

You're receiving this email because of your relationship with Ara Norwood of Leadership Development Systems. Please [confirm](#) your continued interest in receiving email from us. To ensure that you continue to receive emails from us, add ara@aranorwood.com to your address book today.

You may [unsubscribe](#) if you no longer wish to receive our emails.

Uncommon Sense

Providing Clarity, Promoting Intelligence

In This Issue

[Self-Rewards](#)

[The Latest from the Left](#)

[Noise](#)

[Add Sacrosanct to your Vocabulary](#)

Quick Links

[Ara's Web Site](#)

[Facebook Page](#)

Join Our List

[Join Our Mailing List!](#)

Issue: # 064

November 25, 2013

Greetings!

Later this week is Thanksgiving, and I sincerely wish all of my many subscribers a most memorable and splendid time with friends, family, and loved ones. We certainly have much to be thankful for and I trust that we will reflect on our many blessings.

One of our greatest blessings is to live in the greatest country ever formulated, and one that seems to be under relentless attack by a poison known as Leftism. While reluctant, I feel I have an obligation to shine a light on what Leftism is about and what it is doing regularly to undermine this great entity called the United States. I do so with a compelling, but disturbing, piece in this issue. I hope you read it carefully.

But there is much more in this issue, and I trust you will gain some value out of it. Please keep those emails coming with your comments; I always love hearing from you.

And again, Happy Thanksgiving to you!

OK, let's get started.

Warm regards,

Ara Norwood

Self-Development
That Extra-Boost of Motivation

All of us are in need of motivation. And there are many

instances when we are attempting to complete a project, or perhaps even a task, and we get distracted. On other occasions the problem could be the nature of the project or task itself is grueling, taxing, or unpleasant, and thus, we default to procrastination.

A simple but sure-fire way around these problems involves the idea of self-rewards.

Let's say you are in sales and you have to make 30 outbound calls each day in order to hit your numbers. It's easy to get side-tracked and fail to make your 30 calls. But what if you made the following commitment: *if I make 150 outbound calls this week I will reward myself with the following:* [you fill in the blank with whatever would motivate you.] I call these *self-rewards*.

Self-rewards are a way to light a fire under yourself and spur you on to decisive, focused action. The rewards have to be commensurate with the impact or weight of the task you are trying to accomplish. In the example above of making 30 outbound calls each day for five days (totaling 150 calls for the week) I would probably reward myself with gourmet ice cream at the end of the week for accomplishing such a task. But, to continue my sales example, if the task was to close enough business to garner \$2,000 in commissions for the week, the reward would be more substantial than gourmet ice cream. It might be an expensive tie, or a new set of cuff links, or perhaps a nice pair of shoes.



The key to remember is that you - not someone else - gets to select what the rewards will be. And you should keep a running list of possible rewards that would motivate you - a menu of rewards ranging from the simple to the substantial. Then, depending on the significance of the task or project, you can select - in advance - from your menu of rewards something that would truly motivate you to take action. If you accomplish the task, you get the reward. If you fail to accomplish the task, you deny yourself of that reward.

Putting this in writing is a smart bet. Having it written down and visible to you at all times is a way to maintain focus. Try this out yourself. You'll be amazed at what it will do for you.

The Elephant In The Room **The Left Go Marching On, Part 3**

In late May and early June of last year, I detailed a number of troubling examples of how Leftism was sinking the ship that is American Exceptionalism (see *Uncommon Sense* #28 and #29.) There is so much in the news these days that is troubling which is brought about by Leftist activism. The Left-wing liberals seem bent on anarchy and on destroying the very foundation laid by our Founders. Fortunately, the one thing that seems to prevent the Left from overrunning our republic is conservatives who are committed to American values.

Here are a few of the latest moves by the Left that should cause American citizens to band together to defend the United States of America:

MSNBC tolerates extreme filth:

Sarah Palin is a great American. She is articulate, informed, decent, and loves this country. But she is subjected to levels of hatred and rage not seen since Nazi Germany. Enter Martin Bashir, a

regular on the far-left cable TV station, MSNBC. Sarah Palin had given a speech where she justifiably drew an analogy between the massive federal debt and slavery (her point



being that we can be enslaved by heavy debt - a perfectly apt argument.) On November 15th, after humoring himself with the usual name-calling that passes for journalism at MSNBC (referring to Mrs. Palin as "America's resident dunce" and "a world-class idiot," among other things) Mr. Bashir showed his true colors by claiming Sarah Palin deserves to have someone defecate in her mouth as some slaves in the past experienced. While he

was forced to apologize three days later, MSNBC has done nothing to impose any sort of discipline against Mr. Bashir, which amounts to tacit approval of his tactics. You can watch the video clip of Martin Bashir's [hate speech here](#).

Another Leftist expresses hatred for America: I know of no other American film producer as far left as is Harvey Weinstein.

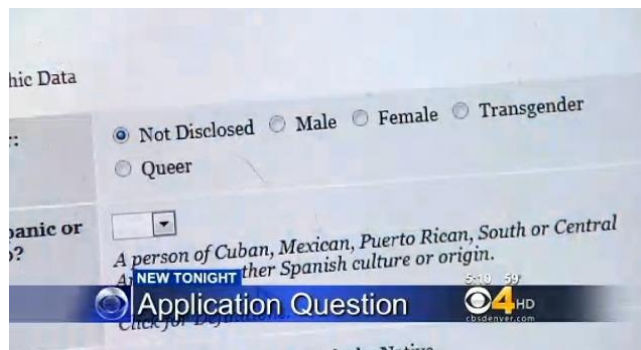
Recently asked by Pierce Morgan if he is embarrassed by the lies told by President Obama about the Affordable Care Act,



Weinstein at first dodged the question, and instead set America itself in his cross-hairs, making the absurd claims that America is the only country in which there is no health care or gun laws. He went on to state that President Obama is not embarrassing, but it is America that is embarrassing. [Click here](#) to watch the video. I would suggest that if Mr. Weinstein is embarrassed of the very country that has given him the freedoms to pursue his dreams, he should pack his bags and move to Europe where he can obtain new citizenship in a socialist state he can be proud of.

The Left is obsessed with obliterating the normalcy inherent in male-female gender differences: hence, Colorado College, located in Colorado Springs, is attempting to normalize the abnormal - and even the absurdly illogical - with their new college application. The standard practice is to identify your gender as being either male or female. But at Colorado College, they have the "progressive" approach to such matters by being more inclusive.

Hence, on their application, one can select from the following choices to identify their



gender: Male, Female, Not Disclosed, Transgendered, [or](#)

Queer.

I thought "Queer" is a term denoting a sexual orientation, not gender. I can only infer that the person who dreamed up these options has taken abundant advantage of the new state laws making recreational marijuana consumption legal in that state.

This same line of madness continues in California where gay activists, dissatisfied with the string of victories they have garnered for the gay lifestyle they soak themselves in, continue to lower the bar of what is considered decent, normative behavior, by passing AB1266. If you haven't heard of this particular Assembly Bill, the gist of it involves the tiny, tiny minority of public school kids who are confused about their own gender identity - a confusion that is often promulgated by the very gay activists who are disturbed by

the notion of gender. With AB1266, kids who are biologically girls, but who think of themselves as boys, can now enter the boys bathrooms, join boys sports teams, and shower in boys locker



rooms. Likewise, kids who are biologically boys but who believe themselves to be of the opposite gender can use girls bathrooms, join girls sports teams, and shower along side girls in the girls locker rooms. All they have to do is claim they "think" they are girls. [Click here](#) to read the actual bill, which was signed into law by the very progressive and forward-thinking Governor Brown. To get a glimpse into how one particular homosexual father of two boys encourages the transgender agenda, along with his defiant challenge to standards of decency and all the usual propagandistic pleas for tolerance, [click here](#).

The Left want to release prisoners and make it too costly to incarcerate them: Finally, lest my readers assume that a lack of standards at MSNBC, the

pontificating of a movie producer ashamed of his own country, or the continuing gay agenda to obliterate gender altogether to be issues that do not really affect them, consider this one: AB109. The short version is that AB109 is designed by Leftist activists who do not believe that violent, dangerous prisoners should be incarcerated.



Instead, the Left wishes to have such thugs released on our streets so that they can terrorize more of us. I am not exaggerating: the Left actually desires this. In a compelling essay running over 9400 words, Heather MacDonald writes the most definitive piece on the impact AB109 will have for Californians. You can read her penetrating [analysis here](#), but some of the highlights include the following:

- Activist judges are forcing the state to release upwards of 46,000 prisoners, and crime is spiking as a result.
- California has spent well over \$1 billion in new prison healthcare facilities, yet the activist judges remain unsatisfied. They want us to spend even more.
- California now spends \$17,924 per prisoner on medical treatment! That's six times what Texas spends, four times what the federal government spends, and three times what New York spends. In fact, health care makes up one-third of California's prison budget.
- California taxpayers have been stuck with the legal bills of both plaintiff's and state attorneys, costing tax payers more than \$38 million between 1997 and 2009 alone.
- A panel of three judges who oversee all of the legal proceedings concerning the matter consist of three of the most activist, radical, and leftist judges not only in the state of California, but perhaps in the entire country.
- AB109 virtually eliminates parole supervision to

released inmates, thus, providing a perverse but simple solution to the alleged problem of too many parolees winding up back in prison for violating parole.

- The activists behind AB109 have an agenda: to make incarceration so expensive that law enforcement authorities will have to abandon it for all but the most heinous crimes.

As I have been saying, Leftist policies are harming America. When are we going to have the guts to confront it boldly and decisively?

And that, my friends, is the latest elephant in the room.

Shameless Plug Norwood to Address Rotary Club

It will be my distinct privilege to address one of the largest service clubs in Southern California on February 20th, 2014. I have been invited by the Rotary



Club of Thousand Oaks to be their featured speaker that day and am looking forward to sharing some thoughts and observations, based on my research, of the Founding Fathers. I will be focusing on Benjamin Franklin, George Washington, John Adams, Thomas Jefferson, James Madison, and Alexander Hamilton, whom I dub "Six Great Men."

If you would like to attend, please send me a note and I will consult with the meeting planner to see if this is feasible.

From Ara's Journal Noise

This week we remembered the life of John F. Kennedy, as it was 50 years ago that he was assassinated. Like everyone else who was alive at the time, I remember that event rather well, and I remember, at the suggestion of my mother, offering a simple prayer in bed that night. I remember my prayer was exactly four words in length:



"God bless President Kennedy," as tears welled up in my eyes. I was five years old at the time.

What I did not know was that a relatively unknown folk-rock musician by the name of Paul Simon would soon be offering his own kind of prayer following the Kennedy assassination. What he ended up composing was a song he titled "The Sound of Silence." It eventually made him and his co-performer Art Garfunkel famous.

I have had that song on my mind this week.

It seems to me that we live in a noisy world. The blaring music, the roar of a motor cycle, the loud voices, sounds of traffic, both in the air and on the ground, radios, televisions, stereos, headphones, ear pods, . . . the relentless noise is pandemic.

It seems we are a bit uncomfortable with silence. I notice it at times during conversations, where the occasional silence is broken rather quickly by an uneasy filler comment. I notice it when I instinctively switch on the car radio. And when I remember, I sometimes deliberately turn the radio off, at least for a while, to enjoy silence as a change of pace.

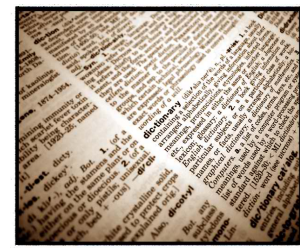
I'm trying to get more comfortable with silence. I find peace and renewal in quietude.

And as a renewal of my halting but sincere spoken prayer at age 5, I offer a silent, reflective prayer, renewing my plea of 50 years ago: "God bless President Kennedy."

The World of Words

Sacrosanct

Building Your Power of Expression



Sacrosanct, adj.

Pronunciation: 'sacrō,sanG(k)t

Meaning: Anything not to be altered, tampered with, or infringed upon in any way could be said to be sacrosanct. It might be something considered very sacred; it may involve a location or place that is not to be trespassed upon; or it might involve a body of writing that is deemed immune to criticism or change.

Usage:

- *Not just anyone can enter the Holy of Holies for it is considered the most sacrosanct chamber of the temple.*
- *I always knock before entering her home office; she considers it sacrosanct.*
- *The latest version of the manuscript is not to undergo any further editing as the author now considers it sacrosanct.*

New subscribers, the Special Report "11 Ways to Beat the Odds" should have been sent out to you already. If you have not received it, please communicate that to me via email (ara@aranorwood.com).

For more information on my work, follow me on Twitter ("Ara Norwood"), or on Facebook (keyword "Leadership Development Systems") or via my website: www.aranorwood.com

Sincerely,

Ara Norwood
Leadership Development Systems