

Dave Kelly's Gonzo Motivation Newsletter
A Monthly Newsletter To Help You Motivate Yourself And Others
Edition 10

March 2006

I just returned from the National Conference of the Association for the Promotion of Campus Activities (APCA) and I had an awesome time meeting representatives from over 100 colleges and universities. I was humbled and honored to receive an APCA Leadership Award during the event. Thanks to Eric Lambert, Tasha Pitsenbarger, Dave Leenhouts, and all of the staff for all they have done for me. I was also thrilled to be a nominee for 2006 Campus Speaker of The Year and excited that my friend Jonathon Sprinkles was the award recipient. He has worked hard and is an inspiration to me.

February was a full month with programs at the University of Houston—Downtown, Colorado Mountain College, the Rocky Mountain District of Circle K International, the Rocky Mountain Kiwanis Big Horns, and Tennessee Technological University. Thanks to all of my hosts for some great events! Now on to my motivation tip for March...

This month's motivation tip: *Affirmations: A message that bears repeating*

Do you employ affirmations on a daily basis? Do you know what affirmations are? Affirmations are personal, positive statements, that you repeat to yourself several times each day in which you claim victory over what you have in your life or over what you want in your life. I employ over 20 affirmations on a daily basis to motivate and inspire myself. I create a positive mental attitude through my affirmations. My affirmations include statements such as "I am a successful professional speaker," "I am a great father," and "I am happy."

I also have statements to motivate myself such as "Building Leaders Through Service® is a tremendous, powerful, and popular program," (it isn't yet, but I expect it to be), "I am the best district administrator in the history of Circle K International" (subjective, but a goal that keeps me going), and "I have the ability and talent from God to make my dreams come true." I also employ a number of scriptures in my daily affirmations for continuous inspiration.

What do you want in your life? What do you have in your life that is so valuable you want to affirm it? Where do you want to go? Take a few minutes right now, sit down, and craft several positive, possessive, victory statements. Then repeat them to yourself six times per day. Six? Yup, six. In the mirror in the morning. While you're driving. When someone fires up your temper. Start right away and say your affirmations for at least 21 days. Experts say it takes three weeks to create a new habit. Affirmations are a habit you need to get into for your own motivation.

Here's my affirmation to you: "You are a victor and will realize your dreams."

"It was an awesome presentation--one of the best I've seen. Thank you!"

Anne Cates, Student Development Coordinator, Tarrant County College Northeast Campus (TX)

Want to hear more of what I have to say? Have a publication you think could benefit from articles written by me? Call (770) 552-6592 [or toll-free outside of Atlanta at 1-866-552-6592] or email davekelly@gonzospeaks.com to arrange to have me speak to your group, church, school, or business. You can visit my website at www.gonzospeaks.com to learn more about me and my programs.

Do you have friends who need some motivation in their lives? Please forward this newsletter to them. Did you get this newsletter forwarded to you and want to subscribe on your own? Call or email me or visit my website and sign up for the newsletter at the "Contact" tab.

Where I am going to be...

*March 23, Valdosta Kiwanis Walk For Charity Kickoff, **Valdosta, GA**; March 24-26, Georgia Key Club District Convention, **Albany, GA**; March 31-April 2, Georgia Circle K District and Club Leadership Weekend, **Macon, GA**; April 6-8, Circle K International Governors and Administrators Training Conference, **Indianapolis, IN**; April 9, IUPU—Ft. Wayne, C.O.L.T.sm, **Ft. Wayne, IN**; April 11, Howard College—Big Spring Campus, **Big Spring, TX**; April 12, Howard College—San Angelo Campus, **San Angelo, TX**; April 22, University of Maryland Leadership Conference, **College Park, MD**; April 23, University of Indianapolis C.O.L.T.sm, **Indianapolis, IN**; April 29 (TENTATIVE), Brenau University, **Gainesville, GA**; May 5-7, Key Leader Weekend Retreat, **Sandia, TX**; May 20, Georgia Kiwanis Lt. Governors-elect Training, **Lake Blackshear, GA**; May 29-June 8, Leadership Retreat, **Castries, St. Lucia**; ...contact me for dates after May or to see if any new ones have been added after publication.*

Want to see your story in a future newsletter? Email me about how you have been motivated to overcome obstacles, achieve goals, or surpass the expectations of others—especially those who may have underestimated you.

To unsubscribe, send an email to davekelly@gonzospeaks.com and type "unsubscribe" in the subject line.

Reprint permission granted in part or whole when the following credit appears:
Reprinted with permission from Dave Kelly's Gonzo Motivation newsletter. 770-552-6592 or 1-866-552-6592, <http://www.gonzospeaks.com>

That's it for this month. Watch your email box for another edition on the first of next month!

Dave Kelly
Professional Speaker, Humorist, and Trainer
(770) 552-6592
1-866-552-6592 [toll free]
(770) 552-3973
davekelly@gonzospeaks.com
www.gonzospeaks.com

Associate Member, Association for the Promotion of Campus Activities,
Speaker of the Year, 2006 Nominee, Recipient 2006 Leadership Award
Associate Member, American Student Government Association
Member and Club Leadership Education Certified Trainer, Kiwanis International,
Distinguished Club Secretary, President, and Division Lt. Governor
7-time Distinguished District Administrator, Certified Instructor, and Past International
President, Circle K International
Member, Alpha Lamda Delta Honor Society
Member, Mount Pisgah United Methodist Church
Lead Facilitator, Key Leader program
Facilitator and Creator, Club/Organization Leadership Trainingsm (C.O.L.T.sm) program
Facilitator and Creator, Building Leaders Through Service[®] program
Facilitator and Creator, Building Blocks of Leadershipsm program
Facilitator, Certified Workshop Presentersm program

©David A. Kelly 2006