



American Inspiration

Thoughts for today and every day . . .

“We can’t float through life. We can’t be incidental or accidental. We must fix our gaze on a guiding star as soon as one comes upon the horizon, and once we have attached ourselves to that star, we must keep our eyes on it and our hands on the plow.” Ossie Davis

“There are better things ahead than any we leave behind.” C.S. Lewis

“We judge the song of the bird not by its musical quality nor even by its creativeness, but by its effect on the human spirit.” Len Eiserer

“When people complain of life, it is almost always because they have asked impossible things from it.” Ernest Renan

American Update

We are proud to let you know that our **2010 Contest Brochure** is now online and ready for you to download from our main page or our Contest Page on our web site. We are already receiving many calls about our 2010 Contests and many of the hotels are filling quickly. If you plan to attend one of our 2010 Contests, make sure to book your hotel rooms right away to ensure your team will be able to stay in your choice of hotels. For more information on hotels and travel packages, contact Judy Fountain with ATS Tours and Travel at ats@atstoursandtravel.com or 800/698-3901.

If you are looking for fresh dance choreography, improvement on technique, or motivation for your team, plan to attend a **One Day Dance Intensive**. Check out the dates and locations on our web site.

Are you team parents planning their 2010 summer vacations? We have most **Summer Camp** dates already posted on our Summer Camp page on our web site. Visit us at www.DanceADTS.com

Inspiration of the Week

Excellence is the Result of Hard Work

by Steven Ervin, Salado I.S.D. Superintendent

Success does not simply happen. Excellence, whether perfected in professional or personal achievement, is the result of hard work, planning and preparation. People who succeed have learned to apply themselves, their time, talent and resources to achieve goals.

The time to begin applying yourself and efficiently and effectively focusing your efforts is today. Like the longest journey, the path towards any established goal begins with a single step. The process for efficient application of one's effort is simple; beginning is the most difficult task of all.

1. Define your goal in writing. Putting your goal on paper reflect a bit of formality, a "contract" you are establishing with yourself. Include in the definition of the goal what you hope to gain by accomplishing this goal.
2. Set a realistic date for accomplishing the goal.
3. What tasks will you need to accomplish in order to meet the goal?
4. Prioritize the tasks you will need to accomplish to achieve the goals. Make a list of tasks beginning the list with those that need to be accomplished first and continuing the list in sequential order.
5. Large tasks should be broken down into achievable smaller steps.
6. Assign monthly, weekly and daily deadlines to each of the sub-tasks that will lead to the accomplishment of the goal.
7. Record your progress in the attainment of sub-goals.
8. Reward yourself for the attainment of goals. Balance hard work with activities meant solely for your pleasure.

In pursuit of your goals, don't underestimate the value of most important things in life: your family, friends and associates. Try to become more aware of how you utilize your time. While charting a week of your daily time utilization may be cumbersome, through such methods you may find it possible to reduce time used inefficiently or on activities you do not value and increase the time used constructively towards achievement of goals which reflect your values.

Make a list each evening of things you want to accomplish the next day. Cross off tasks as they are completed. If there are tasks remaining at the end of the day, place them at the top of the list for the next day.

This weekly message is generated from:

Joyce Pennington, Pres. CEO



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