

Weekly Message Weekly Message



Greetings special friends,
I hope your week is going in a positive direction. We are seeing sunshine every day this week. Today we are headed to the Dance/Drill Team Directors of America national convention in Dallas (<http://www.dtda.org>). We hope to see many of you there.

Here are some thoughts for the day:

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“A little impatience spoils great plans.”
Chinese proverb
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“Progress is our ability to complicate simplicity.”
Thor Heyerdahl (1914-2002) explorer and anthropologist
.....

“Don’t put off for tomorrow what you can do today, because if you enjoy it today, you can do it again tomorrow.”
James A. Michener (1907-1997) writer
.....

“One pound of common sense requires ten pounds of common sense to apply it.”
Persian proverb
.....

It is never too soon to start thinking about summer camps. You can pre-register for camp online at our web site:
<http://www.danceadts.com/summercamps.htm>



Sometimes we have challenges with our patience in working with others around us. There is a passage below that encourages us to “Make Peace with Imperfection.” I hope that it will be helpful to you as it was for me.

Have a blessed week, and, as always, please *keep in touch*.

Sincerely,

Joyce E. Pennington, Pres. CEO

American Dance/Drill Team

www.DanceADTS.com

800/462-5719



Make Peace with Imperfection

by Richard Carlson, Ph. D.

from "Don't Sweat the Small Stuff...and it's all small stuff"

I've yet to meet an absolute perfectionist whose life was filled with inner peace. The need for perfection and the desire for inner tranquility, conflict with each other. Whenever we are attached to having something a certain way, better than it already is, we are, almost by definition, engaged in a losing battle. Rather than being content and grateful for what we have, we are focused on what's wrong with something and our need to fix it. When we are zeroed in on what's wrong, it implies that we are dissatisfied, discontent.

Whether it's related to ourselves—a disorganized closet, a scratch on the car, an imperfect accomplishment, a few pound we would like to lose—or someone else's "imperfections—the way someone looks, behaves, or lives their life—the very act of focusing on imperfection pulls us away from our goal of being kind and gentle. This strategy has nothing to do with ceasing to do your very best but with being overly attached and focused on what's wrong with life. It's about realizing that while there's always a better way to do something, this doesn't mean that you can't enjoy and appreciate the way things already are.

The solution here is to catch yourself when you fall into your habit of insisting that things should be other than they are. Gently remind yourself that life is okay the way it is, right now. In the absence of your judgement, everything would be fine. As you begin to eliminate your need for perfection in all areas of your life, you'll begin to discover the perfection in life itself.