

## **Be the Best You Can Be . . . Living Life to the Fullest**

Presented by Kathy Flynn, Longmont, Colorado

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*(This workshop was presented in power point visuals/photos with additional multi-media--video clips and inspirational vignettes modeled by many inspirational people, some famous, some ordinary every-day 'folks' doing extraordinary things. Bibliography and websites are listed at the end of the handout.)*

~ **The pessimist complains about the wind.**

**The optimist expects it to change.**

**The realist adjusts the sails.** ~ William Ward

~ **Attitude is Everything ! ~ Is your Cup Half Full or Half Empty?**

*This workshop challenges each one of us to 'rise to the occasion' and 'use our full potential'—whether it is in our own lives and personal fulfillment, or it is in our work in our communities and schools, 'showing up,' giving talents and time, and working toward 'being our best selves' for our families and our communities.*

*Generally educators are an easy group to 'sell this to.' As we encourage our students to 'excel, work toward a goal, give it your best effort,' we 'grow' this drive to accomplish things, excel, master, complete—in ourselves as well. Think about your goals in life—what do you really want to be able to do? As educators, we have a strong desire for life-long learning.*

*Some have had real obstacles halting our abilities to pursue our dreams—some have overcome great odds to succeed. For many of us, the key is the attitude we have toward either succeeding, not trying, or not giving something our best effort.*

***It's hard to beat a person who never gives up.*** Babe Ruth

***Dream no small dreams for they have no power to move the hearts of men.*** Goethe

***Whether you think you can or think you can't, you're right!*** Henry Ford

***Make your choices and create your masterpiece! Dare to Dream!***

• **Theodore Roosevelt**, "Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure!"

• **John Maxwell**, "It starts with the way you think and dream, and it continues with how you live."

***"If I had asked people what they wanted, they would have said 'Faster Horses.'"*** Henry Ford

**Mohammed Ali: "I am the Greatest!"** And he was! *Attitude is Everything!*  
Believe It! -- Bravado, not if you back it up!

*Living our lives has many facets—working to provide the best education possible for our students, a new lesson, a new idea, providing the best for our children and families. Sometimes we live in survival mode-- health issues, financial issues, aging parents, marital issues, children struggling with their choices.*

*However, in all of this, we have dreams and goals of leaving a legacy, fulfilling our desires. "What is on your Bucket List?" That phrase has been made a part of our lives by a recent movie in which two men pursued their dreams in the waning days of their lives, but we all have our lists. What do you want to do? What legacy do you want to leave and live? When are you getting started? (K.Flynn)*

**Susan Boyle: "I just want to sing and make people happy—and make me mother proud."**

*Susan's dream came true at age 47.*

*(Played short excerpt from "I Dreamed A Dream")*

***"Put A Little Music In Your Life!"*** Music is that 'special something that can make your spirits rise!'

***A 90 year old woman Skydiver was recently in the news! George H.W. Bush, 41st, did Skydiving at 80—and says he plans another jump on his 90<sup>th</sup> birthday ! What plans do you have?***

*The following song talks about dreams and memories dying—maybe because of lack of inspiration, maybe because of inaction or doubt.*

*Time goes by and snowflakes fly,  
and all the dreams of summer die. Wish I had a Golden Bin, to keep my treasured memories in.  
Soon forgotten, now they lie, clouded like a winter sky.  
But December days are gone, and we the old with new adorn.  
Soon forgotten, now they lie, clouded like a winter sky.*

*(Can not find the source—I've known this song for years, but do not know its origin—and I googled! It may have come from Carly Simon or Judy Collins, or someone in that era. That is music that had an influence on me. K.Flynn )*

***Are YOU the REAL DEAL? The phrase "What you see is what you get !" Does this apply to you?***

***The ability to triumph begins with you . . . Always!*** Oprah Winfrey  
*(Presented several slides on Oprah Winfrey's history and her ability to rise above deprivation and abuse to her present status.)*

***"If I had asked people what they wanted, they would have said 'Faster Horses.' "*** Henry Ford

***Get in the Game! You can achieve on the sideline!*** *(Media: 45 second WMV 'Ball Girl' –You Tube Video)*

***\*\*It is never too late to "Dream Your Dream" and put it into action.***

***Depending on when you start, it may need some modifications. Success is in the eyes of the beholders !  
How we define it depends on our prospective . . . Our outlook on life!***

***Do what you can, with what you have, where you are.*** Theodore Roosevelt

***Obstacles are opportunities that need attention.*** Jackie Cuppy

***Patrick Henry Hughes—Born without eyes and a disease that would not allow his joints to straighten, through the support of loving parents is an inspiration to us all. He is an accomplished musician and is completing his Bachelor's Degree in Spanish at the University of Kentucky.***

**Patrick's Lessons for Life:** From his book, ***I Am Potential: Eight Lessons on Living, Loving and Reaching Your Dreams***  
*(Videos can be viewed on YouTube—Google Patrick Henry Hughes/ Book is available at Amazon.Com )*

•*When Life Gives You Lemons, Accept Them, and Be Grateful*

\**Do All You Can to Change What You Can*

•*Pursue Your Passion as if Your Life Depends on It*

•*Be the You Your Mother Would be Proud Of*

•*The Best Personal Heroes Can Be Found Close to Home*

•*Set your Course, Then Burn the Map*

•*Love, Given Freely, Multiplies and Returns*

•*Live Each Day Like the Last Day of Summer Vacation* *(Book available on Amazon.com)*

## ***Sing Your Own Song—***

*Your Words, Your Melody, Your Song*

*You will write it! Sing it! Share It!*

Steve Jobs, CEO, Apple Computer: At 30, I was out of the company, really out. I loved what I did. I'd been rejected, but I was still in love! I entered the most creative period of my life. I was free to create. Your work will be a large part of your life. During the next 5 years, I created Next and Pixar Animation and fell in love with the wonderful woman who is now my wife. Find what you love—The only way to do great work is to love what you do. **Keep Looking! Don't settle!**

*"Stay Hungry, Stay Foolish" quote from Whole Earth Catalog by Steve Jobs, CEO Apple*

*Faced with a terminal cancer, Steve Jobs set about preparing for death.*

- *Death: "If you live each day as if it were your last, some day you'll be right!"*
- *Tell your kids everything.*
- *Say Your Good Byes !*

*Thankfully, Steve Jobs cancer was a different strain and after treatment, he is in total remission. But he learned a powerful lesson. Be the Best You Can Be in the Time You Have!*

*Amanda Gore asked us to tell those who really make a difference in our lives "Thank You for Helping Me Live Longer and Healthier!"*

***Sing as if there is no one listening! Dance as if there was no one watching !***

***Bibliography: I Am Potential, Patrick Henry Hughes, John Patrick Hughes,***

***Dare to Dream . . . Then Do It, John C. Maxwell, 2006, J. Countryman, a division of Thomas Nelson, Inc. Nashville, TN.***

*Amanda Gore's presentation: "Thank you for helping me live a longer life."*

***Inspirational Quotes: <http://www.inspirational-quotes.info/>***

***<http://www.inspirational-quotations.com/leadership-quotes.html>***

### ***Video Clips:***

*Jason McElway—Autistic Basketball player*

*<http://www.youtube.com/watch?v=1fw1CcxCUgg&feature=related> (2 min:11 sec.)*

*Ball Girl—Baseball Catch*

*<http://www.youtube.com/watch?v=4SqJz0NgnnE> (40 seconds)*

*Patrick Henry Hughes—Blind Musician—Inspirational Video*

*<http://www.youtube.com/watch?v=-qTiYA1WiY8> (7 min.) I obtained the video directly from John Henry Hughes, father of Patrick Henry Hughes.*