

FOR THE LOVE *of* IT

# For The Love of It

WITH DEWITT JONES

## **For The Love of It Leader's Guide**

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## Welcome to For The Love of It

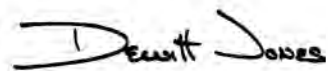
“Dewitt, begin each day with a full cup!”

That’s what my mom used to tell me. And every year, this idea becomes more and more important to me. To live my life with passion. To have a full cup. And to love what I do. It is so critical to have things in my life that fill me with energy and joy. For me, it’s the people I meet. It’s my family. And it’s my photography.

While not everybody can do what they love for a job, most everyone can certainly love what they do! Because loving what you do is about an attitude. It’s about finding the positive in what you do and focusing on that. Although it is not always easy, it is possible. And when you do work for the love of it, you will serve as an inspiration to those around you.

Another important element of living with a full cup is expressing gratitude. Because the more we are grateful for, the happier we will be. I thank you for your interest in *For The Love of It*.

I wish you all the best!

A handwritten signature in black ink that reads "Dewitt Jones". The signature is written in a cursive style with a large, stylized "D" at the beginning.

Dewitt Jones

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## About Dewitt Jones

Dewitt Jones is one of America's top professional photographers. Twenty years with National Geographic photographing stories around the globe has earned him the reputation as a world-class photojournalist. As a motion picture director, two of Dewitt's films were nominated for Academy Awards.

In the business community, Dewitt's work is also well known. He rose to the forefront of creative marketing by photographing national advertising campaigns for organizations such as Dewar's Scotch, Canon, and United Airlines.

Dewitt has published nine books including *California!* and *John Muir's High Sierra*. His most recent book, *The Nature of Leadership*, was created in collaboration with Stephen R. Covey.

Speaking to audiences across the country, Dewitt is recognized as a renowned lecturer. His genuine style and ability to communicate with audiences make his presentations truly outstanding. Dewitt's inspirational messages are further discussed in his best selling training programs.

Dewitt graduated from Dartmouth College with a B.A. in drama and holds a Master's Degree in filmmaking from the University of California at Los Angeles.

To learn more about Dewitt Jones, please visit [www.dewittjones.com](http://www.dewittjones.com).

# Dewitt Jones Training Films

## Everyday Creativity

How do we look at the ordinary and see the extraordinary?

Join Dewitt Jones in his best selling training program, *Everyday Creativity*, as he shares inspirational stories and stunning examples of his work, using the camera lens as a metaphor. Viewers will learn that creativity is not about being artistic, but about an attitude! An attitude that can change our perspective, invite limitless opportunities, and help us see the extraordinary.

### KEY CONCEPTS:

- Creativity is a matter of perspective.
- There's always more than one right answer.
- Don't be afraid to make mistakes.
- Learn to break the pattern.
- Reframe problems into opportunities.
- Train your technique.

## Celebrate What's Right With The World

In *Celebrate What's Right With The World*, Dewitt Jones asks: Do we choose to see possibilities? Do we really believe they're there? He assures us that we will only see it when we believe it. And when we believe it, we will find possibilities that give us the courage to soar.

### KEY CONCEPTS:

- Believe it and you'll see it.
- Recognize abundance.
- Look for possibilities.
- Unleash your energy to fix what's wrong.
- Ride the changes.
- Take yourself to your edge.
- Be your best for the world.

## Focus Your Vision

How can we find our direction, our purpose? When we combine our energy and passion with our focused visions, we give ourselves direction and power. *Focus Your Vision* encourages us to develop our visions and turn them into reality.

### KEY CONCEPTS:

- Keep your vision focused.
- Stop, look and listen.
- Hold onto the best, let the rest fall away.
- Trust your intuition.
- It's not trespassing to go beyond your own boundaries.
- Make your vision big enough.
- Do you have juice in your camera?

## How to Train with For The Love of It

The leader's guide examines the concepts presented in *For The Love of It* and provides you with multiple opportunities to utilize and revisit them.

After watching *For The Love of It*, you can choose to dedicate your training session to one particular key concept or to several.

The leader's guide is divided into seven sections, one for each key concept. You may also decide to incorporate some of the group activities on pages 29 – 36 into the session.

The leader's guide follows the format described below:

### Presenting the Concept

KEY CONCEPTS:	The key concepts are training points taken directly from <i>For The Love of It</i> .
FROM THE FILM:	These are quotes from the film.
CONCEPT INSIGHT:	General information about the key concept.
DISCUSSION QUESTIONS:	Questions to reinforce the message.

### Group Activities and Discussion Topics

The training activities and discussion topics on pages 29 – 36 continue to reinforce the program's concepts. The activities are applicable for all training sessions. Some require preparation ahead of time.

### For The Trainer - Program References

Information for the trainer about details found in the program.

### Two Tramps In Mud Time by Robert Frost

A copy of the poem Dewitt Jones references in *For The Love of It*.

## Facilitation Tips

### Before The Session:

From experienced professionals to individuals new to training, anyone will be able to successfully lead a group through this program. You have the option of following the training materials closely or simply using them for additional support.

This leader's guide is not a script. Instead, it gives you the freedom to utilize the concepts that will work best for your organization.

To help your participants gain as much as possible from *For The Love of It*, review both the program and the support materials before the session. Consider how the concepts apply to your organization. You may also want to consider potential comments and questions participants might have after seeing the program.

### Session Preparation:

Watch the program before you train with it.

Review the leader's guide and support materials. Determine which sections you want to use with your group (see the section entitled Workshop Training Options on page 10 for ideas).

Take notes on how the content is relevant to your organization. Reference this throughout the session.

Arrange the room so all participants can clearly see the screen, you, and each other. A U shape arrangement works best.

### During The Session

Welcome participants as they arrive.

Introduce yourself. Invite group members to introduce themselves.

Take a moment to discuss the purpose for your gathering.

Watch *For The Love of It* with the group. Participants will appreciate your involvement.

At the end of the program, give viewers an opportunity to absorb what they saw.

When you ask the group a question, be patient if they do not respond immediately. If they need prompting, use the questions in the leader's guide to get the discussion going. You can also direct a question to a specific person.

## Training Tools

### For The Love of It CD-ROM

The *For The Love of It* CD-ROM includes a customizable PowerPoint™ presentation along with the transcript and the poem *Two Tramps in Mud Time* by Robert Frost. You will also find a beautiful clip from the program called “Rainbow Pigeons” to share with your group.

### For The Love of It Workbook

The workbook assists with individual learning. Corresponding with the leader’s guide, the workbook was designed for both individual and group study. It does not assume that a facilitator is involved.

### For The Love of It Pocket Reminder Cards

The cards, which list the key concepts, can be given to participants as quick reminders of the ideas discussed in the program.

### Rainbow Pigeons

Rainbow Pigeons is a segment from *For The Love of It*. It is beautiful imagery from the program and can be played before the training session starts, during a break, or any other appropriate time. You will find the segment on the DVD, at the end of the program on the VHS, as well as on the CD-ROM.

## Workshop Training Options

	ONE HOUR WORKSHOP	TWO HOUR WORKSHOP	HALF DAY WORKSHOP
INTRODUCTION/ SHOW	For The Love of It	For The Love of It	For The Love of It  After the break, show the PowerPoint™ Presentation.
DISCUSSION	Review two training concepts from the leader's guide.  Ask questions.	Review five training concepts from the leader's guide.  Ask questions.	Review all training concepts from the leader's guide. Ask questions.  Discuss five before the break and two after.
PRACTICE	Complete one group activity.	Complete two group activities.	Complete three or four group activities.
CONCLUSION		PowerPoint™ Presentation	Celebrate What's Right With The World or Rainbow Pigeons
PASS OUT	Pocket Reminder Cards	Pocket Reminder Cards	Pocket Reminder Cards

## Start Out On the Right Foot

### Start Out On the Right Foot

**Making Workshops Work** — Leading a group through a training session does not have to be hard work. On this page, you will find common training session concerns and how to overcome them. This will help you start out on the right foot.

#### Common participant concerns:

##### **“I’m not sure why I’m here.”**

**Start out on the right foot:** Present clear and meaningful objectives. Before your audience arrives, write your objectives or expected outcomes on a white board or overhead. Explain to the participants what they will learn from the program and why discussing it is important.

##### **“I don’t understand what’s expected of me.”**

**Start out on the right foot:** Establish clear roles and responsibilities for participants in the workshop. Don’t allow some people to get by with a “free pass.” Explain that everyone learns when everyone participates. Additionally, set high expectations for participation and let them know how valuable their personal insights will be.

##### **“I don’t see how this workshop relates to our current concerns.”**

**Start out on the right foot:** Explain that the program’s key concepts are designed to establish a generic discussion. The real significance only happens when participants are willing to talk about how these concepts are applied to the workplace. As the workshop leader, emphasize how the concepts apply to your organization.

##### **“I want to contribute but there are no opportunities for me to share.”**

**Start out on the right foot:** Involve attendees in activities that require their participation and contribution. Try not to lecture for more than ten minutes before stopping and asking questions or doing an activity. You will find questions and activities throughout the leader’s guide.

## Training Focus

### Avocation vs. Vocation

*Note to the trainer: As you work through these materials, encourage your participants to consider how what they learn in the program can help them unite their vocation and their avocation. You can read the below information to the group or discuss it in your own words.*

In *For The Love of It*, Dewitt Jones begins the program by referencing *Two Tramps in Mud Time*, the poem by Robert Frost that states: “My object in living is to unite my avocation and my vocation.” Doing what you love. Or loving what you do!

An avocation is doing something for pleasure.

A vocation is your regular profession or business.

But why can't our vocation also be our avocation? Why can't we go to work, everyday, and love what we do?

We can. By changing the way we look at our current situations, the jobs we have, we can unite our avocations and our vocations. Of course most people have to go to work, but instead of having a negative attitude or wishing we were somewhere else, be passionate about your work. Find something within it that makes you happy to be there.

## The Key Concepts

Listed below are the key concepts explored in the program and further explained in this leader's guide. The guide includes comprehensive information on each training point, as well as questions you can use to generate discussion and assist your group members in applying these concepts to their own situations.

Key Concept 1: Begin With A Full Cup

Key Concept 2: Find Guides

Key Concept 3: Act As If

Key Concept 4: Express Gratitude

Key Concept 5: Make A Contribution

Key Concept 6: Pass It On

Key Concept 7: Chase The Light

## KEY CONCEPT 1 Begin with a Full Cup

### FROM THE FILM

Mom used to say to me, “Dewitt, begin each day with a FULL CUP.”... And she’s right, she’s right because, ultimately, love is about passion and passion is about energy. And if we’re going to fall in love with what we do, we need all the energy we can get.

—Dewitt Jones, *For The Love of It*

### Program Insight:

Why do we go to work everyday? There can be any number of reasons. To make money — that’s probably the biggest one. Good insurance. Vacation time. Stability. But what about the other reasons we go to work? A sense of accomplishment. Motivation. Relationships. Can the two ideas mix? Absolutely.

Perhaps you only need to change the way you look at what you do to fill up your cup. To find your passion. Consider the contribution you are making to your organization and your colleagues. Consider the relationships you are building!

While it is not always realistic for people to do what they love, it is possible for people to love what they do. This is where beginning each day with a full cup comes in! When you have a positive attitude, when you can find your passion and come to work excited about something, anything, it can make the day so much more fulfilling. Having a full cup will provide you with increased motivation, drive, and a better ability to overcome everyday challenges.

Although finding joy in your work is important, it is also important to fill up your cup outside of work. Finding who or what it is, that connection that brings you passion and that fills your heart. There are endless ways to do this. It doesn’t matter what it is, as long as you honor yourself and your passion and do it!

It is possible to start every day with a full cup.

### Discussion Questions:

What are the primary reasons you get up and go to work everyday?  
Are you satisfied with the answer? If not, what can you do to change it?

Make a list of three things that fill up your cup. How much time do you dedicate to these activities or people? How can you increase the amount of time you spend filling up your cup outside of work?

In your opinion, what is the difference between loving what you do and doing what you love? Are they equally as motivating?  
Is it possible to do both?

Every now and then, everyone has a bad day. How can thinking about your full cup and embracing your passion help you handle these bad days?

## KEY CONCEPT 2 Find Guides

### FROM THE FILM:

Want to fall in love with what you do?  
Then hang out with folks who are in love with what THEY do.

—Dewitt Jones, *For The Love of It*

### Program Insight:

In *For The Love of It*, Dewitt Jones says that the first thing he does when visiting a new location is to find guides. Not local tour guides, but guides who are passionate about the area, guides who have something to share. Their own unique story. He proceeds to tell the story of Ole and his enormous cabbages!

Why is it so important to find guides? Because these types of guides can share a different perspective and provide insight into a new place or experience.

While most of us do not explore new sites for our work everyday, this is still relevant to any job. Join projects and groups where the people involved have positive attitudes. Find someone within your organization who loves what they do! Someone who's passion is contagious. Someone so enthusiastic about their work that they can serve as an inspiration to everyone around them. Someone who wants to share what they know to make the organization a better and more positive place to be.

When you and the people around you have a positive attitude, it brings a higher energy level into an organization. It will enhance interpersonal connections and create a welcoming environment. On the other hand, being around people with a negative attitude can be draining. Although it is sometimes necessary to work with people who have a bad attitude, if you find yourself in this situation, set boundaries. Don't let that energy diminish your positive one.

Make an effort to find guides in everything you do, from work to family to extra curricular activities, these mentors will help you live for the love of it!

**Discussion Questions:**

Who are the guides in your life? Who do you look to for inspiration?  
Who is the first person you would call for advice?

Do you consider yourself to be the kind of guide Dewitt Jones discusses in *For The Love of It*? If so, why? If not, how can you act more like a guide, a mentor?

In your organization, do you tend to focus on positive or negative interactions? When you focus on the positive, how do you feel? When you focus on the negative, how do you feel? How can you move past negative interactions and find a positive attitude again?

## KEY CONCEPT 3 Act As If

### FROM THE FILM:

What I've learned is sometimes, you just have to act as though you can do it. Whatever it is! Even if you aren't that good, haven't worked out the kinks yet. Give it a try. ACT as if you can.

—Dewitt Jones, *For The Love of It*

### Program Insight:

In every job, in every home, there are projects we don't think we can do—or simply don't want to do. Perhaps it's that accounting project that's been on the “to-do” list for weeks or the phone call you've been meaning to make. Perhaps it's cleaning out that basement closet full of boxes from the move two years ago. Whatever it is, we all have them.

In *For The Love of It*, Dewitt Jones discusses how acting “as if” we can do it—whatever IT is—can help us be successful. When we act “as if” we're enjoying something, when we have that positive mindset, it can not only help us accomplish our goals, but it can also encourage the creation of a positive habit. And creating positive habits will ultimately lead to success—whether that desired goal is improved business or personal relationships, health, household responsibilities, it does not matter.

Additionally, acting “as if” is a wonderful instigator for change. As mentioned earlier, it can create a habit. It can also enhance self esteem and self confidence. When you act “as if” something is possible, it allows you to take control of a situation and make good decisions. If you act “as if,” there is no room for self doubt—you already have what you need to change or improve a situation.

Acting “as if” you are in love with something is a powerful tool to help you find joy and purpose in even the most dreaded project. Eventually, it might not even be dreaded anymore!

### Discussion Questions:

What is the difference between acting “as if” you can do something and being fake? Is there a difference?

Think of a time when you had to act “as if” you were interested or involved in a project. What happened? Did you become more interested in the project?

As a group, discuss how acting “as if” can encourage long term change in an individual and in an organization.

Most people innately resist change, internal or external. How do you deal with change? How can acting “as if” make the transition easier?

## KEY CONCEPT 4 Express Gratitude

### FROM THE FILM:

Whenever I take a photograph, I can't help saying thank you. I'm not really sure why I do it or when it started, but I do know expressing my gratitude increases my happiness.

—Dewitt Jones, *For The Love of It*

### Program Insight:

In today's society, it can be very easy to live our daily lives without recognizing others. Yet, nothing we do, we truly do on our own. Almost every accomplishment, every achievement happens impart through other people. That's why giving thanks, expressing gratitude is so important.

Expressing gratitude is more than just saying "thank you." It is about demonstrating gratitude through our actions to those we work with and care about. Giving thanks shows our peers that we respect them. Additionally, expressing gratitude also provides us with a sense of fulfillment and abundance. Recognizing what we have, as opposed to what is missing.

Everyday, find something or someone to be thankful for. Something as simple as a beautiful sunset or a nutritious meal, or as exciting as winning an award or getting a big promotion. Thank the person who let you merge a little easier on the highway or the neighbor who watered your flowers without being asked. You can even look for opportunities to recognize people and give thanks. Encourage them; let them know they have your support.

When you work expressing gratitude into your daily life, you will find you are more positive, fulfilled, and happy!

### Discussion Questions:

How do you express gratitude to the important people in your lives?

Think back to the important and meaningful moments in your life. Who helped you get there? How did you thank them?

In *For The Love of It*, Dewitt Jones discusses how after every photograph, he feels an innate need to say thank you. What in your life makes you feel this way?

When is the last time you recognized a peer for something they did? Why? How can you make an effort to give thanks on a more regular basis?

## KEY CONCEPT 5 Make a Contribution

### FROM THE FILM:

I'm not going to worry about making a difference. If that happens, it happens.  
I'll just take the responsibility of making a contribution, the best that I can,  
by falling in love with what I do.

—Dewitt Jones, *For The Love of It*

### Program Insight:

In *For The Love of It*, Dewitt Jones emphasizes that when he takes a photograph, he truly does it for the love of it. Not because of the money or the fame that might go along with the photograph, but for the love of it. To give others the best he has to offer.

What about you? When you are working — in the office, at home, in the community, why do you do it? Are you trying to achieve a goal? To make a substantial difference? Or are you instead, trying to make a contribution? How do you measure success?

Wanting to make a huge difference, create significant change in the community or even in the world is extremely admirable. These people are taking risks and standing up for a cause. But not everyone can do that. Not everyone wants to. And people should not feel as though they have to. Instead of feeling pressure to always make a difference, consider the importance of making a contribution.

When you make a contribution, you can do something for the experience and put your whole heart into the process. It is simple. If what you do can make one person's day a little easier or one person smile, then you have made a successful contribution. It does not always have to be about having the highest sales, raising the most money, or planning the most inspirational event.

When you work or when you follow your passion, do it because you love to do it and are looking to make a contribution. Give the best of yourself—of what you have and what you can give. And if it makes a substantial difference, wonderful. If it doesn't, that's ok too!

#### Discussion Questions:

In your opinion, what is the difference between making a difference and making a contribution? Is one better than the other?

How do you make a contribution in your work? How does it enhance your organization's big picture?

Have you ever experienced a time when your contribution went unnoticed? How did that make you feel? How did you handle the situation?

## KEY CONCEPT 6 Pass It On

### FROM THE FILM:

Pass it on?

He nods and says: “Yes, Dewitt, when you love what you do, you pass it on.  
That’s the way it is — Pu’uwai Aloha — a loving heart.”

—Dewitt Jones, *For The Love of It*

### Program Insight:

Pass it on. In *For The Love of It*, Dewitt Jones talks about Uncle Jimmy, the Hawaiian paniolo or cowboy. Uncle Jimmy says, “Take care of your family by passing on what you know. Teach them how to fall in love with the work.”

Chances are good that your daily responsibilities have never involved working with livestock or herding cattle, yet the concept of passing it on is applicable to so much more than a cowboy. You have the ability to pass on what you know to your family, your colleagues, and your friends. When at work, it is teaching the new or even existing employee everything you can about your company and making a personal investment in the organization. When at home, it is about teaching your children, nieces and nephews, siblings what you know about being the best person you can be. In both instances, it is about ensuring the future and passing along all that you can.

When you pass it on, it can be an attitude or a passion. It can be a gracious, thankful way of living. It can be a positive, innovative way of thinking. As the paniolo said, “When you love what you do, you pass it on. That’s the way it is — Pu’uwai Aloha — a loving heart.”

### Discussion Questions:

In your organization and in your personal life, what have others passed on to you? What have you passed on to others? Do you think that passing it on is important in your organization?

Who do you look up to? Who are your mentors? Why?  
How do you emulate them in your life?

What have you passed on to others in your work? At home? How does it make you feel when you see others doing something you have taught them?

## KEY CONCEPT 7 Chase The Light

### FROM THE FILM:

A lot of people think photographers wait for the light to be just right. Maybe some do. I don't. I can't. It might not ever happen. I have to take action, to follow the light... no, not follow it, chase it. Chase the light. I just can't wait.

—Dewitt Jones, *For The Love of It*

### Program Insight:

In his photography, Dewitt Jones does not sit around patiently and wait for the light to be perfect. Instead, he chases it; he makes whatever situation he is in work. By taking action, whether it be using a strobe light or changing a lens, he has the ability to make less than ideal circumstances into beautiful photographs as opposed to waiting for something that may not ever occur.

How does this relate to your work if you are not a photographer, if you aren't working in a creative endeavor? In many ways. Chasing the light means finding what makes you happy, what can bring you joy, in your work as well as in your personal life. Instead of waiting for your situation to change or for the next promotion, instead of waiting until summer to start eating healthy or putting off organizing the family photos, do it now. Help yourself fill up your cup by falling in love with what you do, by having a positive, grateful attitude, and when needed, making the necessary changes.

Chasing the light also means understanding that we don't have the power to control everything that happens. When we have this understanding, we do not waste time on trying to find perfection, but instead, we can feel in control of our options, know where we are going, and be successful.

Perfection is illusive — because usually, once we accomplish a goal, make a change, there is something else to achieve. While this is the nature of life and this is what keeps us challenged, it is still possible to fall in love, everyday, with what you are doing. Take action everyday, have fun, and find your joy!

#### Discussion Questions:

Sometimes, we aren't terribly motivated to "chase the light" and take action. How can we change this mindset and motivate ourselves to make a change or take action?

As a group, discuss the times you waited to take action. What happened? Did you continue to wait or end up taking action?

Usually, people have a hard time dealing with things they cannot control. In your work, think of a few scenarios where challenges arise that are not under your control. How can you deal with these challenges by working with what you can control?

## Group Activities & Discussion Topics

## GROUP ACTIVITY 1 Examination

**MATERIALS NEEDED:** Pen and paper

**LENGTH:** 15–20 Minutes

Ask each participant to take five to ten minutes and come up with two lists. The first list is of activities, both at work and otherwise, that they love to do, activities that fill up their cup. The second list is of activities they have to do, both at work and otherwise, that are unsatisfying.

Then ask the participants to approximate and write down how much time per week they spend doing all of the activities they listed.

As a group, discuss how they can restructure their job or their time to put more energy and effort into the first list. Also discuss what techniques they can use to make the items on their second list more tolerable. Suggest ideas from *For The Love of It* such as: Act “As If” or Chase the Light.

## GROUP ACTIVITY 2 Find Your Guides

**MATERIALS NEEDED:** Flip chart/overhead/dry erase board

**LENGTH:** 10 Minutes

First, ask your group to brainstorm a list of characteristics they believe are important in a guide or mentor. Characteristics they would like to emulate. Write the list on a flip chart, overhead, or white board.

Then, develop a list of people who could serve as positive mentors. Start as big as possible — famous people throughout history — then move to people in the community — then move to people in your organization or families. Write this list for all to see.

Discuss how the list of people compares with the list of characteristics earlier determined.

After a few minutes, ask the group what they can offer people as mentors and guides. Invite them to discuss what characteristics they can pass on to those around them.

## GROUP ACTIVITY 3 The Big Question

**MATERIALS NEEDED:** Paper, an index card for each participant, pen

**LENGTH:** 15 Minutes

Ask your group the following questions:

Why do you get up every morning? Why do you come to work everyday?

After you ask them the questions, direct the participants to individually come up with a list of answers to them. Encourage them to write down everything that comes to mind. Suggest that they come up with 10 to 15 responses.

After a few minutes, ask the participants to go back and select three to five responses that are the most meaningful. Have them write those three to five responses on the index card.

Suggest that they put the index card on their desk or on their nightstand to look at when they have a bad day or feel like their cup is not full.

You can also ask participants to discuss their answers as a group.

## GROUP ACTIVITY 4 Important Lessons

**MATERIALS NEEDED:** None

**LENGTH:** 10 Minutes

Ask participants to divide themselves into groups of two or three. Encourage them to work with someone they do not know. Tell them they will be discussing some issues and you will give them a new topic every few minutes. Below please find sample topics/questions pertaining to the program.

What is the most important lesson you are taking away from *For The Love of It*?

Do you believe you can fall in love with what you do? How?

What do you value in a mentor/guide?

What do you want to be doing in five years? What actions can you take to get there?

Do you look at the big picture or have a narrower perspective? Why are both important?

What are ways that you show others gratitude? What are some ways people have thanked you in the past?

## GROUP ACTIVITY 5 Pass It On

**MATERIALS NEEDED:** None

**LENGTH:** 10 Minutes

As a group, use the following questions to initiate a group discussion about passing it on.

What do you want your legacy to be?

What is your legacy currently?

What are you passing on?

## GROUP ACTIVITY 6 Loving What You Do

**MATERIALS NEEDED:** None

**LENGTH:** 10 Minutes

As a group, use the following questions to initiate a discussion about loving what you do.

Think of the people you know who really love what they do.

Who are they?

What do they do?

Why do you think they love what they do?

What can you learn from them?

## GROUP ACTIVITY 7 Find Your Smile Again

**MATERIALS NEEDED:** None

**LENGTH:** 10 Minutes

Ask your group to consider the following statement:

Have we become so serious, so concerned about the bottom line that the only time we laugh at work is when someone emails their latest bad joke or forward?

Ask your group to take a moment to think about the following questions:

When you are at work, what makes you smile?

When you are at work, what makes you laugh?

When you are at work, what makes you absolutely roll with laughter?

When you are at work, what do you do that makes other people smile or laugh?

Encourage participants to share these ideas with those in the your group. And have a good laugh.

## GROUP ACTIVITY 8 A Little Tension Is a Good Thing

**MATERIALS NEEDED:** Pen and Paper

**LENGTH:** 10 Minutes

Read the following to your group:

The difference between where you are and where you want to be can create a feeling of tension. Typically, this is a good thing. The challenge is using this tension to help you move forward and get to the place you want to be.

In this activity, make two columns. In the first, write down where you are, otherwise known as your current reality. In the second column, write down where you want to be, your intended goal. (For the purposes of this exercise, encourage the participants to focus on something having to do with their role in the organization.)

Current Reality (Where I am)    Goal (Where I want to be)

Give the participants about five minutes to write down their thoughts. Then come back together as a group and share what they came up with, as well as steps they can take to get to their goal.



## FOR THE TRAINER Program References

In this section, you will find information about some of the topics and ideas referenced in *For The Love of It*.

### Paniolos

Paniolo means Hawaiian cowboy. The story of the Paniolo begins in 1793 when King Kamehameha received the first cattle in Hawaii. For the next 40 years, the cattle multiplied into the thousands. In the 1830s, expert Mexican cattle-handlers were brought to Hawaii to teach the Hawaiians how to handle the cattle.

Since then, the paniolo have maintained their way of life and their culture. The term Paniolo is equated with respect and admiration. They are known for their unparalleled work ethic and commitment to their family.

### Maya Angelou

In *For The Love of It*, Dewitt Jones references the following quote by Maya Angelou:

*“A bird doesn’t sing because it has an answer, it sings because it has a song.”*

As stated on the website [www.mayaangelou.com](http://www.mayaangelou.com): Maya Angelou is hailed as one of the great voices of contemporary literature and as a remarkable Renaissance woman. Being a poet, educator, historian, best-selling author, actress, playwright, civil-rights activist, producer and director, Dr. Angelou continues to travel the world making appearances, spreading her legendary wisdom.

A mesmerizing vision of grace, swaying and stirring when she moves, Dr. Angelou captivates her audiences lyrically with vigor, fire and perception. She has the unique ability to shatter the opaque prisms of race and class between reader and subject throughout her books of poetry and her autobiographies.

### Random Acts of Kindness

In *For The Love of It*, Dewitt Jones references the book *Random Acts of Kindness*. This book was published in 1993 by Conari Press. It was named a USA Today Best Bet for Educators.

As stated in the book: “Imagine what would happen if there was an outbreak of kindness in the world, if everybody did one kind thing on a daily basis. This book will inspire you to start—with the small, the particular, the individual—to bring delight and goodness to yourself and others.”

## Two Tramps In Mud Time

BY ROBERT FROST

Out of the mud two strangers came  
 And caught me splitting wood in the yard,  
 And one of them put me off my aim  
 By hailing cheerily "Hit them hard!"  
 I knew pretty well why he dropped behind  
 And let the other go on a way.  
 I knew pretty well what he had in mind:  
 He wanted to take my job for pay.

Good blocks of beech it was I split,  
 As large around as the chopping block;  
 And every piece I squarely hit  
 Fell splinterless as a cloven rock.  
 The blows that a life of self-control  
 Spares to strike for the common good  
 That day, giving a loose to my soul,

I spent on the unimportant wood.  
 The sun was warm but the wind was chill.  
 You know how it is with an April day  
 When the sun is out and the wind is still,  
 You're one month on in the middle of May.  
 But if you so much as dare to speak,  
 A cloud comes over the sunlit arch,  
 A wind comes off a frozen peak,  
 And you're two months back in the middle of March.

A bluebird comes tenderly up to alight  
 And fronts the wind to unruffle a plume  
 His song so pitched as not to excite  
 A single flower as yet to bloom.  
 It is snowing a flake: and he half knew  
 Winter was only playing possum.  
 Except in color he isn't blue,  
 But he wouldn't advise a thing to blossom.

The water for which we may have to look  
 In summertime with a witching wand,  
 In every wheel rut's now a brook,  
 In every print of a hoof a pond.  
 Be glad of water, but don't forget  
 The lurking frost in the earth beneath  
 That will steal forth after the sun is set  
 And show on the water its crystal teeth.

The time when most I loved my task  
 These two must make me love it more  
 By coming with what they came to ask.  
 You'd think I never had felt before  
 The weight of an axhead poised aloft,  
 The grip on earth of outspread feet.  
 The life of muscles rocking soft  
 And smooth and moist in vernal heat.

Out of the woods two hulking tramps  
(From sleeping God knows where last night,  
But not long since in the lumber camps.)  
They thought all chopping was theirs of right.  
Men of the woods and lumberjacks,  
They judged me by their appropriate tool.  
Except as a fellow handled an ax,  
They had no way of knowing a fool.

Nothing on either side was said.  
They knew they had but to stay their stay  
And all their logic would fill my head:  
As that I had no right to play  
With what was another man's work for gain.  
My right might be love but theirs was need.  
And where the two exist in twain  
Theirs was the better right— agreed.

But yield who will to their separation,  
My object in living is to unite  
My avocation and my vocation  
As my two eyes make one in sight.  
Only where love and need are one,  
And the work is play for mortal stakes,  
Is the deed ever really done  
For heaven and the future's sakes.





