



Changing Lives

BUILDING CHARACTER

Dog Tag Challenge Curriculum

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Day 2

Processionary Caterpillars

Synopsis: Caterpillars have no purpose, they just follow each other without a reason.

John Henry Fabre, the great French naturalist, conducted a most unusual experiment with processionary caterpillars. These caterpillars each blindly follow the one in front of them. Hence, the name "processionary." Fabre carefully arranged them in a circle around the rim of a flowerpot, so that the lead caterpillar touched the last one, making a complete circle. In the center of the flowerpot, he put pine needles, which is the favorite food for the processionary caterpillars. The caterpillars started around this circular flowerpot. Around and around they went, hour after hour, day after day, night after night. For seven full days and seven full nights they went around the flowerpot. Finally, they dropped dead of starvation and exhaustion. With an abundance of food less than six inches away, they literally starved to death.

Do not confuse activity with accomplishment. Many people have the opportunities for a healthy active life within their reach and refuse to grasp what is available. Set your goal and develop your plan and enjoy the life that is available to us all.

Write/tell about a day in the life of a human processionary caterpillar.

How do your weekly goals help you keep from becoming a processionary caterpillar?

Helen Keller was asked what is worse than being blind. Her reply, "Having no vision." How does this define a person with no purpose?

Day 3

Florence Chadwick – The Fog

Synopsis: Keep your eyes on the prize, not the price.

In 1952, Florence Chadwick attempted to swim the 26 miles between Catalina Island and the California coastline. As she began, she was flanked by small boats that watched for sharks and were prepared to help her if she got hurt or grew tired. After about 15 hours a thick fog set in. Florence began to doubt her ability, and she told her mother, who was in one of the boats, that she didn't think she could make it. She swam for another hour before asking to be pulled out, unable to see the coastline due to the fog. As she sat in the boat, she found out she had stopped swimming just one mile away from her destination.

Two months later, Chadwick tried again. This time was different. The same thick fog set in, but she made it because she said that she kept a mental image of the shoreline in her mind while she swam.

What is your fog?

How do you get through your fog?

Why is it important for you to see your goal?

Day 4

Basketball – Goals

Synopsis: If you cannot play basketball without goals, what about the game of life?

Read this illustration of the importance of daily goals by looking at the scene of the deciding game of a basketball championship series. The teams have taken the warm-up shots and are physically ready to play the game. The adrenaline is flowing and it's obvious the players feel the excitement that goes with the championship game. They return to their dressing rooms and the coach gives them the last "shot in the arm" before action begins. He may say, "It's now or never. We win or lose it all tonight. Nobody remembers the best man at a wedding, and nobody remembers who came in second. The whole season is tonight."

The players respond. They are so charged up they almost tear the doors off the hinges as they rush back to the court. As they get to the court, they stop short and in complete confusion, which gives way to frustration and anger, they point out that the goals have been removed. They angrily demand to know how they can play a game of basketball without goals. They know that without goals, they would never know the score, never know whether they hit or missed, never know how they stacked up against the competition and never know whether they were on or off target.

It would be silly to play the game of basketball without goals. How about the game of life? How are you doing?

What do you learn from the goals in basketball?

How does that transfer to your weekly goals?

What is the important thing to learn from missing the basketball goals and life?

Day 5

Evaluate Your Week

We've been focused on "Purpose Driven" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Purpose Driven" this week.

Of the three stories, "Processionary Caterpillars", "Florence Chadwick", "Basketball Goals", which had the most impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Dog Tag Challenge Curriculum

Day 2

10,000 Hours

Synopsis: Commitment is based on two things: 1) On what do you spend your money? 2) How do you spend your time? On what do you spend 10,000 hours? This is a test of commitment.

From his book, *Uncommon Character*, Douglas Feavel asks what these people had in common before they become rich and famous.

Bill Gates, Andy Grove-computer technology

Tiger Woods, Michael Jordan-sports

Joshua Bell, Itzhak Perlman Vladimir Horowitz-virtuoso instrumentalists

Lennon, McCartney, Beatles-songwriting, rock band

Bobby Fischer-chess grandmaster

Warren Buffet-outstanding investor

The single simple answer is they spent 10,000 hours of practice time to become world class elite performers in their field.

The quote from the book, *Outliers: The Story of Success*, that is the catalyst for the discussion of the rule of 10,000 is as follows:

The emerging picture from such studies (of highly successful people) is that 10,000 hours of practice is required to achieve the level of mastery associated with being a world-class expert-in anything. In study after study of composers, basketball players, fiction writers, ice skaters, concert pianists, chess players, master criminals and what have you, the number comes up again and again. Of course, this doesn't address why some people get more out of their practice sessions than others do. But no one has yet found a case in which true world-class expertise was accomplished in less time. It seems it takes the brain this long to assimilate all that it needs to know to achieve true mastery.

If becoming elite costs a commitment of 10,000 hours, if you spent 3 hours per day, how long would it take to be elite? 8 hours per day?

At your present age, what reason would you have that would prevent you from becoming elite at whatever you chose to do?

After a performance by the virtuoso violinist, he was approached by a fan who told him he would do anything to play like that. The violinist replied, "No, you wouldn't." What do you think the violinist was referring to?

Day 3

Burn the Ships

Synopsis: Eliminate any opportunity to quit.

In 1519, Hernan Cortes landed in Veracruz, Mexico with his men in hopes of exploring a new world. His men were weary and afraid of the unknown territory. To ensure that his men had no other option but to continue, Cortes ordered the ships burned. By doing this, there was no turning back to the Old World. The men had to go forward and accept the many changes and challenges that faced them.

What do you think was the response of the soldiers to the burning of the ships?

We all have to “burn the ships” in growing up. How different is this?

Many people struggle with having the willingness to take the risk necessary of success. How does this story demonstrate the willingness to take risks?

Day 4

Widow's Mite

Synopsis: How much of what you have, do you give?

As Jesus stood in the Temple, he was watching the rich tossing their gifts into the collections box. Then a poor widow came by and dropped in two small copper coins.

"Really," he remarked, "this poor widow has given more than all the rest of them combined. For they have given a little of what they didn't need, but she, poor as she is, has given everything she has."

Why would you say this widow may have been the first "all in."?

How does this story demonstrate commitment rather than compliance?

How would you compare the widow to yourself in the talent you have and the amount you use?

Day 5

Evaluate Your Week

We've been focused on "Commitment" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Commitment" this week.

Of the three stories, "10,000 Hours", "Burn the Ships", and the "Widow's Mite", which had the most impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

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Day 2

Ryan Hinch – The Center

Synopsis: Ryan exemplified “team before me”.

I have often been asked who my favorite player was. Most coaches have a stock answer of not being able to single out one player. I am different in this respect; I definitely have a favorite. My favorite player was a young man named Ryan Hinch and he played on the 1990 5A Big School Texas State Champion. Ryan played quarterback during his middle school football career. We were about to begin our 1990 football season. We felt we were set in almost every position except center on the offensive line. I really believed that Ryan could be our center for several reasons even though he was only 5'9" and 150 pounds and had never played center. I decided to ask him if he would be willing to change positions. What a drastic change that would be, from a glorious position to one of anonymity. Ryan was only a sophomore and would be starting on the varsity. Beside him at guard would be the previous year's starting center. I never moved a player without visiting with him first and giving him my reasons. I never got the chance to give my reasoning. When I asked him, his response will never be forgotten. "I feel it is your job to place me where I will help the team the most and it is my job to come every day and give my all." The undersized, underclassman Ryan Hinch started and played all 16 games as our team became champions. Opposing coaches would often stack their best players against Ryan when they saw his size and class. He played one game against a player who would eventually play years in the NFL. He was the cornerstone of a great offensive line that had a 2000-yard rusher and gave up only 7 sacks in 16 games.

What did being selfless cost Ryan Hinch?

What was the reward?

Day 3

Vietnam Brothers

Synopsis: Great example of giving up one's self for another.

During the evacuation of Saigon in the last days of the Vietnam War, a little Vietnamese boy's 12 year-old brother brought him into an army medical unit. The little boy was in serious need of a blood transfusion. Without it he would probably die. The doctors spoke no Vietnamese and the boy spoke no English. The doctor goes to the young boy and tries to explain that he needed him as the blood donor so the other boy could live. He laid the boy on a gurney beside his brother and started the transfusion. Later he returned, and the little boy seemed to be mending, but the boy was crying quietly. They finally found an interpreter and asked the boy what was wrong with him. He responded, "When do I die?" The boy had thought they were taking all of his blood in order to save his brother. He had willingly allowed them to do what he thought would kill him in order to save his brother.

What would the brother do if he had been selfish?

What you give, you will always have. What you keep, you will never be able to give. What do these statements mean to you with regard to being selfless?

Day 4

The Cold Within

Synopsis: This story gives the negative results of the lack of this character quality.

Six men were trapped by circumstances in bleak and bitter cold
Each one possessed a stick of wood, or so the story's told.
The dying fire in need of logs, the first man held his back
Because of faces round the fire, he noticed one was black.
The second man saw not one of his own local church
And couldn't bring himself to give the first his stick of birch.
The poor man sat in tattered clothes and gave his coat a hitch
Why should he give up his log to warm the idle rich?
The rich man sat and thought of all the wealth he had in store
And how to keep what he had earned from the lazy, shiftless poor.
The black man's face spoke revenge and the fire passed from his sight
Because he saw in his stick of wood a chance to spite the white.
The last man of this forlorn group did naught except for gain,
Only to those who gave to him was how he played the game.
Their logs held tight in death's still hands was proof of human sin.
They didn't die from the cold without; they died from the cold within.

Anonymous

Why did the men compete?

What was the cost?

What if the first man had cooperated?

What can you learn from this?

Day 5

Evaluate Your Week

We've been focused on "Selfless" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about being "selfless" this week.

Of the three stories, "Ryan Hinch", "Vietnam Brothers", and "The Cold Within", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

Situations

Synopsis: What happens if you accept responsibility or constantly blame others in your life's circumstances?

Situation #1: The student fails a class. His response, "I had a bad teacher." This would infer that if the student does not have a great teacher, then it is okay to fail.

Situation #2: The team loses the game on a tough call. The team feels the referee cheated them. This would infer that the only way the team can win is if all the calls go their way.

Situation #3: A person has one parent, is abused as a child, is born into abject poverty and uses any or all of these as the excuse for not being successful. This would infer that anyone born into these situations is going to be a failure.

Situation #4: A man murders and cannibalizes young men. His defense: He was abused as a child. This would infer that if you are abused as a child, it is okay for you to kill and cannibalize others.

What is wrong with all the above inferences?

If you cannot change the circumstance, it is time to change the person. What does this mean to you?

Day 3

Home Builder

Synopsis: At the conclusion of a project, who is to blame for its success or failure? Apply this to one's life.

A wealthy home builder contractor had a foreman who had worked for him for many years. When the foreman came to him and told him that he was retiring, the contractor asked him to build one more house. Reluctantly, the foreman agreed but his heart was not in the building as it had been. He used second rate material and did not pay attention to the details. When it was finished, the contractor gave him the keys and said, "This is your house, my gift to you."

Your life is up to you. You will get what you deserve, not what is fair. Make sure you pay attention to the details and use the best materials, so you can be proud of what your life has been.

You get what you deserve. Why?

Every choice has a consequence. An example would be studying to make good grades. What choice have you made to guarantee you deserve success?

Why do people blame others for their choices?

What kind of house are you building? Do you think the foreman had regrets? How do you keep from having regrets?

Day 4

In Spite of the Weather

Synopsis: One must learn to focus on the job (what you can control) or focus on the weather (what you cannot control.)

When the Alaskan Pipeline was being built, many Texans went to Alaska and found work on the pipeline. The Texans could only work a few hours in the frigid weather, yet the Eskimos, the native Alaskans, could work indefinitely in the cold. Scientists decided to do a study to find out why the Eskimos could withstand the weather. They found that no physiological differences existed between the Eskimos and the Texans. Nothing in terms of skin thickness, blood or any other physical aspect would explain the differences in the ability to withstand the cold. The solution came when scientists did a psychological study. One Eskimo said, "I knew it was cold but there was a job to be done." In other words, his focus was on the job and obtaining results, rather than on the weather. The Texans tended to focus on the weather, which kept them from focusing on the job at hand.

How do you become "Eskimos?"

Why is this so important to your success?

Who is responsible to see that this happens?

Day 5

Evaluate Your Week

We've been focused on "Responsibility" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Responsibility" this week.

Of the three stories, "Situations", "Home Builder", "In Spite of the Weather", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

George Foreman

Synopsis: One has two choices: Be humble or get humiliated.

During his first retirement from the ring, George Foreman (the Heavyweight Boxing Champion) was living in Marshall, Texas. On several occasions, Foreman spoke with my football team, giving them the best talks on humility and the importance of being humble. This is my recollection of one of those talks.

“Being humble is the first step to greatness. You have two choices in life: be humble or be humiliated. When I was training to fight Joe Frazier for the Heavyweight Championship, I was scared to death; I was humble, and I worked hard. Because of this, I was able to defeat Joe Frazier and become the Heavyweight Champion of the World. After the Frazier fight, I signed up to fight an old ex-champ in Africa. When I began to train, all my “friends” told me, “You don’t need to train, you are the greatest.” My manager tried to intervene, but I was full of myself and I listened to my friends. I did not train and ended up losing to Mohammad Ali due to sheer exhaustion. I was humiliated. I did not humble myself. Ali humbled me. You have that same choice today. Maintain or gain humility or risk humiliation.”

Choice: humility or humiliation? Why?

Humility allows us to do what?

Day 3

George Washington

Synopsis: A great leader is first a servant.

First Story

A rider came across a few soldiers who were trying to move a heavy log of wood without success. The corporal was standing by just watching as the men struggled. The rider couldn't believe it. He finally asked the corporal why he wasn't helping. The corporal replied, "I am the corporal. I give the orders."

The rider said nothing in response. Instead, he dismounted his horse. He went up and stood by the soldiers and as they tried to lift the wood, he helped them. With his help, the task was finally able to be completed.

Who was this kind rider?

The rider was George Washington, the Commander-in-Chief.

He quietly mounted his horse and went to the corporal and said, "The next time your men need help, send for the Commander-in-Chief."

Second Story

Once George Washington was riding near Washington City with a group of friends and they came to a place where they had to leap over a wall.

In the process one horse knocked off a number of the stones from the wall. Washington said, "We better replace them." His friends told him, "Oh, let the farmer do it."

But Washington didn't feel right about that.

When the riding party was over, he went back the way they came. He found the wall and dismounted. Then he carefully replaced each of the stones.

His riding companion saw what he did and said, "You're too big to do that."

His only response was, "On the contrary, I am just the right size."

(These stories were found on the website: Baybusinesshelp)

"Pride makes us artificial and humility makes us real." Thomas Merton

What does this quote mean to you?

When George Washington helped move the log, was he "artificial" or was he "real"? Why?

Day 4

Four Stages of Knowing

Synopsis: Only when you know you don't know, can you grow.

I have learned there are four stages of knowing. I had an assistant coach tell me that our problem when we took over a program, was that the players, "don't know they don't know." This sounded silly to me, but he explained, "If you don't know what first class is, if you don't know what it means to give of yourself for something or someone greater, you never look for an answer. The second stage is to know you don't know. This is the stage of being humble enough to admit you don't know. When you are at this stage, you look for answers. You are trying to learn. The third stage only comes after you are humble enough to search for answers and then you know you know. Very simple. The fourth stage is when you become elite in an area. You don't know you know. This is the race car driver making the move to win the race and when asked why he did it, he just knew to do it. It is Michael Jordan making an unbelievable move and later being unable to explain why. This stage is available to anyone willing to dedicate 10,000 hours of practice. So many never get out of the "don't know they don't know" stage in reference to religion, marriage, sports or career. Until you humble yourself and realize you know you don't know, you have 0% chance of reaching elite level in anything.

In your field, what is elite?

Of the four stages, which one can you identify with?

Which do you think is the most important?

Day 5
Evaluate Your Week

We've been focused on "Humility" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Humility" this week.

Of the three stories, "George Foreman", "George Washington", "Four Stages of Knowing", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

The Butterfly

Synopsis: The only place where success comes before work is in the dictionary.

When he was a small boy, he had loved butterflies. Not to net and mount them, but to wonder at their designs and habits. Now a grown man with his first son to be born in a few weeks, he found himself once again fascinated with a cocoon. He had found it at the side of the park path. Somehow the fragile case had been knocked from the tree and the cocoon had survived undamaged and still woven to the branch.

As he had seen his mother do, he gently protected it by wrapping it in his handkerchief and carrying it home. The cocoon found a temporary home in a wide-top mason jar with holes in the lid. The jar was placed on the mantel for easy viewing and protected from their curious cat, which would delight in volleying the sticky silk between his paws.

The man watched his wife's interest, which lasted only a moment, but he studied the silky envelope. Almost imperceptibly at first, the cocoon moved. He watched more closely and soon the cocoon was trembling with activity. Nothing else happened. The cocoon remained tightly glued to the twig and no sign of wings existed.

Finally, the shaking became so intense that the man thought the butterfly would die from the struggle. He removed the lid on the jar, took a sharp penknife from his desk drawer, and carefully made a tiny slit in the side of the cocoon. Almost immediately, one wing appeared and then out-stretched the other. The butterfly was free. It seemed to enjoy its freedom and walked along the edge of the mantel. But it did not fly. At first the man thought the wings needed time to dry, but time passed and still the butterfly did not take off.

The man was worried and called his neighbor, who taught high school science. He told the neighbor how he found the cocoon, placed it in the mason jar, and the terrible trembling as the butterfly struggled to get out. When he discovered how the man had carefully made a slit in the cocoon, the teacher stopped him, "Oh that is the reason. You see, the struggle is what gives the butterfly the strength to fly."

And so, it is with people. Sometimes it is the struggles in life that strengthen you the most and give you the ability to fly. It is the adversity in life that strengthens you and gives you the ability to cope with problems.

We are the same as the butterfly. We will have fun, be happy, enjoy life once we learn to keep fighting.

Give a life example of the butterfly? What do you have to work hard at to "fly"? (be successful)

How can you rejoice in hard times?

How does overcoming difficulty develop character?

Day 3

The Pump

Synopsis: This story describes four life lessons learned from the pump.

Several years ago, Bernard Haygood and Jimmy Glenn were driving in the South Alabama foothills on a hot August day. They were thirsty, so Bernard pulled behind an old abandoned farmhouse with a water pump in the yard. He hopped out of the car, ran over to the pump, grabbed the handle and started pumping. After a moment or two of pumping, Bernard pointed to an old bucket and suggested to Jimmy that he get the bucket and dip some water out of a nearby stream in order to “prime” the pump. As all pumpers know, you must put a little water in the top of the pump to “prime” the pump and get the flow of water started.

In the game of life, before you can get anything out, you must put something in. Unfortunately, there are many people who stand in front of the stove of life and say, “Stove, give me some heat and then I’ll put some wood in you.”

But life doesn’t work that way. Just like the pump, you must first put something into life before you can expect to get anything out of it. Now, if you’ll just transfer this knowledge to the rest of your life, you can solve many of your problems.

The farmer must plant his seed in the spring or summer before he reaps the harvest in the fall. He also “puts in” lots of work before the crop reaches the harvest stage. The student puts in hundreds of hours of work before he acquires the knowledge and the graduation certificate. The secretary of today, who is the office manager of tomorrow, puts a considerable amount of extra effort into her job. The athlete of today, who becomes a champion of tomorrow, “puts in” a great deal of himself in the form of sweat and effort before he reaps the champion’s reward. The junior executive of today, who becomes the corporate president of tomorrow, is that individual who puts himself into the job. The salesman today, who becomes the sales manager of tomorrow, is the person who understands the principle of priming the pump. When you put something “in,” the law of compensation says you’ll get something “out.”

What must you put in to “prime the pump” in this class?

What about your other classes?

Day 4

The Hog Hunter

Synopsis: There is no such thing as a “free lunch”.

A number of years ago, some hogs escaped in a remote area of the Smoky Mountains. Over a period of several generations, these hogs became wilder and wilder, until they were a menace to anyone who crossed their paths. A number of skilled hunters tried to locate and kill them, but the hogs were able to elude the efforts of the best hunters in the area.

One day an old man, leading a small donkey pulling a cart, came into the village closest to the habitat of these wild hogs. The cart was loaded with lumber and grain. The local citizens were curious about where the man was going and what he was going to do. He told them he had “come to catch them wild hogs.” They scoffed because no one believed the old man could accomplish what the local hunters were unable to do. But, two months later, the old man returned to the village and told the citizens the hogs were trapped in a pen near the top of the mountain.

Then he explained how he caught them. “First thing I done was find the spot where the hogs came to eat. Then I baited me a trap by puttin’ a little grain right in the middle of the clearin’. Them hogs was scared off at first, but curiosity finally got to ‘em and the old boar that led ‘em started sniffin’ around. When he took the first bite, the others joined in and I knew right then I had ‘em. Next day I put some more grain out there and laid one plank a few feet away. That plank kinda spooked ‘em for awhile, but the ‘free lunch’ had a powerful appeal, so it wasn’t long ‘fore they were back eatin’. Them hogs didn’t know it, but they was mine already. All I had to do was add a coupla’ boards each day by the grain they wanted until I had ever’thing I needed for my trap. Then I dug a hole and put up my first corner post. Ever’time I added somethin’, they’d stay away a spell, but finally they’d come back to git ‘somethin’ for nothing.’ When the pen was built and the trap door was ready, the habit of gittin’ what they wanted without working for it drove ‘em right into the pen and I sprung the trap. It was real easy after I got ‘em comin’ for the ‘free lunch.’”

The story is true and its point quite simple: When you create a dependence, you take away resourcefulness.

How is this story related to our welfare system?

What is the danger of being dependent?

Day 5

Evaluate Your Week

We've been focused on "Hardworking" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Hardworking" this week.

Of the three stories, "The Butterfly", "The Pump", "The Hog Hunter", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

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Dog Tag Challenge Curriculum

Day 2

React? Respond?

Synopsis: You either react to adversity (negative) or respond (positive) based on your mental age.

To have a positive mental attitude does not mean going through your day smiling at everyone. It means that you respond to situations and not react to them.

You go to the doctor; medicine is prescribed and your body has a bad reaction to this medicine. This is a bad thing!

You go to the doctor; medicine is prescribed and your body responds to this medicine. This is a good thing!

Let me give you another example. Baseball player Adam, strikes out. He goes into the dugout and throws his helmet and bat. His mama, back in the bleachers, comments to the other mamas how competitive Adam is! Baseball player Benny, strikes out. He goes into the dugout and puts his helmet and bat in the appropriate place in the appropriate manner. Benny then stays after the game to practice hitting the pitch that he missed. His mama back in the bleachers patiently waits for him!

Adam reacted!! Benny responded!!

Bad things happen to all of us. To respond to these bad situations shows the quality of having a positive mental attitude.

Let me share a personal story. I coached at the University of North Texas and was fired. The first call I received after the news went public was from Grant Teaff. He was the legendary football coach at Baylor University. He told me that this was a great opportunity for me. People would be able to tell what kind of person I was by the way I responded to this situation. The second phone call I received was from Zig Ziglar, renowned motivational speaker. He told me that this was great news for now I could go to work for him. I actually did go to work for him and ultimately co-authored a character curriculum. I have spent the rest of my life promoting character education.

This week, when something bad happens, RESPOND!

“When we are no longer able to change a situation, we are challenged to change ourselves.” Viktor Frankl
How are ways we can “change ourselves?”

When good things happen in your life, is it important how you respond or react? Explain your thoughts.

Day 3

Flea Trainer

Synopsis: Do not allow anyone to put a lid on where you can go or how high you can jump.

This may surprise you, but you will never have success until you learn to train fleas. You train fleas by putting them in a jar with a top on it. Fleas jump, so they will jump up and hit the top over and over again. As you watch them jump and hit the top, you will notice something interesting. The fleas continue to jump, but they are no longer jumping high enough to hit the top. Then, and it's a matter of record, you can take the top off and though the fleas continue to jump, they won't jump out of the jar. They won't jump out because they can't. The reason is simple. They have conditioned themselves to jump just so high and that's all they can do.

Man is the same way. He starts out in life to write a book, climb a mountain, break a record or make a contribution. Initially, his dreams and ambitions have no limits, but along the roadway of life he bumps his head and stubs his toe a few times. At this point his "friends" and associates often make negative comments about life in general and him in particular and as a result he becomes a SNIOP. A SNIOP is a person who is Susceptible to the Negative Influences of Other People. You begin believing what they say about you.

In case you missed the point, a flea trainer is a person who jumps out of the jar. He is driven from within and by doing his daily objectives and goals, he overcomes the SNIOP effect.

What is it that keeps you from jumping out of the jar?

Who are those who prevent you from jumping out of the jar?

Day 4

Ignore the Noise

Synopsis: Do not let naysayers ruin your day.

I worked for Zig Ziglar, the motivational speaker for about a year. On one of his speaking tours, a lady came up to me expressing a great need to speak to Zig before he went on stage. Being the kind hearted man he was, he explained that he only had about 10 minutes to talk. The lady told him that she hated her job and was on the verge of quitting. He calmly told her to get some paper and a pen and write down 10 things that were good about the job. She told him quickly that there weren't 10 things to write down. He guided her by asking if her job paid well. She said that it did. What about health insurance? Well, yes. The company offered good insurance. Quickly, there were 10 things listed.

Time passed. A letter came for Zig from this lady in Atlanta. She was amazed at how much the company had changed for the better after she went to his seminar. She was very happy with her place of employment.

Do you think the company changed or the lady?

Bill Belichick is the head football coach for the New England Patriots of the National Football League. He is responsible for many quotes. One that is quite concise yet profound is, "Ignore the noise."

For a football team, the noise would anything that detracts from being successful: newspaper articles, referees, bad weather.

What do these two stories have in common? Being positive, being successful with your life is much easier by "ignoring the noise". Don't listen or dwell on the negative comments or circumstances. Concentrate on the positives.

What are ways in your life where you can "ignore the noise"?

Explain how ignoring the noise can help you respond to circumstances rather than react?

Day 5

Evaluate Your Week

We've been focused on "Positive Mental Attitude" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Positive Mental Attitude" this week.

Of the three stories, "React or Respond," "Flea Trainer", "Ignore the Noise", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Self-Respect

Synopsis: What is it? Your self-respect is determined by your willingness to persevere in all circumstances.

The most desired quality people wanted for themselves in a survey was respect. People want to be respected and not disrespected. Respect can be earned in only one way. One must encounter tough times and come through with your head held high. The most respected student athlete I knew personally was Anthony Robles, a State Champion and eventual NCAA National Champion wrestler who only had one leg. He was respected by all because he had been dealt a tough hand at birth but, nevertheless he never allowed it to stop him from doing what he wanted.

Obviously, self-respect/self-image/self-portrait determines to a great deal your success. At the age of 22 months, all the neurons in your brain are formed and from that day forward everything said to you or about you, every experience you have, puts a stroke on the portrait you have of yourself. This is important because you cannot perform in a manner that is different from how you see yourself.

Self-respect correlates exactly with self-expectations. High self-respect = high expectations. Low self-respect = low expectations. You can improve self-respect in two steps.

Recognize that others have been painting your portrait until today. You will paint your portrait beginning today. What does this mean to you?

Never quit. You gain self-respect in small increments. It does not come all at once. It is simply doing all 10 math problems. It is cooperating with teachers to improve. It is standing up for the positive. You have the opportunity to increase self-respect every day in every assignment or job you are given.

People say you earn respect if you give respect. Why is this false?

What improves when you do a good job with something as small as cleaning your room?

Day 3

Bill Glass, Jim Sundberg and the Prison Inmate

Synopsis: What is said to you or about you often determines your lot in life.

During a break in a prison ministry presentation, Bill Glass asked Jim Sundberg how it was that he came to be an outstanding Major League Baseball catcher. Sundberg replied that his dad was always telling him that he would end up being a Major League catcher. Sundberg said that he did not want to disappoint his dad. A prison inmate was standing nearby and quietly said, "I didn't disappoint my dad, either." Bill Glass asked him what he meant. "You see, the inmate continued, "from the time I was a child my dad always told me I would end up in prison, and sure enough, here I am."

Two different stories. The opposite ends of the spectrum. This story illustrates the picture that two men were given of themselves. Self-image is very simply the picture each person has of himself. This picture or portrait as I will call it has been "painted" by everything you experience. Everything that has been said to you, about you and everything that has been done to you has made this portrait what it is today. How important is this self-portrait?

What is the picture that others are painting of you?

You are who you are, where you are and what you are because of what has gone into your mind. How can you change this for the better?

Day 4

Maxwell Maltz

Synopsis: Your actions are based on how you see yourself.

Maxwell Maltz in his book, *Psycho-Cybernetics*, determined that the key ingredient in self confidence is the use of visualization. What was so groundbreaking was his discovery that the body cannot tell the difference between a real experience and one that is vividly imagined. This meant that a person did not have to actually do something if he could vividly visualize his doing it. His body could not tell that he had not done it and when the time came to perform, the body performed as if he had done it. We have discussed the story of Major Nesmith that was proof of this fact. If you recall, Nesmith had not actually played golf in seven years; he had been in a prisoner of war camp in North Vietnam, but when he was home, he shot a 74 on his home course. Before the war he had seldom broke 90. He visualized, vividly imagined, playing the course every day for the seven years he was in prison. His body did not know that he had not played and it performed as he had imagined when he was finally on the course.

In his book, Maltz talks of a study done shooting free throws. Three similar groups were tested. One group practiced 30 minutes a day actually shooting free throws, one group did nothing, and one group practiced mentally 30 minutes a day. The group that did nothing scored about the same as the first test. With both groups that practiced there was significant improvement. The odd thing was that the group that did nothing physically but practiced mentally visualizing the task, scored as well as the group that actually practiced physically.

In 1977 I taught this concept in the spring to a group of offensive linemen at Southeast Missouri University. They were attentive but did not seem very excited about the daily lessons. One of the linemen was an average lineman. He was going to probably start for us, but he was not the one we would have chosen to run behind on short yardage or goal line. He had the physical size but was limited because of technique and toughness. When we had our first padded practice in the fall, we had what we called the "Oklahoma drill." This was offensive linemen versus defensive linemen between two dummies to see who could move the other one out of the space. It was a test of technique, but it was more a test of toughness, "mano y mano." This lineman of mine was matched against the best player on our team. The defensive lineman had been All-Conference and would eventually be the defensive player of the year. I did not expect to win this match. Without going into the specifics, the offensive lineman put the defensive lineman on his back three times in a row. He was the only member of our team who did not seem at all surprised. After practice I asked him, "How did you do that?" "It was easy," he said. "I did all the weight work and the running that you gave me in the summer workout program. Every night for 30 minutes before I went to sleep, I visualized this drill and this day. I saw the dummies, the grass, and even your surprised face. I visualized exploding off the ball, pushing with the ball of my foot, rolling my hips, throwing my hands and extending through the block and driving my feet. I have done this a thousand times."

What is mental practice?

How do you see yourself in the positive?

Day 5

Evaluate Your Week

We've been focused on "Self-Respect/Self-Image/Self-Portrait" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Self-Respect/Self-Image/Self-Portrait" this week.

Of the three stories, "Self-Respect", "Bill Glass, Jim Sundberg, Prison Inmate", "Maxwell Maltz", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Screw the Braces

Synopsis: You cannot learn to walk without pain. Your “walk” is defined as what you consider success.

David Lofchick was born with a disease that forced his parents to put braces on him at night when he slept. His parents wanted David to have the same opportunities in life that healthy children had. This desire was translated into the actions of putting these braces on and screwing them on tight. Many a night, young David, not knowing what they were doing was best for him later in life, would plead with them to not put the braces on or not to screw them on tight.

Bernie Lofchick would have given almost anything to comply with the boy's pleadings, but his love was so deep that he said no to the tears of today, which meant he was saying yes to his health and happiness in the future. Bernie said it was a different set of tears, those of joy, when David walked without a limp at his Bar Mitzvah. Can you imagine the pain if Bernie had pushed the boy down the aisle in a wheelchair and David would have looked up and asked, “Why didn't you screw the braces on tight?”

The bottom line is to be mentally and physically tough enough to do what you need to do to be successful.

The young boy did it so he was able to walk. Why must you do it?

Why not “screw the braces”?

What will it take for you to “screw the braces” academically? Personally?

How do you “screw the braces” with food? Tobacco? Alcohol? Drugs?

Day 3

Pain of Discipline/Pain of Regret

Synopsis: This describes the consequences of our daily choices.

Separation happens at retirement. One out of 100 people 65 years old are financially independent. They do not depend on family or government to have a quality life. They separate from the 99 who must depend on family or government. The #1 employer for the 99 is Wal-Mart. Separation is determined by preparation. The one prepared by saving and investing money. The 99 spent every penny they made. The one had the "Pain of Discipline", disciplining himself to forego some momentary pleasures in order to have the means to enjoy a quality life. The 99 have the "Pain of Regret". At 65, they regret not disciplining themselves while they had the opportunity.

Preparation determines separation. We either separate positively (pain of discipline) or we separate negatively (pain of regret).

Consider:

In the workplace, some separate positively (promotion) using self-discipline or they separate negatively (demotion or losing job) usually blaming others but always with the "pain of regret". The key is the preparation.

Academics are the same. When people walk in to be tested, they will experience either the "pain of discipline or the pain of regret". If they have disciplined themselves to study and prepare, they are excited about the opportunity to show what they have learned. If they have not disciplined themselves to study, they experience the "pain of regret."

In athletics, many players cry at the end of the season because they did not reach their goals. This would be "pain of regret." Many players cry in the off-season because of the pain they are experiencing, either because of the intensity of the physical workouts or because of all the leisure time activities they are missing in order to achieve their season goals. This would be the "pain of discipline."

Describe when in your life you have experienced the "pain of regret."

Describe when in your life you have experienced the "pain of discipline."

Day 4

Results or Sympathy?

Synopsis: This is another term for “tough love”.

I was born and raised in a small town in Oklahoma. My dad was a truck driver. He drove an 18-wheeler and was gone a great deal of the time I was growing up. In order to make money, he had to be on the road. There were 6 boys in my family, so he had to work hard to make enough money to feed and clothe us. Because of his time away, my mom did a lot of our raising. Her parents were killed when she was 13 years old; nevertheless, she never once complained about the cards she was dealt. She was the most intelligent, happiest, most positive person I have ever known. I learned more life lessons from her than any person I have known.

When I was in high school, I went home one day complaining about the football coach. I was telling her how “stupid” he was and how he played favorites. I knew this for a fact because I was not going to get to play tomorrow night in the game. I was thinking about quitting. She listened to every word. When I finished, she said, “Come here and put your head on my shoulder and I will give you some sympathy.” Boy! Did I blow up!!! “I don’t want your sympathy,” I told her in no uncertain terms. Very calmly she said, “Yes, you do. You wouldn’t be telling me this if you did not want any sympathy because sympathy is all I can give. If you want results, you would be a man and talk to the coach. Find out why you aren’t playing and then do something about it.”

Do you know who you can go to if you want sympathy? Why?

Do you know who you can go to if you want results? Why?

Day 5

Evaluate Your Week

We've been focused on "Disciplined" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Disciplined" this week.

Of the three stories,"Screw the Braces", "Pain of Discipline/Pain of Regret", "Results or Sympathy", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Nelson Mandela

Synopsis: Mandela was dead to self, alive to ending apartheid.

There is probably no greater example of dedication than Nelson Mandela and his determination to end apartheid in South Africa. On the list of the most important human rights victories of our time, the end of apartheid has to be at or near the top; and the man most responsible is Nelson Mandela.

Mandela was raised in the countryside and taught from an early age to have great pride in his people, the Themba. When he ran away from town as a young man to escape an arranged marriage, Mandela landed in Johannesburg where he quickly became outraged at the treatment of his fellow blacks under the white minority government.

He became dedicated to the cause after he set up his law firm and saw people jailed simply for being unemployed, for living in the wrong area, and other so called offenses. The white South African government recognized the threat Mandela was to them and created every roadblock conceivable. But instead of throwing up his hands, he would roll up his sleeves and figure out how he could succeed with the conditions at hand, no matter how brutal or unfair they might be.

It wasn't long before Mandela was jailed, yet Mandela always adapted. He was in and out of jail in the 1950's and 1960's. As the price on his head grew higher, he donned a disguise to move throughout the country, earning him the nickname the Black Pimpernel.

Finally the South African government caught up with Mandela and handed him a life sentence in 1962. His statement at the trial became a rallying point for the movement during the 27 years he remained imprisoned.

"During my lifetime I have dedicated myself to the struggle of the African people. I have fought against white domination and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal, which I hope to live for and achieve. But, if needs be, it is an ideal for which I am prepared to die."

And he stuck to his word. Twice the government offered Mandela freedom if he would renounce his ideals. Both times he firmly refused, and his legend grew. "Prisoners cannot enter into contracts, only free men can negotiate." Bowing to international pressure, President F.W. DeKlerk summoned Mandela to the presidential palace to negotiate his own release and an end to apartheid. Neither would have been possible without total dedication on Mandela's part.

What does it take to become dedicated to something?

Who is the most dedicated person you know? Why?

Dog Tag Challenge Curriculum

Day 3

Kim Lummus

Synopsis: Kim spent hours practicing alone before performing in front of crowds.

Kim Lummus was an aide for me at Cleburne High School. She was also on our Girls Basketball team. Kim was telling me one day that since she was in Middle School she had shot and made a certain number of 3 point shots every night before she went to bed. She told me she had done it when she was sick, she had done it in the rain, in freezing cold and even when she got home from the Prom her Junior year. In regionals Cleburne was playing the team that everyone felt was the biggest hurdle in winning the State Championship. With seconds left in the game and Cleburne trailing by two points the coach devised a play to get the ball into Kim's hands. As the buzzer went off the ball went through the net. Cleburne would eventually win the 1995 State Championship, Kim would go on to UT and eventually coach at the collegiate level. She separated herself from every basketball player in Texas with her preparation and dedication.

How do you know Kim was dedicated?

How do you think Kim's dedication helped her when she graduated?

Day 4

Abraham Lincoln

Synopsis: “I have no greater ambition than that of being truly esteemed of my fellow man, by rendering myself worthy of their esteem.”

“The sense of obligation to continue is present in all of us.

A duty to strive is the duty of us all. I felt a call to that duty.” Abraham Lincoln

Born into poverty, Lincoln was faced with defeat throughout his life. He lost eight elections, twice failed in business and suffered a nervous breakdown. But Lincoln was a champion and he never gave up. Here is a sketch of Lincoln’s road to the White House.

1831 – Failed in business

1832 – Defeated for Legislature

1833 – Second failure in business

1836 – Suffered nervous breakdown

1838 – Defeated for Speaker

1840 – Defeated for Elector

1843 – Defeated for Congress

1848 – Defeated for Congress

1855 – Defeated for Senate

1856 – Defeated for Vice President

1858 – Defeated for Senate

1860 – ELECTED PRESIDENT

“The path was worn and slippery. My foot slipped from under me, knocking the other out of the way,” Lincoln said, after losing a Senate race. “But I recovered and said to myself, “It’s a slip and not a fall.”

What do you think Lincoln was dedicated to?

What other qualities have we discussed could dedication impact or reinforce?

Day 5

Evaluate Your Week

We've been focused on "Dedicated" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Dedicated" this week.

Of the three stories, "Nelson Mandela", "Kim Lummus", "Abraham Lincoln", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

I Knew You Would Come

Synopsis: Definition of a brother. Only in adversity do you realize the blessing of your brother.

This powerful story comes out of World War I. It is a story of the friendship between two soldiers in the trenches. Two buddies were serving together in the mud and misery of that wretched European stalemate. Month after month they lived their lives in the trenches, in the cold and the mud, under fire constantly.

From time to time soldiers from one side or the other would rise up out of the trenches, fling their bodies against the opposing line and slink back to nurse their wounds, bury their dead and wait to do it all over again. In the process, those soldiers forged friendships in the misery. Day after day, night after night, terror after terror, they talked of life, of family, of hopes, of what they would do when and if they returned home.

On one more fruitless charge, Jim fell, severely wounded. While his friend Bill made it back to the trenches, Jim laid suffering beneath the night flares, between the trenches, alone.

The shelling continued. The danger was at its peak. Bill knew that between the trenches, in full view of the night flares, was no place to be. Still Bill wished to reach his friend, to comfort him, to offer what encouragement only friends can offer. The officer in charge refused to let Bill leave the trenches. It was simply too dangerous. As the commander turned his back, however, Bill went over the top. Ignoring the smell of cordite in the air, the concussion of incoming rounds and the pounding in his chest, Bill made it to Jim. Sometime later he managed to get Jim back to the safety. His friend died shortly after Bill had gotten to him. The somewhat self-righteous officer, seeing Jim's body, cynically asked Bill if it had been "worth the risk". Bill's response was without hesitation.

"Yes Sir, it was," he said. "My friend's last words made it more than worth it. He looked up at me and said, "I knew you'd come."

Who would come for you?

For whom would you come and why?

Day 3

Bear Bryant

Synopsis: A man's word is his bond.

When I was 22 years old as a junior high coach, I attended my first football coaching clinic. The clinic was the Henry Frnka clinic in San Antonio and always had some great speakers. Mr. Frnka introduced Coach Bear Bryant, who was a legend in coaching with numerous national championships in college football. He explained that in February he called and asked Coach Bryant if he would speak at this clinic. He told him the date and the times that he would be speaking.

About a month before the clinic, one of Mr. Frnka's sons asked if they should call and verify if Coach Bryant was still coming. Mr. Frnka said it would be an insult to Coach Bryant. "He said he will be here and he will be here."

Why do you think this is one of the least developed qualities?

If someone were to say that you were dependable, what would that mean to you?

Day 4

Road Builder

Synopsis: We need people to build positive roads, not just to follow roads already built.

David Livingstone was one of the first missionaries to evangelize the continent of Africa. His home church in England sent a message telling him they were going to send more missionaries. They also wanted to know how the roads were. Livingstone sent a response, "We do not need people to travel roads; we need people to build roads."

This country was built by "road builders," people who came from other lands to build roads in this country and to make it what we have today. Consider the following poem.

The Bridge Builder

An old man going down a lone highway
 Came in the evening cold and gray
To a chasm vast and deep and wide
 Through which was flowing a sullen tide.
The old man crossed in the twilight dim;
 That swollen stream held no fears for him:
But he turned when safe on the other side
 And built a bridge to span the tide.
"Old man," said a fellow pilgrim near,
 "You are wasting your strength with building here;
Your journey will end with the ending day;
 You never again must pass this way;
You have crossed the chasm deep and wide-
 Why build you this bridge at eventide?"

The builder lifted his old gray head,
 "Good friend, in the path I have come," he said
"There followed after me today
 A youth whose feet must pass this way.
This swollen stream which was naught to me
 To that fair-haired youth may a pitfall be;
He, too, must cross in the twilight dim;
 Good friend, I am building the bridge for him." Will Allen Dromgoole

What road are you building?

For whom would you build the bridge?

Day 5

Evaluate Your Week

We've been focused on "Dependable" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Dependable" this week.

Of the three stories, "I Knew you Would Come", "Bear Bryant", "Road Builder", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Bernardo Castro

Synopsis: We all have blizzards (hard times). What do you do when the blizzard hits?

Bernardo Castro was an immigrant to the United States. He came to New York City with only a couple of dollars. He searched from store to store to find a job. Finally, he secured a job sweeping out an upholstery shop. He could speak very little English, so he enrolled in night school. It was a large school of more than 2,000 students. One cold December night he set out to class. He had to walk five miles and a blizzard was raging. After going one block, the thought came to him, "Turn around, quit and go home." The other thought he had was, "I can make it. Keep going." He decided to keep going. When he reached the school, the door was locked. Finally, a janitor came to the door and told him that no one had shown up because of the weather and that the school was closed. Bernardo turned and began his long walk home. He was at first frustrated and miserable, but after traveling about a mile he began to feel excited. He walked taller and straighter, with pride in every step, as he thought, "Of more than 2,000 people, I am the only one who had the inner drive to weather the storm. I have something great inside of me. My destiny is to achieve greatness."

Castro would gradually go from sweeping up an upholstery shop to being an apprentice to an upholsterer, to being an upholsterer, to being a furniture salesman. Then he managed a furniture store, became the owner and eventually the owner of a chain of furniture stores and a millionaire. The key to his success was his persistence.

Explain in your own words how Bernardo Castro was persistent?

It would have been very easy for Bernardo not to have walked through this blizzard. Are there blizzards in your daily life that are hard to walk through? Explain.

Day 3

Bulldog Story

Synopsis: Bulldogs never quit.

I once heard about a man who loved to hunt. The man bought two pups that were top-notch bird dogs. He kept them in his back yard, where he trained them. One morning, an ornery little vicious-looking bulldog came shuffling and snorting down the alley. He crawled under the fence into the backyard with the bird dogs. It was easy to see that he meant business. The man's first impulse was to take his setters and lock them in the basement, so they wouldn't tear up that little bulldog; but he decided he would let the little bulldog learn a lesson he would never forget. Naturally, they got into a scuffle in the back yard and those two bird dogs and that bulldog went round and round! There were growls and yips as bulldog hair flew everywhere. The little critter finally had enough so he squeezed under the fence and took off. All the rest of the day he whined and licked his sores. Interestingly, the next day at about the same time here came that same ornery little bulldog-back under the fence and after those bird dogs. Once again, those bird dogs beat the stuffing out of that little animal and would have chewed him up if he hadn't retreated down the alley. Would you believe the very next day he was back! Same time, same situation, same results. Once again after the bulldog had all he could take, he crawled back under the fence and found his way home to lick his wounds. Well, the man had to leave town for some business, and he was gone for several weeks. When he came back, he asked his wife what had happened. She told him every day that little bulldog came back and fought with his two bird dogs. He never missed a day! It was now to the point that when those bird dogs simply hear that bulldog snorting down the alley and spot him squeezing under the fence they immediately start whining and run down into the basement. That little bulldog struts around the back yard like he owns it. That bulldog never quit!

You may get "whipped" every day but eventually you will win if you never quit.

How much talent, skill or knowledge does it take to quit?

What are some of the justifications that people give for quitting?

Day 4

Hope Experiment

Synopsis: If there is hope in the future, there is power in the present. Proven by Harvard University.

“If there is hope in the future, there is power in the present.” Dennis Parker

Harvard University did a study in the 1950's and found that it took 20 minutes for rats to drown. They took a second group and just before the rats drowned, the scientists pulled the rats out of the water. When they put the rats back in the water, the rats swam for 60 hours before they drowned. They persisted because within them was the hope that they would be saved.

People don't quit; they lose hope. Athletic events, academic degrees, marriages and success in classes are all based on the hope in the future which gives them power in the present.

Our job as educators, parents, clergy or leaders is to give those under us hope which will empower them to do great things. Remind them continually of the PRIZE not the PRICE.

Never take the hope away. You eliminate the quality of persistence.

The first step in developing the quality of persistence is to have hope. What does this mean to you?

“You just can't beat the person who never gives up.” Babe Ruth

What does this quote mean to you?

Day 5

Evaluate Your Week

We've been focused on "Persistent" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Persistent" this week.

Of the three stories, "Bernardo Castro", "Bulldog Story", "Hope Experiment", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Learner

Day 1

Learner - Definition

Desiring to gain more knowledge.

Learner - Quote

“If a man empties his purse into his head, no one can take it away from him. An investment in knowledge always pays the best interest.” Benjamin Franklin

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

What prevents you from learning?

What is the key to your learning?

Day 2

Seeds

Synopsis: There is knowledge available. Your ability to learn is by your choice.

A farmer went out to plant his seeds. As he planted, some fell by the wayside and were trampled down and devoured by the birds. Some seed fell on the rocks, and as soon as they sprang up, withered away because they lacked nutrients. Other seeds fell among thorns and the thorns grew up and choked them. But other seeds fell on good ground and sprang up and yielded a crop 100 times greater.

Translate soils to students and tell about:

a. Wayside

b. Rocks

c. Thorns

d. Good Soil

What is the key to good soil?

Day 3

Trees

Synopsis: It is your choice-to become a Sequoia or Bonsai?

Zig Ziglar describes two different types of trees in his book, See You At The Top. One is the Bonsai tree that the Japanese have cultivated to be small. In order to do this, when the sprout first appears above the ground the tap-root as well as some the roots are tied off, thus stunting its growth. The height of the Bonsai tree is measured in inches. The other tree that is described is the Sequoia tree found in northern California. These trees are measured in hundreds of feet. The seeds of these trees are nourished by the sun and fertile soils of the area.

The seeds of each of these trees weigh $\frac{1}{3000}$ of an ounce. One is allowed to grow and flourish to enormous size. The other is cultivated and is made to stay small. Neither have any control of their destiny. You, on the other hand, have control of your destiny allowing nourishment or not.

Your willingness to learn will determine which one you will be. The choice is yours.

How as a learner do you tie off your roots as in the Bonsai tree?

How do you grow as a learner?

Day 4

Viktor Serebriakoff

Synopsis: 50% of the reason you are able to learn is your self-image.

When Viktor Seribriakoff was fifteen, his teacher told him he would never finish school. He should drop out of school and learn a trade. Viktor took the advice and for the next seventeen years he was an itinerant doing a variety of odd jobs. He had been told he was a “dunce” and for seventeen years he acted like one. When he was 32 years old, an amazing transformation took place. An evaluation revealed that he was a genius with an IQ of 161. Guess what?

He started acting like a genius. Since that time, he has written books, secured a number of patents and has become a successful businessman. Perhaps the most significant event for the former dropout was his election as chairman of the International Mensa Society. The Mensa Society has only one membership qualification, an IQ of 140 or better.

How was Serebriakoff “SNIOPped”? (susceptible to the negative influences of people)

What made Viktor Serebriakoff a learner?

Day 5

Evaluate Your Week

We've been focused on "Learner" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Learner" this week.

Of the three stories, "Seeds", "Trees", "Viktor Serebriakoff", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

The Cold Within

Synopsis: What are consequences of intolerance?

Six men were trapped by circumstances in bleak and bitter cold
Each one possessed a stick of wood, or so the story's told.

The dying fire in need of logs, the first man held his back
Because of faces round the fire, he noticed one was black.

The second man saw not one of his own local church
And couldn't bring himself to give the first his stick of birch.

The poor man sat in tattered clothes and gave his coat a hitch
Why should he give up his log to warm the idle rich?

The rich man sat and thought of all the wealth he had in store
And how to keep what he had earned from the lazy, shiftless poor.

The black man's face spoke revenge and the fire passed from his sight
Because he saw in his stick of wood a chance to spite the white.

The last man of this forlorn group did naught except for gain,
Only to those who gave to him was how he played the game.

Their logs held tight in death's still hands was proof of human sin.
They didn't die from the cold without; they died from the cold within. Anon.

What killed the men?

How do you see this happening today?

Day 3

Carlisle Indian Academy

Synopsis: Ability to conform for the correct reasons.

The Carlisle Indian Academy was founded in 1879 under authority of the United States government. It was the first federally funded off-reservation Indian boarding school. The young Native Americans met with Captain Richard Henry Pratt who was in charge of the Academy in the early 1900's, trying to convince him to allow them to start a football program.

Captain Pratt told the young men that he would support their request on two conditions.

1. The Native Americans could never retaliate no matter what the opposing teams did. If they retaliated, they would be proving to the American people what they already had the prejudged notion of; the Indians were savages. The boys accepted this condition.
2. Captain Pratt demanded from the Native American youths that they could have a football team if they were willing to commit to winning the National Championship within 5 years.

If they were willing to make these two commitments, then Captain Pratt would commit to spend the money necessary to hire a top coach, schedule top opponents, give them first class uniforms and allow them to travel in a first class manner. The young Native American convened and returned with their answers, "We will never retaliate." "We will try to win the National Championship."

Pratt replied, "Try admits the possibility of failure. You cannot commit to trying. You must commit to either doing it or not doing but never to just trying."

The young Native Americans reconvened. Giving their word meant everything to this group of young men. Finally they committed to winning the National Championship. Beginning with absolutely nothing, this small Indian School in Pennsylvania coached by the legendary Pop Warner played the United States Military Academy at West Point for the National Championship within the five year period set down as a condition by Captain Pratt. During that time, no matter what the other so called "civilized" teams did to them, they never retaliated. They did not "try"; they "did".

How does this story show tolerance?

"Try." "Do your best." These are excuses. Why?

Dog Tag Challenge Curriculum

Day 4

Jackie Robinson

Synopsis: Courage in face of adversity to display tolerance.

Jackie Robinson was an American professional baseball player. He was the first African American to play in Major League Baseball. He started at first base for the Brooklyn Dodgers on April 15, 1947. His participation ended racial segregation in professional baseball.

When Branch Rickey, the general manager and president of the Brooklyn Dodgers, chose Jackie Robinson as the first African-American to play major league baseball, he did so because he believed Robinson was disciplined enough to take the abuse, both physical and verbal without retaliation.

Jackie Robinson was not the best African American baseball player. Why didn't Rickey choose the best player?

Because of Robinson's tolerance what happened?

Day 5

Evaluate Your Week

We've been focused on "Tolerance" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Tolerance" this week.

Of the three stories, "The Cold Within", "Carlisle Indian Academy", "Jackie Robinson", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Loving

Day 1

Loving - Definition

Willing to give up self for something or someone.

Loving - Quote

“Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude.”

The Bible

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

What is the key ingredient to the quality of love?

How does helping others help you?

Day 2

The Gift of the Magi

Synopsis: To love, sacrifice your wants to please others.

This short story, written by O. Henry, was originally published in 1905. It is about the love of a young couple for each other. As you listen, check to see if you can discern their commitment, risk and behavior change.

A young couple, with little money, was getting ready to celebrate Christmas with each other. They each wanted to surprise the other with special gifts.

The wife, whose hair was long and beautiful, sells her hair in order to buy a chain for her husband's pocket watch. The husband, who has a beautiful watch, sells it to buy combs for his wife's hair.

When they exchanged their gifts, they both discover that both of their gifts can't be used but greater than that is the love that they both demonstrated by giving up something for the other.

Of the three qualities of love: commitment, risk and behavior change, which do you think is best exemplified in this story? Why?

**“Love desires to satisfy others even at the expense of self.” Edwin Louis Cole
Explain how the young couple in our story illustrates this quote.**

Day 3

Love Of Country

Synopsis: Love something larger than yourself.

As you listen to the story, listen for the 3 points of love:

1. commitment
2. risk
3. behavior change

We are a free, independent, powerful country today because our history is dotted with people who loved this country. George Washington before the Revolutionary War was one of the richest men in America. He made a commitment to give his money and his time to defeat Great Britain. What risk did he take? His life. He and the men who signed the Declaration of Independence would have been hung as traitors had America lost the Revolutionary War. Was his behavior changed? He gave up a comfortable life of a "gentleman farmer" to survive Valley Forge, freeze and go hungry for the idea of an independent nation.

Nathan Hale, upon being discovered as a spy before he was hung declared, "I regret that I have but one life to give for my country."

When the largest man signed the Declaration of Independence, he was jokingly told he had made the smallest sacrifice because he would die the quickest at the end of a rope.

All the men and women who have given the ultimate sacrifice so we can enjoy the benefits of America have passed the test for love.

1. Commitment (their lives)
2. Risk
3. Behavior

Before you say, "I love you", check to see if you pass all the criteria.

How do you express love for your country?

What/who do you know that passes all 3 tests?

Day 4

The Banquet Hall

Synopsis: You choose to be selfish or selfless.

In the book, See You at the Top, by Zig Ziglar, there is a story about the prospect of heaven and hell.

A man is taken on a tour of each, beginning with hell. He is shown a banquet hall with people sitting at tables full of delicious foods of all kinds. Somewhat surprised, he looks more carefully to see that the people there are miserably thin and unhappy. He also discovers that each person at the table has a fork strapped to the left hand and a knife strapped to the right hand on 4 foot handles making it impossible to feed themselves. They were literally starving to death with all of the delicious food right there in front of them.

The man was then taken to heaven. The scene was identical with a huge banquet hall and tables of food. In this scene however the people were happy and healthy. When the man watched these people, he noticed that they too had forks and knives strapped to their hands with the 4 foot handle. The difference was that each person in heaven fed the person sitting next to them.

What were the people in hell in love with?

What were the people in heaven in love with?

Day 5

Evaluate Your Week

We've been focused on "Loving" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Loving" this week.

Of the three stories, "The Gift of the Magi", "George Washington and Nathan Hale", "The Banquet Hall", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Thomas Paine

Synopsis: The best arguments for actions/reactions are common sense.

During the Revolutionary War of 1776 when the United States won independence from Great Britain, a large group of American citizens were not convinced that it was in their best interests to fight against Great Britain. There were basically three groups: the zealots for freedom led by Washington, the English sympathizers who wanted the security they felt England offered them and a very large group of undecided individuals.

Thomas Paine was for independence. He wrote a detailed pamphlet explain why it was necessary to win independence. He titled the pamphlet "Common Sense". He laid out in simple layman's terms why it was critical that we fight and win the war.

Here are the 3 major points written in easily understood "common sense" language.

1. No person should be better than another person simply by birth. Rank and privilege must be based on performance not by birth. Following this reasoning, having a king was ludicrous and not a part of America and we should not bow to any man because of birth.
2. No government should assess taxes on the common people without the people having a say. England was taxing every day goods to pay for their war with France and yet the colonies were not allowed to have any representative in the English government.
3. No small island should make laws to rule a continent as large as America. England could not and would not understand the needs and concerns of America.

The preamble of "Common Sense" was read to the American force as they boarded the boats Christmas night to cross the Delaware River to attack the Hessians, foreign mercenaries paid by English troops in Trenton, New Jersey. This victory was the turning point in the war.

"These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as FREEDOM should not be highly rated."

Preamble to Common Sense Thomas Paine

Why do you think Thomas Paine entitled his pamphlet to the American people, Common Sense?

Our definition of common sense is "having knowledge of what would seem to be ordinary understanding."

Why do you think that the first step to having common sense might be to have knowledge?

Day 3

Rotary Four Way Test

Synopsis: This is a test to see if you demonstrate common sense.

In 1932, Herbert Taylor was asked to take charge of a company facing bankruptcy. He created a 24-word test for his employees to follow in their business and professional lives that became the guide for the company. The survival of the company was credited to this simple philosophy. The Rotary Foundation, a non-profit corporation that promotes world understanding and peace through international educational and cultural exchange programs made this their motto in the 1940's.

First: "Is it the truth?"

Second: "Is it fair to all concerned?"

Third: "Will it build good will and friendships?"

Fourth: "Will it be beneficial to all concerned?"

If someone has "common sense", do you think they are truthful? Why?

Why do you think these 24 words have such a positive impact?

Day 4

The Old Man and the New Car

Synopsis: Common sense is using all your faculties, not just outward appearances.

A number of years ago, oil was discovered on property that belonged to an elderly man. All of his life, he had lived in poverty, but the discovery of oil allowed him to live as a wealthy man. One of the first things he did was buy himself a huge new automobile. He bought an Abraham Lincoln stovepipe hat, a tuxedo with a bow tie, and completed his outfit with a big cigar. Every day, he would drive into the hot, dusty little town that was nearby. He wanted to see everyone and be seen by everyone. He was a friendly old soul, so when riding through town he would turn all the way around and speak to folks. Interestingly enough, he never ran into anybody or over anything. The reason was simple. Directly in front of that big car, two horses were pulling it. Local mechanics said that nothing was wrong with the car. Inside the car were "hundreds of horses," ready, willing and able to go, but the old man was using only the two on the outside. Many students make the mistake of looking outside to find two horsepower when they should look inside, where they have unlimited horsepower. Do not blame the product because it has been used improperly.

How many people use only what is on the outside?

Oliver Wendel Holmes said that many people die with their music still on the inside. What does that mean to you?

Day 5

Evaluate Your Week

We've been focused on "Common Sense" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Common Sense" this week.

Of the three stories, "Thomas Paine", "Rotary 4-Way Test", "Old Man with New Car", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Greet People Positively

Synopsis: The first impression is the most important in communication.

The beginning of communication is body language.

How do you greet people? Most people don't greet people or do so in negative ways. You have an opportunity to greet many people each day.

How can you bring a smile to their faces?

Zig Ziglar used to greet people if they asked, how are you? "Great, but I will get better!" Whenever he saw you, he said, "Good morning" even if it was not the morning! You would say "good morning" back and then say but it's the afternoon. He would ask, "why did you say good morning?" Lesson learned.....People greet you in a similar way that you greet them. Zig always said, "The best part of the day is still to come so it must be the morning."

How do you answer your phone?

Does it bring a smile or positive thoughts to the caller? Does your message let the caller know they are dealing with a positive person.

How about your reply to a negative greeting? When someone makes a negative response to you, they want you to crawl down in the gutter with them. Be positive. It makes a much greater effect.

How about your language? Do you say "Make it a great day" not "have a good day"? Profanity displays a lack of vocabulary and can put you in a hole you cannot get out of.

To communicate in a positive manner is a habit. Make it a good one.

4th goal this week.....greet people positively

5th goal this week.....answer your phone positively

6th goal this week.....make your voice mail recording positive

Your first impression of someone is often your greetings to each other. Why is it important to be positive?

There is a saying, "It's not what you say, it's how you say it!" What does this mean to you?

Day 3

The Eyes Have It

Synopsis: You often communicate more with your eyes than with your mouth.

In the book, See You at the Top, by Zig Ziglar, there are many great stories about people and the way we interact with each other. One story is about an old man many years ago in Northern Virginia. It was bitterly cold, and he was on foot trying to cross a river that had no bridges. He decided to ask for a ride to the other side. A group of horsemen approached. He allowed the first, second, third, fourth and fifth rider to pass without asking any of them. The last rider rode by. He looked him in the eyes and asked if he could have a ride across the river. The horseman replied that certainly he would give him a ride. Once across the frigid water, the horseman helped the old man to the ground. Before leaving him, he asked the old man why he let the first men on horseback ride by not asking them for ride. The old man replied quietly that when he looked into their eyes, he saw no love and that it would be useless to ask any of them for a ride. When he looked into the horseman's eyes, he saw compassion and love. I just knew you would be willing to give me a ride.

The horseman was very touched and expressed gratitude for what the old man said. With that, Thomas Jefferson rode off to the White House.

We all have heard that our eyes are the window to our soul. In this case, the old man read Thomas Jefferson's eyes correctly.

If you had been the last rider, would the old man have asked you for a ride?

This past year we have all experienced wearing masks because of Covid. We have unwillingly become good at reading eyes. How does it make you feel when someone does not look at you when you are talking?

Dog Tag Challenge Curriculum

Day 4

Rick Pitino

Synopsis: Listening is the key ingredient to communication.

Rick Pitino was a very successful college basketball coach. During the recruiting process head coaches make home visits to sell their program to the parents and the players.

Pitino said the first year he was a head coach he and an assistant coach were in the homes of recruits and when they left, the assistant would tell him what a great job of telling the recruits about all the good things about the program. But then they seldom got the recruits.

The next year he would just listen to what the recruits and parents wanted in a college. His assistant would tell him he was doubtful they would get the recruits because all Pitino did was listen.

They ended up getting enough recruits to win a National Championship.

Moral of the story: The basic component of communication is the ability to listen. Nobody wants to know what you know until they know that you care. They are much easier to communicate with when you listen and decide what they need.

We communicate to others by our body language, by listening, by greeting people positively. Which of these is most important to you and why?

**“One of the most sincere forms of respect is actually listening to what another has to say.” Bryant H. McGill
What does this mean to you?**

Day 5

Evaluate Your Week

We've been focused on "Communicator" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Communicator" this week.

Of the three stories, "Greet People Positively", "The Eyes Have It", "Rick Pitino", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Gratitude

Day 1

Gratitude - Definition

Focused and thankful for what we have; seeing the glass half full not half empty.

Gratitude – Quote

“When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies within yourself.” Tecumseh

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

My Goals for the Week:

+	

What are you grateful for?

Why is gratitude the healthiest emotion?

Day 2

The Legend of the Sun Not Coming Up

Synopsis: You should be grateful for every day occurrences.

Legend has it that one day the sun did not come up. The people waited all day, and finally in the late afternoon went to church and prayed that God would have the sun come back. The next morning all were standing facing the east and as the sun rose, a great and mighty cheer went up.

Often, we are guilty of taking for granted the most important things and people in our lives and until they are taken from us, do not realize how grateful we were to have them. Everyone has special people in our lives and special talents and daily we need to take the time to appreciate what we have.

Who are you grateful for and why?

What have you done for someone to make them grateful to have you in their life?

Dog Tag Challenge Curriculum

Day 3

The number one thing people want to receive is written correspondence.

The Little Boy and the Log

Synopsis: You can get help if you ask.

The little boy fell down exhausted from trying to move the log.

His father said, "You did not use all your resources in moving the log."

"What did I not use?" the boy asked.

"You did not ask me to help," replied his father.

Thanks for your help in moving the "log".

Send this thank you note to someone explaining what log they helped you move. This could be a teacher, friend, coworker, neighbor.

How did you feel writing and sending the note?

What would happen if you did this once a week, every week, to someone different in your life?

President George H.W. Bush wrote thank you notes every morning. Why do you think he did this?

Day 4

Formula for being Grateful

Synopsis: Expect good things. Accept problems in life as opportunities.

The healthiest emotion a person can have is gratitude. Gratitude is also the least durable of our emotions. We have a national holiday for gratitude, Thanksgiving. We sit with loved ones and give thanks (gratitude) for what we have.

Sadly, it is short lived. Most people can tell you what is wrong or bad with their lives. Almost everyone can tell you in what areas they are deficient.

It takes well thought out strategies to make people realize how grateful they should be for what they have rather than complaining about what they do not have.

Here are some strategies I have seen that work:

1. Begin each day by writing something you are grateful for.
2. Put 10 things you are grateful for on your bathroom mirror to look at each morning to begin the day.
3. A principal at a middle school had teachers write on post-it notes something they were grateful for as a ticket to enter the teachers' lounge.
4. A coach had each assistant coach and player put a picture or a memento of the best day of their life in their locker. They saw this picture each day.
5. As previously mentioned, write letters or weekly thank you notes to someone who has helped you.

Grateful people are happy people! You have to make it a habit to be grateful!

1. We always wrote 3 things we were grateful for to give players on Monday at the beginning of practice. We increased that to the 10 best things about being in the playoffs. Coaches never had a problem doing this and it begins staff meetings on a positive note.
2. A teacher had each student write a positive comment about another student when he was calling roll. It could not have anything to do with physical appearance or clothes. He often read one or two to begin class.
3. A teacher met each student at the door and students had to look him in the eye and fist bump or shake hands with a positive greeting.
4. At the team lock in at the end of summer camp, a sheet with a player's name was passed around. Each player wrote a positive comment about the player. The player posted these on their locker door.
5. Write you own idea here to insure gratitude.

No one inherits this quality. It is developed over time.

“Feeling gratitude and not expressing is like wrapping a present and not giving it.”

William Arthur Ward

What does this quote mean to you?

This quote would imply that you are supposed to give something away. Why would this be important?

Day 5

Evaluate Your Week

We've been focused on "Gratitude" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Gratitude" this week.

Of the three stories, "Legend of the Sun", "The Little Boy and the Log" and the "Formula for Gratitude", which had the most impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

The Boy Who Cried Wolf an Aesop Fable

Synopsis: Being dishonest loses rewards.

There once was a boy who kept sheep not far from the village. He would often become bored and to amuse himself he would call out,

“Wolf! Wolf!” although there was no wolf about.

The villagers would stop what they were doing and run to save the sheep from the wolf’s jaw. Once they arrived at the pasture, the boy just laughed. The naughty boy played this joke over and over until the villagers tired of him.

One day while the boy was watching the sheep, a wolf did come into the field. The boy cried and cried,

“Wolf! Wolf!”

No one came. The wolf had a feast of sheep that day.

Why did the boy cry wolf?

What is “crying wolf” today?

What are the results?

Day 3

“Honest Abe” Lincoln

Synopsis: This is the most memorable quality of the greatest president.

(Taken from article in “The Washington Times” by Gordon Leidner of Great American History; February 20, 1999)

Mary Todd Lincoln once wrote to a friend that “Mr. Lincoln...is almost monomaniac on the subject of honesty.”

The future president was first called “Honest Abe” when he was working as a young store clerk in New Salem, Illinois. According to one story, whenever he realized he had shortchanged a customer by a few pennies, he would close the shop and deliver the correct change-regardless of how far he had to walk.

Lincoln began his law practice in Springfield, Illinois. He admitted that within this profession there was a “popular belief that lawyers are necessarily dishonest.” His advice to potential lawyers was: “Resolve to be honest at all events, and if in your judgment you cannot be an honest lawyer, resolve to be honest without being a lawyer. Choose some other occupation, rather than one in the choosing of which you do, in advance, consent to be a knave.”

Always comfortable telling jokes and stories around the men of Springfield, he usually was awkward and self-conscious around women. In Lincoln’s early political years, he wrote “I want in all cases to do right, and most particularly so in all cases with women.” This was a principle to which he remained true all of his life. Today, historians tell us there is not a single credible story of Lincoln’s being unfaithful to his wife.

By the time Lincoln was president, statements he had made previously, such as “I have never tried to conceal my opinions, nor tried to deceive anyone in reference to them,” and “I am glad of all the support I can get anywhere, if I can get it without practicing any deception to obtain it,” had become a source of strength for him as a leader.

Everyone, even his most bitter political opponents, knew exactly where they stood with Lincoln. Because he didn’t have to waste time convincing his opponents of his sincerity, he was able to devote his energies to solving political issues and winning the war.

Finally, in search for the reason Lincoln was so adamant about honesty, a quote by one of his closest friends, Leonard Swett, is revealing:

“He believed in the great laws of truth, the right discharge of duty, his accountability to God, the ultimate triumph of the right, and the overthrown of wrong.”

Lincoln obviously preferred honesty over popularity. Explain what this means in your own words?

Would this be a hard choice for you? Explain.

Dog Tag Challenge Curriculum

Day 4

Richard Nixon/Bill Clinton

Synopsis: Their dishonesty is the most enduring quality; this is what most remember.

Yesterday we talked about Abe Lincoln as a positive role model for honesty.

Today we use presidents to show the side of not being honest.

Only one president has ever resigned from office.

Richard Nixon resigned when it became clear that he was lying about his involvement in a burglary of the Democratic headquarters in the Watergate hotel.

Nixon opened trade with China and did many good things but he will be remembered for his lying.

Bill Clinton lied to the American people and was proven guilty of having an adulterous affair with a young intern.

Clinton balanced the budget and did other good things but he is remembered for lying on national TV about his relationship with Monica Lewinski.

Lying never solves a problem. It creates a new bigger problem.

One example of honesty is Abraham Lincoln.

Two examples of dishonesty are Richard Nixon and Bill Clinton.

Learn from history or you are bound to repeat it.

When someone lies, it is hard to believe anything they might say. Explain what this means in your own words.

Richard Nixon and Bill Clinton were brilliant men. Do you think they understood the consequences of their lying? Why or why not?

Day 5

Evaluate Your Week

We've been focused on "Honest" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Honest" this week.

Of the three stories, "The Boy Who Cried Wolf", "Honest Abe Lincoln", "Nixon, Clinton", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Faith

Day 1

Faith - Definition

Belief in something with no visual proof.

Faith - Quote

“The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe it is possible.” Richard M. DeVos

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

What do you have faith in? Why?

What causes you lose faith?

Day 2

Wheelbarrow

Synopsis: Spell “believing””be living”!

In the early 20th century, a young man in Albany, New York, posted hand bills throughout the town declaring he would walk across the gorge at the edge of town. He would walk across the gorge on nothing but a cable and while walking would push a wheelbarrow. Many in the town came out; most just from a morbid curiosity. Before the young man started across the gorge, he asked how many believed he could push the wheelbarrow across on the cable. Not a single response. Without hesitation, the young man deftly pushed the wheelbarrow across. When he was on the other side he yelled at the crowd, “How many believe I can push it back across?” Almost the entire crowd chanted, “We believe!” “We believe!” The young man signaled for quiet and asked, “Who will ride in the wheelbarrow?”

Having faith to get in the wheelbarrow means you are BE LIVING the choices we have worked to develop up to this point. You might say the choice of faith gives us our mid-term exam to see how we are doing. It allows you to see if you are putting your choices into your daily life or if you are just talking. True faith has works with it and the works produce fruit. By this time in the program you should be seeing improvements in YOU. People around you should be noticing improvements in your choices. If not, we need to examine if we are in the wheelbarrow or if we are just yelling, “We believe.”

It takes a great deal of faith to get in the wheelbarrow. On the other side of the canyon is a better you. You have to have faith that if you commit to these lessons, we will get YOU to the YOU that YOU would love to be. You either become a BE LIVING person or all you do is stand at the bottom and yell. Participant or cheerleader, you choose.

Explain how “believing” means “be living”.

What does “Get in the wheelbarrow!” mean to you?

Day 3

Noah

Synopsis: Build your ship before it starts to rain. Having the faith to act before the need arises.

We all know the story of Noah from the book of Genesis in the Bible. He is described as a man of great faith. God instructed Noah to build an ark for his family and the animals of the world because a flood was going to destroy the world. God was very specific with what Noah was to build. It took Noah over 100 years to complete the ark.

One can only imagine the ridicule that Noah suffered from the people watching him build the ark. Yet his faith never wavered, and he continued to build the ark and follow God's instructions. When the ark was completed and Noah's family and all of the animals were on board, the floods came and destroyed the world. Because of Noah's faithfulness, his family was saved and the earth could begin again.

Describe in your own words the "faith" of Noah.

To have faith, we must often obey. Why?

Dog Tag Challenge Curriculum

Day 4

Synopsis: 1) Knowledge 2) Believe it to be true 3) Commitment to get it done 4) Change behavior.

4 Parts of Faith

1. Knowledge
2. Belief
3. Commitment
4. Behavior

Using the areas that you write your goals, write the 4 parts of faith for each. (The first is done for you.)

School/Academics

1. Knowledge - Know that it is good to get an education.
2. Belief - Spell it out "Be living". Live as if academics are important by how you spend your time and effort.
3. Commitment - Plan your time based on academic needs first.
4. Behavior - Do what you believe in. Do the work.

Athletics

1. Knowledge _____
2. Belief _____
3. Commitment _____
4. Behavior _____

Career

1. Knowledge _____
2. Belief _____
3. Commitment _____
4. Behavior _____

Marriage

1. Knowledge _____
2. Belief _____
3. Commitment _____
4. Behavior _____

Family

1. Knowledge _____
2. Belief _____
3. Commitment _____
4. Behavior _____

Day 5

Evaluate Your Week

We've been focused on "Faith" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Faith" this week.

Of the three stories,"The Wheelbarrow", "Noah", "The 4 Parts of Faith", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Dog Tag Challenge Curriculum

Day 2

New Students

Synopsis: Perception is reality. What we perceive in others is often what we believe about them. However, is it always accurate?

Two students were transferring to a new school. The first asked the counselor, "How are the students here?" The counselor replied, "How were the students at your other school?" The student said, "Mean, hateful, unfriendly, bullies." The counselor then said that the students were the same here.

The second student came to the same counselor and asked, "How are the students here?" The counselor asked the second student, "How were the students at the school you came from?" The second student answered, "Great, helpful, friendly, caring." The counselor said the students are the same here.

What did you learn from this story?

How were the students different at the second school?

Dog Tag Challenge Curriculum

Day 3

The Echo

Synopsis: What you send out comes back to you.

The little boy told his mom that the man in the valley hated him. The mother asked, "Why do you say that?" I go to the valley's edge and I yell, "I hate you," and he yells back, "I hate you."

The mother took the boy to the valley and had him yell, "I love you." The echo came back, "I love you."

What do people see in you?

Why?

Day 4

How To Be Friendly

Synopsis: Six steps to make you more friendly.

Here are ways to improve your friendliness:

- ✓ Practice good listening skills
- ✓ Avoid being snobbish. Do not ignore people.
- ✓ Control your temper and practice the quality of patience.
- ✓ Cultivate your habit of smiling. People who smile are considered to be friendly.
- ✓ Learn to initiate conversation. Always greet people in a positive manner. Be open to listen.
- ✓ Learn to manage stress in a positive manner.

Which of these suggestions will you try first to improve your friendliness? Why?

Smiling at someone almost always gets a smile back. Greeting people positively almost always gets a positive greeting back. Why is it important to initiate the first smile or the first greeting?

Day 5

Evaluate Your Week

We've been focused on "Friendliness" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Friendliness" this week.

Of the three stories, "New Students", "The Echo", "How to be Friendly", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Importance of Being a Good Listener

Synopsis: Walk a mile in their shoes.

Coaching, teaching, supervising is most often improved by being a good listener. Here are examples in my life:

1. A player who had a history of poor choices was asked what was it that the coach said to him that made him make such a drastic change and begin making good choices. The player thought for a moment and replied, "He never really said anything; he always listened and let me talk."
2. A coach I know who almost idolized the head coach he worked for, was asked what makes the head coach such a good person for work for. His reply, "He always listened. He might not agree but he always listened. He always made me feel as if I was respected."
3. Every year, I had an end of season meeting with each player and one question I always asked was which coach (you could not say me) do you feel comfortable talking with. At the last school where I coached, over 90% of the players said Coach Harjo, even though many had not played under his supervision. The next question was, "Why Coach Harjo?" The overwhelming response was, "He listens."

Becoming a good listener is probably the least taught and the most overlooked quality but obviously one of the most important.

To be a good listener, one must not talk. Why is this hard for some people?

Do you have someone in your life who listens to you? Describe how you feel about this person?

Day 3

How To Improve the Speaker

Synopsis: Four strategies are given to improve the speaker by 50%.

This week's quality is being a good listener. Translated, this means when someone else is talking, you either cooperate or you compete. Just like in life, you either cooperate or you compete.

To cooperate means when the other person is speaking you:

1. sit up straight or stand without slouching.
2. if sitting, put your feet flat on the floor.
3. nod or positively acknowledge agreement.

It has been proven that you improve the speaker by 50% by cooperating.

Sometimes it may be your inability to listen that makes someone boring.

To compete with the speaker means:

1. having body language that shows you are not interested.
2. looking at your phone or at others.
3. having facial expressions that display no interest in the speaker.

This is definitely a learned quality and must be taught and practiced to develop.

Some people have a real fear of public speaking. How would a cooperative audience help these people?

For these same people who are afraid of public speaking, describe how an audience who is competing would make the fear greater?

Day 4

How To Be a Better Listener

Synopsis: Every time a person listens to someone, they should feel better about themselves.

This week's quality is being a good listener.

"The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them." Ralph Nichols

How to develop listening skills:

1. Maintain eye contact. Be present.
2. Remove distractions.
3. Keep an open mind.
4. Do not interrupt.
5. Ask questions only to ensure understanding.

"The most powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention." Rachel Remen

Of the 5 suggestions on how to be a better listener, which will be the most difficult for you to develop? Why?

Explain what the quote means in your own words. Why is this so powerful?

Day 5

Evaluate Your Week

We've been focused on "Good Listener" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Good Listener" this week.

Of the three stories "Importance of being a good listener", "How to improve the speaker", "How to be a better listener", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Humor

Day 1

Humor - Definition

The quality of being amusing or comic, especially as expressed in literature or speech.

Humor - Quote

“Laugh as much as possible, always laugh. It’s the sweetest thing one can do for oneself and one’s fellow human beings.”
Maya Angelou

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

My Goals for the Week:

+	

What does humor do for a person?

Day 2

Norman Cousins

Synopsis: Humor can be used as a medicine.

Over 30 years ago, Norman Cousins lay dying in his hospital room at UCLA Medical Center. Doctors told him his disease was terminal and there was nothing they could do. They were half right.

Cousins did not accept their diagnosis. Though he was in excruciating pain from a rare disease that inflamed his spine, he found that after watching a Marx Brothers movie on television, he laughed so hard it exhausted him; he slept soundly without narcotics for the first time in weeks. He immediately ordered a film projector and all the Marx Brothers movies and slapstick comedy he could get his hands on.

He noticed immediate improvement. The pain decreased to a tolerable level. He slept soundly and amazingly, blood tests showed his immune system was healing and inflammation went down.

Cousins went on to chronicle his recovery in the highly acclaimed book, Anatomy of an Illness, published in 1969. This book is viewed as a cornerstone for awareness of humor therapy.

The average 5 year old laughs 500 times a day; the average adult 18 times a day. Why do you think this is?

Having a sense of humor affects the way you see things? How so?

Day 3

Farris Jordan

Synopsis: Stress can be relieved by humor.

Farris Jordan, the author of Stress! Are you in Control? would get up in the morning and before doing anything else, would stand in front of a mirror and laugh out loud for an entire minute. He explained that the exercise of laughing would massage all of his “insides”. By doing this, he was ready to face his day each morning.

Stress has been cited as a leading cause or contributing factor in disease. Some figures go as far as saying 80% of all disease is due to stress. Humor is certainly one way to release and cope with stress. You can't laugh and hold on to a blue mood for very long.

Laughter can improve circulation. Blood flow reaches all parts of the body more easily. Skin temperature increases and we warm up. Blood pressure lowers and the heart rate can stabilize. Blood chemistry even changes. Laughter has been shown to increase blood oxygen levels. That in itself can be a healing event. It certainly tends to reduce tension.

Other positive things happen with laughter. For example, your immune system is boosted. T-cell and multi-cell production is elevated when blood cell activity is increased. According to La Rocha, laughing has been shown to increase the production of other elemental immune system cells and gamin interferon, which are suspected of fighting cancer.

Endorphins increase with laughter. They are natural painkillers. Ten different muscles are exercised when we laugh. They contract and relax and in a very real way perform a sort of visceral massage on our internal organs. A Stanford study plugged catheters into college students and made them watch funny movies. With laughter, white blood cell activity increased immediately.

Name 4 things laughter does for us?

Why do people not laugh?

Day 4

How to Use Humor

Synopsis: Humor can be used as a weapon.

Would you say you are a role model for humor? This is really the goal; for you to become a role model for each of these qualities. Being a role model for humor is not being the class clown but rather using humor to lighten or diffuse a difficult situation.

Let's look at 3 examples:

Abraham Lincoln was in a political debate with Stephan Douglass for the senate seat in Illinois. Without TV or radio, this was the highest form of entertainment for people on the frontier. When the candidates spoke publicly, great crowds were drawn and they cheered just as we do at sporting events. During his speech, Douglass said Lincoln was two faced, saying one thing and doing another. When Lincoln responded, his reply was, "Do you believe if I had two faces, I would wear this one?" This response completely diffused the debate.

Lincoln was in the war room awaiting news from the front in a pivotal battle. It was dead silent and Lincoln told this story:

When Ethan Allen visited England after the Revolutionary War, he was treated with utmost respect with the exception of one British noble. During his visit with this noble, he excused himself to go to the bathroom and in the bathroom was a picture of George Washington. When he came back, the English nobleman asked, "What do you think about where I placed the picture of your President?" Ethan Allen replied that he thought it was very practical. If anything would scare the solid waste material out of Englishmen, it would be a picture of Washington."

Nick Saban, football coach at the University of Alabama, was asked to comment on a statement by a rival coach, who had never beat Saban. This coach said that he guaranteed that this year, he would win. Saban never hesitated with his response, "In golf?"

Using humor, bad feelings or violence can be prevented.

There is a Jewish proverb that states that it is better to laugh about your problems than to cry about them. What does this mean to you?

**Sometimes people take themselves too seriously and have a hard time laughing at themselves.
Can you share a time when you laughed at yourself?**

Day 5

Evaluate Your Week

We've been focused on "Humor" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Humor" this week.

Of the three stories,"Norman Cousins", "Farris Jordan", "How to Use Humor", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Day 2

Negative Examples of Loyalty

Synopsis: Examples of disloyalty: Benedict Arnold and Judas.

Loyalty that is misguided can be and is a very dangerous quality.

Nazi Germany government killed 6 million people because they were Jewish. At the Nuremberg trials for those guilty of the Holocaust, each one claimed loyalty to Hitler for their actions.

Any coach who tells assistant coaches or players that he/she demands loyalty from them is dangerous. That would mean he/she could be abusive in a relationship with assistants or players and no one should say anything. Loyalty in athletics should be directed at the athletes and anything that is detrimental to the team's success should not be dismissed based on loyalty to a person.

Gangs exist and survive because of this misguided loyalty. People do what they know is wrong because they do not want to suffer the consequences of being disloyal. Before you become a part of any organization, you should know the purpose of the organization and if you are expected to be loyal to an individual or to the purpose.

Unfortunately, our senators and congressmen are very poor examples. Most of the votes on bills are based on party lines, not on the merit of the bills.

Being considered loyal is a good thing. Why is it important to know who or what you are loyal to?

Does it take courage to decide not to be loyal to a group? Explain.

Dog Tag Challenge Curriculum

Day 3

Positive Examples of Loyalty

Synopsis: Real people who exhibit loyalty.

“Loyalty means nothing unless it has at its heart the absolute principle of self-sacrifice.” Woodrow Wilson

George Washington was willing to sacrifice his life for freedom from Great Britain.

Abraham Lincoln was willing to die to free slaves.

Nelson Mandela was willing to spend years in prison and to die if necessary to end apartheid in South Africa.

Jackie Robinson was willing to sacrifice ego and pride to better the chances of African American baseball players.

These are some of the people who were loyal to a purpose and made a positive impact.

What purpose can you be loyal to?

Each of the individuals listed above was courageous. Why does it require courage to be loyal?

Day 4

What are YOU loyal to?

Synopsis: Where do you spend your time and money?

Loyalty Self Check

Are you loyal to a purpose or to a person?

The most common loyalty is to your family. This is good until it causes harm to someone else just to be loyal.

Sometimes we become enamored with a celebrity and become loyal to him/her. This is not a problem unless it causes you to compromise your loyalty to your purpose.

Some purposes worth being loyal to:

- Helping others
- Education
- Athletics
- Music
- Religion
- Racial equality

Once you have decided what your purpose in life is, it is easier to become loyal. Do you agree or disagree with this statement? Why?

Why is it easy to be loyal to your family?

Day 5

Evaluate Your Week

We've been focused on "Loyalty" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Loyalty" this week.

Of the three stories, "Negative Examples of Loyalty", "Positive Examples of Loyalty", "What are you loyal to?", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Organized

Day 1

Organized - Definition

To keep track of details by systematic planning.

Organized - Quote

“Order is the sanity of the mind, the health of the body, the peace of the city, the security of the state. Like beams in a house or bones to a body, so is order to all things.” Robert Southey

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

My Goals for the Week:

+	

What determines if you are organized?

Ben Franklin said that for every minute spent organizing an hour is earned. What does this mean to you?

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Day 2

\$35,000

Synopsis: What happened when six objectives were written down to accomplish before going home.

In the 1950's a man was asked to give a suggestion to improve work performance for his company. The man was later paid \$35,000 for his suggestion. In today's economy, that would be equivalent to \$337,613 which obviously meant the suggestion had worked. His simple suggestion was for every employee to write down six objectives or goals that they were going to accomplish at work that day. The workers went from being time oriented to being goal oriented. They were there to get something done. They had six "whys" in their day.

How do you become result oriented rather than time oriented?

A study showed that people with a goals program earned \$7,000 a month. Those without a goals program earned \$3,000. Why?

Day 3

How To Be Organized

Synopsis: Tips on becoming organized.

If someone deposited \$86,400 into your checking account today and the only rule was that whatever you did not spend, you would lose, you would be spending every penny. Every person on this earth has 86,400 seconds today and every day of his/her life. The only aspect of life that I am aware of where every person is on equal footing is the amount of time we all get each day. It doesn't matter where you live or your status in life; you have 24 hours in a day – 60 minutes an hour. People who use their time wisely always seem to have time to do what they want. People who do not organize their time always seem to be trying to catch up; they never seem to have enough time.

Organizing your time is simply a matter of planning. If you will take time on Monday to write down the following, your week will be organized.

1. The known elements of your coming week. Write down and block out the time you will be in school or work.
2. Write down all appointments and activities you have scheduled.
3. Write down all tests and assignment you have due this week and then schedule the time to get them done without cramming.
4. Write down when to go to bed, when and what to do with your free time.
5. Schedule some time for important things such as family, faith and friends instead of using all your time for the "urgent" things.

Once you map out what it is you want to do and then plug it into your time schedule, psychologists say that 50% of your work is done. In your mind you start working and keeping up with your schedule. If you have no schedule or direction, time is like a wind blowing you in every direction.

Failing to plan means planning to fail. Why?

How much time does it take to be organized and is it worth the time?

Dog Tag Challenge Curriculum

Day 4

Daily Time Schedule

Synopsis: Those who fail to plan, plan to fail.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							

How difficult is it to organize your day?

What do you need to work on in order to make this work?

Day 5

Evaluate Your Week

We've been focused on "Organized" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Organized" this week.

Of the three stories, "\$35,000", "How to be Organized", "Daily Time Schedule", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Patient

Day 1

Patient - Definition

Persevering; constant; capable of calmly awaiting on an outcome or result; not hasty or impulsive.

Patient - Quote

“Patience is power. Patience is not an absence of action; rather it is timing. It waits on the right time to act, for the right principles and in the right way.” Fulton J. Sheen

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

My Goals for the Week:

+	

Why should you never pray for patience?

Day 2

Old Mule

Synopsis: Shake it off and step up. Do not allow obstacles to stop your progress. Slow and steady.

This is a story of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule 'braying' or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery. Initially, the old mule was hysterical. But as the farmer and his neighbors continued shoveling the dirt onto his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back, he should shake it off and step it up.

This he did, blow after blow. "Shake it off and step up. Shake it off and step up. Shake it off and step up!" he repeated to encourage himself. No matter how painful the blows or distressing the situation seemed, the old mule fought "panic" and patiently kept on shaking it off and stepping up!

You're right! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well!

The New England Patriots say, "Ignore the noise!" What do you think that means?

What makes it hard to do what the mule did?

Day 3

Trouble Tree

Synopsis: Leave troubles on your trouble tree.

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit and his ancient pickup truck refused to start.

While I drove him home, he sat in stony silence. Upon arriving, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

After greeting his family, he walked me to the car. We passed the tree and my curiosity got the better of me. I asked about what I had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing is for sure. Work troubles don't belong in the house with my wife and children. I just hang them up on the tree every night when I come home. Then in the morning I pick them up again."

"Funny thing is," he smiled, "when I come out in the morning to pick them up, there ain't nearly as many as I remembered hanging up the night before."

Don't let yesterday or last night ruin today. Don't bring home problems to school or work and don't take school or work problems home. Focus on accomplishing what needs to be done at each place. Work may need to be done at home but problems do not need to interfere with getting these done.

How do you separate family from work?

How can you build a trouble tree?

Day 4

The Pump

Synopsis: The greatest victories are worth waiting for.

When I was a boy, my daily job was to use a pump to get our water from our well for all our daily needs. My oldest brother always went and taught me how to do it. I would be pumping for what seemed like forever and questioned my brother, "Why is it so hard to get the water here when just a few miles from here it is so easy?" His reply, "That water up the road is right on the surface. It's bad and laced with sulphur. It smells bad, tastes bad. Our water is the coldest, sweetest water because it is so deep underground."

You have to keep pumping to get the best water. I have often thought of this in my coaching career. The greatest victories are the hardest to come by and to get them you have to keep on pumping.

It's the same with life. For the greatest victories, we have to be patient and keep on pumping.

Know that the clear, cool water is there and if we keep on pumping, we will be drinking the best water.

How does this story demonstrate being patient?

"Don't make a decision until you have to." How does this quote demonstrate being patient?

Day 5

Evaluate Your Week

We've been focused on "Patient" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Patient" this week.

Of the three stories, "Old Mule", "Trouble Tree," "The Pump", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Enthusiastic

Day 1

Enthusiastic - Definition

Comes from “en theos”. God within me. Almost as if you have a spiritual form in you to allow you to be uplifting and positive in all circumstances.

Enthusiastic - Quote

“To be enthusiastic, you sometimes have to act enthusiastic.” Val Reneau

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

Would you like to work with someone who is enthusiastic? Why?

Day 2

Florence Chadwick - The Fog

Synopsis: To have hope in the future for your success, enthusiasm must be in the present.

In 1952, Florence Chadwick attempted to swim the 26 miles between Catalina Island and the California coastline. As she began, she was flanked by small boats that watched for sharks and were prepared to help her if she got hurt or grew tired. After about 15 hours, a thick fog set in. Florence began to doubt her ability, and she told her mother, who was in one of the boats, that she didn't think she could make it. She swam for another hour before asking to be pulled out, unable to see the coastline due to the fog. As she sat in the boat, she found out she had stopped swimming just one mile away from her destination.

Two months later, Chadwick tried again. This time was different. The same thick fog set in, but she made it because she said that she kept a mental image of the shoreline in her mind while she swam.

What is your fog that keeps you from being enthusiastic?

How can you get through your fog?

Day 3

Price or Prize?

Synopsis: “Concentration is the secret of strength.” Ralph Waldo Emerson

Nothing great is ever accomplished without enthusiasm. You must be enthusiastic about what you do in order to be successful. That is why you have happy laborers and miserable CEO’s.

In athletics, enthusiasm is a must...not a desired quality but a “must have” quality.

I once had an offensive lineman with good physical skills but a terrible attitude. He seemed to be miserable with everything we did in the off season. We were to begin padded spring football on a Monday in May when he came in and said he wanted to quit football. Our rule was that no player could quit until we as coaches had given the parents the opportunity to remedy the situation if they so desired.

I immediately took him to his house. His dad was mowing the yard. When I informed his dad why I was there, his reply was, “He will not quit. Our family never quits. He will be there Monday.”

I left less than enthusiastic about working with him on Monday. That Monday and every day during spring ball this player was the most enthusiastic, happiest player I had. He was also the most improved and at the end of spring he was by far the best lineman.

When I asked him what was the change, he said, “Prior to trying to quit, I dreaded everything about practice. I woke up dreading going to practice and it got worse as the day wore on. When my dad said that I couldn’t quit, I decided I was going to have fun at practice. Before, practice seemed to go on forever. When I decided to have fun, I could not believe how quickly practice flew by. Once I started having fun and being enthusiastic, I kept getting better and everything got better.”

This is a tough way to learn enthusiasm but years later when I talked to the player, he still uses that lesson and is enthusiastic about his work and any challenges along the way.

Is the prize worth the price? Explain what that means in your own words?

Do you have a prize that you are working on? Is it worth the price? Explain.

Day 4

“Fantastic!”

Synopsis: Is your glass half full or half empty?

As with many of these qualities, enthusiasm is a choice you make. The following story is about a person choosing positive enthusiasm over negative complaining.

The man was at the airport excited about going home after being on the road working for several weeks.

When he got to the agent, she announced that his flight had been delayed. He enthusiastically replied, “Fantastic!” She asked him why he thought that his flight being delayed was “fantastic.”

He replied that the only reason that the flight would be delayed is if there was something wrong with the plane or the pilot. In either case, he did not want to be in the air.

She responded sarcastically, “The flight will be delayed for 4 hours.” He enthusiastically replied, “This airport is air-conditioned and I see a table where I can sit and get lots of paperwork done.”

Did he really feel that way? Probably not but he was going to choose to be enthusiastic and find something positive about his situation.

You make it a great day by saying, “Fantastic!” when dealing with a negative situation and feeling determined to be positively enthusiastic. You make the choice of being enthusiastic.

You choose to make it a great day.

“FANTASTIC!!”

Would you like to travel with this man? Why?

What does being enthusiastic do to the people around you or who work with you?

Day 5

Evaluate Your Week

We've been focused on "Enthusiastic" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Enthusiastic" this week.

Of the three stories, "Florence Chadwick", "Price or Prize", "Fantastic!", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Motivated

Day 1

Motivated - Definition

Inspired to do something.

Motivated - Quote

“Positive motivation is as important to good health as three meals a day, aerobic exercise or a good night’s sleep.”
Dr. Forrest Tenant, Leading Brain Research Chemist

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

My Goals for the Week:

+	

What motivates you to be the best person you can be?

Day 2

Working on the Railroad

Synopsis: Are you working for the betterment of the company or just for the money?

Many years ago, on an extremely hot day, a crew of men was working on the railbed of the railroad when they were interrupted by a slow-moving train. The train ground to a stop and a window in the last car, which incidentally, was custom-made and air-conditioned, was raised. A booming, friendly voice called out, "Dave, is that you?" Dave Anderson, the crew chief, called back, "Sure is, Jim. It's really good to see you!" With that pleasant exchange, Dave Anderson was invited to join Jim Murphy, the president of the railroad, for a visit. For over an hour, the men exchanged pleasantries and then shook hands warmly as the train pulled out.

Dave Anderson's crew immediately surrounded him and everyone expressed astonishment that he knew Jim Murphy, the president of the railroad as a personal friend. Dave then explained that over 20 years earlier he and Jim Murphy had started to work for the railroad on the same day. One of the men, half-jokingly and half-seriously, asked Dave why he was still working out in the hot sun and Jim Murphy had gotten to be president.

Rather wistfully, Dave explained, "Twenty-three years ago, I went to work for \$1.75 an hour and Jim Murphy went to work for the railroad."

One man is motivated to build something great. The other man is motivated by money. Why the difference?

Why is money not a good motive?

Money can buy you a house but not a home, a bed but not a good night's sleep, pleasure buy not happiness, followers but not friends. Explain in your own words.

Day 3

Is Skiing Fun?

Synopsis: For something to be fun, you must work at it enough to become skilled at it.

The man and his teenage son took a trip and decided to snow ski. "We don't need lessons," bragged the son, "let's just go!" The young man picked up the skills quickly and easily. Within hours the son was skiing. Not so for the father. At the end of the day, the dad was exhausted, bruised and defeated. Had he not been with his son and not willing to be a bad example, he would have quit.

Father and son began the second day. The son was skiing, and the dad was falling. Finally, on the third day, the dad finally got it. He got up and stayed up on his skis. No greater feeling in the world.

The problem with so many people is they quit before they ever "get up". To have fun, be happy, enjoy, means working at a skill until you can "get up". For some people it takes longer than others to "get up". Everyone can do it; it's just a matter of time and determination.

What does it take to "get up"?

Why do you think so many people never "get up"?

Day 4

It's in your Hands

Synopsis: Your life is in your hands; you have control.

Legend has it there lived in Venice, Italy an old man who was a genius and could answer any question given to him. Two young local boys thought they could get the best of him. One of the boys caught a small bird in his hands. They went to the wise old man and asked if the bird was alive or dead. Without hesitation, the wise man explained to the boys, "If I tell you the bird is alive, you will crush and kill it. If I tell you the bird is dead, you will release it and let it fly away." He said further, "So you, young man, hold the power of life and death in your hands."

It is the same with us. Our hands hold the power of life and death, success and failure, wins and losses. Our hands must be used, but with goodness and for the right things.

What is in your hands?

What will you do with what you have been given?

Day 5

Evaluate Your Week

We've been focused on "Motivated" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Motivated" this week.

Of the three stories,"Working on the Railroad", "Is Skiing Fun?", "It's In Your Hands", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Compassion

Day 1

Compassion - Definition

A suffering with another, hence, empathy; sorrow for the distress or misfortune of another, with the desire to help.

Compassion - Quote

“You can have anything in life you want if you help others get what they want.” Zig Ziglar

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

Explain what Zig Ziglar’s quote means to you.

Day 2

Sadhu and the Monk

Synopsis: Real living based on helping those less fortunate.

Sadhu was a missionary to India. Late one afternoon, Sadhu was traveling on foot through the Himalayas with a Buddhist monk. It was bitterly cold, and the wind felt like a sharp blade slicing into Sadhu's skin. Night was fast approaching when the monk warned Sadhu they were in danger of freezing to death if they did not reach the monastery before darkness fell. Just as they were traversing a narrow path above a steep precipice, they heard a cry for help. Down the cliff lay a man who had fallen and was badly hurt. The monk looked at Sadhu and warned him not to stop. The monk believed God had brought this man to his fate and he must work it out for himself. He hurried his step as he passed the man by.

Sadhu replied, "God has sent me here to help my brother. I cannot abandon him." The monk continued trudging off through the whirling snow while Sadhu clambered down the steep embankment. The man's leg was broken, and he could not walk. Sadhu took his blanket, made a sling out of it, and tied the man to his back. Bending under his burden, he began a body torturing climb. By the time he reached the narrow path again, he was drenched in perspiration. Doggedly, he made his path through the deepening snow and darkness. It was all he could do to follow the path. Though faint with fatigue and overheated with exertion, finally he saw the lights of the monastery ahead. For the first time Sadhu stumbled and nearly fell, but not from weakness. He stumbled upon an object lying under the snow on the ground. Slowly he bent down on one knee and brushed the snow off the object. It was the body of the monk, frozen to death. Later Sadhu would learn that the reason he had not suffered the same fate as the monk was that the body heat generated by the man he carried had probably saved his life.

Which one would you be, the monk or Sadhu?

Why do you say this?

What needs to change for you to become a Sadhu?

Day 3

Good Samaritan

Synopsis: What you do is so loud I cannot hear what you say.

A Jewish man was traveling on a trip from Jerusalem to Jericho, and he was attacked by bandits. They stripped him of his clothes, beat him up, and left him half dead beside the road. By chance a priest came along. But when he saw the man lying there, he crossed to the other side of the road and passed him by. A Temple assistant walked over and looked at him lying there, but he also passed by on the other side. Then a despised Samaritan came along, and when he saw the man, he felt compassion for him. Going over to him, the Samaritan soothed his wounds with olive oil and wine and bandaged them. Then he put the man on his own donkey and took him to an inn, where he took care of him. The next day he handed the innkeeper two silver coins, telling him, "Take care of this man. If his bill runs higher than this, I'll pay you the next time I'm here." "Now which of these three would you say was a neighbor to the man who was attacked by bandits?" Jesus asked. The man replied, "The one who showed him mercy." Then Jesus said, "Yes, now go and do the same."

Which man would you be? Why?

What needs to happen for you to become a Samaritan?

Day 4

Pee Wee Reese

Synopsis: Taking a stand to help those who others bully.

In 1947, Jackie Robinson became the first African American to play major league baseball. He endured the cruel words, hotels refusing to allow him to stay with the team, restaurants refusing to allow him to eat and death threats. The negative reaction was the worst in the South. When the team went to Cincinnati, there was fear of what would happen.

Pee Wee Reese was the shortstop for the Dodgers and was born and raised in Louisville, Kentucky just across the river from Cincinnati. He was a fan favorite in that part of the country.

Before the first pitch, Pee Wee walked from his shortstop position to Robinson who played first base and put his arm around Robinson to let everyone know that they were friends.

His compassion eliminated all of the volatility of Robinson playing in Cincinnati.

Pee Wee Reese had compassion and demonstrated it that day.

Pee Wee Reese exemplified the quality of compassion by letting others know that he was a friend of Jackie Robinson. What other qualities did Pee Wee Reese show?

Why is it important to have empathy for others?

Day 5

Evaluate Your Week

We've been focused on "Compassion" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Compassion" this week.

Of the three stories, "Sadhu and the Monk", "Good Samaritan", "Pee Wee Reese", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M_____ T_____ W_____ Th_____ F_____ Sa_____ Su_____

Confident

Day 1

Confident - Definition

Confidence is a combination of a positive self-respect and adequate preparation.

Confident - Quote

“Whether you think you can or not, you will always be right.” Henry Ford

Demonstration:

For each day of the week, give yourself either “+” if you demonstrate this quality or “-” if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

Studies show that academic success is 50% positive self-portrait. Why do you think it is so high?

Why does preparation correlate to confidence?

Day 2

Ben Hooper – The son of...

Synopsis: Realize you were designed for success, engineered for greatness.

Little Ben Hooper was born at a time when if you didn't know who your father was, you were ostracized from society. When Ben started school, he would stay inside by himself at recess. He brought his lunch and always ate alone. When he and his mother would go to the general store on Saturday to get groceries, the self-righteous ladies would say in a whisper you could hear about 200 yards away, "I wonder if he knows who his father is. I wonder if she knows." Little Ben seemed to be sentenced to a life of loneliness and despair. Then he heard about a new young preacher in town. Ben and his mom did not go to church, but all the kids were talking about the new preacher, so little Ben decided to go.

The church had a ritual at the end of the service; one of the members would pray and the preacher would go to the back of the church and shake hands with each person as they left the church. For the first time in his young life, little Ben was hopeful. On this particular Sunday, the preacher seemed to be talking right to Ben. He said it didn't matter where you had been; all that mattered was where you were going. Before little Ben knew it, they were praying, and the preacher was at the back of the church. Ben tried to mingle with the crowd and suddenly felt a hand on his shoulder. When he turned, he was looking into the eyes of the preacher.

The young preacher asked the question everyone had wanted to ask publicly for years, "Whose boy are you?" You could have a proverbial pen drop. Then the young preacher smiled and said, "Why it is obvious whose child you are. The resemblance is remarkable. You are a child of God. Now go and claim the inheritance you so richly deserve." Little Ben Hooper later said that was the day he was elected Governor of Tennessee and later re-elected. That day he went from being the son of an unknown father to being the son of a King. That day he was given hope in the future, which gave him the confidence to achieve success.

What changed that day in the church for Ben Hooper?

Glen Clark said, "Our imagination is our most God like quality." Why is this true?

Day 3

Viktor Serebriakoff

Synopsis: Healthy self-respect results in confidence.

When Viktor Serebriakoff was fifteen, his teacher told him he would never finish school. He should drop out of school and learn a trade. Viktor took the advice and for the next seventeen years he was an itinerant doing a variety of odd jobs. He had been told he was a “dunce” and for seventeen years he acted like one. When he was 32 years old, an amazing transformation took place. An evaluation revealed that he was a genius with an IQ of 161. Guess what? He started acting like a genius. Since that time he has written books, secured a number of patents and has become a successful businessman. Perhaps the most significant event for the former dropout was his election as chairman of the International Mensa Society. The Mensa Society has only one membership qualification, an IQ of 140 or better.

What made Viktor Serebriakoff confident?

What is the difference between being confident and being arrogant?

Day 4

Recipe for Confidence

Synopsis: Preparation and time spent working equals confidence.

The recipe for confidence is one part positive self-respect as seen with Ben Hooper and Viktor Seribriakoff (when their self-respect improved so did their confidence) and one part preparation. Being well prepared means being confident. Study and prepare to take a test and you will be confident even if you stumble on the first few questions.

Bill Walsh became a legend in football coaching by turning the San Francisco 49ers from the worst team in the NFL to winning 5 Super Bowl Championships.

Walsh had one theory. Practice the game. Prepare for every situation.

They scripted the first 10 plays of the game in order to begin the game with the best chance for success. They practiced every situation that might occur during a game so the players were better prepared than their opponent.

Because of his relentless preparation and attention to detail, they were the most confident team in football.

Many of his assistant coaches became successful head coaches (Mike Holmgren, Jon Gruden to name two) by using his formula for success.

To increase your quality of confidence, increase your self-respect by never quitting and spend your time preparing for situations in life.

What do you need to prepare for?

Name situations you would like to have more confidence in and list how to prepare for these situations.

Remember this: The body cannot tell the difference between a real experience and one that is vividly imagined. How does this help you prepare for life situations?

Day 5

Evaluate Your Week

We've been focused on "Confident" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Confident" this week.

Of the three stories, "Ben Hooper", "Viktor Seribriakoff", "Recipe for Confidence", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

V-8 Engine

Synopsis: Whether you think you can or cannot, you are always right.

Henry Ford was a most unusual man. He was not a financial success until after he was forty years old. He had very little formal education. After, he built his empire, he conceived the idea of the V-8 engine. Calling his engineers together, he said, "Gentlemen, I want you to build a V-8 engine." These brilliantly educated men knew the principles of mathematics, physics and engineering. They knew what could and couldn't be done. They looked at Ford with a condescending attitude of "Let's humor the old man because, after all, he is the boss." They very patiently explained to him that the V-8 engine was economically unfeasible and they even explained "why" it couldn't be built. Ford wasn't listening, however, and simply said, "Gentlemen, I must have a V-8 engine-build me one."

They half-heartedly worked for a period of time and reported back to him, "We are more convinced than ever that a V-8 engine is an engineering impossibility." Mr. Ford, however, wasn't easily dissuaded. "Gentlemen, I must have a V-8 engine-so let's go full-speed ahead." Again, they went out, and this time they worked a little harder, spent a little more time and a lot more money. They came back with the same report, "Mr. Ford, the V-8 engine is an absolute impossibility."

The word "impossible" was not included in the vocabulary of the man who had already revolutionized the industry with assembly-line production, \$5.00-a-day wages, the Model-T and the Model-T automobiles. With fire in his eyes, Henry Ford said, "Gentlemen, you don't understand; I must have a V-8 engine, and you're going to build it for me. Now, go do it." Guess what? They built the V-8 engine. They did it because one man was intelligently ignorant enough not to know that something couldn't be done-so he did it. We see this every day, don't we? One says, "I can't" and doesn't. One says, "I can" and does.

Why do some people do the impossible?

Why are they like bumblebees?

Day 3

Personalities

Synopsis: Use who you are for the positive.

We all have unique personalities. These personalities, to a great degree, determine your quality of decisiveness. See which fits you.

- A) This is the person who plunges into action with very little thought of consequences. This person is only interested in the result. No concern for relationship.
- B) This is the social person. Relationships are more important than the result. This person spends time concerning self with what an action will do to a relationship.
- C) Lacks the quality of decisiveness.

On a firing range, it would look like this:

The A's—Ready, Fire

The B's—Ready, Aim, Socialize

The C's—Ready, Aim, Aim, Aim

Not one of these is ideal. It's important for you to realize which you are so you can improve.

You have to know where you are in order to get to where you need to be.

Which one of these do you think you are? Explain.

Everyone is different; none of us are the same. Would it be helpful to know your strengths as well as your co-workers? Explain.

Day 4

Diamonds

Synopsis: Grow where you are planted.

Douglas Feavel, in his book, *Uncommon Character*, tells a story about an African farmer who heard stories of diamonds being found in his country. The stories were so amazing he decided to sell his farm to look for the diamonds that would make him rich. After searching and finding nothing and becoming despondent, he threw himself in a river and committed suicide. The story continues with the farmer who bought the land from the first farmer. In a stream on his property he found a rock that was shiny enough to notice. He placed it on his fireplace mantel where a friend identified the shiny rock as a diamond, possibly one of the largest ever found. There were many other diamonds found on his property, making it possibly one of the richest areas in Africa.

This story illustrates, “Bloom where you are planted.” How?

Why is it that many people blame their location on their failure?

Day 5

Evaluate Your Week

We've been focused on "Decisive" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Decisive" this week.

Of the three stories, "V-8 Engine", "Personality Types", "Diamonds", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Success

Day 1

Success - Definition

The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness cannot be pursued, it must ensue. And it only does so as the unintended side effect on one's personal dedication to a cause greater than oneself.

Success - Quote

During the Revolutionary War, America's fight for independence from England, George Washington and his troops were freezing at their winter quarters in Valley Forge. The Americans had not won a battle against the English. Washington sent a letter to the U.S. Congress asking for money for food and clothing. The Congress replied they would send money if Washington would guarantee success. Washington replied, "I can guarantee you something greater than success. I can guarantee you that we will deserve success."

Demonstration:

For each day of the week, give yourself either "+" if you demonstrate this quality or "-" if you do not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

My Goals for the Week:

+	

In your own words, explain what Washington meant with his reply to the U. S. Congress.

Day 2

Baby Elephant

Synopsis: Do not let people put you in a box.

When a baby elephant is born into captivity, the trainers take a one inch steel band and weld it onto the young elephant's leg. It is then connected with a heavy duty chain to a post concreted into the ground. The baby is given enough chain to go only as far as the trainers will allow. The baby elephant knows no boundaries and takes off to explore the world. When it reaches the end of the chain it is immediately jerked off its feet. Undaunted, it takes off again, only to end up with the same results. When you go to a circus you could find the largest and strongest animal on earth secured only by a rope wrapped around a stake driven into the ground. The elephant can go until the rope tightens and then it stops. It is mentally within the parameters of where it can go.

What are the ropes that are placed around your legs to prevent success?

Why would people put ropes on others' legs?

Day 3

Eagle and the Chicken

Synopsis: Once you taste success, you will not be happy with failure.

A man found an eagle's egg and put it in a nest of a barnyard hen. The eagle hatched with the brood of chicks and grew up with them. All his life, the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would thrash his wings and fly a few feet in the air.

Years passed and the eagle grew very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among powerful wind currents, with scarcely a beat of its strong golden wings. The old eagle looked in awe. "Who's that?" he asked. "That's the eagle, the king of the birds", said his neighbor. "He belongs to the sky. We belong to the earth—we're chickens.

The farmer took the eagle and climbed to the top of a mountain. He dropped the eagle off the top. The eagle looked like it would crash at the bottom until right before it hit. It then spread its wings and began to fly.

The eagle flew right back to the chicken yard and looked as if it was going to fly right back into the yard. Just before it got to the yard, the eagle regained altitude and flew off as a true eagle.

This is the way with people. No matter how many years they think of themselves as chickens, when they finally realize they are indeed eagles, they never go back to being chickens.

What does this say about who you associate with?

Why would the eagle never go back?

Day 4

How to be Successful

Synopsis: 1) Cooperate. Do not compete. 2) Committed not compliant. 3) Persist. Never quit. 4) “We” not “me”.

Success is based on 4 components:

1. Cooperate. Do not compete with teachers, coaches, parents, supervisors, bosses.
2. Commit to whatever you do. Do not confuse commitment with compliance. In education, athletics, business, come every day and do what you are supposed to do. This is compliance. Simply put, commitment is doing more than you are required. When you do more than you are paid to do, you will be paid more for what you do.
3. Maintain hope for the future. If you have hope for the future, whether it is awards or promotions, you will be empowered to do whatever is necessary to achieve success.
4. Keep on pumping. Realize the road to success has detours and is not easy. Keep on pumping when you have adversity.

Of these 4 components, which would be the most difficult for you to do? Why?

Of these 4 components, which would be the easiest for you to do? Why?

Day 5

Evaluate Your Week

We've been focused on "Success" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Success" this week.

Of the three stories, "Baby Elephant", "Eagle and the Chicken", "How to be Successful", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

Head-Heart-Backbone

Synopsis: Three components of leadership: Head=understand what needs to be done; Heart=passion for doing what needs to be done; Backbone=courage to do what needs to be done.

There are 3 components of being a leader. Leaders may be either negative or positive but none can do so without these 3 parts.

1. **Head** You must have the knowledge to lead. You must first know the people you are leading. Second, you must know where they want to go. Third, you must have a plan to get them there.
2. **Heart** You must have a passion to lead. You have to be able to paint the vision as if already achieved. You must be willing to make sacrifices to lead through tough times and adverse circumstances.
3. **Backbone** The first two qualities are found in many people. This is the quality that separates the true leaders. Nothing worth achieving is easily accomplished which means the true leader better have the backbone to continue in all circumstances.

Explain in your own words “head” in a leader.

Explain in your own words “heart” in a leader.

Explain in your own works “backbone” in a leader.

Day 3

The Cold Within

Synopsis: What if the first person had put his stick in the fire?

Six men were trapped by circumstances in bleak and bitter cold
Each one possessed a stick of wood, or so the story's told.

The dying fire in need of logs, the first man held his back
Because of faces round the fire, he noticed one was black.

The second man saw not one of his own local church
And couldn't bring himself to give the first his stick of birch.

The poor man sat in tattered clothes and gave his coat a hitch
Why should he give up his log to warm the idle rich?

The rich man sat and thought of all the wealth he had in store
And how to keep what he had earned from the lazy, shiftless poor.

The black man's face spoke revenge and the fire passed from his sight
Because he saw in his stick of wood a chance to spite the white.

The last man of this forlorn group did naught except for gain,
Only to those who gave to him was how he played the game.

Their logs held tight in death's still hands was proof of human sin.
They didn't die from the cold without; they died from the cold within. Anon.

What stick do you have?

How does the poem portray leadership?

What if the first man had thrown into the fire his stick of wood?

Dog Tag Challenge Curriculum

Day 4

D-Day

Synopsis: Leadership based on doing.

June 6, 1944 the Allied forces invaded Europe in an attempt to break the stranglehold Hitler's Germany held. The invasion was supremely planned featuring diversion and intricate strategy. That was a part of the reason it was successful. The real reason for the success was the leadership exhibited by a bunch of young leaders on the beach. When the shells went off and those around them were dying, the strategists were out of harm's way. It was the leaders on the ground that motivated those young troops to continue in the face of the ultimate sacrifice. They knew they were fighting for freedom, they had a passion to do it and we are thankful today they had the backbone to continue.

Nothing great has been or will be accomplished unless leaders have the head, heart and backbone to get it done.

Which of the "head, heart, backbone" did the strategists demonstrate?

What about the young soldiers?

Day 5

Evaluate Your Week

We've been focused on "Leadership" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Leadership" this week.

Of the three stories, "Head, Heart and Backbone", "Cold Within", "D-Day", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

The Hitchhiker

Synopsis: Is knowledge useful?

Zig Ziglar tells an interesting story in his book, See You At the Top, about a man he picked up hitchhiking. He soon realized that the man had been drinking a bit and was quite talkative. Zig learned the man had been in jail for 18 months for bootlegging. Zig asked the hitchhiker if he had learned any trades or skills to help him make a living now that he was a free man. The man then shared that he had learned every county in every state in the United States. Zig, realizing what an enormous task this would be, was eager to test his rider's knowledge. Being from South Carolina, Zig asked him to name those counties. He quickly recited from memory the South Carolina counties.

Moral: Find something that you are interested in.

Another story about knowledge...

When I took the head football coaching job in Marshall, Texas, I reported to work in February. Merry and the kids stayed in Seguin to finish the school year. I lived in the fieldhouse until May by myself. Often late in the afternoon, players would get me to play dominoes with them. After two rounds of each of the four players playing a domino each, one of THEM could accurately predict what I would play. They understood advanced statistics but some were often failing fundamental mathematics. Dominoes was a status thing; math was totally uninteresting. We become knowledgeable only when we are motivated to learn the information.

The hitchhiker in Zig's story was uneducated but was he unintelligent? How do you know?

What is the difference between usable knowledge and useless knowledge?

Day 3

Synopsis: Understand the levels of knowledge and how they work.

4 Levels of Knowledge

1. Don't know you don't know. Most 9th graders and many fans.
2. Know you don't know. 10th graders and experienced coaches.
3. Know you know. Experienced players, veteran successful coaches.
4. Don't know you know. Elite world class performers.

These are the Michael Jordan, etc. These cannot explain how they did something unbelievable. They put in the 10,000 hours of practice and when the situation presented itself their body responded in positive manner.

Where are you in the 4 levels of knowledge?

What is the proof?

Day 4

The Parker Brothers

Synopsis: There are different types of knowledge.

Sam and Bert Parker had 6 boys. The parents were the same with the same environment, however there were six completely different people in knowledge.

3 brothers became expert mechanics. Each could take a car apart and put it back together.

3 brothers had no mechanical ability.

3 brothers were college educated and one became a judge, one a teacher, and another a coach.

3 other brothers became a car dealer, an army veteran and sadly, a Vietnam fatality.

All 6 had above average intelligence but all chose different areas to focus for knowledge. This does not make one better or one worse. All of the brothers became the best person they could be, just in different fields.

What is your favorite area of knowledge?

Why do people try to put young people in a box? For example, “You need to go to college.” “You should be a

Day 5

Evaluate Your Week

We've been focused on "Knowledgeable" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Knowledgeable" this week.

Of the three stories, "Hitchhiker", "4 levels of Knowledge", "Parker Brothers", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

Conscientious Grandson

Synopsis: Conscientiousness is the first step to improve self-respect.

Our grandson came to live with us for a couple of years after graduating from high school in Houston.

We lived in rural Oklahoma off of a dirt road.

Our grandson's single greatest quality that was developed was his quality of conscientiousness.

He got stuck in our driveway and dug "ruts". I told him he needed to fix them. He completely dug up the "ruts" and spread the dirt and grass as if it had never been disturbed. Conscientious.

His grandmother told him to pick up sticks from the 2 acre yard so she could mow. She felt bad when she told me he picked up all the sticks, even the small twigs. Conscientious.

He has gone on to be all All-American football player and is presently playing professional football. Conscientious.

When you hear "the devil is in the details", what does that mean to you?

If you take time to do a task correctly, what is the benefit? What is the result of not doing it correctly?

Day 3

Coach Wooden

Synopsis: Take care of the small things.

John Wooden was definitely one of the greatest coaches ever. He is the only person in the basketball Hall of Fame as both a player and as a coach. His UCLA basketball teams won ten NCAA Championships, seven of them in consecutive years. Coach Wooden was a believer in controlling the little things. If you took care of the little things—if you took care of that which you could control—then you were successful, no matter the score.

The first thing Coach Wooden did each basketball season was demonstrate how he wanted the players to put on their socks each and every time: Carefully roll each sock down over the toes, ball of the foot, arch, and around the heel, then pull the sock up snug so there will be no wrinkles of any kind. Carefully check with fingers for any folds or creases in the sock, starting at the toes and sliding the hand along the side of and under the foot, smoothing the sock out as the fingers passed over it. Pay special attention to the heel because that is where wrinkles are most likely. Do conscientiously, not casually; you can have no folds, wrinkles or creases of any kind in the sock.

This might seem trivial, but Coach Wooden had a very practical reason for being meticulous. Wrinkles, folds and creases can cause blisters. Blisters interfere with performance during practice and games. Since there was a way to reduce blisters, something the players could control, it was Coach Wooden's responsibility to see that they did it. Otherwise, his players would not be doing everything possible to prepare. Is there any doubt why they were so well prepared? If you take care of the little things, the big things will often take care of themselves.

How important are blisters?

What does this tell you about Coach Wooden?

Day 4

For Want of a Nail

Synopsis: The devil is in the details. Small things affect big things.

The year was 1485 and the battle on Bosworth Field would determine control of England. The armies of Henry, the Earl of Richmond, were approaching.

King Richard III summoned his troops and called for his best horse. As the horse was being prepared for the King, the blacksmith discovered he did not have enough iron to complete the task. He was able to secure three of the horse's shoes but he lacked the materials needed to make nails for the fourth. Having no alternative, he affixed the fourth shoe as was possible without nails.

The king led his troops into battle. The shoes held as Richard continuously rallied and directed his men. Suddenly out of the corner of his eye, the king noted a weak spot developing in the battle line. As he wheeled abruptly to address it, the fourth shoe broke loose.

The horse stumbled, King Richard fell. His startled horse bolted, and both Richard and England were soon in the grip of Henry's troops. Hence, George Herbert's famous line,

"For want of a nail, a shoe was lost. For want of a shoe, a horse was lost. For want of a horse, a battle was lost. For want of a battle, a kingdom was lost. And all for want of a nail."

What is the point of this story?

How does this affect your life?

Day 5

Evaluate Your Week

We've been focused on "Conscientious" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Conscientious" this week.

Of the three stories, "Grandson", "Coach Wooden", "For Want of a Nail", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____

Day 2

Deep Foundation

Synopsis: Your integrity determines the heights you will reach and how you respond to the storms.

I once took my pre-teenage children to show them the house in which I had been born and raised. After a time of walking in a seemingly endless pasture with no evidence of a dwelling ever having existed, my oldest brother explained, "Our house was a pier and beam house. There was no foundation." I always remembered that experience.

Years later, I was in a large city looking out a hotel room at a construction site. There was nothing built on the surface, but the hole was unbelievably deep. I walked down to the site and asked, "Why such a deep hole?" I still remember his reply, "The depth of the foundation determines the height of the structure. These two experiences make it clear the foundation determines two things:

1. Your legacy, essentially if you are to be remembered.
2. How high you will go and how long you will remain at the top.

When the storm and high winds come, and come they will, whether the structure remains in position is based on the depth of the foundation. John Wooden said it best for athletes, "Talent can get you to the top, only character can keep you at the top."

Foundation is the depth of the qualities that we are developing. What is your depth?

What was your depth in the beginning?

Day 3

We Really Didn't Win!

Synopsis: Winning without integrity is really not winning.

The statement, "Athletics develop character," has been proven false in a study done by Dr. Sharon Stoll. She proved it using ideas such as, "if the referee doesn't call it, then it's not a foul." These ideas lead players to believe they can commit illegal acts and it is okay as long as they don't get caught.

Let me tell you of an example I had when I was an athletic director.

Two baseball players came to me very distraught about a play they had used to win a game. Not getting into the details, when they questioned the coach, he said it was the umpire's fault for not calling what they had done. Their question was what should they do?

My response was for them to go to Walmart and buy a shirt for the coach to celebrate the victory. When he expresses gratitude, tell him you stole it but did not get caught so it is okay. When he starts chastising you, tell him you learned it from him.

The boys did it. The coach called the opponent and forfeited the game which made a lot of parents angry.

You see, athletics does not teach character (integrity). Coaches do and to do it effectively, they must have a plan. Coaches don't coach sports; they use the players' love of sports to teach integrity.

Follow this logic: If athletics taught integrity, the individuals who played the most elite sports (professional athletes), would exhibit the highest integrity. What do you think about this statement?

Why is it important for teachers, coaches and employers to have integrity?

Day 4

I guarantee John Hannah will...

Synopsis: The most important talent is integrity.

Steve Sloan tells the story of recruiting John Hannah when Steve was an assistant coach for Bear Bryant at the University of Alabama. John Hannah and his father gave a verbal commitment that John would attend Alabama and play football. When Coach Sloan presented the letter of intent on signing date to John and his dad, his dad refused to sign as well as John. The dad explained that he had given his word and that should be good enough. Coach Sloan said he dreaded telling Coach Bryant what had happened when he returned without the letter signed. Upon hearing the story, Coach Bryant said, "I am not sure who will show up in August, but I guarantee you John Hannah will be here." John Hannah did show up and played for Alabama and later in the National Football League and played well enough to be enshrined in both the Alabama Football and National Football League Hall of Fame.

What was the integrity of Mr. Hannah?

What did Bear Bryant understand?

Day 5

Evaluate Your Week

We've been focused on "Integrity" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Integrity" this week.

Of the three stories, "Deep Foundation," "We Really Didn't Win," "John Hannah", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____