

# Weekly Message Weekly Message



Greetings special friends,

I hope this message finds you well. I have been stricken with the 'crud' that has been going around the country. It is a cross between an upper respiratory infections and allergies. I am rarely ever sick so it has put a small bump in the road for me this week. I hope that you escape getting sick this season as the weather continues to change daily.

Here are some thoughts for the day:



**“You can preach a better sermon with your life than with your lips.”**  
**Oliver Goldsmith (1730-1774) playwright and poet**



**“Virtue does not consist so much in abstaining from vice, as in not having an affection for it.”**  
**W.T. Eldridge (1862-19320 industrialist**



**“A hard beginning makes a good ending.” John Heywood**



**“Nobody stands taller than those willing to stand corrected.”**  
**William Safire, columnist**



We are just one month away from our **National/International** competition in Denton, Texas, with over 120 of the top teams in the nation including **two teams coming all the way from Japan**. If you want to know more about this exciting event, visit our web site at [www.DanceADTS.com](http://www.DanceADTS.com) and link to our contest page.

Gossip in any school or workplace can be a very malicious act that eventually hurts so many people and splits friendships. Replacing gossip with positive words can be a lifetime habit that everyone can learn. Below is a special passage that can replace gossip with positive speech. I hope that you will pass it along to others and learn from it today as I have. I hope you continue to have a great week, and, as always, please *keep in touch*.

--

*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team*

*[www.DanceADTS.com](http://www.DanceADTS.com)*

*800/462-5719*



# 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

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