

THE

C.R.E.A.T.E. Initiative

(Creating Rural Enterprising Attitudes Through Education)

JOURNAL

The C.R.E.A.T.E. Journal . . .

This Journal provides the opportunity to reflect personally on themes like –

- *Who am I?*

- *What do I believe and hope for?*

- *What differences can I make to my community and the world?*

It is a personal notebook with a range of quotes and stories related to thinking about and reflecting upon personal and community understanding, enterprising attitudes, change and growth.

It is based on a similar journal used by Community Partnerships with Youth Inc in Indiana, USA. Their inspiration is greatly appreciated.

'Look at yourself every once in a while and point out all the things about yourself that you like. Self-esteem – that's the most important thing'.

(Staci Keanan)

'What lies behind us, and what lies before us are tiny matters, compared to what lies within us'.

(Ralph Waldo Emerson)

Compile a list of the 8 things you like about yourself.

'Be yourself. Who else is better qualified?'

(Frank GIBLIN)

'We are what we believe we are'.

(Benjamin CARDOZO)

In 25 words or less, describe who you are.

***'You are a child of the universe; no less that the trees
and the stars; you have a right to be here'.***

(Desiderata)

Read the United Nations Convention for the Rights of the Child of the World and jot down your reactions. (www.unicef.org/crc/crc)

'Those who wish to sing always find a song'

(Swedish proverb)

What do you think this proverb means?

'I never think about my limitations and they never make me sad'.

(Helen Keller, deaf and blind American writer)

'I want kids to realise they can achieve whatever they set out to do as long as they put their minds to it and focus on their abilities rather than their disabilities. It really tickles my spirit to hopefully inspire others to chase their dreams'.

(John MaClean, Australian Olympian and first ever paraplegic to swim the English Channel)

What do we learn from the stories of people like Helen Keller and John MaClean?

'If fate, throws a knife at you, there are two ways of catching it – by the blade and by the handle'.

(Oriental proverb)

Explain in your own words what you think this Oriental proverb means.

'If you have got a dream big enough, and passion to follow it through, you can do anything'.

(Mick Clark)

'Always live your life with one more dream to fulfill. No matter how many of your dreams you have realised in the past, always have a dream to go. Because when you stop dreaming, life becomes a mundane experience'.

(Sara Henderson)

'Go confidently in the direction of your dreams. Live the life you've imagined'.

(Henry David Thoreau)

Describe one of your dreams? Share how you believe it can become a reality.

'There's so much in the world to care about'.

(Laura Dern)

***'Our lives begin to end the day we become silent
about things that matter'.***

(Dr Martin Luther King, Jr)

What issue do you care most about? What actions could you take to make a difference regarding that issue?

'It's important to be involved and stand up for what you believe in'.

(Lone Skye)

Share two of your most important beliefs.

'Change comes slowly'.

(Paul McCartney)

'We are being swept downstream by a torrent of change each year, each month, and almost every week, the landscape alters. The familiar vanishes and with it, the effectiveness of the styles and 'tools' we have used to make decisions about our lives'.

(Robert Theobald)

Thinking about changes in our community, whose view do you agree with and why?

'The trouble with our times is that the future isn't what it used to be'.

(Paul Valery)

'We need to accept change and make it our friend'.

(Robert Theobald)

List five changes that have happened in our community in the last two years. Do you consider them positive or negative?

'Imagination is more important than intelligence'.

(Albert Einstein)

'The person who has no imagination has no wings'.

(Muhammad Ali)

What do you think Einstein and Muhammad Ali are saying?

'You don't have to be a grown up to do something worthwhile'.

(Jennifer Engel)

'We are a bundle of possibilities. If we did all the things we are capable of, we would literally astound ourselves'.

(Thomas Edison)

'Each of us is potentially the difference in the world'.

(Marilyn Ferguson)

What worthwhile actions could a group of young people take to make our community a better place?

'It takes a whole village to educate a child'

(African Proverb)

If you were Shire President/Mayor for a week, what changes would you make so our community is more 'youth friendly'?

'The more you know, the more you can create'.

(Julia Child)

'The real voyage of discovery consists not in seeking new landscapes, but in having new eyes'.

(Marcel Proust)

What are the three most interesting discoveries you have made about our community?

'Goals determine what you're going to be'.

(Julius Gruiney)

List four goals you have regarding the future?

'Progress involves risk. You can't steal second base and keep your foot on first'.

(Frederick Wilcox)

'Only those who dare to fail greatly can ever achieve'.

(Robert Kennedy)

Write about a time in your life that you took a risk.

'I have not failed 10,000 times. I have successfully found 10,000 ways that will not work'.

(Thomas Edison)

'Failure is the opportunity to begin again more intelligently'.

(Henry Ford)

Edison and Ford are two of the world's greatest inventors, yet they experienced many failures and disappointments along the way. Share a failure or disappointment in your life. What did you learn from it, and how did you rise above it?

'A man found an eagle's egg and placed it under a brooding hen. The eaglet hatched with the chickens and grew to be like them. He clucked and cackled, scratched the earth for worms, flapped his wings and managed to fly a few feet in the air.

Years passed. One day the eagle, now grown old saw a magnificent bird above him in the sky; it glided in graceful majesty against the powerful wind, with scarcely a movement of its golden wings. Spellbound the eagle asked – 'Who's that?'

'That's the king of the birds, the eagle', said his neighbour. 'He belongs to the sky. We belong to the earth – we're chickens'.

So the eagle lived and died a chicken for that's what he thought he was'.

What do you think is the point of this Indian story?

***'As long as you can envision the fact that you can do something, you can do it – as long as you really believe it 100%'.
it 100%'***

(Arnold Schwarzenegger)

'To accomplish great things we must not only act, but also dream; not only plan, but also believe'.

(Anatole France)

What do you believe our community could become?

**He failed in business in '31.
He was defeated for State Legislator in '32.
He tried another business in '33. It failed.
His fiancée died in '35.
He had a nervous breakdown in '36.
In '43 he ran for Congress and was defeated.
He tried again in '48 and was defeated again.
He tried running for the Senate in '55. He lost.
The next year he ran for Vice President and lost.
In '58 he ran for the Senate again and was defeated again.**

Finally, in 1860, Abraham Lincoln was elected the 16th President of the United States.

What does the story of Abraham Lincoln teach about persistence?

'A dream we dream alone is only a dream, but the dream we dream together is a reality'.

(Yoko Ono)

As we listen to John Lennon's song 'Imagine', write your reactions.

‘A grocer came to the Master in great distress to say that across the way from his shop they had opened a large chain store that would drive him out of business. His family had owned his shop for a century – and to lose it now would be his undoing, for there was nothing else he was skilled at.

Said the Master ‘If you fear the owner of the chain store, you will hate him. And hatred will be your undoing’.

‘What shall I do?’ said the distraught grocer. ‘Each morning, walk out of your shop onto the sidewalk and bless your shop, wishing it prosperity. Then, turn to face the chain store and bless it too’.

‘What? Bless my competitor and destroyer?’ ‘Any blessing you give him will rebound to your good. Any evil you wish him will destroy you,’ replied the Master.

After six months, the grocer returned to report that he had had to close down his shop as he had feared, but he was now in charge of the chain store and his affairs were in better shape than ever before!’

What does this story from India teach us?

***'You give but little when you give of your possessions.
It is when you give of yourself that you truly give'.***

(Kahlil Gibran)

'When people say to me: "How do you do so many things?," I often answer them without meaning to be cruel – "how do you do so little?" It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence or take the risks. Yet most people don't. They sit in front of the telly and treat life as if it goes on forever'.

(Phillip Adams, Australian commentator)

What can you give to our community today?

‘Think as little as possible about yourself and as much as possible about other people...put a good deal of thought into the happiness that you are able to give’.

(Eleanor Roosevelt)

What can you give to our community in the future, 5 years from now?

***'Everybody can be great because everybody can serve.
The time is always right to do what is right'.***

(Dr Martin Luther, Jr, Civil Rights Leader)

Read about Martin Luther King. Choose another of his quotes and share it below, and the reasons it appealed to you.

'The human mind, once stretched to a new idea, never goes back to its original dimensions'.

(Oliver Wendall Holmes)

Stretch your mind, think of an invention that would help eliminate world hunger.

'The important thing is not to stop questioning'.

(Albert Einstein)

'I never learned anything from talking. I only learned things when I asked questions'.

(Lou Haltz)

List five questions you would like to ask our Prime Minister.

'Everyone who has taken a shower has an idea. It is the person who gets out of the shower, dries off and does something about it who makes the difference'.

(Nolan Bushnell)

'Don't wait for a light to appear at the end of the tunnel, stride down there ... and light the bloody thing yourself'.

(Sara Henderson)

Identify someone in our community who has taken action and made a difference. What did they do?

'If you're passionate enough about something, it can indeed become a reality. And if it doesn't well, you can have a great time trying'.

(Stefano de Pieri, Chef from the popular ABC television series 'A Gondola on the Murray' and owner of the most famous restaurant in regional Australia – 'Stefano's, Mildura)

'Passion. If your heart's not in it, get out. The sky's your limit if your heart's in it. You've got to have enthusiasm. If you haven't got enthusiasm, you're bugged!'

(Tom O'Toole, owner of the Beechworth Bakery which is the biggest bakery in the Southern Hemisphere)

Read the stories of Stefano de Pieri and Tom O'Toole from 'Good Enough Never Is - Stories of 20 Exceptional and Inspirational Businesses From Rural And Remote Australia. Describe what you are passionate about.

'The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints; we spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge but less judgment; more experts, but more problems; more medicine but less wellness. We have multiplied our possessions, but reduced our values.

We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life; we've added years to life, not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbour.

We've conquered outer space, but not inner space; we've cleaned up the air but polluted the soul; we've split the atom but not our prejudice. We have higher incomes, but lower morals; we've become long on quantity, but short on quality.

These are the times of tall men, and short character; steep profits and shallow relationships. These are the times of world peace but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are the days of two incomes, but more divorce; of fancier houses, but broken homes. It is a time when there is much in the shop window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to make a difference ... or just hit delete'.

These words were written by a student who had experienced the high school massacre at Columbine, USA. Write your reactions to her statement.

'We have not got any money, so we are going to have to think'.

(Ernest Rutherford 1871 – 1937)

Ernest Rutherford was awarded a Nobel Prize in Chemistry, and considered one of the first and greatest workers in the field of nuclear physics.

Develop a sketch plan to beautify the main street of our town, and list ways the changes might be funded.

"Lessons from Geese" - by Milton Olsen

Fact 1: As each bird flaps its wings, it creates an 'uplift' for the bird following. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew along.

Lesson 1: People who share a common direction and sense of community can get where they are going quicker and easier because they are travelling on the thrust of one another.

Fact 2: Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

Lesson 2: If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go (and be willing to accept their help as we help others)

Fact 3: When the lead goose gets tired, it rotates back into the formation and another goose flies to the point position.

Lesson 3: It pays to take turns doing the hard tasks and sharing leadership with people: as with geese, we are interdependent on each other.

Fact 4: These geese in formation honk from behind to encourage those up front to keep up their speed.

Lesson 4: We need to make sure our honking from behind is encouraging and not something else.

Fact 5: When a goose gets sick or wounded or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. They then launch out on their own, with another formation, or to catch up with the flock.

Lesson 5: If we have as much sense as geese, we too will stand by each other in difficult times as well as when we are strong.

What do you think our community could learn from this story about how geese fly?

***'Every morning in Africa
a springbok wakes up
It knows it must run faster than the fastest lion or it will
be killed.***

***Every morning a lion wakes up.
It knows it must outrun the slowest springbok or it will
starve to death.***

***But, it does not matter whether you are a lion or a
springbok;
When the sun comes up you had better be
Running!'***

Share your interpretation of this story?

'When spider webs unite they can tie up a lion'.

(Ethiopian proverb)

'You can change the future of your community or you can sit back and allow whatever happens to happen. You can create your own destiny. However, the cost is high. It means organising a group of people who are willing to give of their time and energy to make things happen. It means believing in yourself and your organisation. It means putting aside individual differences to work together for the good of the community. It means working together to decide what you want for the future and then working together to make it happen.

You can do it. People are doing it'.

(Jack McCall, 'Small Town Survival Manual')

Describe a time in the history of our community when people came together and achieved a great result for the community.

***'If a man does not keep pace with his companions,
perhaps it is because he hears a different drummer.
Let him step to the music which he hears, however
measured or far away'.***

(Henry David Thoreau)

What do you think is the message of Thoreau?