

G-12b: Fish book skeleton

This book belongs to: _____

Fish!



A ~~Work~~ PLAY Book

Please have fun with your Play Book. Write anywhere you want. Write down questions you think are important, comments you want to make later, draw ideas to remember and share, most of all...have fun.



PLAY!

Work made fun gets done, especially when we choose to do serious tasks in a lighthearted, spontaneous way. Play is not just an activity; it's a state of mind that brings new energy to the tasks at hand and sparks creative solutions.

Any job can be boring if you make it boring. Any job can be fun if you make it fun.

- What can you do to make your job at school more fun???
- What other ways can you have an attitude of PLAY while at work in ASB and at school? How can you involve your peers?

What can you do...to regenerate fun every day...in your Leadership class?

- I think our school/principal would love it if every time they called/entered our classroom we...
- I think our leadership class song should be...
- And that we should sing it every time we...
- The most unpleasant part of my job would become my favorite part if only I got to...

MAKE THEIR DAY!

Here's the Starfish Story—a great story about making their day.

Once upon a time there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the day. So he began to walk faster to catch up. As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the ocean.



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As he got closer he called out, "Good morning
What are you doing?"

The young man paused, looked up and replied,
"Throwing starfish in the ocean."

"I guess I should have asked, why are you
throwing starfish in the ocean?"

"The sun is up and the tide is going out.

And if I don't throw them in they'll die."

"But, young man, don't you realize that there
are miles and miles of beach and starfish all along it.

You can't possibly make a difference!"

The young man listened politely. Then bent down,
picked another starfish and threw it into the sea, past the breaking waves
and said, "It made a difference for that one."

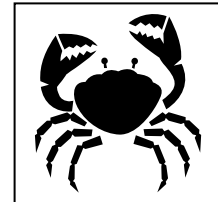


➤ Think about a time when someone made your day. Or even made you smile when you had been crabby. What changed your mood?

➤ What can you do to make your positive energy contagious?

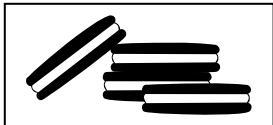
➤ What do you already do to put people in a better mood?

Jot down a few ideas you might use when you get back to school:



BE THERE!

The glue in our humanity is in being fully present for one another. Being there also is a great way to practice wholeheartedness and fight burnout, for it is those halfhearted tasks you perform while juggling other things that wear you out.



200 COOKIES: An Example of NOT Being There

Harry recently stopped at a fast food restaurant and made a simple order including a cookie. The server said, "I'll get that for you right away. And would you like a cookie with that today?"

Harry figured it was an honest mistake and didn't think of it again until the next time he returned. He made his order with a different server, and again asked for a cookie. Again, the server ignored his request and politely asked if he wanted a cookie.

The third time Harry dealt with yet another server. This time Harry was feeling a little mischievous. He made his order, then added, "And I'd like two hundred cookies." The server said, "I'll get that for you right away. And would you like a cookie?"

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Another way to put it:

“We were all given two ends to use;

One to think with, the other to sit on.

Which end we use in ASB will determine how well we do this year

In other words...

Heads we win, Tails we lose!”



BE THERE EXERCISES

Pay attention, focus, listen, look, hear

- At your next meal, take time to contemplate the flavor of the food. Notice the subtleties. Concentrate on what you're experiencing. (Or just use M&M's and notice the flavor of the chocolate, the texture of the shell. Try biting one, then try letting one melt in your mouth.)

M&M's melt in your mouth not in your hands

- Listen to a friend, family member or co-worker. Don't just wait your "turn" to talk. Simply listen. Put aside any agenda or opinions for a moment and concentrate on what your friend is saying. (Let a friend talk for 30 to 60 seconds and then tell that person what they just told you. Try to capture the emotion behind the words, don't just parrot back the words.)

Listening is a gift, give the gift of listening

- When you're having a hard time being present in Leadership, take a few minutes to think about what you'd rather be doing, or what you're preoccupied with. Use your drive to school, break or lunch to focus on it. Talk to yourself out loud. Writing it in a notebook or saying it out loud can help get distractions out of your system so you can focus on work. (Take a minute and write down any distracting thoughts, you can use the blank page at the back if you want!)

I'd rather be ...

CHOOSE YOUR ATTITUDE!

Choose your attitude. It's the last point of FISH! and, in a sense it's the bedrock underneath the first three. You'll probably find that you'll want to try playing, making people's day and being there. Sometimes. Other times you'll tell yourself or your peers, "Look. I'm not in the mood to do those things. I'm having a bad day." In order to have the FISH! attitude, and consistently live and work by the first three points, *you have to recognize* that, whether you want to or not, *you choose your attitude*.

Here's a great story for you about choosing your attitude:

Michael is the kind of guy you love to hate. He is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Michael and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" Michael replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or...you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or...I can point out the positive side of life. I choose the positive side of life.

"Yeah, right, it's not that easy," I protested.

"Yes, it is," Michael said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what Michael said. Soon hereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back. I saw Michael about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place. "The first thing that went through my mind was the well-being of my soon to be born daughter," Michael replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or ...I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Michael continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read "he's a dead man." I knew I needed to take action. "What did you do?" I asked. "Well, there was a big burly nurse shouting questions at me," said Michael. She asked if I was allergic to anything. "Yes", I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity."

Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

Michael lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything.

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Hey! It's a blank page!

- Do whatever you want with it!!!