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Why?

To win. To lose. To win. That's why.

Isaac Newton, mathematician, physicist, and author wrote "For every action, there is an equal and opposite reaction". Loss = Win. Win = Loss. This is the law of nature. It has been loss that has led me to the most enriching experiences of life. It is not by avoiding loss or denying loss that you can win. You will only win if you embrace loss, and learn from it.

I do all the wrong things; talk too much. I put my foot in my mouth, but don't realize it until it's too late, and then say "oops". I eat too much dark chocolate. I love dark chocolate; then I get speedy. I take too many pictures, but everything I see is a moment in time I may never see again. I think too much which confuses me; fall too much but I always get up. I never seem to stop. That's because I have ADD "attention deficit disorder." I'm left handed in a right handed world. I have very low blood pressure. Doctors think I'm sick when they check my BP, plus I have rare blood, Type A, RH negative. I produce too many Theta Brain waves so I'm on a perpetual high, day dream too much, and am told I'm exceptionally creative. Have you ever felt you were weird? Maybe you're not weird. Maybe you're simply unique. Maybe we're all unique. The truth is I wouldn't want to be anyone else. My New Year's resolution could be moderation, but I've tried that, and then I become anxious or worse, bored. However, I did make a resolution at the age of 15 to bring in the new year by standing on my head for one minute. I've kept this resolution every year for the past 57 years. Yes, I'm weird, but I survived the worst of the worst situations in ways that worked for me. Sometimes, the answer is to embrace who you are, and live your life. After all, we only have one life. If my last step is a fall as I capture a great shot through the lens of my camera, I'll be happy because I lived my life my way.

Now at 72, I'm expected to slow down. That doesn't make any sense since I have a terminal illness called life expectancy. I want to race to the finish line before the finish line races towards me. I may have 10 good years, or 20, or even 30. That's why I want to live life.

When I was a college professor who developed the course "Psychology of Success", I read what others wrote, but didn't relate to any of it. So I wrote my own psychology of success, and I have lived by it. Since I'm a bit of a scatter brain with too many ideas in my head, I made it simple. So easy, anyone can remember it, and it's one word "WALL". Walls have a beginning and an end. Walls can be strong or weak. Walls can bring us together or tear us apart. If you're up against a wall, and you don't know what to think, where to go, or what to do, you're on the right path to success.

THE PATH TO ACHIEVE SUCCESS - WISH, WILL, WORK

Success first begins with an idea, a dream, a wish. If you wait for the perfect moment to make a wish, you'll do nothing. We are the best at finding excuses for not doing what we really want to do, but once we know, regardless of the discouraging voices inside our head, make a wish. Once your head can say "I wish . . .", it's the beginning of your journey, but it won't take you very far. You need to have the will. Your will is the heart, and soul, the belief in yourself, the determination to be able to say with conviction "I will . . .". It's your will that gives you the strength to work, and work you will. Success does not come easy. E.E. Cummings once wrote "Success is 1% inspiration, and 99% perspiration". Wish with your head. Will with your heart. Work with your body, and sweat.

SURVIVAL SKILLS - ADAPT, ACCEPT, APPRECIATE

Success also depends on your ability to develop survival skills. The first of these is the ability to adapt., to expect the unexpected, and deal with it. No matter how hard you work, you will face a million challenges. There are no problems. There are only solutions. The secret is to discover the solutions that work best for you, and accept yourself for who you are. Remember this. You cannot change others. You can only change yourself. This takes us to the final survival skill, the ability to appreciate what you have. So often we forget to appreciate what we can do, what we do have, and who we are with all our quiriness, weaknesses, and scars.

PILLAR OF STRENGTH - LOVE, LISTEN, LAUGH

Success is nothing without love, listen and laugh. We all need to love and be loved, to listen to others, and others to listen to us. And we must never forget to laugh at least once a day. I did not feel loved, and I could not love for many years. I lived in a silent world, and no one could listen because I could not talk. I laughed a lot, but it was a nervous laughter at the end of many of my sentences, because if I didn't laugh, I cried. I was in my twenties when I wrote this. Now at 72, I can say I have loved and been loved. Many have listened to me, and I have listened to many. And I laugh.

IT IS IN WEAKNESS THAT WE GAIN STRENGTH - LOSS, LEARN, LIFE

Finally, there is an element of success that each of us must face, and that is loss. It is with loss that we are given the greatest opportunity to learn the most about ourselves, and about life. It's always a difficult struggle, but without loss, we stagnate. Throughout my life, I faced many losses, but they shaped who I am today. As much as everyone wants to win, loss is the best teacher in life, and this is why I love the challenge that life brings. I wish. I will. I work. I adapt. I accept. I appreciate. I love. I listen. I laugh. I have lost. I have learned. I have won.

EVERYONE CAN WIN, BUT LOSS IS THE BEST TEACHER IN LIFE.

W

WISH – WILL – WORK

Wish with your head – Will with Your Heart – Work with Your Body

A

ADAPT – ACCEPT – APPRECIATE

Survival Skills that help us Face New Challenges Every Day

L

LOVE – LISTEN – LAUGH

The Experiences that give Value and Meaning to Life

L

LOSS – LEARN – LIFE

Without loss, we cannot win. With loss, we learn, we live life.

A handwritten signature in cursive script, appearing to read "Lina D'Amore". The signature is written in black ink and is positioned at the bottom center of the page.