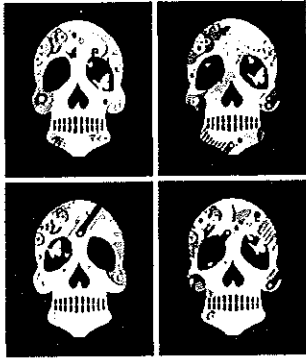


That's Not My Job!

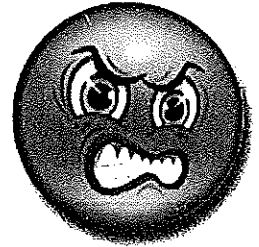


There once were four people named; Everybody, Somebody, Anybody and Nobody.

An important job had to be done, and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

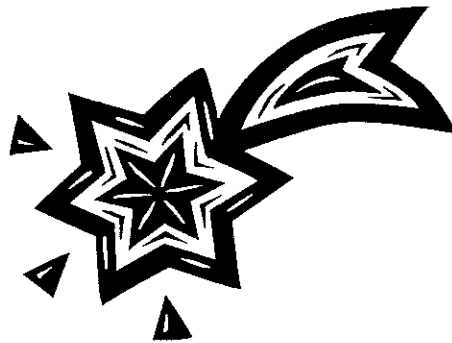


Everybody thought Anybody could do it and that Somebody would do it.

But Nobody realized the Everybody thought Somebody would do it.

It end up that Everybody blamed Somebody when Nobody did what Anybody could have done...

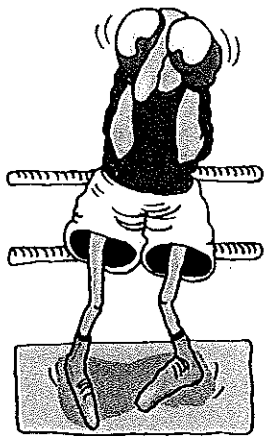
Be Somebody who makes things happen.



A Swimmer

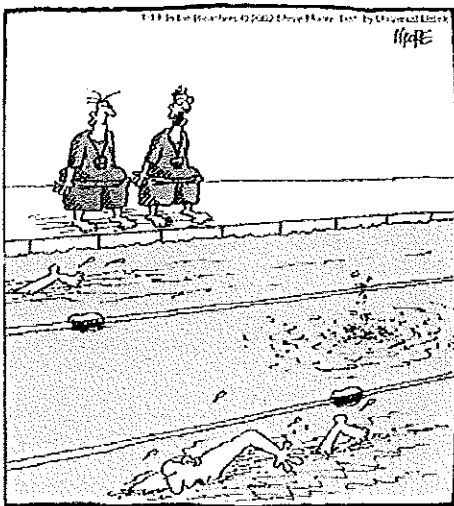
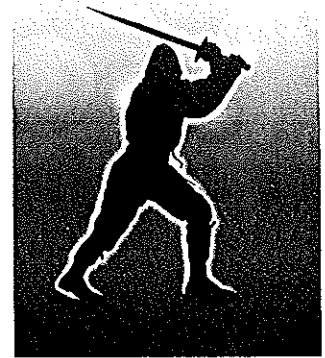
A swimmer is a peculiar breed, at war with the clock, pain, and doubts in their own mind. A pool is filled with swimmers, but the competitor is the water, clock and pain.

The champion has the talent and competitive drive to punish their body in order to beat the clock. They swim through pain barriers; legs numb, shoulders aching, lungs gasping and their mind reduced to instinctive commands through years of training. Only a swimmer knows the agony one-one hundredth of a second improvement brings. Each stroke must provide maximum power and minimum resistance. Each turn must be time to split-second perfection.

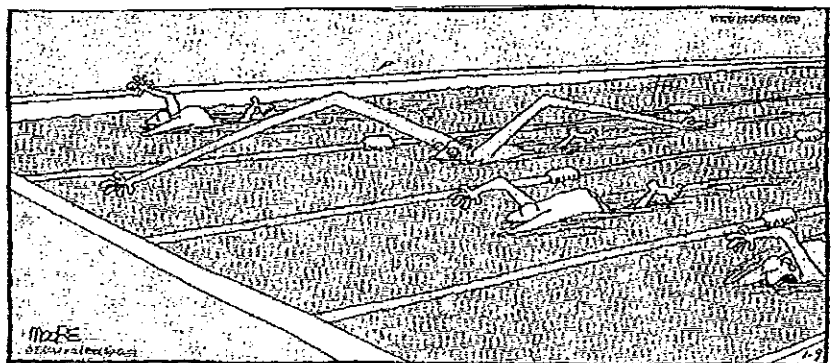


The champion is at war with their mind. Doubts and fears must be eliminated. The adrenalin must be channeled into positive thinking and mechanical perfection. No thought of fear or succumbing to pain can be permitted. Hours of training must be forgotten. Technique, power and endurance must be put together in one tremendous effort. When one defeats not only their adversaries but also their own doubts and fears, then one becomes a true champion in the minds of all.

All America loves a winner, but there should be no stigma attached to losing when one has given their best. Number one is the dream of most athletes. Yet another kind of winner, perhaps dearer to a coach's heart than all the number one put together, is



"Now *another* swimmer's been dragged under, screaming, right in the middle of a race. I'm telling you, Floyd, something's down there."



LIFE IS A DO-IT YOURSELF PROJECT

An elderly carpenter was ready to retire. He told his employer – contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family.

He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.



When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."



What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized that we would have done it differently.

Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says,

"Life is a do-it-yourself project." Your life tomorrow will be the result of your attitudes and choices you make today.

YOUR LIFE IS A REFLECTION OF YOU

“A son and his father were walking in the mountains.

Suddenly, his son falls, hurts himself and screams: AAAhhhhhhhhhh!!!”

To his surprise, he hears the voice repeating, somewhere in the mountain:

“AAAhhhhhhhhhh!!!”

Curious, he yells, “Who are you?”

He receives the answer; “Who are you?”

And then he screams to the mountain: “I admire you!”

The voice answers: “I admire you!”

Angered at the response, he screams: “Coward!”

He receives the answer: “Coward!”

He looks to his father and asks: “What’s going on?”

The father smiles and says; “My son, pay attention.”

Again the man screams: “You are a champion!”

The voice answers : “You are a champion!”

The boy is surprised, but does not understand

Then the father explains: “People call the ECHO, but really this is LIFE.

It gives you back everything you say or do.

Our life is simply a reflection of our actions.

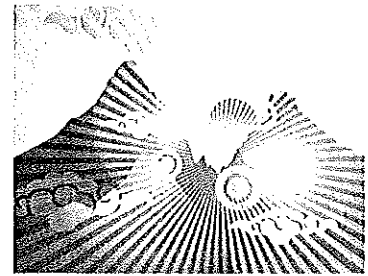
If you want more love in the world, create more love in your heart.

If you want more competence in your team, improve your competence.

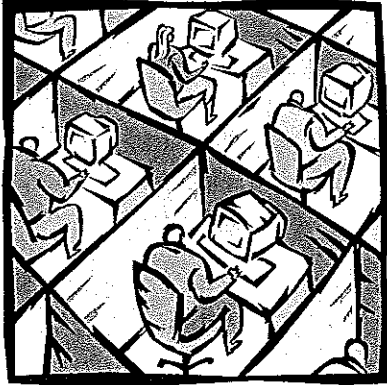
This relationship applies to everything, in all aspects of life;

Life will give you back everything you have given it.”

YOUR LIFE IS NOT A CONINCIDENCE. IT'S A REFLECTION OF YOU!



Work or Prison



In prison you spend the majority of your time in an 8' X 10' cell
At work you spend most of the time in a 6' X 8' cubicle

In prison you get three meals a day
At work you only get a break for one meal and you have to pay for that one.

In prison you get time off for good behavior.
At work you get rewarded for good behavior with more work.

In prison a guard locks and unlocks all the doors for you.
At work you must carry around a security card and unlock and open all the doors yourself.

In prison you can watch TV and play games.
At work you get fired for watching TV and playing games.

In prison they ball-and-chain you to go somewhere
At work you are just ball-and-chained.

In prison they allow your family and friends to visit.
At work you cannot even speak to your family and friends.

In prison all expenses are paid by taxpayers, with no work required.
At work you get to pay all the expenses to go to work and then they deduct taxes from your salary to pay for the prisoners.

In prison you spend most of your life looking through bars from the inside wanting out.

At work you spend most of your time wanting to get out and inside bars.

In prison you can join many programs which you can leave at any time.

At work there are some programs you can never get out of.

In prison there are wardens who are often sadistic.
At work we have managers.



The Tale of the Fast Fish

By Rachel Barry

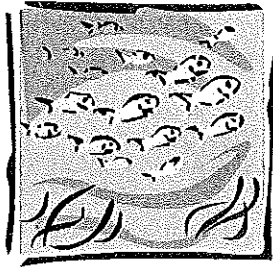
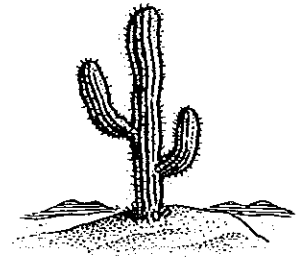


There once was a very fast fish,
Who seemed to be auspicious.
But nobody knew what to do
When the fish began to talk gibberish.

The swim team was sad,
She made the coach mad.
Here interest was lacking,
And she started slacking.

She's walk in late to practice
And when she was there,
She'd act like a cactus.

She would yell at the team
And finally one day the coach said with steam
"You're showing bad spirit
And we don't want to hear it!"



You know what? The fish then replied "I'm on my way.
I'm going somewhere where they need me to swim.
Not to sit here and be yelled at by him!"

We all watch her leave as she stormed out the door.
She yelled and she cursed, till we heard her no more.

But the fast fish was wrong.
For we know that she would
Never find a team that though she was good.
For her bad attitude prevailed,
While her good sense failed.

