

# A story, a letter and a meaningful gift for those who are losing motivation

Life is very difficult, but still beautiful if you appreciate what you have.

Life is difficult and it is not easy to live. Occasionally, we have to deal with various problems - both in work and in everyday life - that make our hearts hardest to break down.

You are not satisfied with the present. You do not have much money, do not go many places, do not enjoy good food or shopping what you like. You feel in need of everything.

You have dreams, ambitions and will to try. But then, "in the middle of the road", an unexpected failure caused faith to be broken. You doubt yourself and the feeling of a "light at the end of the tunnel" is lost.

In fact, life is not so dark after you've read these two letters.

Hello Marc and Angle,

There are many things that I want to create in my life and preserve it. But now, I completely fell. I feel like I have nothing to do. I have experienced a lot of turbulence and now I have lost all motivation - I cannot find the motivation from myself and from the surroundings like I have ever done. What should I do?

Love,

The girl is no longer motivated to live.



The letter addressed the lovely girl and all those who were in similar circumstances.

Hello girl,

It's time for us to listen to a short story about life.

Once upon a time, there was a 60-year-old woman who realized that she had lived her whole life in a small town. Although many years of living with intense dreams of traveling and seeing the world, yet, she has never taken any step to make that dream a reality.

Finally, on the morning of her 65th birthday, she woke up and decided it was time to act. She sold all her assets except for a few necessary items, then put all her belongings into a backpack and began her journey to explore the world. The first days were extremely wonderful and proud - with each step moving forward, she felt like she was finally able to live the life she had dreamed of.

However, only a few short weeks later, the days of traveling on the road began to exhaust her gradually. She felt she had made the wrong choice and missed the comfortable life she used to live in town. Her feet became more and more painful every time she walked, making her mood worse.

Finally she stopped, plopped her backpack on the ground and sat down with her tears rolling down her cheeks. She stared with a desperate look on the road that had once led her to the wonderful world and now it is taking her to a life full of anxiety and happiness. *"I have nothing! I have nothing in my life."* She tried to scream as loud as she could.

Incidentally, a fairy and an elder in a nearby village were sitting quietly under a pine tree next to where she was sitting. When she started screaming, the fairy listened to every word and he felt he had a duty to help.

Without thinking for too long, he stood up, approached her, picked up her backpack and ran towards the trees along the road. Shocked and with a suspicious attitude, she started to cry more than before, to the point where she could not stop.

*"That backpack is all I have,"* she cried, *"Now it has disappeared and my life is gone."*

After about 10 minutes of crying and unable to stop, she gradually regained her composure, stood up and started walking stunned on the road. Meanwhile, the fairy ran across the forest and secretly placed the backpack in the middle of the way not far from her - on her way.

When her teary eyes saw the backpack, she could hardly believe her eyes - everything she thought she would lose once again appeared right in front of her. She could not hold back the joy of making a happy smile: *"Oh, thank God"* and shouted: *"I am extremely grateful! Now I have what I need to keep moving forward."*



## Remember:

When we enter the journey both in work and in life, there will be inevitable periods of crisis and frustration. In those difficult moments, sometimes, it seems that we feel lost everything, nothing and no one can continue to motivate us to continue on the path to our dreams.

However, like the woman who happened to meet the fairy in the above story, we all always hold a "support backpack" that exists in many forms - it could be an email, or a message from someone we respect, an inspirational blog post, insightful books, friendly neighbors and more.

When we feel we lose motivation and will, the opportunity will double:

1. To recognize and appreciate the value of the "support backpack" - the source of motivation from the outside - before the fairy appears (or someone has a bad intention) and steals the backpack - thanks that, in the end, she knew what she always despised.
2. To be present and "touch" deep into our hearts and minds - the source of intrinsic motivation - which has the power to help us rise from suffering and continue on the path toward The side has "support backpack", even if it disappears forever.

No matter what your current situation is, you always have what you need to take the smallest steps.

As Epicurus's profound saying: *"Don't ruin what you have by craving something you don't own, remember that what you have now is the only thing you hope to have."*

Be aware of your present, your emotions and live every moment.

Let's continue with every little step.

Wish all the best things to you,

Marc and Angel.

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