

American Inspiration

Thoughts for today and every day . . .

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.” Judy Garland



“Heroes come in all sizes, and you don’t have to be a giant hero. You can be a very small hero. It’s just as important to understand that accepting self-responsibility for the things you do; having good manners, caring about other people—these are heroic acts. Everybody has the choice of being a hero or not, every day of their lives.” George Lucas



“Greet each day with your eyes open to beauty, your mind open to change, and your heart open to love.” Paula Finn



“I attribute my success in life to this: I never gave, nor took an excuse.”
Florence Nightingale

American Update



We are into our sixth weekend of competitions and have seen such fantastic teams and performances! We pride ourselves in running a fair, organized event that presents a positive atmosphere for directors, students and families. Make sure to visit our web site and see the schedules for upcoming events, and the results of past events (posted within minutes of the end of the awards ceremony). This weekend, make sure to visit our web site to watch the Texas Dance Classic and the Gussie Nell Davis Dance Classic on our Live Stream page: www.DanceADTS.com/livecontestfeed.htm

Our **National/International Competition** is about a month away and we will, once again, welcome teams from Japan to this event. We will also be featuring over 20 college dance teams that will compete and present recruiting tables on the concourse. See the Dallas Mavericks Dancers perform at the awards ceremony as well as the Dallas Cowboy’s Cheerleaders signing autographs! Learn more about this great event at our web site.

Inspiration of the Week

TEN PATHWAYS TO POSITIVE SPEECH

by Lori Palatnik with Bob Burg

(Excerpted from "GOSSIP: Ten Pathways To Eliminate It From Your Life And Transform Your Soul" by
Lori Palatnik with Bob Burg (Simcha Press)

Gossip may be defined as any form of communication that harms another. Gossip can ruin lives, assassinate reputations, split families, alienate friends and destroy businesses. On the other hand, a gossip-free environment leads to peaceful lives, healthier relationships, and overall prosperity.

Yes, the gift of speech is a marvelous one, depending upon how it is used.

Would you like your words to soothe instead of sting? Heal instead of hurt? And Build instead of burn? Following these ten pathways will help:

#1 Speak No Evil. Say only positive statements. Let words of kindness be on your tongue.

#2 Hear No Evil. Refuse to listen to gossip, slander and other negative forms of speech.

#3 Don't Rationalize Destructive Speech. Excuses like "But it's true" or "I'm only joking" or "I can tell my spouse/friend anything" just don't cut it.

#4 See No Evil. Judge people favorably, the way you would want them to judge you.

#5 Beware of Speaking Evil Without Saying An Evil Word. Body language, and even positive speech can bring tremendous destruction.

#6 Be Humble; Avoid Arrogance. These will be your greatest weapons against destructive speech.

#7 Beware Of Repeating Information. Loose lips sink ships. Even positive information needs permission before being repeated.

#8. Honesty Really Is The Best Policy - Most of the Time. Be careful to always tell the truth unless it will hurt others, break your own privacy or publicize your accomplishments.

#9 Learn to Say, "I'm Sorry." Everyone makes mistakes. If you've spoken badly about someone, clear it up immediately.

#10. Forgive. If you have been wronged, let it go.

Try this for the next month. The good news is, if you slip up now and then, it only means you are human. Try again. I congratulate you simply for making the effort.

Lori Palatnik with Bob Burg. Reproduced with permission from the Jim Rohn Weekly E-zine.

This weekly message is generated from:

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**American ★★★★★**
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