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Celebrating The Iron Nun's 90th Birthday!

Episode Transcript

[THEME MUSIC PLAYS]

DENISE: Hello everyone, and welcome to this very special bonus episode! I had the honor to interview Sister Madonna Buder when she was just 88 years young! This week Sister is celebrating her 90th Birthday, and in her honor, we are launching some highlights of her interview!

Listen in as Sister shares her wisdom on accomplishing dreams, living in the present, and learn what she considers to be her most valued trophy.

[THEME MUSIC FADES]

DENISE: As I mentioned in the intro, this podcast episode highlights some of my favorite moments from our interview.

When I told Sister that I had always dreamed of meeting her, and that today when I was interviewing her, my dream came true, this is what she had to say about accomplishing your dreams:

SISTER MADONNA: Well, you know. What you have just said, one of your key words is "you have dreamed", now that's the beginning! And I just got back from doing two 2-hour presentations, plus an hour each of book signings in Philadelphia, and one of the things I remember saying is because a lot of people want to have the urge to do the Ironman distance triathlon.

Which of course maybe you know but not everybody does, it's a 2.4-mile swim, 112 miles of biking, and 26.2 miles marathon.

PAST DENISE: Back to back to back. Yes!

[BOTH LAUGHING]

SISTER MADONNA: So, I said, you know, just practice the 7 D's. And the first is you have to have the DREAM! What you mentioned, and your dream came true. So, with the Dream comes the Desire. With the Desire comes the Dedication. With the dedication comes the discipline. With the discipline comes the determination, with the determination, you DO IT! And then it gets DONE! With or without your realizing it.

PAST DENISE: Wow

SISTER MADONNA: And it's better if we don't really realize it. If we just concentrate on going through the motions, which is a healthy lifestyle when you think about it, they are worthwhile motions. Not wasted, even if you have a bike crash, you at least tried!

And you know, I think there is no such thing as a failure. Because your best ways to learn, is through making your mistakes! The only failure is not to try. And you cancel yourself out, there goes every potential you might have as a human being that's instilled into you. If you don't get out and try.

But you've gotta dream it, so you have the desire to do it, so you want to put the discipline and dedication into it, to get enough determination to get you going!

DENISE: Well that's a great reminder! And next sister shares her wisdom on worrying about the past and future.

SISTER MADONNA: The past is dead and gone, never to return. The future is not the future until it gets here, and then it becomes the present moment. And that's all you're responsible for, is living in the present moment which will lead you into the future.

Now that made so much sense to me! It just took the burden off my back. And if we live each day moment by moment, making the best of it, the future that we imagined may never be the same as we imagined whatsoever! Things can CHANGE within that time gap! So, with that not under our control in the first place! So why bother about it.

DENISE: I could not agree more! Why do we bother about what we cannot control? And as sister shared in the previous section, going through the motions, and living in the present is healthy, as long as the motions are worthwhile! Now THAT's what I call Positive Forward Motion!

Next Sister shares her amazing outlook on aging, and it's no wonder she's turning 90 and is still out there swimming, biking and running!

PAST DENISE: And I know you have so many trophies, and as we were talking about our podcast and Positive Forward Motion, you mentioned something the other day that was so profound, and... You said "You know, I have a lot of trophies but there is a trophy that's out there that I believe is a trophy but not everybody out there believes is a trophy. Especially in this day and age. And so before I go any further, I'll let you share and elaborate a little bit on that.

SISTER MADONNA: Well, you know, we in the States try to deny our age. We try to do everything to disguise it. And HEY, wait a minute! I earned these wrinkles! And my grandchildren if I had any, are gonna care LESS! They would be sitting on Grandmother's knee, listening to every word of wisdom that comes from her mouth. It's the person inside the wrinkled face that matters.

Other countries in Europe and Asia, the "ancients" are the venerable ones, and they've got the right attitude! So, here in America, we have to have a change of mindset. And that is to appreciate our aging process. You'll never get another chance at it! You might as well appreciate it!

DENISE: Well this is sure worth repeating! "You will never get another chance at it, so you might as well appreciate it!" What great words of wisdom!

You can find and listen to our entire interview by going back to our episode that launched March 20th, 2019. And please join me in celebrating Sister's birthday, and let's wish her a happy happy awesome birthday! Sister Madonna, I am so happy you're spreading your light and inspiring so many!

[THEME MUSIC FADES IN]

DENISE: Thank you all for listening in! To learn more, be sure to follow us on Facebook and Instagram at @DeniseScattergood, and also @PositiveForwardMotion. And remember, you can also text the work "POSITIVE" to 313131, that way you'll get inspiration sent directly to your phone!

And if you want more professional tips, follow me at @AlertTrainers on Twitter, LinkedIn, Facebook, and Instagram. And that's at Alert A-L-E-R-T Trainers T-R-A-I-N-E-R-S.

Well, that's a lot of following and I'm sure excited to connect with you all on the other side! Remember, no matter how small your step is, as long as you take it in the right direction, that's what I call Positive Forward Motion!

[THEME MUSIC INCREASES]

[THEME MUSIC FADES OUT]



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