

Believe You Can: Motivational Messages That Inspire Change

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What would you do differently?

Listen, what would you do differently on today if you knew whatever it is you were trying to accomplish, you would not be defeated? What would you do differently on today, if you knew whatever you're trying to achieve you would not lose? Whatever your dreams are, whatever your visions are, whatever your goals are if you knew that you would not fail, what would you do differently on today? Go at it 120%. Go at it 150%. Give everything that you have toward those goals and see yourself flourish.

365 days a year

Listen, there are 365 days in a year. There are 12 months and four seasons in that time span. When you have a dream and establish a goal what will you do with it in that year? What will you do with it after one month has passed? What will you do after four weeks have gone by? What will you do when 30 days are completed? What will you do when the season changes? What are you going to do with the remaining number of days you have to accomplish your goal? Resolve in yourself, you're going to give it everything you got for the remainder of the year. Whatever time you have left, believe you can make it happen.

Time to get up

Listen, it's time to get up. You might have been knocked down before. You might have slipped. You might have fallen. But that's not the end of your story. If you just get up, you get a second chance. It's time to get up and start that business. It's time to get up and write that book. It's time to get up and start that workout plan. It's time to get up and start eating healthy. It's time to get up and start loving your family and friends. It's just time. Get up!

Show them who you are

Recently I had the opportunity to view the movie, Black Panther. Without giving away any spoilers, there was one line in this movie that inspired me, and that line was simply this, "show them who you are." The main character was facing some adversity, and that line came out in the film. It was loud and clear. My motivation to you is, show your challenges who you are. Show the adversity that you face who you are. Show your haters who you are, but best yet, show yourself who you are.

Consistency is required

Have you ever heard somebody say that consistency is the key to success? Have you ever heard anyone say that if you would just be more consistent, you could reach greatness and obtain new levels of success? Well, I would beg to differ. Consistency isn't the key, but it is a requirement. You have to embrace this new way of thinking to achieve your goals. Once you master this concept, you can go to the next level of development. Consistency isn't the key. It's a requirement.

Self-definition

I want to talk about what defines you. I want to talk about what you're allowing to describe you in this season of your life. Are you defined by your setbacks? Are you defined by your mess-ups and your mishaps? Are you defined by the challenges that you've gone through? Do you feel labeled by the areas of your life that you've experienced failure, or do you identify yourself by the way that you respond to those things? Are you defined by the way that you face the adversity in your life? Are you characterized by the way you bounce back after you've fallen? That's the way you should see yourself, as an overcomer. An achiever. A fighter. Don't connect to the mistakes that you've made. Associate with the victories you've won.

March madness

Every year in March it means one thing. Tournament season, better known as "March Madness." This is the time of year in the sport of college basketball, where underdogs face challenges and overcome them despite the odds. Some would equate this time of year to an ancient narrative between a shepherd boy and a giant. As the story goes, the giant was terrorizing the town of the shepherd boy. One day the shepherd boy was tired of the giant's antics, and he decided to do something about it. He went to the battlefield and slew the giant in a very unconventional way. He did it with a slingshot and a smooth stone. This is the same attitude that many basketball teams take during March Madness, and it should be the position you make in your life when facing "giants." You should approach every obstacle and say, "You know what, I'm going to take my shot." And when you take your shot, you're going to be victorious.

The seed principle

Every spring, we come into a season of blooming. This is where the age-old adage April showers bring May flowers comes from. So I want to encourage you and say, Hey, what are you planting in this season that you want to see bloom in your future? What are you planning now that you want to see become a reality tomorrow? In this season you must plant seeds of consistency. You must plant seeds of determination. You must plant seeds of financial responsibility and seeds of dynamic work ethic. And when those seeds begin to bloom, your harvest will be greater than you imagined.

Push past the feeling

What do you do when all the excitement is gone from whatever it is that you're doing? What do you do when the warm and fuzzy feeling is no longer there, and the positive energy is gone from that product that you're producing? What about that business you started, or that role with the organization that you're a part of? What do you do when you don't feel like being great anymore? Your desire for success has to have a greater pull, then your lack of excitement when doing the activity. I'll say that again. Your passion for success has to be more significant than your lack of enthusiasm when working. See if you quit because you don't feel like working, then your desire for success wasn't as strong as you thought. Regardless of the emotional roller coaster that you're on, I believe you will develop a greater willingness to succeed than anything that's in front of you.

Do you have enough perseverance?

I want to share a story with you about perseverance. A few semesters ago, one of my students was in the process of completing their final class for their degree program. This course was the last requirement to graduate from college. Thirty years ago, this same student had to drop out of college because she was getting married and was starting a family. The question that I have for you today is, do you have enough perseverance to accomplish a goal that was 30 years delayed? Do you have enough drive and determination to complete something that will take you longer than anticipated? The student would not allow time to deter her from reaching her goal. To add to this story, thirty years ago, this student purchased a wedding cake from a famous bakery off the coast of Lake Michigan. Thirty years later, the same student went to that same bakery and bought pastries to celebrate the completion of her degree. Her life had come full circle. What are you going to do to celebrate the delayed promise in your life? The only way you will be able to do so is if you have enough perseverance.

Procrastination cancels progress

I want to talk to you about a theme that I've developed called procrastination cancels progress. I would like to use an example from the context of higher education. Often you have a student who is trying to succeed academically, and at the beginning of the school year, they're very excited about accomplishing this goal. They put study habits into place. They start visiting the library frequently. They start shifting their relationships around them so that they can focus, and really zone in on achieving academic success. They meet some of their educational goals in the beginning, but at some point they get comfortable. They begin to relax, and they start to procrastinate because they think they have enough leeway to do such a thing. But understand, if you start to procrastinate because you feel comfortable, you're going to cancel your progress. You will be stunned by your failure at the end of the semester. So I want to encourage you on today, don't procrastinate. Don't get comfortable. Don't start thinking that you have enough leeway to chill. No matter the situation, decide within yourself that you will go all the way to the end of the semester, or the end of your timed goal without compromise. You will reach your goal of success if you don't procrastinate.

Speak positive

I have a challenge for you. When will you stop thinking negatively about yourself? When will you stop speaking negative things over your life? I know what you're thinking. No, I don't talk negatively over my life. Maybe you don't verbally express the negative thoughts that you have, but you are thinking about them. I need you to shift your mindset. Stop speaking and declaring negative things over your life, regardless of the challenges and the obstacles that you face. Understand that you still have a purpose. You still have a calling, and you still have a destiny. Begin thinking positive about yourself and begin to speak positively about yourself. Declare over yourself and see yourself being successful.

Go to bed

It's a new season; it's time for a new grind. Let me say that again. It's a new season, and it's time for a new grind. So what I want you to do is, I want you to take the negative attitudes you've been carrying, I want you to take that negative mindset that you have, I want you to take that negative atmosphere that you've been in, and put it to rest. I want you to take all of your setbacks and mistakes, and I want you to put those things to bed. That's right. You know what it was like when you were a kid, and your mom said, hey, it's time for you to go to bed. So she'd make you brush your teeth. She would make you wash your face, and then she would tell you to get into bed, and she would tuck you in. She might even read you a bedtime story. Listen, please do that to every negative thing in your life and say it's time for you to go to bed. It's a new season. It's time for a new grind.

Is the grind still fresh?

I have one question for you. Is the grind still fresh? Let me ask that again. Is the grind still fresh? Now that you've been pursuing your new goal for a while, is it still exciting to you? Do you possess the same amount of passion that you did when you first began? Do you still have the discipline to get up when you're tired, and stay up late when you are sleepy? A person must sacrifice to achieve their dreams? Are you always ready to give it 120%? Is the grind still fresh? If not, you need to wake it up.

Layer up

Listen, we have now entered into the time when the season is changing. We've just come out of our summer season where the temperature was around 80 degrees on average. And now we're entering into the fall season where the temperature is dropping. And I want you to know whenever there is a change in the weather of your life, you have to implement a new strategy. See a lot of us are still walking around in this current weather with shorts and flip flops. Don't get me wrong. I don't have a problem with these items if worn in the proper season. What I'm saying is you have to implement a new strategy when you come into a new season. See the weather and the temperature is dropping. And when you are faced with new challenges and new adversities like this, you have to layer up. What do I mean by that? How do I bring that into the context of your academic and life success? You have to layer up with passion. You have to layer up with enthusiasm. You have to layer up with the grind. You have to layer up and face every single challenge with new intensity. So listen, the weather is changing in your life. You have to change the strategy and layer up.

A day at the park

I want to share a story with you. A couple of weeks ago, I was out at a park with my family for a holiday. We were barbecuing and playing out on the playground and just having a good time. So my son, who's growing up and whatnot, he wanted to play on the monkey bars. He had no experience with climbing on the monkey bars, but he was trying his best. He climbed up on this platform and was getting ready to grab toward the first bar, but he slipped and lost his concentration. He fell on the wood chips that were on the ground. He began to cry as soon as he hit the ground. I was off on the barbecue grill, and I immediately stopped cooking. I walked over to him, and I gently grabbed the sides of his head and moved it toward mine as we stood face to face.

I looked him right in his eyes and said, "When you fall, you better get your butt up." I wasn't mean about it, but I was trying to teach him a lesson. When you fall, you're going to experience pain; you're going to suffer hurt, and your emotions will be damaged. You cannot stay on the ground. You got to get up. And so I'm talking to all my millennials and Generation Z. I am speaking to all of my students and my athletes. Whatever it is that you're doing, when you fall, you better get up. When you fall, you have to say to yourself, I'm going to get back up, and I'm going to give 120%. Don't stay on the ground.

See, the exciting thing was the fall wasn't that hard. He landed on wood chips. But the issue was the shock of falling. See a lot of us we go through things, and it wasn't that it was so painful. But we

were shocked and embarrassed that we did not succeed. What I want you to know just like the playground, a lot of what you experience, you were trying it out for the first time. It's not so much that the fall was so wrong. It was the shock that you didn't succeed. As you pursue new challenges, if you fall, get up. Don't go into shock failure.

Tiger is back

I want to talk to you about something that happened in the sports world recently. Tiger Woods. That's right, Tiger Woods made a comeback. Over the last few months and over the last few tournaments, Tiger Woods has been showing signs of his old self. He has been playing better, but he had not yet won a golf tournament. Until this past weekend, Tiger Woods finally won the Tour Championship. For over five years Tiger Woods has been down in the lower ranks of the golf world. He has not been able to overcome ever since he had some personal adversity in his life. He hasn't been the same person.

What does that mean to you? Sometimes life will hit you hard, whether it's life itself, outside factors or something that you did personally, that impacted your life. Sometimes that stuff can hit you hard and knock you down. But Tiger Woods didn't quit even when he was losing. He was still giving his all. When you're losing, are you still giving everything you have? When you're faced with situations and circumstances that are not to your liking, are you still providing 120%? So what am I saying to you? Are you willing to be like Tiger Woods? When you're losing, you're still fighting. When you're losing, you're doing all you can. You're saying to yourself, "I will not quit."

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DeMarquis Battle is the founder and president of Battle Leadership Group, LLC. He is an educator, speaker, leadership specialist, and life coach. Over the past decade, he has passionately served and impacted the lives of youth and young adults in many different areas. Any time he is called to speak or present, you can feel his energy and enthusiasm. He is married to his best friend Raynika Battle, and they have two children, Justus and Olivia-Grace. His ultimate goal and passion are to see millennials walk in their purpose and destiny.

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