

Kenston J. Griffin

Dream Builders Communication, Inc.

"If Better Is Possible Good Is No Longer An Option"



Volume 4. Issue 2

NEWSLETTER

February 2009

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Book Special

"Mountain Climber"

ONLY \$10.00



The Keys to Good Health

With economic times being more challenging than ever before, gas prices have been at an all time high, and in many households there is more month than money what is one to do? Some say, get another job, but two jobs in many circumstances are for two people that is why it is called two jobs. Others may say, "well, let us just pray about it," but prayer without work is dead. So we must put some work into our prayer.

Now is the time for us to **get up, get out, and do something**. Most psychologists talk about the four stages of competence in which individuals operate. In order for us to operate in **Good Health**, one must move forward with BALANCE in all areas, from physical to mental. We all must be knowledgeable in the four stages. These four stages are:

- Unconscious Incompetence
- Conscious Incompetence
- Conscious Competence
- Unconscious Competence

1. **Unconscious Incompetence** is when the individual neither understands nor knows how to do something, nor recognizes the deficit nor has a desire to address it.
2. **Conscious Incompetence** is though the individual does understand or know how to do something; he or she does recognize the deficit, without yet addressing it.
3. **Conscious Competence** is when the individual understands or knows how to do something. However, demonstrating the skill or knowledge requires a great deal of consciousness or concentration.
4. **Unconscious Competence** is when the individual has had so much practice with a skill that it becomes "second nature" and can be performed easily often without concentrating too deeply. He or she can also teach it to others.

Now, what does this really mean? Some may say that your brain may be working on autopilot, others may say that people are just lazy and do not think things through. Applied knowledge used properly is power. Now, we have to gain power, while obtaining **Good Health**. One of my favorite books states, "write the vision and make it plain;" therefore, let us write our visions and goals. In doing so, take some time, get in a quiet area, and focus for 15 solid minutes on five (5) short-term goals for 30 days. The goal is to expand to focus on five (5) long-term goals daily for one year. Your goals must have a start and ending date with a solid plan of action in mastering **Good Health with Balance**.

Be aware, evaluate, create, and maintain **Good Health with Balance**. So Get up, Get out, & Do something.

Kenston J. Griffin, CEO

Honoring the Memory of Mary Lucy Sherrill

To all those who have read the newly released and highly requested book, *The Mountain Climber*, Dream Builders Publication would like to take a moment and mourn and also celebrate the life and legacy of Mrs. Mary Lucy Sherrill (Aunt Mary).

In honor of Black History month, let us review the past so we may be able to embrace the present and future. In years past, African American people were unable to live the same quality of life as their counterparts. They were enslaved, they were suppressed, and they were oppressed. Many who experienced these unjust acts never dreamed or imagined they would live to see the day were this nation would have an African American president.

As it has been stated before: Rosa Parks **sat** so Martin Luther King could **stand**. Martin Luther King **stood** so a nation could **walk/march**. The nation **walked/marched** so President Obama could **run**. With the new administration in office, the time has come for **all people** to stand together, run this race called "the Human Race," and work together towards the betterment of all citizens regardless of their nationality, their religious beliefs, or whatever the differences maybe. We must begin to Embrace them, Cultivate them, and Honor them.

In memory of Mary Lucy Sherrill, reflect on these words spoken by a 90-year "young" woman who lived a lifetime with Joy in her Heart, a Smile on her Face, and a Loving word for EVERYONE:

Are "you" obeying our Lord's commands? Have we forgiven those that did us wrong? We must forgive so our sins may be forgiven. The Word teaches us we must get it right in order to enter into the Kingdom of God. The sun and the moon will refuse to shine on this great day of God's wrath, WHO WILL BE ABLE TO STAND?

"The Mountain Climber."

January 21, 1918 - January 23, 2009



Just Be Free

By: Tiffany Jacobs

This month examine how you treat yourself and others. Sure, it is easy to get so busy that you forget about your own wellness and cares. Step aside and truly examine how much you love the NEW YOU! A person must love themselves before they can love someone else. You are a new person because you have another chance to see a better year and begin working on the person you are called to be. You have another opportunity to stand upright and go forth in those things that you are called to do. But first, accept and love the person you are and treat yourself like that loveable person you are. When you love the person you see in the mirror, it is so much easier to love those around you.

Be free to love that which you love to do, be free to love the inner you, and be free to love those around you. It will reciprocate back to you!

Transformation of Character

By: Christopher Land

*W*hat are you made of? What makes up your character? If your eulogy were read today, what would it read? Again, I ask, what are you made of? To paraphrase the great words of Dr. Martin Luther King Jr., he had a dream when each of us would be judged by the content of our character. If indeed we were judged by the content of our character, what would be your judgment?

In life we often times are caught in the hurried rush to get things done, and take short cuts. We may even be put into the situations to make an unsavory decision where the pressures of the circumstance seemly suggest that we make a move that may question our character. Such situations may not show themselves in the heat of the moment or on the forefront, but rest assure that what's done in the "dark", will come to the light. You can never "un-ring" a bell.

Understand that you are the sum of your decisions, which in essence creates a great scale of balance. What balances you? What do you use as the standard? There should never be a question of our character, our choices, or decisions. Our decisions should have a grounding point, and they should reflect our character. No matter what pressures you are facing, consider your character, and let it guide you. It is a brand new year, people are starting new things, and it is a great time to check your character. If it is not in order, transform it. It may be time for character transformation, understanding that transformation comes from within. Inside out, because what is on the inside will show up on the outside. Fill yourself with great character, and knowing that once you are full of good, there is no room for bad traits.

So what are you truly made of? What is the content of your character? Integrity, sincerity, honesty, decisiveness, determination, aggressiveness, and compassionate, are any or all of these character traits a part of who you really are? If not, which traits are? What is the content of your character?



How Do You Spell R.E.L.I.E.F.?

By: Tonya R. Allen

*A*s life continues to transition us from one degree of success to the next, where do you receive your most critical review? The answer to this question may truly hold your break through to your success. At times, we tend to focus or identify the negative components initially. Upon evaluation and observation, it has been revealed that the ability to remove oneself from negative thinking people tends to be very easy, except when they live within our minds. As 2009 continue to bring about the opportunity to focus on the "ultimate" transition towards Success, we must allow waves of **R.E.L.I.E.F.** into our existence. Ponder this:

- ♦ **R** = Relax- Begin to relax and enhance your ability to be patient.
- ♦ **E** = Evaluate- Begin to totally submit yourself to your Goals and Dreams.
- ♦ **L** = Learn- Begin to learn from past choices, challenges, and experiences.
- ♦ **I** = Integrity- Begin to do what you say and say what you mean in all areas of your life.
- ♦ **E** = Elevate- Begin to increase your goals and dreams by accomplishing and celebrating the small victories
- ♦ **F** = Faith- Begin to have faith in your abilities, in your self, in other people, and in your success.



Once we begin to fully understand that **R.E.L.I.E.F.** must initiate within, and not allow others to have control over our thoughts, actions, and ultimately our GOALS and DREAMS, then will we begin to rebuild and grow beyond leaps and bounds. The use of critical thinking is important, but not to the point of self-defeating measures. The purpose of evaluation with constructive criticism is to assist in the process of overcoming challenges and to enhance not demise.

While the country continues to review the "Bail Out" Plan, continue to identify "**How Do You Spell R.E.L.I.E.F.**"?

Financial Corner

By: Yolanda Polk

It is time to put 2008 behind us. The market may have let us down and we lost money but with the New Year comes new opportunities to take control of our finances. We all can learn from our past mistakes, recover from a tough economy, and build back our personal savings. Let us move away from the mindset of just surviving, as many of us did in 2008. For the majority of people, wealth or financial freedom does not come quickly; instead, it gathers gradually because of years of hard work and diligence. How can we make 2009 a great year? I believe the New Year is a great opportunity to start saving again. Listed below are three recommendations to supercharge your savings.

1. **Automate** - Earmark a certain percentage or dollar amount for a savings account and let your bank put it into a high-yield savings account before you can get your hands on it
2. **Go Online** - The web offers some of the best saving rates. Whether it is a money market or a high-yield account, make sure you are getting a rate that beats inflation.
3. **Ladder Your CDs** - Instead of investing entirely in one Certificate of Deposit (CD), spread your investments out over time. Put a chunk in a six-month CD, a chunk in a one-year CD and a chunk in a two-year CD. This way, your investments mature at different times and you will also keep a steady flow of liquidity. This strategy tends to lock in the best rates.

Commitment will play a major role in how you choose to invest your finances. I believe it will be the small financial changes that will make the difference in having a great 2009. Also, seek professional help such as a financial planner or a relationship officer at your bank when you are not sure of what to do with our finances.



Allow me to share a portion of a devotional I found helpful for me in staying focused in financial and business endeavors. *"Thank you for the grace to remain diligent in seeking knowledge and skill in areas in which I am inexperienced. I ask You for wisdom and the ability to understand righteousness, justice and fair dealing in every area of business and relationship. I affirm that I am faithful and committed to your word. My life and business are founded upon its principles."*

No matter what just stay focused and remember "Success Is A Journey Not A Sprint"



Did you know we moved?

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corporate, educational, or faith/
community based training needs.***

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BIG EVENTS



February 2, 2009

Dream Builders Communication will be at William Paterson University in New Jersey, where the topic to the Alchemy Program will be “Being In The Moment That You’re In”. This is one of the premier programs on campus, where student are encouraged to excel at WPU and beyond.



February 4, 2009

UNCF (United Negro College Fund) 63rd National Alumni Council Leadership Conference will be in Greensboro, North Carolina. This conference workshop is designed to establish a climate of collegiality and information exchange. The Conference will focus on preparing attendees for leadership and action. It enables the NAC/NPAC to implement its mission of assuring educational access and opportunity for deserving minority scholars. The Conference is the pinnacle event of the NAC and is supported by UNCF through staffing and resources, and DBC is honored to be a featured presenter.

February 26, 2009



Dream Builders Communication, Inc. will be conducting Session #1 of 3 with Sharon Elementary School ASEP program. Session 1 is entitled:

“Attitude: A Little Thing That Makes A Big Difference”

This student subgroup session is designed to encourage students to take personal responsibility for their attitudes. While assisting students face reality of today’s situations and circumstances with a unique “in your face” sensitive, but serious approach, while bringing the attention to ***“Attitude: A Little Thing That Makes A Big Difference”***. While encouraging students to focus on the positives verses the challenges and displaying the proper Attitude in life is vitally important towards minimizing distractions in the educational and social arenas.

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Calendar of Events

February 2, 2009

Dream Builders Communication will be at William Patterson University in NJ, where the topic to the Alchemy Program will be “Being In The Moment That You’re In”. This is one of the premier programs on campus, where student are encouraged to excel at WPU and beyond.

February 3, 2009

DBC in Harnett County working with the elementary schools to share “Best Practices” to increase test scores, and how to ensure measurable results.

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February 7, 2009

Young Black Male (Leadership Academy) is hosting its 2009 kick-off event in Charlotte, NC. This event is designed to assist with the focus of today’s young black male student. It promotes education and community involvement. DBC will be involved to make this event a citywide success.

February 9, 2009

Dream Builders Communication Inc. is working in conjunction with Iredell-Statesville Schools and their project SAGE (Success, Awareness, and Growth through Enrichment) to decrease the county’s drop-out rate. DBC works with all facets of this project from planning to student group sessions.

February 11, 2009

Here comes DBC across the county of Iredell. Three schools in one day is quite the feat, and we meet with students At Risk to those in Leadership. DBC will host sessions at Statesville High, West Iredell Middle, and North Iredell Middle, all on the same day, promoting success and achievement in the classroom.

February 17, 2009

Statesville High is having its rising 9th grade curriculum night, and invited DBC to speak to the parents on “The Importance of Staying Involved With Your Child’s Education.” The event is designed to encourage parental participation with the high school and the community.

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February 28, 2009

Active team building at its finest. DBC will be with the partners of the SAGE project to build a strong stable support team for the youth of Statesville. The Iredell Outdoor Education Center will be the host for the first ever SAGE partners “ropes course” – it is “bound” to be a blast.

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