

# Weekly Message Weekly Message



Greetings to everyone!

I hope your summer was fun, relaxing and productive. It is hard to believe that many of you are already in school and more of you will start within the next week. Time truly flies by us so quickly.

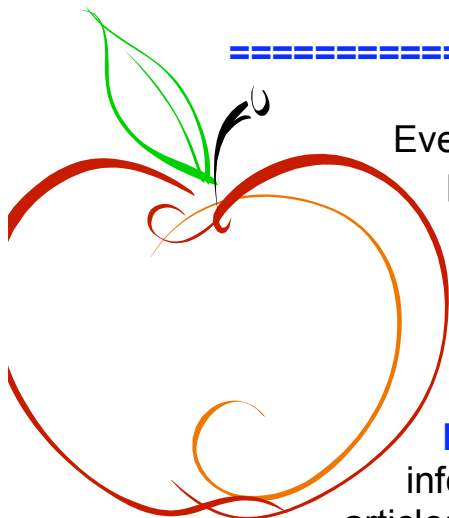
Here are some thoughts for the day to get your week jump started:

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**"We are spinning our own fates, good or evil, and never to be undone.  
Every smallest stroke of virtue  
or of vice leaves its never so little scar." -- William James**  
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**"Every farmer knows that you can't sow and reap on the same day. There  
is a timetable for your harvest  
that requires both working and waiting. Patience is a small price to pay  
for what you will receive." -- Neil Eskelin**  
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**"There is no reason to ever quit... unless of course you had no plans to  
ever succeed... that is called 'Delusional Success'" -- Doug Firebaugh**  
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**"The principle of competing is against yourself. It's about self-  
improvement, about being better than you were the day before."  
-- Steve Young**  
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Everything is in such a whirlwind when you are starting new projects like school starting, football games, halftime shows, dance classes. Everything has its place and form that will build to a successful year. When making plans for 2006, take a look at our contest locations and dates and make plans for your team to attend. You can link to so many pages of helpful information. Visit us at <http://www.DanceADTS.com>. Everyone will find helpful information on the **Education Support Page** with many new articles and motivational material for teachers and students.

Below is an article by Dr. Richard Carlson, author of "Don't Sweat the Small

Stuff.” It is a good passage to read as things become so hectic around us this time of year. It teaches us to step back and take a deep breath. I hope that it will give you that sigh of relief this week that you need.

I am delighted to be sending the Weekly Message to you again. It is something I love and enjoy researching to find the right message that I need to hear each week and delight in passing it on to others. I wish you great success in the coming year and, as always, please *keep in touch*.

--

*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team*

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## ***Become Less Reactive and More Responsive***

**by Richard Carlson, Ph.D.**

**author of "Don't Worry, Make Money"**

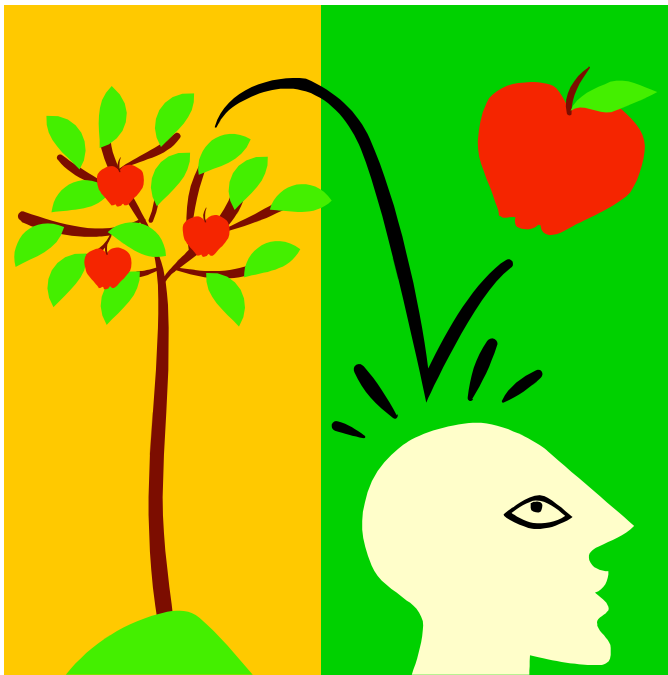
**and "Don't Sweat the Small Stuff, and It's All Small Stuff"**

In business and life, we have essentially two psychological modes that we are in most of the time: reactive and responsive. The reactive mode is the one that feels stressful. In it, we feel pressured and are quick to judge. We lose perspective and take things personally. We're annoyed, bothered and frustrated.

Needless to say, our judgement and decision-making capacity is severely impaired when we are in a reactive state of mind. We make quick decisions that we often regret. We annoy other people and tend to bring out the worst in them. When an opportunity knocks, we are usually too overwhelmed or frustrated to see it. If we do see it, we're usually overly critical and negative.

The responsive mode, on the other hand, is our most relaxed state of mind. Being responsive suggests that we have our bearings. We see the bigger picture and take things less personally. Rather than being rigid and stubborn, we are flexible and calm. In the responsive mode, we are at our best. We bring out the best in others and solve problems gracefully. When an opportunity comes our way, our mind is open. We are receptive to abundance.

Once you are aware of these two drastically different modes of being, you will



begin to notice which one you are in. You'll also notice the predictability of your behavior and feelings when you are in each mode. You'll observe yourself being irrational and negative in your reactive mode and calm and wise in your responsive state of mind.

Simply becoming aware of the different dynamics of your mind will open the door to tremendous changes in your life. You'll begin to notice when you fall into a reactive state of mind. You'll feel your own impatience. When this happens, simply say to yourself, "Whoops, there I go again" or something to this effect. Any type of simple acknowledgment will do the trick. You'll discover, as you notice and acknowledge

your own reactivity, coupled with your understanding that, in all cases, it pays to be more responsive, you'll quickly come out of a reactive mode and fall into a more responsive state of mind.

A responsive state of mind is fertile ground for success. When your mind is clear and relaxed, you pave an open channel for abundance and joy. There is a direct and clear relationship between how much time you spend in a responsive state of mind and your own level of success. The more you are able to stay out of reactivity, the more opportunities will present themselves. Beginning right now, use the power of responsiveness to create your own success.

***"We can't adjust the wind, but we can adjust our sails."***