, and then whispered a shrill " Thank You. "" You're welcome," I said and walked away. I was so touched.

This man, in these circumstances with the odds stacked against him, thought to say thank you. I wish I could tell you that this story had a happy ending. I wish I could tell you that he got better and that I got to know more about him. I wish I could tell you that he got another chance. I am the last person he spoke to. Two hours later, I certified him dead. I felt like I had let him

down. The truth was I had done all I could have done. Before and even after him I have seen many people die. I often wonder - if they had known that today was the last day of their life, how would they have spent it?

What would they have done with those last few precious moments? LIVE EACH DAY LIKE IT'S YOUR LAST. A saying we've all heard before, but few of us have actually given it any thought. Living each day like it's your last: - Forces you to think about your priorities. - It forces you to quit the things that waste your time and energy and to concentrate on the most important things and people in your life. - If you live that way you make better choices, you treasure each moment and suck the life out of every hour. - It removes the clutter and garbage that so often chokes our lives.

Living each day like it's your last is not about living in gloom and fear of death. Rather it is about: - Grabbing every opportunity. - Not procrastinating. - Doing today what you could put off till tomorrow. - Reaching out to your dreams today. - Not letting another moment pass you by. - Living life to the full. It's living your life so that when your time comes to go, someone will care and someone will say their life is different and their life is better...because YOU were there. Motivational Speech " The Evolution Fable" Motivational Speech -Introduction Ladies and gentlemen, what I have here is a can of coke.

Let me tell you an amazing story about how this can of coke came to be. Billions of years ago, a big bang produced a large rock. As the rock cooled, sweet brown liquid formed on its surface. As time passed, aluminium formed itself into a can, a lid, and a tab. Millions of years later, red and white paint

fell from the sky, and formed itself into the words “Coca Cola” on the surface of the can. That is how come we are able to enjoy a can of coke today. Of course, my story is an insult to your intellect, because you know how the Coca Cola can is made, and you also know that somebody is responsible for making it.

Furthermore someone had to design it before it could be made. So why do the so-called scientists of our time want to insult our intelligence in the same way I just did with this can of coca cola, by telling us that we are nothing more than a product of evolution? Evolution is defined as “A gradual process in which something changes into a different and usually more complex or better form.” It is in essence, nothing more than the coca cola theory I have just told you, all you have to do is replace the can of coke with... yourself.

Motivational Speech - Why would anyone WANT to believe in evolution?

Which begs the question - why would anyone want to believe in this “grown-up fairytale” as one prominent scientist put it? There are three possible answers to this: a. They are very intelligent b. They have an ulterior motive for denying the obvious c. They are fools Well before I answer that let me tell you what some people have said concerning the subject of intelligent design: George Gallup, the famous statistician, said: “I could prove God statistically; take the human body alone; the chance that all the functions of the individual would just happen, is a statistical monstrosity.” Albert Einstein said: Everyone who is seriously interested in the pursuit of science becomes convinced that a spirit is manifest in the laws of the universe; a spirit vastly superior to man, and one in the face of which our modest powers must feel humble.” Motivational Speech - A question of intelligence? So, back to the <https://assignbuster.com/the-gap-between-knowledge-and-action-assignment/>



answer to our quiz: The first answer – that they are very intelligent is wrong, although that is what they would like you to believe. After all, the scientists say, they have spent a lifetime studying the subject and are still only beginning to understand its awesome power. How could you, a mere mortal, understand such a complex subject? | Motivational Speech – Ulterior motives? They second choice, that they have an ulterior motive for denying the obvious, which is that God exists and that he designed and created everything, is correct. Why would anyone want to deny God’s existence? Simple – no designer = no God = no right and wrong = I can do whatever I want and be answerable to nobody. Motivational Speech – Are they fools? Which brings me to the second correct answer to the quiz – the other reason people want to believe this fairytale is that they are fools.

Now, before you go about calling for my head on a platter for saying that I want to make it absolutely clear that I did not say that... someone far superior to me did... his name is... God: In the Psalms he says: The fool hath said in his heart, There is no God. PSALMS XIV: 1 By the way this fits in very well with the dictionary definition of a fool as “ One who is deficient in judgment, sense, or understanding. ” Motivational Speech – Evolution and atheism Believing in evolution fits very well in this definition and is essentially a form of Atheism, a belief system that passionately denies the existence of God. God calls the atheist a FOOL.

Sort of like the ostrich, when confronted with facts the atheist and evolutionist would rather burry their head in the sand and say: “ There’s nobody there, there’s nobody there, there’s nobody there, I tell you! See, I can’t see ’em! ” The atheist will tell you fabulous fairy tales like: you were <https://assignbuster.com/the-gap-between-knowledge-and-action-assignment/>

spontaneously generated from a rock, a monkey is your daddy, a fish is your cousin, you have no hope, you should just live for today, when you're dead, you're dead. But ultimately, somewhere in the back of their minds and in their hearts they know that there is someone out there, no matter how much they try to deny it.

Motivational Speech - A challenge to evolutionists Finally as I close, I would like to say to you all, just in case I have offended anyone, that you have a very good opportunity to convince us of evolution and all it entails and at the same time make yourself a wealthy person. How? Simple, Dr. Kent Hovind, an authority in the field, is offering a \$250, 000 reward " to anyone who can offer any scientific proof for evolution. " His offer has been standing for more than 10 years and no one has shown up to claim it, but if you have the proof... why not give it a go? No I know you may be saying... well, you can't prove that God exists either! " But... I can. The proof of God's existence is in his creation. He is manifested through his creation. God's word says " For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse: No one has any excuse to deny God's existence. All you have to do to know God exists is to look at the marvellous and wonderful creation who is seated next to you. Motivational Speeches " Small Steps to Success" Introduction To many, success seems to come suddenly.

When you observe others and what they have achieved you usually don't appreciate what it has taken for them to get where they are. Ultimately, in failing to do this you also fail to learn what it would take for you to attain the <https://assignbuster.com/the-gap-between-knowledge-and-action-assignment/>

same level of achievement and success. But, if you take the time to truly think about it, you will find that success is usually only a small step away. Yet despite that it eludes most people. It is always so near and yet so far. Let me illustrate what I mean with a short story. A lesson from military school As part of our military training in the air force we were given a very demanding assignment.

We were put in groups of about 10 and taken to some unknown location far in the bush. After a few days of camping there and doing some military manoeuvres, we were told to head back to the base. Only this time we wouldn't be driven back - we would have to hike back. We had only a few things to carry - a litre of water each for the whole trip and an AK47 riffle with one round of ammunition. So we started off that day at sunset, walking through the thick bush. Because we were using a campus for direction we had to walk in a straight line back to the base. Any slight deviation from the path and we would inevitably have gotten lost.

That meant that whatever obstacle we encountered on the way had to be overcome. That straight line had to be maintained at all costs. Worse still, we had no light - we were basically walking blind in the moonless night. So you could not see where your next step was going to land. But we had to walk fast. Our deadline was 12 noon the next day to be at the base - or else we would have failed the assignment. So we walked through the night. There was no time for fear, no time for doubt. We had to do what we had to do. Our futures depended on it. " Just take it one step at a time"

As I walked through that unknown and scary world one thought kept going through my mind...It was... “ Just take it one step at a time. Doesn't worry about what will happen later, just think about each step... one small step to success” ... That was the idea I hang on to. So with that I found some courage to get going. We moved on through grass as tall as giraffes and as tough as bamboo. Our hands were pierced, bruised and sliced as we searched around in the dark to make a path to go through. We conquered what seemed to have been endless mountains on the way. The rocks were so hard on our tired feet it was as though we had no boots on.

Our legs cried for mercy from the effort of climbing up the steep slopes. We had to keep moving... “ small steps to success. ” | | Every now and then a dim light would appear in the distance offering some hope to find a village and get some water to replenish our fast depleting reserves. Only to disappear as we got closer. It was not on our route. Or perhaps we had had some mass delusion. Take a break, if you must, but don't give up Finally, we could go no further. The pain and fatigue was unbearable. We had to catch a nap – it was past midnight.

One hour of sleep, all cuddled up like puppies for warmth, and then we moved on. Soon the morning came. But there was no time to appreciate the sunrise. Our water was all gone and the day brought with it unbearable heat and nasty irritating little flies which were intent on getting into your nose or your ears. It was so hot you could feel the heat embracing your face. We were getting dehydrated by now. It was so bad you could eat the salt off our faces. All the sweat had dried up. Had it been any other day I would have

laughed out loud at seeing everyone walking wound with a white powder on their face.

But right then my tongue was sticking to the roof of my mouth and laughing was very difficult. By now, everyone was wishing they had not had to carry the heavy AK47. It seemed to have gained an extra 5 kilos since we had begun. The straps had slowly dug into the flesh across the shoulders and the back. Every step was accompanied by some pain in one part of the body or other. Every part of the body was crying out for attention. But we had to move on... " small steps to success. " By mid morning we were utterly exhausted. Some dragged their riffles behind them like unwanted tails. Others had taken off all they could for the heat.

We were as dry and shrivelled as prunes. We were a sorry sight for defence officers. But right then it was more about survival than about dignity. Finally there Finally, a few minutes to midday...we arrived at the base. Only then did I notice how horrible I smelt. I had no idea I could stink so bad. But first things first despite the smell... water... food.... and a bath...in that order! The journey of a thousand miles... So, you see, we took small steps to success all along that hike. Together, they added up to hundreds of thousands of small steps. But we might have chosen not to take the first step.

We might have stopped at any point along the way. That would have meant that we would not have gotten to our destination. There were also obstacles along the way. But with each small step they were overcome. There were frustrations, fears and uncertainties. But with each small step they were crushed. There was hardship and danger, but with each small step and focus

on the desired destination it was conquered. So you see, success is no mystery. It takes only one small step to succeed. Because, as the Chinese philosopher Lao-tzu said: " A journey of a thousand miles must begin with a single step. " Have you taken that one step today?

I hope you have enjoyed reading these motivational speeches as much as I enjoyed writing and giving them. Inspirational Speech " Don't Stop the Music" I wrote this inspirational speech for a Toastmasters presentation. At the time I was feeling very inspired by music and reclaiming my former love for it. If you have never been to A Toastmasters meeting I recommend you find a club near you and go for one. It is a marvellous and fun way to learn public speaking and leadership skills. I know of many world-class speakers that have benefitted from going for such meetings and completing the assignments outlined in the manuals.

Inspirational speech Music should strike fire from the heart of man, and bring tears from the eyes of woman. ~Ludwig Van Beethoven~ You know, I have found that to be so true. There is a song for every occasion. I remember when I was at Ridgeway campus. If my friends needed music for a party or just to listen to something, they would often come to me. I had a great collection. Over the years I managed to pack my computer, which had a storage capacity of 10 gigabytes at the time, with over 7 gigabytes of music. That was over 2000 songs or 7000 minutes of listening time.

You could put the player on shuffle and listen to music for 5 days, 24 hours a day without ever having to hear the same song twice. Inspirational speech - Music for every occasion There was music there for every mood I was in.

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When I felt like “ getting Jiggy with it” I just slammed the volume high on the “ Woox” bass system and I was gone. Too bad if my neighbours were studying because I just had to let loose. The good thing was that even if the neighbours came banging on the door for me to turn it down I could not hear them! Nanananananana... nanana When I was ... uhh... in love... there music to go with it.

The music took that intangible and inexpressible feeling of being in love and turned it into words that made sense. And even without words the instruments could express it so clearly. I could just lie down on the bed, stare at the roof and listen.. and I knew:” Love will find a way; Anywhere I go ; I’m home; If you are there beside me. ” Well... it didn’t always find a way. But it did at the right time. When I was sad I could count on the music. Not so much to cheer me up, but to share the sadness with me. Sometimes you need to wallow in your misery a little and have your pity party. And perhaps even... a good cry.

Boys II Men told me to “ just hold on”... They said: | | “ I know you’ve been going through some things The pain you hold inside’s written on your face Well, so am I, but I know things can change Well, you can die, you can sigh, you can cry, till you’re midnight blue But that’s not you, no, no Cause I know you’re stronger And I felt stronger through the music. Inspirational speech - the loss of a love Then, shortly after I finished my studies I had to sell the computer. I lost all the music despite my best efforts to copy it... it was all copy-protected.

That was a huge blow and I have never gotten myself to get back into collecting music as much as I did then. I haven't enjoyed music as much as I did then. Yesterday, as I came from work I felt really tired and drained of energy. So, remembering how much music had helped me over the years I decided to take the long route home and listen to some music on the way. Inspirational speech - the reclaiming of a love So I started with some Jimmy Buffet's " Everywhere you go you always take the weather with you" Then I remembered R. Kelly and slipped in the CD. " Men, it's been a while," I thought. Yo, Kelly, show me what you got, baby!

SO we started " stepping in the name of love" and then we talked about how we've " been around the world and gets nothin' but love. " That was a great song. Then, from that noise and hype, a quiet tune came on... Yeah, Uhh... Uhh... Yeah.. It's the worlds greatest,... I am a mountain I am a tall tree Ohhh, I am a swift wind Sweepin' the country I am a river Down in the valley Ohhh, I am a vision And I can see clearly If anybody asks u who I am Just stand up tall look 'em in the face and say I'm that star up in the sky I'm that mountain peak up high Hey, I made it I'm the worlds greatest And I'm that little bit of hope

When my backs against the ropes I can feel it mmm I'm the worlds greatest I am a giant I am an eagle I am a lion Down in the jungle I am a marchin' band I am the people I am a helpin' hand And I am a hero If anybody asks u who I am Just stand up tall look 'em in the Face and say... I'm the world's greatest. By the time I got home, like Muhammed Ali, I felt like the world's greatest. Inspirational speech - conclusion So if you ever feel sad, if you ever feel



lonely, if you ever feel happy, or if you ever feel ecstatic... remember... the music is there for you no matter what your mood. Just let the music Play....