

American Inspiration

Thoughts for today and every day . . .

“The trouble with not having a goal is that you can spend your life running up and down the field and never scoring.” Bill Copeland



“A person on the way to the top is one who is still learning something from each mistake they make.” O.A. Battista



“Compassion is the ultimate and most meaningful embodiment of emotional maturity. It is through compassion that a person achieves the highest peak and the deepest reach in his or her search for self-fulfillment.”

Arthur Jersild



“The man who can own up to his error is greater than he who merely knows how to avoid making it.” Cardinal De Ritz

American Update



Are you a person that likes to plan well in advance? For those of you planning ahead we have already posted our **2012 Contest Dates** on our web site. Hopefully this will help you plan for your regional contests or big trip! Make sure to contact **ATS Tours and Travel** to have your travel bid ready for your first booster club meeting in August. **Dalana** will help you create the perfect contest destination within your budget (ats@atstoursandtravel.com). To find out more about our **2011 Summer Camps** as well as **2012 Contests**, please visit our web site at www.DanceADTS.com

Inspiration of the Week

Life is a Marathon, Not a Sprint

By Maggie Jackson ©2006

We live in an age of instant everything. Instant email, instant messaging, instant meals. How easy it is for the adrenaline rush (or shall I say “panic”?) to begin to nestle its way into our lives. It is no wonder we feel we must sprint to keep up with life.

If you begin to feel the “instant-everything” rush or panic, I encourage you take a moment to declare, either aloud or to yourself, “Stop! I want off the ride and I want off *now*.”

And, if it is impossible to get off the ride, perhaps we can at least slow it down. I want to share four gentle reminders to help you shift from sprinting to training for the marathon I call LIFE:

- **Do one thing at a time.** Contrary to popular belief, doing many things at once is not more efficient. It causes our thoughts to jump from issue to issue and our focus is not as sharp. Doing one thing at a time allows us to finish the action faster and more accurately.
- **Be patient and polite.** We expect things to happen immediately, both at work and at home. Adding a dose of patience and politeness to our daily routine can help lower our stress level and add a sense of more time. Smile at the person you pass on the street. Allow someone with fewer items to get in front of you at the checkout line. Hold a door open for someone who has his or her hands full...or empty.
- **Give yourself the gift of time and be lazy.** Lazy? Yes, lazy. Take time to be lazy. The act of being lazy is good for your heart, your head and your stress level. Sit down. Stand. But remain perfectly still, relax and see what happens. On your first try, you may not last more than a minute because it will seem like eternity. That’s the idea. We want more time, whether it is real or perceived.
- **Pay it forward.** Look for ways to help out in your community. Volunteer at a local charity. Read to students at a local school. There are many fantastic ways you can pay your time and talents forward.

If you can slow down from faster to fast, you might actually see what is happening around you and enjoy the present moment, rather than worrying about what is going to happen next. Remember, life is a marathon and not a sprint. Pace yourself.

This weekly message is generated from:

Joyce Pennington, Pres. CEO

**American ★★★★★**
Dance/Drill Team ★★
★★★★★

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