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Issue: # 111

January 19, 2016

Greetings!

Happy New Year!

I hope you like the new look! I changed my format a bit to make it more compatible with mobile technologies, since the majority of my readership views this eZine on their mobile devices. And while I was at it, I decided to give the overall appearance a bit of a face lift. Let me know what you think.

Having healed from the beating I took last issue at the hands of my friend and colleague, Craig, on our Islamic debate, I've dusted myself off, and am back at it again with gusto! (Craig and I actually enjoyed a good laugh together over the exchange, and we are both good-natured about it.) You'll read a peculiar event that I recently experienced in the **Ara' Journal** column.



And I open the always controversial **Elephant in the Room** column with Part 1 of a 3-Part column on why I believe the Democratic Party has morphed into something mostly unrecognizable in American politics, but very recognizable from the standpoint of European politics. Sink your teeth into that one, as we are in an election year.

But I begin with a continuation of some important instruction about goal setting in the **Self-Development** column. Please pay attention; it may strike you as a bit monotonous at first, but finish the column. There is some very important instruction therein, just for you!

OK, let's get started.

Ara Norwood

Self-Development

Goal Setting Concretely

I talked about goal setting last month, in Issue #110. But there's much more to goal setting than simply deciding what you want to accomplish. You also have to map out how you will accomplish your goals -- presuming your goals are plausible (which they sometimes are not -- more on that in a moment.)

Let me give you a concrete example.

Suppose you have a goal to compete in a 5K run on July 4th. (For those of you unaware of the distance of a 5K, it's about 3.1 miles.) Let's imagine that you participated in this same race last year, and that you came in 9th place for your age group -- certainly not enough to win a medal, but not too bad considering you were not in prime shape when you ran it last year. This year you have three levels of achievement in mind. First, at the very least, you wish to beat your previous time of one year ago. Next, you wish to place among the top 3 runners in your age group, thus earning a medal. And let's imagine that your "stretch goal" is to finish in first place, winning the race for your age group.

While it's wonderful that you have such clarity around your various goals, you've got to do more -- much more -- than memorize those three objectives. You've got to map out exactly what has to take place, each week, leading up to the July 4th event.

For instance, you have to know how fast the winner of last year's run completed the 5K in. So you research that and discover that the winner of last year's 5K for your age group ran it in 22:48. The second place runner came in 12 seconds later, and the



third place finisher came in 12 seconds after the second place finisher. That is all very valuable information. It tells you that, while there are no guarantees, if you are able to run the 5K in about 22:45, there is a good chance you will win the event, and almost certainly place in the event.

So you create a training schedule, beginning with the first week of the year, that looks something like this:

Every Monday, you will have a fairly easy run of 3 miles. That will actually shift to 4 miles starting in Week 6. Again, it's an easy run, not timed, and is meant as a sort of a warm-up for the week.

On Tuesday, you are going to run one mile, perhaps on a track, and you are going to time that one mile run. You're pretty sure you can run a mile in 9 minutes so you start there. But every Monday in the succeeding weeks leading up to the week prior to July 4th you determine to shave five seconds off your time. That means in Week 2 you will have to run one mile in 8:55; in Week 3 you must run it in 8:50. By the time you get to the week before the July 4th event, you will be running one mile in 6:55 if you are successful in shaving 5 seconds off each week.

Continuing with your plan, we will say Wednesday is a rest day. No running that day.

On Thursday, however, you will do something that runners call a Tempo Run, which means that you would run one mile in a certain pre-determined time, say 9:20. Then you would rest a bit. Then you would run a second mile, again in 9:20. This would happen every Thursday for several weeks with the time allocation for each one mile run shortening a bit each week. After about 5 weeks of this, your Tempo Run would jump to 3 miles, meaning you would run one mile in, say, 9 minutes, followed by a brief rest break of a few minutes, then another mile in 9 minutes, followed by some rest, and then a third one mile run, again in 9 minutes. Each week thereafter, you would shave a little time off the allocation, so that the week before the big race you would be doing your 3-mile tempo run in 7:20 per mile.

While Fridays and Sundays would also be rest days, Saturdays would be dedicated for your "long run" -- where you would run anywhere from 5 to 10 miles, changing the distance each week, with no particular time pressure.

OK, now without getting too bogged down in the details of this particular scenario, I want you to glean the key take-away: The running schedule I have outlined was created with the end in mind. If the stretch goal was to win, I basically set up a training schedule that set the necessary performance levels the week before the big race, and then worked my way backwards to the first week of the year. And then I made sure that I was able and willing to discipline myself to follow that schedule.

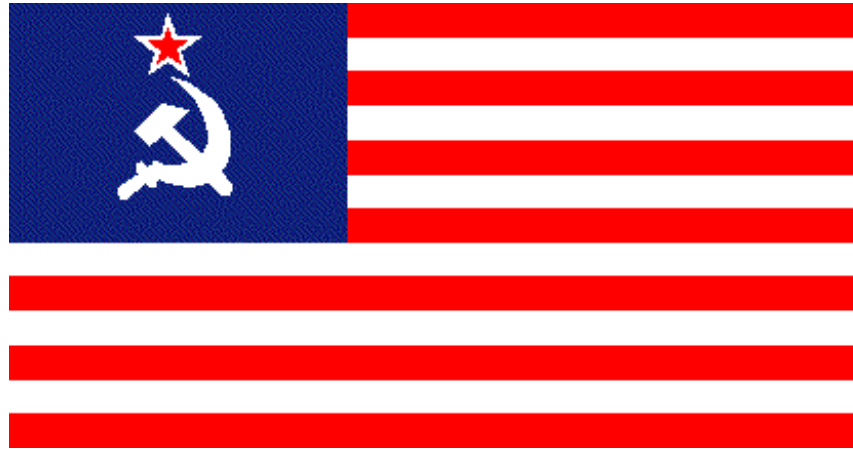
If you follow the same basic principles, you will very likely achieve your goals, whether they involve health and fitness, your social life, your career, things that fall in the spiritual realm, your intellectual life, or any other area you care to focus your energies on. It's all about getting very granular in your approach to goal setting.

And one final word: If you discover in your planning process that your circumstances are such that you won't likely be able to achieve a certain goal, then drop that as a goal for the present time. Wait until your circumstances change in a favorable way before you pursue that goal.

There is no Democratic Party, Part 1 of 3

There is no Democratic Party.

Yes, there is a political party that bears the name "Democratic Party," but the party that bears that name today shows little resemblance to the party that has historically been known by that name. In other words, the Democratic Party of 2016 has almost nothing in common with the Democratic Party that John F. Kennedy represented. Today, that party should be known as the Socialist Party.



America is THE great experiment. What Benjamin Franklin and George Washington, what John Adams and Thomas Jefferson, what James Madison and Alexander Hamilton (and others) produced was and is an experiment in liberty, free markets, and small government. They believed in God and in Christianity. They believed in a separation of powers. They believed in a Bill of Rights. They established a Constitution that, while not perfect, was about as good as could have been produced by mortal man, resulting in the freest, most prosperous, and most decent country in human history.

During the American Revolution, when the colonists decided to break away from Great Britain, there were many forces afoot that were trying to destroy the American Experiment. Loyalists to Great Britain were everywhere, and other forces were on the scene attempting, for whatever reason, to disrupt and destroy the great American Experiment. But all the opposition failed, and America was born.

Today there are forces that are once again attempting to undermine America. Then-Senator Barack Obama, in the autumn of 2008, came right out on the campaign trail and said that we were mere "days away from fundamentally transforming the United States of America!" His followers cheered, though it is doubtful they were aware of what they were really cheering about. President Obama has kept his promise: he has, at every opportunity, attempted to fundamentally transform, better -- mutilate -- the principles that have made America what it is. And astonishingly, he was reelected to continue on that path for an additional four years.

But Mr. Obama is a mere symptom. The actual phenomenon of which he is a representative is the Leftist-Socialist movement -- a regime that replaces God with the State (i.e., big government), and multi-culturalism over our Latin motto *e pluribus unum* (from the many, one), and that quashes individual liberty.

Here is a brief review of some of the madness that made the headlines, courtesy of the Leftist-Socialist movement, over the year 2015. Take a look at what the Left values and what they promoted this past year, and ask yourself if you want four

more years of this:

Leftism and the U.S. Armed Forces:

- Peter Makhlouf, a Leftist student at Brown University, publicly called for a ban of all ROTC programs on the campus, claiming the ROTC is guilty of "state-sanctioned violence" and that its cadets are "criminals."

Leftist Outlook on Islamic Terrorism:

- Our Commander in Chief stated, with a straight face, that the key to combatting terrorism (not Islamic terrorism, mind you, as the President will not acknowledge that this danger comes from the Islamic world) was to provide more jobs and better "governance," whatever that means. He evidently is averse to using military force to crush the barbarians.

Leftism and the LBGT Movement:

- Gay Rights activists forced two Christian bakers in Oregon to pay a fine of \$135,000 for their decision not to provide a wedding cake for a lesbian couple who could have gotten their cake from any number of places, but wanted to persecute the Christians simply because they were Christians.
- Gay rights activists strong-armed the Boy Scouts of America to allow openly gay men to now serve as scoutmasters to these impressionable youth.
- The Left allowed a man who thinks he is a woman to go into the women's locker room at a public gym. When one woman complained about the "man" in the locker room, the Leftist management team there revoked her gym membership so she is not allowed to exercise there any longer.
- Similarly, a Chicago area high school district is being forced by the federal government to allow boys into the girls locker rooms if the boys think they are girls, or risk losing federal funding. This insanity is becoming so "main stream" that Jon Tigar, a federal judge in San Francisco (where else?) ordered California's Corrections department to pay for and provide sex-change surgery for an inmate named Jeffrey Bryan Norsworthy, so that Mr. Norsworthy can now live out his life as a woman. Mr. Norsworthy is in the big house for murder.
- During the Supreme Court hearings that eventually legalized gay marriage, Christian conservatives rightfully noted an ominous exchange between Supreme Court Justice Samuel Alito and Solicitor General Donald Verrilli who was arguing in favor of changing the definition of marriage to include same-sex couples. Alito asked if, in the event the Supreme Court recognized a constitutional right to same-sex marriage, religious colleges would risk losing their tax-exempt status if they continued to advocate for traditional marriage only. Listen carefully to this Leftist lawyer's response: "I don't deny that. . . It is going to be an issue."

- Are the homosexuals who won this historic court case happy and content? You decide: Following the court's decision, there was a Gay Pride celebration in New York. Father John Morris, a Roman Catholic Priest, happened to be walking by the scene, minding his own business, when two gay activists walked up to him and spat on him.
- Now that the gay rights activists have legally won the same-sex marriage debate, they are moving to even more bizarre forms of marriage. In their statement "Beyond Same-Sex Marriage," more than 300 LGBT advocates called for legally recognizing sexual relationships involving more than two partners. And Professor Elizabeth Brake of Arizona State University thinks that justice requires using legal recognition to "denormalize heterosexual monogamy as a way of life" and rectifying "past discrimination against homosexuals, bisexuals," etc.
- Of course, Leftist George Takei (the openly gay activist who played the character of Mr. Sulu on the original Star Trek TV series) called Supreme Court Justice Clarence Thomas a "clown in black face" and no one on the Left took him to task for it. Why not? Because Justice Thomas is a black conservative, and therefore, in the eyes of the radical Left, doesn't qualify as being a true black man.

The Left and Marijuana:

- It was Leftists who legalized recreational marijuana use in Colorado in 2012, resulting in a free fall in productivity at many organizations, forcing companies like Little Spider Creations to relocate out of state because the employees were showing up to work stoned out of their minds.
- Passengers traveling on flights within the state of Oregon will no longer face any legal consequences if they are caught with marijuana on their person, thanks to new Leftist policy.
- And all this in spite of the latest scientific studies coming out of the Yale School of Medicine that link smoking cannabis to psychosis-like effects, similar to symptoms found in schizophrenics.

* * * * *

If you are happy with developments such as those articulated above, you want to vote Socialist, not Republican. If you are unsure where you stand, sit tight until you read the next two issues of *Uncommon Sense*, where I point out the track record of the Left on our schools, on Christianity, on global warming, and on a number of other issues.

For the rest of you who unabashedly embrace American values, I salute you.

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

Shameless Plug

Lining Up Speaking Engagements

The programs are getting booked rather quickly, starting with an all-day seminar I'll be delivering to a group of business executives today.

It will be my honor to be the featured speaker this Thursday morning at the Valencia TEAM Business Alliance. I'll be closing their meeting with a program on The Management of Time, a very important topic.

The very next morning I will be privileged to speak on the Founding Fathers at a breakfast meeting held at the Oakmont Country Club in Glendale. Covering how their relationships with their parents impacted their leadership acumen, what their intellectual accomplishments consisted of, and how they viewed the institution of slavery, will all be a part of the program. I am looking forward to addressing both groups.

I will be pleased to be delivering another program the following week at Whiskey Red's in Marina Del Rey, also on the Founding Fathers.



Should your organization benefit from an engaging and invigorating presentation, a shot-in-the-arm for your teams, simply send me an email (ara@aranorwood.com).

From Ara's Journal

On Religious Bigotry

I had mistakenly assumed that it was no longer fashionable to be a religious bigot in western society. I was wrong.

A few days ago I posted the following on Facebook, on a special page dedicated to news within my small community:

Today I spent several hours with the Mormon missionaries from my church reinforcing my hill with sandbags in preparation for the rains. These young men, ages 18 to about 24, serve two years of their lives at their own expense doing two things: teaching people about our faith, and rendering services such as they did for me today. They accept no money. But we did buy them Subway sandwiches.



If your home needs any help with things like sandbags, these Mormon missionaries are happy to help you free of charge. You need not worry about them proselytizing. They will only tell you about our faith if you ask them to. Otherwise, they are simply happy to serve other people.

If you'd like them to come by and help with something, send me a private message.

And I included the photo below of those very missionaries at work on my hill:



The post garnered well over 100 "Likes" from both friends and strangers, and about a dozen comments, all very positive and supportive. Except one.

A fellow in my community whom I do not know, Michael Blake, posted the most ill-informed and ill-tempered bigotry I have ever seen. He began by posting a photo of an anti-Mormon book and he urged everyone to get the book and read it. The book, which I had read many years ago, can only be described as dime-store trash bordering on religious pornography. Mr. Blake was savage in his expressions, and sounded rather desperate. He actually called me a liar point-blank, imagining that he had "outed" me in some conspiracy. He seemed to imagine I was masquerading as a non-Mormon who happened to run into these Mormon missionaries, but then I had slipped up on my charade and accidentally mentioned "our faith" near the end of the post, thus exposing my duplicity. I guess Mr. Blake didn't carefully read my

very first sentence wherein I openly mentioned the "missionaries from my church."

While Mr. Blake was publicly making a fool of himself, he wasn't about to allow facts to get in his way. Since he portrayed himself as a deeply religious evangelical Christian, a demographic I mostly hold deep respect for, I reminded him that by calling me a liar, he himself was bearing false witness, a violation of one of the 10 Commandments I presume he believes in. His response in being refuted in his allegation that I was a liar was remarkable: he simply said, "Well, even so, you represent a cult," or something along those lines.

While I should not have engaged him at all, I must confess that the cynical side of me kicked in for a bit and I had somewhat of a frolic at his expense. But alas, my wife, who was following the exchange, reached out to me and asked that I cease and desist, as the poor fellow was getting trounced, and it was defeating the spirit of the original post. So I stopped the festivities, and deleted most all of my posts on that front. Eventually, wisely, Mr. Blake removed all of his rants, every one of them. Peace restored!

I wonder if his wife was behind that decision. . .

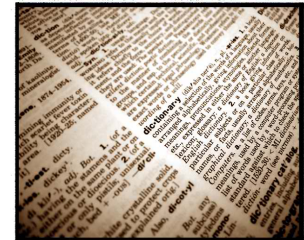
The World of Words

Fealty

Building Your Power of Expression

Fealty, n.

Pronunciation: 'fē(ə)ltē



Meaning: While you won't see this word all that often, it is a good word to add to your vocabulary. The word basically refers to an allegiance or loyalty one holds for another, usually someone in higher station than yourself.

Usage:

- *Upon learning that he had been selected to head the campaign, he took an oath of fealty to the candidate.*
 - *After all she has done for you, I would think you owe her a certain measure of fealty and devotion.*
 - *I tried to persuade him to come aboard here, but he asserted his undying fealty to our competition.*
-

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
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