**THOUGHT FOR THE DAY**

**WEEK BEGINNING 12TH MARCH 2017**

**WELLBEING TASK OF THE WEEK: TO WORK PRODUCTIVELY, FIND TIMES TO BE QUIET AND ALONE WITH YOURSELF.**

**KEY WORDS FOR CONSIDERATION: FULFILMENT; ENJOYMENT; PRODUCTIVITY; ACTION**

**PRAYER TO BE REPEATED EACH DAY: Lord, help me to feel fulfilment and enjoyment when working hard. Help me to put plans into action. Amen.**

1. *I never did anything worth doing by accident, not did any of my inventions come by accident: they came by work.*

Thomas A. Edison.

In September 1869, Thomas Edison arrived in New York with only one dollar in his pocket. Thirteen years later, in September 1882, he pulled the switch that caused 900 houses to be lit by electricity, the first electrically lit area in the world.

The light bulb was only one of his many inventions, which included early versions of the microphone, record player and cinema film.

Once he had an idea he worked at it until it was finished. His work not only brought fame and fortune, it also brought him happiness. He enjoyed his work, and he continued to work even when there was no need, other than the need to fulfil himself.

Are you fulfilling your potential?

1. *Productive work, love and thought are possible only if a person can be, when necessary, quiet and alone with himself.*

Erich Fromm

To be forever on the go – always busy doing something – is not necessarily what productive work is about. It is so very important to enjoy being at ease; to have quiet periods of rest; so that we can listen to our thoughts and get in touch with our feelings inside. Out of this can come a clear idea of what we want to do and achieve in life. Although nothing is produced, we are in fact productive.

How often do you stop to listen to your thoughts?

1. *Talk does not cook rice.*

Chinese proverb.

Talking about and then planning what we are going to do is of value. If we are going to travel a long way it can take time to organise, gather maps, plan routes and pack; so that we are well prepared for the journey. When writing a story or doing project work, we may take time collecting our materials and deciding how best to present our work, so that when we put pen to paper or use the laptop, the writing goes smoothly.

Sometimes, however, we can focus too much on the ground-work and resist getting the job done. At these times we need to take the plunge and put our thoughts and plan into action. Otherwise, at the end of the day, all that we are left with are ideas.

What thoughts are you going to put into action today?