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MIDTOWNER

OFFICIAL WEEKLY BULLETIN OF THE ROTARY CLUB OF MIDTOWN GENERAL SANTOS

VOLUME 27 | ISSUE 17 | SERIES OF 2020 | FEBRUARY 27, 2020



Midtown General Santos

CHARTERED ON MAY 25, 1993
ROTARY INTERNATIONAL CLUB NO. 29494
DISTRICT 3860, AREA 3F

Rotary
Club



Daughter Clubs:

MEETS EVERY THURSDAY AT HOTEL SAN MARCO,
LAUREL EAST, GEN. SANTOS CITY
AT 6:30 IN THE EVENING

ROTARY CLUB OF GREATER GENSAN ROTARY CLUB OF POLOMOLOK 101
ROTARY CLUB OF GENSAN TUNA PORT

PAST PRESIDENTS



CP/PAG ZENN ZUZON RY 1992-94



PAG CLEM ASENCIO RY 1994-95



PAG NARDS TEVES RY 1995-96



PAG BOY RIVERA RY 1996-97



ROMY SALAZAR RY 1997-98



ED DUMARAN RY 1998-99



JOE LUCAS RY 1999-2000



RAYMUND SALAZAR RY 2000-01



MAR YAP RY 2001-02



MANNY YAPHOCKUN RY 2002-03



BOY OTANES RY 2003-04



TITO VALDEZ RY 2004-05



HENRY ASENSE RY 2005-06



RONNIE SECHONG RY 2006-07



CARLING GANADOS RY 2007-08



NOEL T. NINTE RY 2008-09



RENATO B. BELGA RY 2009-10



JESS CAMPOS RY 2010-11



MARC SALAZAR RY 2011-12



JOSE VALENZUELA RY 2012-13



SONNY BALINGBING RY 2013-14



PAG ERICO UY RY 2014-15



JUGGER LLIDO RY 2015-16



ORMAN MANANSALA RY 2016-17



PEDRO ACHARON, JR. RY 2017-18



VENANCIO GAMALO, JR. RY 2018-19

We would like to thank our

BENEFACTORS

Advertisement for D.I.A.L. (DAGA IPIS ANAY LAMOK) featuring two men in hats and the phone number 552-9157. Includes website and Facebook links.

You're in control with



The Nation's Largest and Leader in Pest Control



We would like to thank our

BENEFACTORS

**CITIFRONT
PETRON
SERVICE STATION**



21ST REGULAR MEETING

FEBRUARY 27, 2020

Programme

Host / Moderator	PP Noel Ninte
I. Call To Order	Prexy Joshua Salazar
Rotary Grace & Philippine National Anthem	IPP Jun Gamalo
Rotary Hymn	PP Joe Lucas
Declaration of Rotary Code of Conduct	Rtn. Sunny Benzonan
Sunshine Greetings	PAG Eric Uy
II. Treasurer's Report	Treas. Mar Yap
III. President's Time	Prexy Joshua Salazar
IV. Other Matters	Prexy Joshua Salazar
V. Adjournment	Prexy Joshua Salazar

Reminder:

Editorial Board

CONTRIBUTOR PAOLO S. ACHARON
Editor - in - Chief

Prexy Jan Joshua Salazar
CP/CPAG Zenn Zuzon
Secretary Paolo Acharon
Treasurer Mar Yap
PP Joe Lucas
PP Noel Ninte

ROTARY GRACE

Heavenly Father, we come to you today asking for your guidance, wisdom, and support as we begin this meeting. Help us to engage in meaningful discussion; allow us to grow closer as a group and nurture the bonds of community. Fill us with your grace, Lord God, as we make decisions and continue to remind us that all that we do here today, all that we accomplish, is for the pursuit of truth for the greater glory of You, and for the service of humanity. We ask these things in your name, Amen.



ROTARY CODE OF CONDUCT

AS A ROTARIAN I WILL :

- ◆ Exemplify the core value of integrity in all behaviors and activities
- ◆ Use my vocational experience and talents to serve in Rotary
- ◆ Conduct all of my personal, business and professional affairs ethically, encouraging and fostering high ethical standards as an example to others
- ◆ Be fair in all our dealings with others and treat them with the respect due to them as fellow human beings
- ◆ Promote recognition and respect for all occupations which are useful to society
- ◆ Offer my vocational talents to provide opportunities for young people to work for the relief of the special needs of others and to improve the quality of life in my community
- ◆ Honor the trust that Rotary and fellow Rotarians provide and not do anything that will bring disfavor or reflect adversely on Rotary or fellow Rotarians
- ◆ Not seek from a fellow Rotarian a privilege or advantage not normally accorded others in a business or professional relationship

We would like to thank our

BENEFACTORS



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TRUCKING & RENTAL * AGGREGATE HAULING * EARTHMOVING

Sampaloc Street, Barangay Dadiangas West, General Santos City

Tel. No.: (083) 553-0310 Cel. No.: 0922-8594-236

E-mail : ROPE.PJA@gmail.com



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GENERAL CONTRACTOR * SAND AND GRAVEL * EQUIPMENT RENTAL

Sampaloc Street, Barangay Dadiangas West, General Santos City

Tel. No.: (083) 553-0310 Cel. No.: 0922-8594-236

E-mail : ROPE.PJA@gmail.com

ACHARON DENTAL CLINIC

- **G/F Arenas Bldg., Pioneer Avenue**
- **Santanna Bldg., Santiago Blvrd.**

ROSPEA

SUNSHINE GREETINGS



February 29—PP Jugger Llido



February 29—PP Jugger and Ann Eda Llido

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ATTENDANCE & MAKE-UP CARD

Rotarian	Rotary Club of
Classification	Position

Please give this Rotarian Attendance credit for attending the Regular Fellowship meeting last _____.

Club Secretary Paolo Acharon



THE OBJECT OF THE ROTARY

The **Object of Rotary** is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

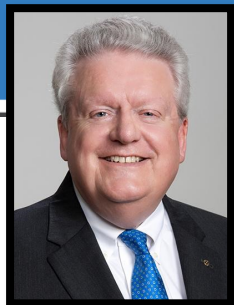
FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.





ROTARY INTERNATIONAL PRESIDENTIAL MESSAGE

Happy 115th birthday, fellow Rotarians and members of the family of Rotary!

Much has changed in the world since 1905. Then, the global population was roughly 1.7 billion. Today, it is 7.7 billion. There were 5 telephones per 100 people in the United States 115 years ago. In 2020, it is estimated that 96 percent of the U.S. population has a cellphone — and both China and India have more than a billion cellphones in use.

In the 115 years since Rotary was founded, seemingly everything has changed except Rotary values. We began, and remain, committed to fellowship, integrity, diversity, service, and leadership. While our Service Above Self motto dates to 1911, the ethos behind those words had already been ingrained by Rotary's founders.

As the pace of change worldwide continues to accelerate, the need for Rotary service is greater than ever. It's one thing to read about service projects, quite another to see them in action and to see the grateful faces of people who have benefited from them. Rotary projects change lives and connect the world. And over the past year, I have seen some amazing Rotary projects in action.

Gay and I visited Japan's Fukushima prefecture last year. Few places in the world have had to deal with the kind of devastation that visited Fukushima in March 2011, when a tsunami touched off by an earthquake led to disaster at a nuclear power plant. But the story of Fukushima today is not one of destruction; it is one of hope and renewal. Rotary grants have helped improve access to medical and mental health care for victims of the disaster and reduced the isolation of these communities by sharing the experiences of people from other parts of the world who have also recovered from disasters. Our grants have also helped to foster self-motivation and encourage sustainable long-term community recovery across the region.

In Shanghai, I learned about the Careers in Care program. This helps migrant workers fill the need for skilled professionals in elder care facilities. After taking a course, trainees receive certification to boost their employment prospects, while the care industry benefits from an expanded talent pool. Rotary projects like this are successful because they address a local need, and they have the potential to attract local government funding to sustain their impact.

And in Guatemala, Gay and I went to Sumpango. Global grants there provide mechanical cows to produce soy milk; an improved water distribution system; water filters; clean compost latrines; family gardens; support for income generation; and training in WASH and literacy programs. The food items sold there not only provide nutrition to women and children, but also create a source of income for local women.

In every area of focus, and in every part of the world, Rotary projects are improving lives and helping communities adapt in a time of rapid change. As we celebrate another great year for Rotary, let us rededicate ourselves to strengthening the connections that make our service so impactful. We will make lives better as Rotary Connects the World.

MARK DANIEL MALONEY
President, Rotary International
2019-2020



JOE - KINGLY YOURS

Wife: "How would you describe me?"

Husband: "ABCDEFGHAIJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"



Teacher: "Answer this math problem: if your father earns \$500 a week and gives half to your mother. What will he have?"
Student: "A heart attack."

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Boy: *calls 911* Hello? I need your help!

911: Alright, What is it?

Boy: Two girls are fighting over me!

911: So what's your emergency?

Boy: The ugly one is winning.



JOE - KINGLY YOURS

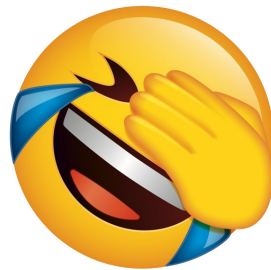


PP Joe G. Lucas

A doctor and a lawyer are talking at a party. Their conversation is constantly interrupted by people describing their ailments and asking the doctor for free medical advice. After an hour of this, the exasperated doctor asks the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?" "I give it to them," replies the lawyer, "and then I send them a bill." The doctor is shocked, but agrees to give it a try. The next day, still feeling slightly guilty, the doctor prepares the bills. When he goes to place them in his mailbox, he finds a bill from the lawyer.



A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



ROTARIAN PROFILE

Midtown General Santos

Rotary Club



Rotary Year 2019-2020

Club No. 29494 | Area 3F

Date Chartered : May 25, 1993

Schedule of Meeting: Every Thursday, 6:30 p.m

Venue: Hotel San Marco, Laurel East, General Santos City

Website: [https://www.facebook.com/Rotary-Club-of-Midtown-](https://www.facebook.com/Rotary-Club-of-Midtown-General-Santos-428278681351913)

[General-Santos-428278681351913](https://www.facebook.com/Rotary-Club-of-Midtown-General-Santos-428278681351913)

CLUB OFFICERS

ROTARY CLUB OF MIDTOWN GENERAL SANTOS SET OF OFFICERS RY 2019 - 2020

JAN JOSHUA RAY D. SALAZAR
President

ROMEO PASTOR
Vice –President

PAOLO JAY S. ACHARON
Secretary

FERNAN ANGELO OCAT
Asst. Secretary

MARCELO YAP
Treasurer

ROY ANGELO MALALUAN
Auditor

JAMES CARPE
Protocol Officer

DESIDERIO ALABA
Sgt. at Arms

ROBERTO BALLENA JR.
President Elect

JAMES CARPE
President Nominee

COMMITTEE CHAIRS

ERIC UY JR.
Public Image

ZENELITO ZUZON
The Rotary Foundation

MARCELO YAP
Midtown Foundation

ROMAN SALAZAR
Banner Projects

RAYMUND SALAZAR
End Polio Foundation

ROGER RIVERA
Special Projects

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JUGGER LLIDO

JOSEPH MANLUTAC

CARLITO DACUT JR.

RENATO DOMINGO

RICHARD BACQUIANO

VENANCIO A. GAMALO JR.
Immediate Past President

MIDTOWNERS IN ACTION



MIDTOWNERS IN ACTION



ABOUT US

WHO WE ARE

Chartered in 1993, the Rotary Club of Midtown General Santos is home to more than 30 community-minded individuals dedicated to serving above self and participating in Rotary International's mission to promote understanding, goodwill, and world peace.

OUR MISSION

To change lives in our local and world communities through service and financial support.

OUR VISION

To cultivate a dynamic membership that enhances our club values to serve our local and world communities, providing systemic and enduring change.

OUR CORE VALUES

Rotary Belongingness – When we work together, we are a hundred times stronger. We are of and for each other; and stand for our unified ideals.

Caring Relationship – We love, trust and respect each other and our spouses. We believe that when our relationship is strong, we become unbreakable.

Joyful Service – We do not carry service as a burden because we take passion in doing so. This makes all our endeavors joyful and whole-hearted.

Cheerful Giving – We give with devotion and without tire. We do not seek reward because the act of giving itself is what makes us happy.

ROSTER OF MEMBERS

No.	ID No.	Name	TRF	CLASSIFICATION	SPOUSE
1	10125797	ACHARON, PAOLO JAY S.		Legal Services	NIKKA
2	2429389	ACHARON, PEDRO JR. B.	PHF+4	Engineering - Civil Works	ROSE
3		AGDUMA, FLORANTE II		Construction	HAZEL
4	9673340	ALABA, DESIDERIO		Military Service (Retired)	CHA
5		ALFAFARA, DOMINIC P.		Dentistry	MARLYN
6	10157452	BACQUIANO, RICHARD		Construction Aggregates Supplier	JENNIFER
7	7020058	BALINGBING, SONNY		Engineering Equipment Distribution	
8	6985871	BALLENA, ROBERTO JR.	PHF	Petroleum Products Distribution	MONETTE
9		BENZONAN, SUNNY		Hospitality Management	
10		CARIÑO, DENNIS		Nursing, Government	
11	6634413	CARPE, JAMES	PHF	Construction	GINA
12		CRUZ, LESTER S.		Automotive	CHARINA
13	9191166	DACUT, CARLITO JR.	PHF	Pest Control Distribution	TATA
14		DIONISIO, GEOFFREY		Agri Buy and Sell	
15	9673335	DOMINGO, RENATO C.	PHF	Government Service	ARLENE
16	2137023	DUMARAN, IGNACIO	PHF	Petroleum Products Distribution	VIOLETA
17	8242544	GAMALO, VENANCIO JR.,A.	PHF	Pharmaceutical Distribution	ANITA
18	2137027	GANADOS, CARLOS SR., R.		Pension House Services	TASING
19	9673803	LABUTONG, ORLANDO E.		Military Service (Retired)	NATIVIDAD
20	6460921	LLIDO, JUGGER C.		Real Estate Management	EDA JANE
21	2137036	LUCAS, JOSE G.	PHF	Government Service (Retired)	ROMANA
22	6556163	MACOROL, PEDRO M.	PHF	Construction	PATRICIA
23		MADRIA, JOEY J.		Government Service	

MIDTOWNERS IN ACTION



MIDTOWNERS IN ACTION



No.	ID No.	Name	TRF	CLASSIFICATION	SPOUSE
24	10337047	MALALUAN, ROY ANGELO		Government Service	
25	10157457	MANLUTAC, JOSEPH		Poultry	JANET
26	9540466	MORACA, WILLIAM	HM	Elementary Education	EULALIA
27	3374219	NINTE, NOEL	PHF	Metal Craft Services	MARIETA
28		OCAT, FERNAN ANGELO		Nursing, Private	
29	2137043	OTANES, DALMACIO JR.		Security Management	JULIET
30	2137044	PASTOR, ROMEO D.		Medicine Practice	ANA
31	8510148	PEÑA, VICENTE		Legal Services	MELINDE
32	9190955	QUEJADA, LLOYD	PHF	Insurance	NANCY
33	6116769	RIVERA, RITCHIE	PHF	Tuna Canning Management	CECIL
34	6116769	RIVERA, ROGER E.	PHF+1	Aquaculture Business Management	YOLANDA
35	9192438	SALAZAR, JAN JOSHUA RAY	PHF+3	Personal Health Care Services	
36	6179549	SALAZAR, MARK DOMINIC	PHF+1	Real Estate Management	
37	6198022	SALAZAR, RAY ANGELO	PHF	Repair Shop Management	MACEL
38	2137047	SALAZAR, RAYMUNDO L.	PHF+2	Civil Engineering Management	EDNA
39	2137048	SALAZAR, ROMAN L.	PHF+2	Government Service (Retired)	
40	2490805	SECHONG, RONNIE	PHF+3	Civil Engineering	HENA
41		SUPLICO, NESTOR S.		Government Service	JOSIE
42	3139031	TAPANG, ENRIQUE		Electrical Engineering Consultancy	CONCHITA
43		TELERON, GENUS NIÑO		Health Insurance, Gov.	
44	3139039	UY, ERICO FRANCISCO JR.		Motorcycle & Engine Parts Distribution	ELENA
45		UY, ERICO		Pharmacy	
46	2137054	VALDEZ, TITO		Government Service (Retired)	ELLIE
47		VAPOR, KHENT LERRY BLADE		Marine Engineering	
48	2137058	YAP, MARCELO O.	PHF+1	Electronic Equipment	LILY
49	2137001	ZUZON, ZENELITO M.	PHF	Food Catering Services	ANGGING

PAUL HARRIS FELLOW AND BENEFACTOR

DONOR	ROTARY ID	RECOGNITION LEVEL	ACHIEVED DATE	ORIGINAL PHF DATE
Pedro Busgano Acharon, Jr.	2429389	PHF+4	23-Apr-2019	14-Oct-2009
Ronnie B. Sechong	2490805	PHF+3	03-Dec-2018	17-Aug-2006
Manuel Fortunato Du Yaphockun	2429422	PHF+3	06-Sep-2017	30-Nov-1996
Orman Ortega Manansala	2429411	PHF+3	31-Oct-2017	2-Aug-2016
Jan Joshua Ray De Gracia Salazar	9192438	PHF+2	13-Jul-2019	24-Aug-2016
Raymundo Lasmarias Salazar	2137047	PHF+2	19-May-2010	7-Jul-2000
Roman L. Salazar	2137048	PHF+2	19-May-2010	20-Oct-2004
Clement L. Asencio	2137000	PHF+1	26-Aug-2009	17-Jul-2009
Renato B. Belga	5744180	PHF+1	24-Mar-2009	27-Oct-2007
Roger Estabillo Rivera	2137046	PHF+1	23-Aug-2018	2-Aug-2016
Marc Dominic U. Salazar	6179549	PHF+1	03-May-2012	19-May-2010
Marcelo Obligado Yap	2137058	PHF+1	31-Jan-2017	2-Aug-2016
Rosalinda A. Acharon	8186382	PHF	12-Sep-2017	
Arthur A. Aller	3443862	PHF	18-Oct-2005	
Roy Ballena	6985871	PHF	30-Jan-2019	
James Carpe	6634413	PHF	03-Dec-2018	
Carlito Osip Dacut, Jr.	9191166	PHF	13-Apr-2015	
Renato Cerbas Domingo	9673335	PHF	02-Aug-2016	
Ignacio S. Dumarán	2137023	PHF	24-Mar-2009	

MIDTOWNERS IN ACTION



MIDTOWNERS IN ACTION

Tooth brushing technique demonstration and lecture by Doc Nick Alfafara and actual tooth brushing with kids, and fluoride application done by Doc Nik, Doc Marlyn, Doc Rose, and Doc Angenine



PAUL HARRIS FELLOW AND BENEFACTOR

DONOR	ROTARY ID	RECOGNITION LEVEL	ACHIEVED DATE	ORIGINAL PHF DATE
Maribel A. Galindez	5640159	PHF	21-Dec-2001	
Venancio Jr. Albear Gamalo, Jr.	8242544	PHF	08-May-2019	
Jose Gabor Lucas	2137036	PHF	30-Sep-1999	
Pedro M. Macorol	6556163	PHF	16-May-2019	
Noel Tagle Ninte	3374219	PHF	31-Jan-2017	
Lloyd Sisneros Quejada	9190955	PHF	23-Apr-2019	
Ritche Chua Rivera	6116769	PHF	28-Jan-2005	
Corazon Salazar	8481970	PHF	10-May-2012	
Ray Angelo De Gracia Salazar	6198022	PHF	19-May-2010	
Lourdez Hena D. Sechong	6760447	PHF	17-Dec-2007	
Virginia Yap	9989150	PHF	12-Sep-2017	
Armi Aguilar Zuzon	10483079	PHF	25-Feb-2019	
Zenelito Manantan Zuzon	2137001	PHF	03-Dec-2018	

PRESIDENT'S TIME



Prexy Joshua Salazar

Good evening fellow Midtowners. Welcome to our 22nd Regular Meeting. Thank you for attending tonight. I give special thanks to the members who participated in this weeks' supplemental feeding program. The MARES are reminded every time, and each one is invited to come when they are free as this is a 3 day per week event every Tuesday, Thursday and Saturday. This coming Saturday,

the feeding is sponsored by Rtn. Lester and spouse Papoose, in thanksgiving for their daughter Ashlee's upcoming birthday. Before then, the barangay nutrition scholar and barangay health worker will weigh the kids to assess the month long effect of the feeding.

For your information, our Hospital on Wheels surgical mission last January made it to a segment on Salamat Dok, ABS CBN and I Want TV online last Sunday. This has a great impact on our public image initiative as we were aired on national TV.

On Saturday, Feb. 29, we celebrate Rotary Week which will commence with a motorcade at 9am from the oval plaza to SM City General Santos. Then, we hold our assembly by 10am at the SM Trade Hall for our area wide job fair in partnership with Holy Trinity College and headed by the Rotary Club of Dadiangas. This activity will be a whole day event. A fellowship lunch with other clubs will follow suit at a designated restaurant. I ask you all for your support. Please wear our Rotary At Work uniform.

On March 2, Monday, I will be celebrating my 31st birthday. I am inviting you and your spouses to celebrate with me at our residence. Let's have dinner and fellowship. It will also serve as our meeting for the first week of March.

On March 7, Saturday, we will have an area wide project spearheaded by RC Polomolok 101. Each club will donate a wheelchair during that day to the identified Persons with Disabilities by the PDAO Office here in General Santos City. Updates on this activity will be given before then.

Thank you, and have a good evening.

Creating Life Motivation

The next thing you will want to do is to focus on the positive things. You can do this by asking yourself the right questions. So instead of, "Why does my life suck", you will want to ask, "What is good in my life right now? What can I be excited about my life right now if I really wanted to?" By asking empowering questions, your mind will start to focus on empowering things.

The last step to have more motivation for life is to change your standards. Up until now, you probably have pretty low standards for yourself. You don't really expect much out of your life and therefore have no motivation in life. The best way to get out of this rut is to start surrounding yourself with people who are full of motivation. Since you become who you spend most of your time with, by hanging out with people who are alive, people who have a purpose and are going for their dreams and goals, you will start

to pick up their way of thinking as well.

Limits
exist
only in
the mind



Creating Life Motivation



So how does knowing these things have to do with finding motivation in life? Well, as I mentioned earlier, the reason why you have a lack of motivation in life is because you don't know what it is that you want. The reason why you don't know what you want is probably because you are in the state of, "I don't care". In order to give your life some meaning and give yourself some motivation, you will need to have a purpose. In order to do this, you will first need to get out of your lousy mentality.

What you will want to do is to force yourself to get excited by changing your body movements. If you are currently moving slowly, have a slouched back, your head down, and are breathing shallow, change that by walking faster, straightening your back, put your head up, and breathe more fully. This will create a change in your physical chemistry and will start to instantly make you feel better.

CLUB OFFICERS FOR RY 2020-2021

CLUB OFFICERS *for* RY 2020-2021

PRESIDENT ELECT : RTN. ROY BALLENA

PRESIDENT NOMINEE : RTN. JAMES CARPE

VICE PRESIDENT : RTN. BOYET MACOROL

SECRETARY : RTN. RICHARD BACQUIANO

TREASURER : PP ERIC UY

AUDITOR : RTN. ROY MALALUAN

PROTOCOL OFFICER : PP BOY OTANES

BOARD OF DIRECTORS

PP RAYMUND SALAZAR

PP JUN ACHARON

RTN. DENNIS CARINO

RTN. LESTER CRUZ

RTN. GEOFFREY DIONISIO

RTN. ROMY PASTOR

RTN. SUNNY BENZONAN

IPP JAN JOSHUA SALAZAR

Monthly Theme

FEBRUARY IS



**PEACE AND CONFLICT
PREVENTION/RESOLUTION
MONTH**

"Imagine all the people living life in peace..."
John Lennon

Rotary   www.rotary.org

Conflict and violence displaced more than 68 million people in the past year, and half of those are children.

We refuse to accept conflict as a way of life. Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

Creating Life Motivation

MotivationalWellBeing.com



A lack of life motivation can come down to not knowing what you want in life. It can also be that you don't really want anything out of life. However, this is rarely the real reason for not having motivation in life. It's hard to find out what you want for your life if you are currently in a wrong mindset. Let's say you're

stressed out. Would it be a good time to ask you to put together a business plan? Probably not. So in order to find that motivation in your life to do things, you will first need to get yourself in the right state of mind. Keep in mind that if you have severe depression, then you will want to seek professional help.

The first thing you will need to do is to understand why you feel the way you feel. There are basically three factors that will determine how you feel at any given moment. The first thing is your physiology. If you are walking around like you're depressed, you're going to feel depressed. Your body posture can have a huge effect in the way you feel. The next thing is your focus. If you focus on how life sucks, it'll be hard to find any motivation to do anything with your life. The third thing is your standards. If you have a standard that says, "It's okay to be mediocre in life", then that is what you will experience.