**THOUGHT FOR THE DAY**

**WEEK BEGINNING 30th April 2018**

**Wellbeing task of the week: Stop and smell the flowers. Really focus on something in nature this week. You will be surprised at the details you may not have noticed before.**

**PRAYER TO BE REPEATED EACH DAY:**

**LORD, help me to look for fulfilment and enjoyment when working hard. Help me to enjoy developing my abilities, knowing that one day I can do something worthwhile.**

1. **‘I never did anything worth doing by accident, nor did any of my inventions come by accident; they came by work.’**

**Thomas A. Edison ‘The Decades Book of Birthdays’**

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. Some of his inventions were rejected, some were never used, but overall he patented 2,500 new ideas.

Once he had an idea, he worked at it until it was finished. His staff worked shifts while he developed a project, living at the laboratory, taking only short breaks.

What important message does Edison’s story convey?

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 the writing goes smoothly.

Sometimes, however, we can focus too much on the groundwork and resist getting the job done. At these times we need to take the plunge and put our thoughts into action. Otherwise, all that we are left with are ideas.

What is the meaning of prevaricate? Do you do this?

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

**Erich Fromm ‘Man for himself’**

To be forever on the go – always busy doing something – compulsively active or overactive, 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 inner feelings. 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.

Do you give yourself enough time to think and reflect?