

American Inspiration

Thoughts for today and every day . . .



√“Great dancers are not great because of their technique, they are great because of their passion.” Martha Graham

√“The proper function of a person is to live, not exist. I shall not waste my days trying to prolong them. I shall use my time.” Jack London

√“It is looking at things for a long time that ripens you and gives you a deeper understanding.” Vincent Van Gogh

√“When you handle yourself, use your head; when you handle others, use your heart.” Donna Reed



American Update

We continue to see fabulous performances each weekend in each of our venues. We are energized by the positive attitudes, incredible talent and enthusiastic spectators! Make sure to check our web site to see **contest** schedules and results posted promptly each week.

Believe it or not, dance team tryouts are right around the corner for many teams. That means ordering dancewear, performance uniforms, dance team bags, boots, as well as preparing for **summer camps**. Make sure to take a look at our summer camp dates and locations where your team will learn the latest innovative dances along with leadership and team building activities daily. If there is not a location near you, we can send our staff to your school for a private camp that is customized to your team's needs. Just visit our Summer Camp page on our web site for more information about camps, a customized bid for a private camp and more! www.DanceADTS.com



Inspiration of the Week

9 Ways of Coping

from “Bits and Pieces”

Sometimes, even the most upbeat people feel as if they can't cope any longer. If you're feeling stuck between a rock and a hard place, Norman Vincent Peale's timeless classic, *The Positive Principle Today*, might just hold the key to a brighter day for you. We've adapted Peale's nine-step process for coping with life's difficulties, and if you apply these principles to your own situation, you can get through even the toughest of times:

1. **Don't panic.** Never lose your head. Stay calm, and it will be easier to think of a solution.
2. **Don't get overwhelmed.** Never dramatize your difficulties so that they become larger than life. No matter what happens, keep telling yourself: "I can handle it."
3. **Practice "de-confusion."** This helps you to take the mystery out of any situation. Make a list on a piece of paper of each element of the current situation you're having a hard time coping with. Clarify each part, so you won't be confused or scared by it.
4. **Don't look back.** Start dealing with the problem as it exists right now, and keep moving forward from there.
5. **Look for the small answers.** Don't try to solve the problem all at once. Look for the solution that will take you to the next step.
6. **Practice 'creative listening.'** Learn how to stay quiet, so that insights can come into your mind.
7. **Do the right thing.** Always ask yourself, "What is the right thing to do?" Remember, nothing wrong ever turns out right; and if you do your best to do the right thing, it will rarely come out wrong.
8. **Keep on thinking, believing, and working.** There is no difficulty you can't cope with if you continue doing these three things.
9. **Stay positive.** Once you become negative about something, solving the problem becomes twice as hard. Always keep a positive mental attitude.

This weekly message is generated from:

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