



American Inspiration

Thoughts for today and every day . . .

“I’ve never thought in terms of a professional career. I think of a professional life as one pearl added to the next, making a beautiful necklace you can look at in the end.”

Sharon Patrick



“Open doors for talented people below, beside and above you. Then you will be surrounded by the best.” Carol Dibattiste



“Try to make each day reach as nearly as possible the high water mark of pure, unselfish, useful living.” Booker T. Washington



“When you attain virtue, you have already begun to realize potential in your life. The reasoning behind this is that virtue is a pure, clear patch for pursuits.”

Robert J. Flower

American Update

Watch what you pray for. We have been praying for rain in Central Texas for several months now. Last weekend, we received 14” of rain in a 24 hour period and made the national news. The flood water from Salado Creek reached historic levels. We were fortunate that our home and office complex are located on a high ridge above Salado Creek and Rock Creek and we were safe. The ground and aquifer are now recharged with water, thank God.

There are some new pom poms that have LED lights in them from www.extremeglow.com/. They will ‘light up’ a halftime as well as enhance your pep rally or spring show. They have an ‘on/off’ switch on them to turn them on or off at a designated time in the routine. Your team will make a super hit with these new poms that are under \$6 a pair!

The [One Day Dance Intensive](http://www.DanceADTS.com) dates and locations are now linked to our web site. Make sure to visit us with more information on how you can inspire your team in mid season with a day filled with new and exciting choreography. www.DanceADTS.com

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.

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