

# American Inspiration

## Thoughts for today and every day . . .

“Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all.” William Faulkner



“Success is living up to your potential. That’s all. Wake up with a smile, and go after life. Don’t just show up at the game or office. Live it, enjoy it, taste it, smell it, feel it.” Joe Kapp



“Roadblocks aren’t barriers—they open your eyes to other routes.”  
Joyce Restaino



“There is a great difference between worry and concern. A worried person sees a problem and a concerned person solves a problem.” Harold Stephens

## American Update

It is a Super exciting weekend ahead for us with three competitions: North Texas Regionals, Texas Jr/Austin Sr Classic, Jr South Padre Festival. All three are going to be amazing competitions with some fabulous teams. It looks like the weather will be warming up so that all will be in great shape for Saturday. See the current schedules posted on our web site.



This Sunday, make sure to not leave the room at halftime of the Super Bowl as you will want to see the 850 dance team members from the North Texas area, that were organized by American Dance/Drill Team to perform with the Black Eyed Peas! It will be a fabulous show full of surprises so make sure to stay close to the TV as it is broadcast on Fox on Sunday evening (check your local times).

## Inspiration of the Week

*EXCELLENCE IS 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*

 American ★★★★★  
Dance/Drill Team ★★  
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*Established in 1958*

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