



# American Weekly Inspiration

## Thoughts for today and every day:

“Define your future by your dreams and not by your memories, by your hopes and not by your fears.” Joe Tye, motivational speaker and leadership coach

§§§§§§§§§§§§

“Four things do not come back — the spoken word, the sped arrow, time past, and the neglected opportunity.”

Abbas Ibn Al-Ahnaf (c. 750-c. 803) poet

§§§§§§§§§§§§

“Success is the best revenge.” Michele Jolivette, educator

§§§§§§§§§§§§

“Sometimes success is due less to ability than to zeal.” Charles Buxton (1823-1871) philanthropist and statesman

## American Update:

I hope everyone is heading into a meaningful Memorial Day weekend and ready to pay tribute to the many veterans and current men and women fighting to keep our freedom. Fly the American flag at your home or business to honor America.

The last of the American Inspiration weekly messages will be next week, before taking the summer off. They will resume in mid August when everyone is heading back to school. You can resource past messages in the archives of our web site. Hope you have enjoyed the new look of our web site!

Success is the result of many aspects of leadership. I found the passage below that can apply to the new graduate or any of us who have been in the business world for some time. I hope you find it inspiring as I did.

## Inspiration of the Week:

### Leadership Skills for Women

Crisp Publishing  
by Patricia Haddock

Communicating a sense of personal power comes from a belief that you can reach your goals in your own way. Powerful people empower others and encourage others to express themselves openly. You communicate a sense of personal power by developing the following traits:

**Authority.** Authority is inner confidence—a trust in your skills and abilities. It comes from the inside, from an attitude of “I can do that. I deserve success.” This attitude radiates outward as you assert your rights, honestly ask for what you want and need, and develop a willingness to give to others and yourself.

**Assertiveness.** Assertive behavior is active, direct, and honest. It communicates an impression of self-respect and respect for others. By being assertive, we view our wants, needs and rights as equal with those of others. An assertive person wins by influencing, listening and negotiating so that other people choose to cooperate willingly.

**Accessibility.** The powerful person is a master networker. Good networking increases your visibility and gives you a valuable circle of people from whom you can give and receive support and information. Imagine yourself as the hub of a wheel surrounded by spokes of contacts.

**Image.** You communicate power through your image. Do you project an image consistent with strong leadership? Stand tall and walk proudly, remembering that you have value as a person. When you meet others, make direct eye contact and keep your handshake firm and friendly. Clearly state your name and what you do.

**Communication habits.** Take deep breaths to project a firm voice. Avoid slang, jargon, and vocal hesitations that can hinder effective communication. Use only the body movements and gestures necessary to make your point, no more. Learn how to write clearly and succinctly.

This weekly message is generated from:

**American Dance/Drill Team®**

Joyce Pennington, Pres. CEO

*Celebrating 50 years*

*1958-2008*

**www.DanceADTS.com**

**800/462-5719**

To be removed from the weekly American Inspiration (sent each Wednesday), simply reply to this e-mail with Remove in the subject line. To be added to this weekly message, go to this page and complete the online form: [www.danceadts.com/lineonline.htm](http://www.danceadts.com/lineonline.htm)