

Bay Area Family Church: Thriving in Quarantine Webinar Friday, May 22, 7pm

Bento Leal and Don Sardella
May 19, 2020

Dear Brothers and Sisters,

Please join us for an exciting and informative Zoom Webinar titled:

**Thriving in Today's Quarantine –
Mental Health, Self-Care, and
Creating Your Growth Plan for the Next 90 Days
on this
Friday, May 22**

**Due to popular demand, we changed the time to
7:00 pm - 8:30 pm
(We suggest you arrive by 6:45 pm to get ready in Zoom)**

Please feel free to invite your guests to attend – this is a public webinar.

ZOOM LINK for the Webinar:

us02web.zoom.us/j/82074321318?pwd=UkM2aU4vR2VSc0ZCZkxkaWhoSVdQZz09

Meeting ID: 820 7432 1318

Password: 649128

Or to join by phone:
+1 669 900 9128 US (San Jose)

PREPARATION – Printout and Review the Workbook and the Path of Development Self-Assessment (see attached).

We recommend that you start working on the exercises before the webinar. If you have any questions about them, contact don@donsardella.com.

RESOURCES We Encourage You To Review Before the Webinar:

1) Franklin Covey's 7 Habits Video Preview: Masterpiece - 3 minutes
www.youtube.com/watch?v=fWC_wKVIerQ

2) www.donsardella.com/shall-we-consider-the-possibility-of-the-art-of-possibility-in-face-of-so-much-suffering-what-difference-can-it-make/

Zoom Link for the Webinar:

We look forward to seeing you there!
Bento Leal & Don Sardella

Bay Area Family Church

A community committed to strengthen and celebrate generations of families



The “My life will be a success if...” Zoom Webinar

“Success is the progressive realization of predetermined, worthwhile, personal goals.”

“Spiritual development enhances all areas of life; both personal and business.”

- Paul J. Meyer - considered the pioneer of the self-improvement industry.
<http://pauljmeyer.com/the-legacy/christian-stewardship/>

Webinar Title: **Thriving in Today’s Quarantine**

90 Interactive Minutes of Principles and Practices to:

- Optimize Your 2020 Mental Health & Self-Care
- Envision, Create, and Resource Your Future Success

Co-facilitated by Bento Leal and Don Sardella

Friday, May 22 -- 7:00 pm to 8:30 pm online via Zoom

“I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve.”

~ Albert Schweitzer - 1952 Nobel Peace Prize for his philosophy of "Reverence for Life"



Set Yourself Up to Have Breakthroughs in 90 Days

(Why 90 Days? 90 Day Time Frames are great for making new beginnings & developing long-lasting habits, consistent with your life vision/purposes)

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightening about shrinking so that other people won't feel insecure around you." - Marianne Williamson

Consider a recent survey in which Americans in their 80's and 90's were asked,

**"If you could do life over again what would you do differently?"
revealed the following top three regrets:**

- 1) I would have spent more time contemplating what's MEANINGFUL**
- 2) I would have taken more RISK**
- 3) I would leave behind something of LASTING VALUE**

Knowing what you now know, what can you do and what will you do?

What would be most MEANINGFUL for you?

How and where can you take more (responsible) RISK?

What could you leave behind of LASTING VALUE?

**What do I most want to get out of this webinar?
(write down at least 7-10 Possible Benefits For Me?)**

"We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons." – Jim Rohn

What have you always wanted to do but have been afraid to attempt?

What are 3 important goals you need to accomplish in next 90 days?

With regard to your biggest challenges and opportunities, what are your committed action steps for the next 90 days? 30 days? 7 days?

90 Days:

What does this mean that you need to do or must do in next 30 Days:

What does this mean that you need to do or must do in the next 7 Days:

“The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement; and who at the worst, if he fails, at least fails while daring greatly...” - Theodore Roosevelt

MOTIVATIONAL INSPIRATION FOR MORE EFFECTIVE ACTION

“Success is rare. The only way that you are going to achieve your goals is if you get really serious. To succeed, you must get serious, get busy, get active, get going ... Ask yourself: What is my aim? ... Everything counts. No efforts are ever lost. Every extraordinary accomplishment is the result of thousands of ordinary accomplishments that no one recognizes or appreciates.

The greatest challenge of all is for you to concentrate your thinking single-mindedly on your goal, and by the law of attraction, you will inevitably draw into your life the people and circumstances and opportunities you need to achieve your goals. When you change your thinking, you will change your life.

Action without planning, without thinking, is the cause of every failure. If you fail to plan, then you plan to fail. Therefore, plan your work and work your plan one day at a time.

Much of success is simply method: writing things down, putting them in order, and then doing things one at a time, and doing them properly, until you get to the other end. The more you do that, the more capable you become ... The key to personal effectiveness is the ability to focus on the high payoff activities.

Take 30 minutes each morning to sit quietly and reflect on your goals. This is the secret of many successful people: they begin their upward trajectory to success when they begin getting up early in the morning to contemplate and study.

Begin to practice visualization, the process of creating clear mental pictures of your goal. There is a one-to-one relationship between the clarity of the picture in your mind and how rapidly your goal comes into reality. Visualize yourself as the great success you will someday be.

Go to work on yourself. Commit yourself to excellence. Study what successful people have done, and repeatedly do the same things over, til you get the same results. Do something magnificent with your life.

All the thinking of the great minds of history has concluded that your life is merely the outward expression of your beliefs, your thinking. All barriers to accomplishment exist only on the inside in the form of fear and ignorance.”

You’ve got to circulate if you want to percolate. Keep getting out there & promoting your work

A QUESTION FOR US TO KEEP IN HEART AND MIND:

“What one great thing would I dare to attempt if I knew I could not fail?”

Inspired by the work and writings of Brian Tracy.
Distributed compliments of Don & Iris Sardella,
c/o The Institute for Leadership Development, L.L.C.
don@donsardella.com www.donsardella.com

**Until one is committed
there is hesitancy, the chance to draw back,
always ineffectiveness.
Concerning all acts of initiative (and creation),
there is one elementary truth,
the ignorance of which kills countless ideas
and splendid plans:**

**that the moment one definitely commits oneself,
then Providence moves too.**

**All sorts of things occur to help one
that would never otherwise have occurred.
A whole stream of events issues from the decision,
raising in one's favour all manner
of unforeseen incidents and meetings
and material assistance,
which no man could have dreamt
would have come his way.**

**I have learned a deep respect
for one of Goethe's couplets:**

**"Whatever you can do,
or dream you can, begin it.
Boldness has genius, power, and magic in it"
(The Scottish Himalayan Expedition, W. H. Murray)**

***"Your task is to build a better world," said God, and I answered, "How?
"This world is such a large, vast place, and, oh so complicated now.***

And I'm so small and useless, there is nothing I can do."

But God, in all His wisdom said, "You just build a better you." Anonymous

**Distributed compliments of Don & Iris Sardella
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Path of Development Self-Assessment

Rate yourself on a scale of 1 (not true) to 5 (completely true) for each of the following items then total each section. You may apply this assessment to your whole life or to just a part of it.

Legacy Stage

Current Total: _____

I am completely satisfied with the work I do
Others acknowledge and honor me frequently
My actions flow naturally from my life purpose
I am genuinely interested in other people
I regularly experience a tremendous exchange of value with others
My contribution to the world is clear, focused and powerful

Fulfillment Stage

Current Total: _____

I make decisions based on my principles and values
I am experiencing a high level of success
Overall, my work is very rewarding for me personally
The impact I have on others is consistent with what I want
My feelings are highly meaningful to me
All of my regular relationships are synergetic and satisfying

Attraction Stage

Current Total: _____

My network of personal relationships is evolving quickly
The people in my life add energy, they don't take it away
I have forgiven myself and others for everything, unconditionally
I enjoy most things in life and amuse myself easily
I don't get triggered by people or circumstances
Opportunities abound in my life

Adult Stage

Current Total: _____

- _____ I am fully responsible for everything in my life
- _____ I respond consciously to people and situations versus reacting
- _____ I am aware that I have choice about everything
- _____ I am clear about what I want and don't want
- _____ I am motivated by my own desires not by reacting to situations
- _____ My standards are well defined and I live by them

Personal Foundation Stage

Current Total: _____

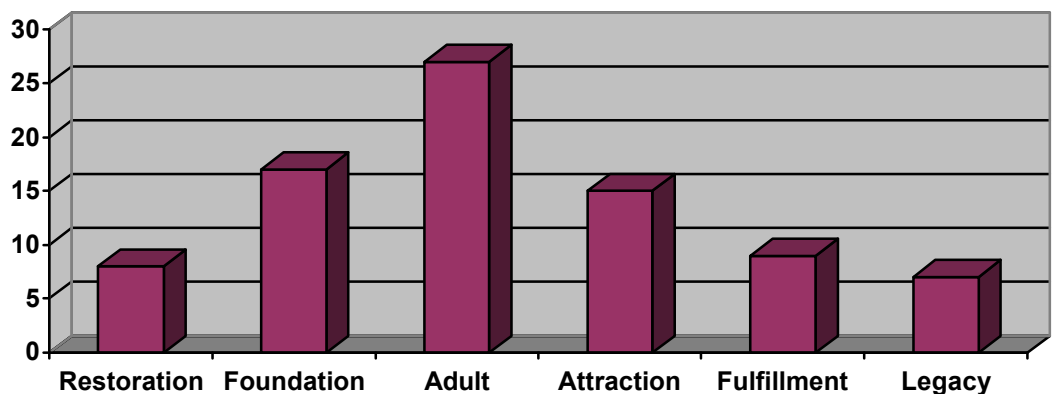
- _____ I am aware of the patterns I've developed in my life
- _____ I am making progress and feel like I'm gaining integrity or wholeness
- _____ I feel optimistic about a brighter future
- _____ I have got my personal work cut out for me and I know I can do it
- _____ I am cleaning up all the things in my life that need cleaning
- _____ I have the power to choose the kind of changes I want

Restoration Stage

Current Total: _____

- _____ Things change frequently in my life (jobs, relationships, addresses, etc.)
- _____ I am recovering from past relationships, traumas, and emotional scars
- _____ I am dealing honestly with my addictions and compulsions
- _____ I often feel overwhelmed by situations in my life
- _____ I am searching for something but I'm not sure exactly what it is
- _____ I often feel frustrated, moody and/or needy

The highest total you have in any section tells you the stage you are experiencing. People experience multiple stages simultaneously at different levels. You may want to graph your path of development like this:





UNCATEGORIZED

Shall we consider the possibility of The Art of Possibility? In face of so much suffering, what difference can it make?

POSTED MAY 11, 2020 DON@DONSARDELLA.COM

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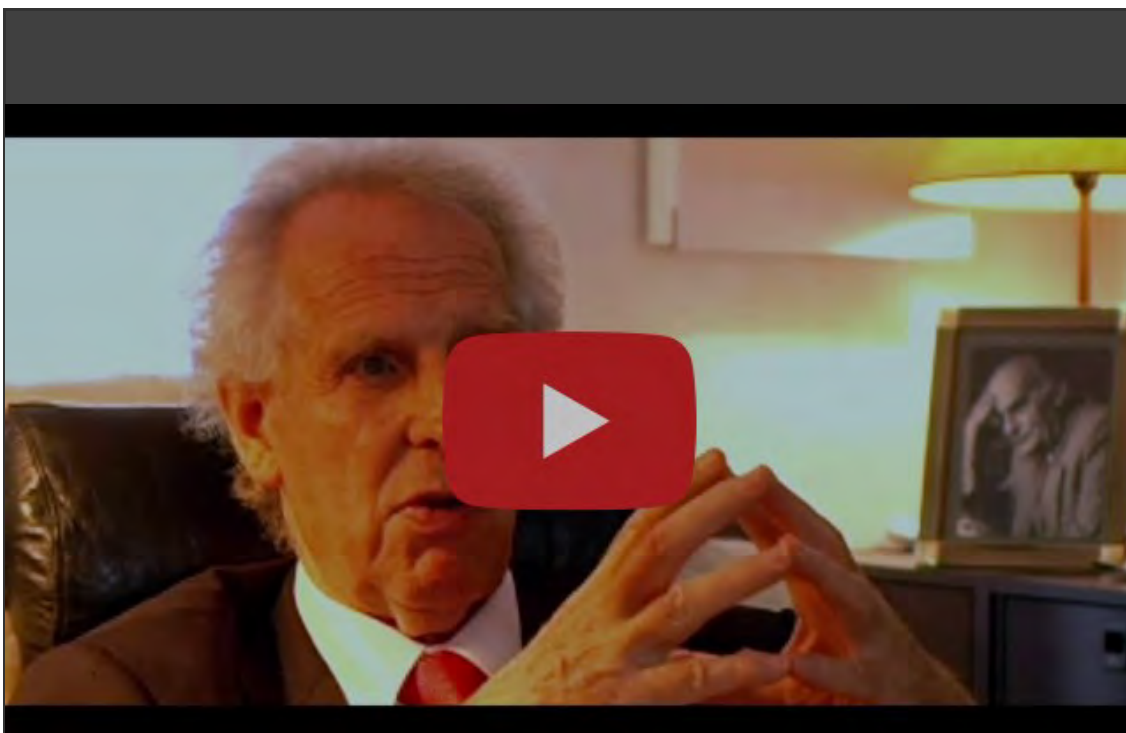
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Shall we consider the possibility of The Art of Possibility? In face of so much suffering, what difference can it make?

“Everything can be taken from a man but one thing: the last of the human freedoms — to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Celebrated Austrian psychiatrist and Holocaust survivor Viktor Frankl (March 26, 1905–September 2, 1997) remains best-known for his indispensable 1946 psychological memoir [*Man’s Search for Meaning*](#)



Benjamin Zander: The Art of Possibility 2 minutes, 24 seconds
Conductor of the Boston Philharmonic, Co-Author, The Art of Possibility



To all our highly valued clients and acquaintances:

These messages reinforce idea “Attitude, not aptitude, determines altitude.”

For Zander, <https://www.benjaminzander.org/about/> His Vision: To use musical communication and performance as a vehicle for fostering a better world. One where all of humankind has access to the immense benefit of deep engagement through relationships, communication, and passion.

For Frankl, his meaning came from three possible sources:
purposeful work, love, and courage in the face of difficulty.

We are all challenged today, individually and collectively, to respond newly.

We are confronting new uncertainties and circumstances that are beyond what most of us have never faced, especially on a national and global level.

I hear phrases such as ‘we’re here to do our part’ – ‘we’re people helping

people' – 'we're here to make a contribution' – 'we're part of the solution'...

How can we step up & respond effectively with grace in the face of all this?

Set up win-win frameworks & agreements that make this work for all of us?

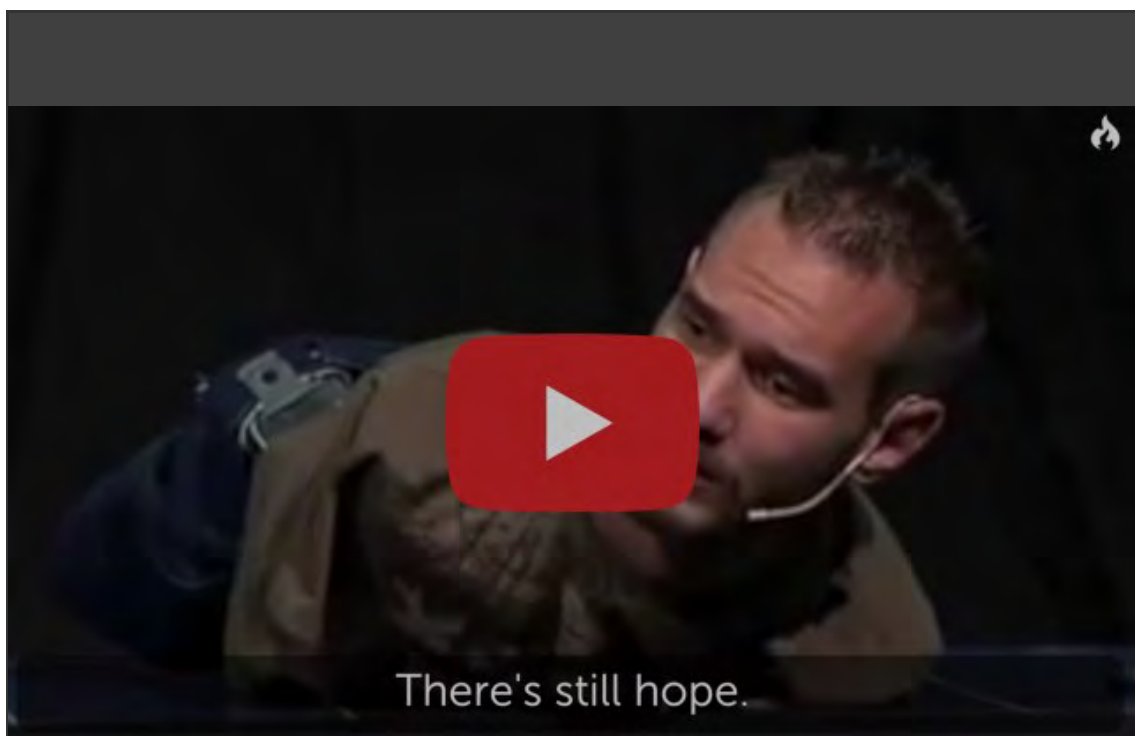
Of course, it's "If not us, who? If not now, when? If not here, where?"

We are the ones we are waiting for..."If I am not for myself, who will be for me?

And being for myself, what am 'I'? And if not now, when?" – Hillel

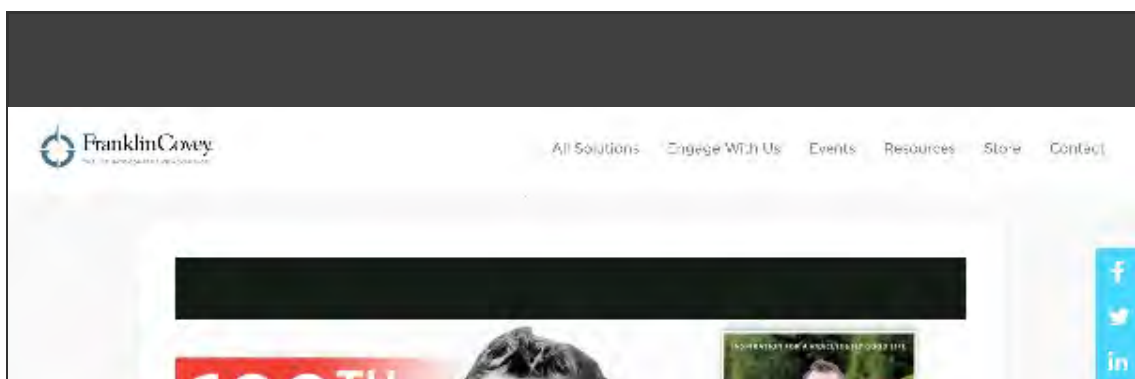
"Yesterday is history, tomorrow is a mystery, and today is a gift... that's why they call it present" – Master Oogway (Kung Fu Panda)

As part of The Possibilities for Today's Times, for Growth and Development:



Nick Vujicic was born with no arms and no legs – his faith carried him into new life. If you're ever feeling hopeless, listen to his story. <https://nickvujicic.com>

4 minutes, 19 seconds



100TH EPISODE

NICK VUJICIC
EPISODE 100

LIFE WITHOUT LIMITS
NICK VUJICIC

Live Limitless: Nick Vujicic

For a more current and in-depth interview with Nick, you can check out: 48 minutes 33 seconds



Live Limitless: Nick Vujicic

Join New York Times bestselling author and renowned inspirational speaker, Nick Vujicic, to hear his message of living a life without limits for this extraordinary 100th-episode of the On Leadership series. Guest Bio:

Imagine getting through your busy day without hands or legs. Picture your life without the ability to walk, care for your basic needs, or even embrace those you love. Meet Nicholas Vujicic (pronounced VOO-yee-cheech). Without any medical explanation or warning, Nick was born in 1982 in Melbourne, Australia, without arms and legs. Three sonograms failed to reveal complications. And yet, the Vujicic family was destined to cope with both the challenge and blessing of raising a son who refused to allow his physical condition to limit his lifestyle.



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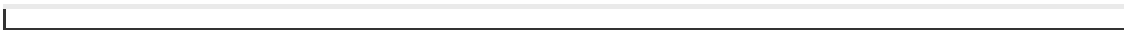
Mind Your Brain: Dr. Daniel Amen

Join renowned neuroscientist, Dr. Daniel Amen, as he

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For a cornucopia of other briefer interviews with thought leaders throughout the world, check out: ON Leadership with Scott Miller – Weekly interviews, tools, articles, and podcasts to help you become a better leader.



“Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill Never Give In – Winston Churchill 1941 – 23 seconds

Let's ask ourselves – up until now, this was situation – now what's needed?
What can we now initiate and what support will help us to get it done now?
What are you seeing and hearing out there that could help all of us?

We invite you to pass this newsletter on to anyone you'd like to share it with
Let's keep connecting and authentically communicating – at your service...



Coach Don

P.S. We invite you to pass this newsletter on to anyone you'd like.

Special offer – free (no fee) – for 30 minutes – I'm here to add value & to serve – to be my best and to do my best – I promise at least one idea to help improve your work performance and your well-being.

[FREE 30-minute Coaching Session.](#)

As a matter of principle and good practice, even if you don't consult with us, we do recommend that you talk to another professional.

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Setting Yourself Up to Win in 2020 – The Execution Challenge

What’s so great about “The 7 Habits of Highly Effective People” book? 30 years and 40 million copies later, in 50 languages worldwide – hmmm...

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