**HOMEPAGE**

**Hi! My name is Leo Alfred A. Mosquera,**

I am (age) old and happily married to my lovely wife with our new baby. When I was five years old, my father died of lung cancer, and my mother was left alone to provide for her four children. After my father's death, we faced many hardships and difficulties. I can't recall a time when we had consistent bliss. As far as I remember, I learned some of the world's realities earlier in life. Which I believe was able to help me get through most of the challenges I have been through so far. My mother passed away because of COVID-19 in 2020, and my wife and I married after a month. I learned many things every day since I got married besides what I had already learned. I want to share my thoughts and perspectives on different aspects of life.

**What motivates you?**

**What is "*Truth"*?**

What motivates me solely depends on the truth I believe and the priorities that matter most to me. For me, truth is either relative or absolute. The truth that is widely accepted or known, and the truth that is what it is. Many aspects of my life are relative truths. But I consider only a few absolute truths hold the foundation of hope and motivation in my life:

1. I believe in a supreme being called God as our 'Heavenly Father.
2. We are not created by accident but by divine design.
3. Life doesn't start from birth and doesn't end with death.
4. There are consequences and rewards in everything that we do.

One needs to have something to believe or unbelief to form his motivation. Identifying truths in their life creates a solid foundation for their sense of purpose, thus creating the meaning of their existence. Identify the truths you believe and see the importance of your life.

**What really Matters?**

After knowing what truths you believe in, it is crucial to see what matters most in your life. Learning what matters will dictate your actions and why you do what you are doing now. It is imperative to know the truths first because those truths will lead you to filter what aspect of your life you should give importance. However, identifying priorities in your life is sometimes overwhelming. Start with what you are doing now and ask yourself, "Would this thing help me achieve or complement the truths I believe in?" This and other questions will point to another crucial part of forming one's motivation: "What do you want to become?"

**What do you want to become?**

This is not simply mean what career you want to pursue. It is what kind of person you want to become. What you want to become defines you based on what you believe and what matters most. In other words, you define who you are, not what others think about you. Having something you want to become will strengthen your resolve and motivation. One mistake that weakens one's motivation is letting others decide what you want to become. We are responsible for our growth and choices. In the end, others will see you based on what you do and firmly believe. There may be a gap between what you do and what you believe, yet, this is true for everyone. Understanding your motivations in life creates and shortens the bridge between this gap.

**Coming Soon**

Want to get updated for more content? Please enter your email below and be updated for news and updates from me.

Resources

These are some resources that I believe can help you with your journey to becoming motivated. You are not obliged to buy or subscribe to anything. I firmly believe that strengthening your spirituality and belief is the most significant way to boost your motivation. I know there is something more in this life than what our basic senses tell us. Try to observe what you feel from exploring some of the resources below:

**The Church of Jesus Christ of Latter-Day Saints Website**

https://www.churchofjesuschrist.org/

This is the official website of The Church of Jesus Christ of Latter-day Saints. Find messages of Christ to uplift your soul and invite the Spirit. You can explore content, articles, and more to help you understand more of the factors that will form your motivation. You can search for topics you feel you want to know more about. This resource will be a great start to finding what you need to build up yourself.

**Inspiring and Uplifting Media Collection**

<https://www.churchofjesuschrist.org/media/collection/inspiration-video-collection?lang=eng>  
  
These are collections of inspiring media content from The Church of Jesus Christ of Latter-day Saints. Sometimes we want to see how others deal with their life challenges and problems, including their motivations. With this great media collection, you can be inspired to see some aspects of your life from a different perspective through others' experiences.

**Inspiring Music**<https://www.churchofjesuschrist.org/music?lang=eng>

Sometimes we just want to lay our backs and listen to good music to inspire us—selecting good music influences our thoughts and emotions. Music can make or break our mood. Messages from the lyrics of the music we listen to are also important. This resource will help you learn and be inspired by listening to praise and worship songs.

Contact Me

If you want to know more from me or just want someone to listen, you can book an appointment from my calendar link below. Please note that this service is free, and time slots will only be limited. You can always email me if you have questions or want to share something with me. You can email me at [leo.a.mosquera@gmail.com](mailto:leo.a.mosquera@gmail.com). I will do what I can to respond immediately. You can also contact or follow me on my social media accounts on this site.