

# American Inspiration

Thoughts for today and every day . . .

“The gloom of the world is but a shadow. Behind it, yet within our reach, is joy.”  
Giovanni Giocondo



“If you want to accomplish the goals of your life, you have to begin with spirit.”  
Oprah Winfrey



“Nothing is ever lost by courtesy. It is the cheapest of pleasures, costs nothing and conveys much. It pleases him who gives and receives and thus, like mercy, is twice blessed.” Erastus Wiman



“Remember that the faith to move mountains always carries a pick.” Author unknown

## American Update

Happy 2010! We are declaring that this will be **the best year of your life!** If everyone would adopt this simple theory, imagine where our goals and dreams will take us. We are delighted to have so many new things to look forward to this contest season. This will be the third season we have offered the judges comments and your performance on the USB flash drives that each director will receive. This year, we will no longer offer the cassette tapes and use the digital comments and video for all events, including solos.

We are also excited to offer **live video streaming** of designated contests on our web site. This will be for family member that live a great distance or unable to attend the contest to see the team events broadcast on the web site. Make sure to find the page and look over the list of contests where the live streaming will take place. [www.DanceADTS.com](http://www.DanceADTS.com)

We also have a **new pre-registration format** that will allow directors to go back into their entries to add or modify them up until 2 weeks in advance of the competition. Directors, if you need your login e-mailed to you, simply reply to this e-mail and we will resend it to you. If you are a new director and not listed in our database, contact us with your information so we can get you set up.

This week, we head to Houston for **the Texas Dance Educators Association** convention. We will see over 500 directors and 200 All State Dancers. To learn more about this great organization, visit [www.TDEA.org](http://www.TDEA.org).

## Inspiration of the Week

# The Story of Life

*Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become. You never know who these people may be (possibly your roommate, neighbor, coworker, long-lost friend, lover, or even a complete stranger), but when you lock eyes with them, you know at that very moment they will affect your life in some profound way.*

*And sometimes things happen to you that may seem horrible, painful, and unfair at first, but in reflection you find that without overcoming those obstacles you would have never realized your potential, strength, willpower, or heart.*

*Everything happens for a reason. Nothing happens by chance or by means of good luck.*

*Illness, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved, straight, flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless.*

*The people you meet who affect your life, and the success and downfalls you experience, help to create who you are and who you become.*

*Even the bad experiences can be learned from. In fact, they are probably the most poignant and important ones.*

*If someone hurts you, betrays you, or breaks your heart, forgive them, for they have helped you learn about trust and the importance of being cautious when you open your heart.*

*If someone loves you, love them back unconditionally, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.*

*Make every day count. Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again.*

*Talk to people that you have never talked to before, and actually listen.*

*Let yourself fall in love, break free, and set your sights high.*

*Hold your head up because you have every right to.*

*Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you.*

*You can make of your life anything you wish. Create your own life and then go out and live it with absolutely no regrets.*

*Most importantly!!!, if you LOVE someone tell him or her, for you never know what tomorrow may have in store.*

*And learn a lesson in life each day that you live.*

*That's the story of life...*

This weekly message is generated from:

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