

American Inspiration

Thoughts for today and every day . . .



✓“Jumping at several small opportunities may get us there more quickly than waiting for one big one to come along.” Hugh Allen

✓“The reason it matters to care passionately about something is that it whittles the world down to a more manageable size. It makes the world seem not huge and empty, but full of possibility.” Susan Orlean

✓“What would it be like if you lived each day, each breath, as a work of art in progress? Imagine that you are a masterpiece unfolding, every second of every day, a work of art taking form with every breath.” Thomas Crum

✓“When you awaken love and laughter in your life, your mind lets go of fear and anxiety, and your happy spirit becomes the healing balm that transforms every aspect of human existence.” Jesse Dylan



American Update

We have completed our second weekend of competitions and heading into week three. Make sure to watch the North Texas Regional Dance Team Competition live on our web site this Saturday.

Sunday is one of the biggest days in football with Super Bowl XLVII in New Orleans. Tune into the Pepsi Super Bowl Halftime Show with Beyoncé and see 350 dance team members from the Southern Louisiana area join others to be on the field for the halftime show! Good luck to all of the participants! We are proud of you!



Inspiration of the Week

Color My World

By John C. Maxwell *“Becoming a Person of Influence”*

Nearly everyone has emotional filters that prevent them from hearing certain things that other people say. Your experiences, both positive and negative, color the way you look at life and shape your

expectations. And particularly strong experiences, such as traumas or incidents from childhood, can make you tend to react strongly whenever you perceive you are in a similar situation.

If you've never worked through all your strong emotional experiences, you might be filtering what others say through those experiences. If you're preoccupied with certain topics, if a particular subject makes you defensive, or if you frequently project your own point of view onto others, you may need to spend some time working through some of your issues before you can become an effective listener.

Sigmund Freud said, "A man with a toothache cannot be in love," meaning that the toothache doesn't allow him to notice anything other than his pain. Similarly, any time a person has an axe to grind, the words of others are drowned out by the sound of the grindstone.

This weekly message is generated from:

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American ★★★★★
Dance/Drill Team ★★
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