

Bismarck Jaycees

Jaycee Spirit Newsletter

October 2011 Issue

PresiVent

Motivation is incredibly important for an organization like the Jaycees that relies on the enthusiasm of people to create change. So how do we get motivated? How do we change our attitude to accomplish our goals? Do you have control over your attitude or is your attitude controlling you? If any of these questions are ringing in your head then you must do yourself a favor and attend Mattitudes on Friday November 5th. More information will be in the Roughrider publication. Matt Booth will start off the LOTS (Local Officer Training) Convention with a full day of mental preparedness of creating a positive attitude. This kind of opportunity does not come often and I hope that you will take advantage of it as well as share the opportunity with your boss and co-workers.

I must say that our chapter has worked really hard this year! And it seems that we need to reward ourselves with some parties. Coming up we will be have a Casino Night practice party on Friday Oct 21st at the Jaycee Hall starting at 6:30. Pizza will

be provided. Please invite all your friends and family to attend as we provide entertainment for them by running the casino games. We will also be having our annual BYOP party on Friday October 28th at the Peterson's house. This is also a great time to hang out with Jaycee friends and get that pumpkin carved for the trick or' treaters to enjoy for Halloween night. Connie is also planning our Christmas party so keep your calendars open for another fun filled Jaycee night!

We have a busy couple of weeks coming up and I hope all of you try to participate in something before the busy holiday season comes upon us.

Tally Ho!

Rachele Hall

President





Come See Matt Booth!!!

Bismarck is proud to be hosting a convention on November 4th thru the 7th. On Friday November 4th we have a great speaker coming in for training. The speaker is going to Matt Booth. He is a world renowned motivation speaker and provides excellent training on Attitude, Communication and Focus. Matt has made a career from being a motivational speaker and is also a former Jaycee. Matt Booth will be part of the training for our next convention. For Jaycees, the cost to see this great speaker is included in your \$70 registration fee. If you would just like to see the speaker on Friday, the cost is only \$40. This is a huge event and honor to have him come in and speak with us and would like as many people as possible. So if you are available on Friday November 4th, come and hear him speak and learn something new. If you would like to attend, contact either President Rachele or State President Connie to find out how to register. Hope to see many of you at this great event!



PARTY!

Once again former Jaycee Al Peterson and current Jaycee Tiffany Peterson will be hosting their annual BYOP Party. For those that are new to the chapter this stands for Bring Your Own Pumpkin Party. This is a really fun social event where us Jaycees get together to celebrate Halloween and carve pumpkins. They have a station set up in the garage to do this. There will also be chili and hot cider provided. Kids are welcome as with most Jaycee events and are encouraged to participate in the carving. Want to dress up for Halloween? No problem! Costumes are encouraged and lots of people dress up making for an interesting time. So find a pumpkin or any other type of vegetable that is able to be carved, find your best or scariest costume and come over to Tiffany and Al's and enjoy the festivities. Please bring a food item to share and of course BYOB. Watch your email for more information!



Calendar of Events

October

- 11th - General Membership Meeting @ 7:30 PM @ Jaycee Leadership Hall**
- 18th - Dinner with National President Joanie at Kelly Inn**
- 19th - Dueling Piano's in Minot**
- 21th - Casino Night Practice**
- 28th - BYOP @ Peterson's starting at 6:30PM**

November

- November 4th - 6th - Convention @ Doublewood inn w/ Matt Booth**
- November 8th - General Membership Meeting @ 7:30 PM @ Jaycee Leadership Hall**



Seven Secrets of Highly Effective People

Some people are incredibly effective and efficient. They get lots of work done – and it's all high-quality. They seem to have boundless energy and enthusiasm. Maybe you've got a friend who's like that – or perhaps it's your colleague, or your spouse. You might think that they were born that way: they had the "productivity gene."

The truth is this: *you* can massively increase your own productivity by understanding and using the secrets that highly productive people know.

Perhaps you'll find that some of these are familiar tips: if so, are you actually following them?

Understanding "Peak" Times of Day

Productive people have a good sense of their daily rhythm, and they allow for this when planning their day. They recognize that not all hours are created equal.

Do you know when your "peak" hours are? You probably have a good gut sense. Maybe you work really well in the mornings but struggle to focus in the afternoons. Perhaps you have a boost of energy at 3pm every day.

Use it: Once you **know your best hours**, use those for your hardest tasks – anything requiring lots of concentration or creativity. If you're highly focused between 10am and 12noon, don't use that time for reading emails.

Focusing on One Task at a Time

Productive people understand that **multitasking is a myth**. They don't try to juggle five things at the same time. They focus on one task.

How about you? Perhaps you've fallen into the trap of trying to work while you've got Facebook and Twitter open. You check your inbox every few minutes. Or, at home, you try to study while you're watching television. By trying to multitask, you're losing focus every single time you switch between things.

Use it: Pick *one* task to work on – finishing that report, **clearing your inbox**, filing your papers – and see it through to completion. Then pick the next task.

Eating Healthy Food (Especially at Lunch)

Productive people know that they need to carefully manage their physical energy throughout the day. That means fueling their bodies with good, nutritious food.

What does your usual lunch look like? If you scoff down **fast food**, plus a large coke, at your desk, you'll get a quick energy boost from all the simple carbs – **followed by a crash soon after**. If you go out to a restaurant and eat a three-course meal, you'll struggle to stay awake later in the day.

Use it: Aim for a moderate-sized lunch, and focus on foods that give you sustained energy (like whole grains and protein). Try fruit, nuts or seeds as **mid-morning and mid-afternoon snacks**.



Allowing Others to Help

Productive people don't try to do everything alone. They delegate at work. They get their family to pitch in at home – or they hire a maid or gardener. They're good at managing people, not just their own workload.

Do you ever ask for help? Perhaps you're afraid that you'll look weak – but the truth is, none of us achieve anything alone. We've always got support (whether emotional or practical) along the way.

Use it: What time-consuming tasks could you delegate at work? Could you pay someone to clean the house (or take care of the garden, etc) instead of struggling to do it yourself?

Saying “No” to Unwanted Commitments

Productive people might seem to do *everything*, but they also say “no” to commitments that would conflict with what they're already doing. They're not afraid to set priorities and stick with them.

Do you find it hard to say “no”? Maybe you're afraid of offending someone, or you feel bad turning down their request. But if you take on every commitment that comes your way, you'll soon find that you're not able to complete anything on time and to a high standard.

Use it: Be choosy about what new things you take on. If you don't have much choice (e.g. it's your boss asking) then explain that you've got a full workload, and that you'll need to give up something else.

Exercising Regularly

Productive people make time to exercise. That might be one of the things that surprises you – *How can Sam have enough energy to do a full day's work and then hit the gym? I feel exhausted just watching him.*

How often have you said “I don't have time to exercise”? Perhaps you feel too tired at the end of the day – so you slump on the sofa in front of the TV instead. You think that if you exercise, you'll be exhausted the next day. But, as productive people know, exercising doesn't tire you out – it gives you more energy.

Use it: Start small. Get out in your lunch hour for a brisk 15-minute walk – and see what a difference it makes to your energy levels during the afternoon.

Investing Time to Save Time

Productive people know that the smart choice is to spend a little bit of time right now in order to save lots of time in the future.

Have you ever struggled on with an inefficient method, because you “didn't have time” to change it? Perhaps you can complete a particular task in 30 minutes, and it would take two hours to put in place a more efficient method. If that 30 minute task crops up every week, though, and a two-hour fix would cut it to 5 minutes each time, it's a fix well worth implementing!

Use it: Any time you're engaged in a repetitive, lengthy computer task, figure out whether there's a more efficient method (like using macros).

This is an article written Ali Luke. Check out the article [HERE](#).

Article Submitted by Ben Individual Development Vice President



Bismarck Jaycees



**The JAYCEES of BISMARCK,
NORTH DAKOTA**

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**Make sure to bring a
vegetable to carve at the BYOP
Party!**

Jaycee Creed

We Believe: that faith in God gives meaning and purpose to human life.

That the brotherhood of man transcends the sovereignty of nations.

That economic justice can best be won by free men through free enterprise.

That government should be of laws rather than of men.

That earth's great treasure lies in human personality.

And that service to humanity is the best work of life.

