

# American Inspiration

## Thoughts for today and every day . . .



√ "Take care of your character and your reputation will take care of itself!" author unknown

√ "This journey is as much about the mind as it is about the body. Good thoughts. Thoughts are so powerful. You've got to change the way you think in order to change the way you feel." Robin Roberts

√ "We are called to be strong companions and clear mirrors to one another, to seek those who reflect with compassion and a keen eye how we are doing, whether we seem centered or off course...we need the nourishing company of others to create the circle needed for growth, freedom and healing." Wayne Muller

√ "My guiding principles in life are to be honest, genuine, thoughtful and caring." Prince William



## American Update

February is our busiest month of the year with ten competitions! We have seen some amazing groups and are filled with joy for each weekend to approach so we can see more fabulous teams! Make sure to watch the action live this weekend on our web site and watch for photos posted on our American Dance/Drill Team Facebook page!



## Inspiration of the Week

### Planning

from "Let's Talk" by Fred Roach

Our lives need order and direction. Developing planning capability within us will provide this great asset. Lack of plans brings chaos to any area you approach--business, family, or meeting team needs.

Begin early in life to establish plans. Plan--then execute. Even fail. It's a process that provides maturity. No one ever arrived unless she began.

You can tell a lot about a person, a school, a family or a business by how they plan. It makes sense to plan the most effective use of our time and resources. Good planning is important.

Learn how to plan. Always plan for success. Never give up!! Discipline yourself!! Change plans when it seems appropriate! Good planning can multiply your effort. The fun of seeing accomplished things for which you've planned will be rewarding.

This weekly message is generated from:

*Joyce Pennington, Pres. CEO*

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

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