

S T A N T O L E R

Minute
Motivators
for
Men



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Introduction

A few good men? No, there are millions of them—in your world, in your community, all around you. Everywhere, there are men who have decided to live above the trends and the times. These men are more interested in making a difference than in making a million. They refuse to trade principle for power, love for lust, or compassion for a promotion. How do they do it? They follow the game plan. They make the moves that other winners have made. They make the right choices. They live by the most important standard—excellence.

Minute Motivators for Men is a playbook. Paragraph by paragraph, sentence by sentence, this book will give you the insights that will put you in scoring position. On to victory!

STAN TOLER



Take charge of your attitude.

*The greatest discovery of my generation
is that a human being can alter his life
simply by altering his attitude of mind.*

WILLIAM JAMES

ATTITUDE

There are many things you can't control. You can't control traffic, the actions of your boss, or the outcome of a sporting event. But there is one thing you can control: your attitude.

You can't control the weather, but you can choose to sing in the rain. You are in command of your own actions and reactions. You choose whether to become angry or remain calm, whether to be upbeat or negative. Take charge of your mental attitude. You can load up on the negative and harmful, or you can put a filter on your thoughts. It's up to you.

Choose to be a positive thinker. There's a partly sunny in every single day. The sun is shining behind the clouds. Look for some rays.

Make it a habit to look for the best instead of the worst, wear a smile, and give the other guy a break. It's your life, after all. Take charge of it!

What you think, you are.



Make everyone feel important.

*There is nothing better than the
encouragement of a good friend.*

KATHARINE BUTLER HATHAWAY

ENCOURAGEMENT

Show me a person who doesn't like to be encouraged, and I'll show you a person who doesn't like anything. All the people in your life—from wives, to kids, to in-laws, to coworkers—have this in common: They need encouragement.

Here's a secret to success in life: Put other people ahead of yourself. Make other people feel valued. Offer your chair to a newcomer and be liberal with pats on the back. Say "Good job!" easily and often. When you encourage others, they'll join your team. Together, you'll accomplish more than you ever could alone.

How do you become an encourager? It's simple.

Think of other people first. Someone you know needs a pat on the back rather than a kick in the seat of the pants. Someone needs recognition far more than you—perhaps someone who has always been told they are inferior. You can be a change agent.

Learn to put yourself in second place, and other people will think you're number one.



Plan time alone.

*Search me, O God, and know my heart;
test me and know my anxious thoughts.*

PSALM 139:23 NLT

INTROSPECTION

There's a very important person in your life, someone you should get to know.

This person has great influence over you—more than your friends, your family, or your associates. Who is it? It's you.

Develop the habit of spending some time alone for introspection. A few minutes a day of inward reflection will develop your outer character. As you think about what you do, how you respond to situations, the emotions you feel, and why you feel them, you'll get to know yourself. That knowledge will be valuable as you cope with life, especially in a crisis.

Take a few minutes at the end of the day to reflect on what you think, how you feel, and who you are. Or block off a little time during your lunch break to sit quietly and just think.

Wasted time? Hardly. It may be the most important time slot in your daily schedule.

A few minutes spent staring out the window may give you a good look into your soul.



**Extend a
helping hand.**

We really do need each other.

RUEBEN WELCH

BROTHERHOOD

We're in this together. If you and I are going to prosper in our communities and in our careers, we'll need to depend upon each other.

Relying on others ought to come naturally, but it doesn't. Human beings are too used to seeing one another as the enemy. We compete with each other for jobs, promotions, good grades—you name it. It's tempting to look only at our differences and see one another as strangers.

We're not, really. We sons of Adam are more alike than we are different. Sure, we may have a different skin color or speak different languages, but we share common needs for friendship, peace, and security.

Begin to see yourself as part of a fraternity—not one that's known by some Greek letters, but one that includes all men everywhere. Look at your next-door neighbor as a member of your team. Look for ways to work together. Exchange a smile with that coworker who is difficult to get along with. He's facing some of the same problems you are. Most importantly, look for ways to join hands with the men in your church.

Imagine what you might accomplish if you join forces and work together.



**Be bold in what
you stand for.**

*One man with courage
makes a majority.*

ANDREW JACKSON

COURAGE

An old saying really is true: If you don't stand for something, you'll fall for anything. Be a person who has strong values, and then stick to those values.

Courage isn't something you see only in action movies. It's a down-to-earth virtue that men need in order to be good husbands, fathers, and citizens. If you believe in something, sooner or later that belief will be challenged. That's where courage comes in.

Courage is telling the truth when company profits are on the line.

Courage is providing for your family by going to work every day, even when you don't feel like it.

Courage is raising positive kids in a negative world.

Courage is being a man of God in a world that scoffs at faith and values.

Courage is standing for what's right, even when it's not popular.

Who is the most courageous man I know? He's the guy who lives his faith, no matter what. He's a hero in my book.

You are what you stand for.