

American **Inspiration**

Thoughts for today and every day . . .

“Time is too slow for those who wait; too swift for those who fear; too long for those who grieve; too short for those who rejoice. But for those who love, time is eternity.” Jane Fellows



“The greatest height of heroism to which an individual, like a people, can attain is to know how to face ridicule.”

Miguel de Unamuno



“People are lonely because they build walls instead of bridges.”

Author unknown



“Your identity, self esteem, and awareness of your ego lay the groundwork for your life. How you conduct yourself with others, and whether you have the strength to make your way without needing to ask for another’s permission depends on how well you succeed at the many challenges that awaken your need to take charge of who you are.” Caroline Myss

American Update

Each of us and our team, office or circle of friends, needs to always be aware of those around us less fortunate. There are so many that are in need of both moral and financial support. Make sure to plan well ahead for your group to do a community service project at Christmas. It will be a blessing to the recipient and a joyful experience for your group.

When looking for ideas for choreography, don't forget to resource YouTube. There are lots of dances that can inspire you to create your next successful performance as well as gain ideas on music selections.

Inspiration of the Week

It All Makes Sense

Trust things will change in your favor. “You may be going through great difficulties, and you're tempted to think, I'm never going to get out of this. This is never going to change. I'm never going to win this situation. Stand strong. When negative thoughts come, reject them.”

Be kind to people even when they aren't kind to you. “Take the high road, and be kind and courteous. Keep walking in love and have a good attitude.”

Believe in yourself. “Friend, you've got to believe in yourself and believe that you have something to offer this world that nobody else has.”

Change your self-image. “Are you allowing your weaknesses and insecurities to keep you from being your best? God loves to use ordinary people just like you and me, faults and all, to do extraordinary things.”

Encourage others. “Give a compliment. Hold the door for somebody—don't be so busy that you can't take five seconds for somebody else. It's not always the big things. Don't let the big things keep you from doing the small things.”

Wake up in gratitude. “How you wake up in the morning sets the tone for the whole day. Find something to be thankful for. Remind yourself you're equipped to do what you were called to do.”

“I believe that character is not something that just happens by itself, any more than a chisel can create a work of art without the hand of an artist guiding it. Character is the result of hundreds and hundreds of choices you make that gradually turn who you are, at any given moment, into who you want to be.”—Jim Rohn

Cultivating your character is one of the most effective and enduring ways to improve your health, reputation, career and personal best.

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