

Kenston J. Griffin



Dream Builders Communication, Inc.

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

Volume 4. Issue 12

NEWSLETTER

December 2009

In This Issue:

- ◆ *Managing Holiday Stress*
- ◆ *Grateful*
- ◆ *A Challenge for You*
- ◆ *EN-COURAGE-MENT*
- ◆ *December Events*



Book Special

Give the Gift of Knowledge

Holiday Combo Pack

"Your Turning Point Starts Now"

"New Days, New Ideas"

"Stages of Womanhood"

"The Mountain Climber"

and

"If Better is Possible, Good is No Longer an Option" (CD)

Any 3 Books

Only \$30.00

"T'is the Season to BE..."

Greetings & Good Day!

Have you been "naughty" or "nice?" Well, I hope the answer is nice, because the better you are, the better life will be to you. So let's talk about how to make life better. During this time of year, many people are of good cheer, usually! However, this is also a very difficult time of the year for others. Regardless of how you feel during this time, here are three clear ways to improving your circumstances:

- ➔ Review, Preview, & View life as it is. Continue getting better because you are getting better as it relates to your mind, body, and spirit.
- ➔ Develop your plan. Work your plan. And, know the net worth of your plan. Only you can stop you. Write the vision and make it plain because this New Year must be your year.
- ➔ Keep it Simple. Follow the *Golden Rules of Living*:

If you open it, close it.

If you turn it on, turn it off.

If you unlock it, lock it up.

If you break it, admit it.

If you can't fix it, call in someone who can.

If you borrow it, return it.

If you value it, take care of it.

If you make a mess, clean it up.

If you move it, put it back.

If it belongs to someone else and you want to see it, get permission.

If you don't know how to operate it, leave it alone.

If it's none of your business, don't ask questions.

If it ain't broke, don't fix it.

If it will brighten someone's day, say it.

If it will tarnish someone's reputation, keep it to yourself.

Author Unknown

Prepare for a joyous holiday season and a super fantastic New Year. Trust and know that no matter how dark the night, believe that a brightness comes in the morning.

Kenston J. Griffin, CEO

Managing Holiday Stress

By: Christopher Land

as we enter the holiday season, we will all have at least one opportunity to manage our stress. Whether in the office, parking lots, or while shopping, the holidays should bring out the best in each of us, but so often we'll be faced with some of the worst. The holidays can be a stressful season for some, but it shouldn't be for you and I, as someone has to lead the (right) way. Therefore, what do we do to manage our stress level is important?



What stresses you? Deadlines, Christmas quickly approaching, shopping, family coming into town, and/or traveling, all of which can come with the holidays and can add stress to your life if not managed well. Best efforts for solution sometimes fail due to not identifying the root of the cause.

MANAGE YOUR STRESS LEVEL BY:

Utilizing appropriate planning and scheduling.

If gift buying is on your list of things to do, pace yourself. There is no need to wait until the last minute. Get started now, but first write a list, get a financial understanding of what you can or should spend. Working by the list keeps you within your budget and saves lots of time. It also will make your gifts that much more thoughtful when you spend time planning what you will purchase for those special loved ones

instead of impulse shopping. In addition, if there are a couple of friends with you, divide the list and give a good description of what you want your partners to pick-up, and off of you go. It splits the time virtually in half or more.

Planning and preparing for guests by using leverage.

If at all possible, utilize other family members to share the over-night load. Maybe the younger children can go with a cousin, and the older children with your single aunt. Try to keep couples together and families on the same general side of town. Set times and parameters to meet and eat, as everybody needs some rest. Some may want to shop, some may want to just chill, or my personal favorite watch football all day. Remember everyone has his or her own version of fun and relaxation. Try not to take on all the tasks such as hosting, cooking, greeting, game coordinator, valet, shopper, and heaven knows what else. Share the load, you will be surprised at how most will be receptive to assist you when you ask for help.

Maintaining healthy habits.

Do not allow the holidays to hinder your exercise schedule or your habit of eating healthy. Overindulging will add to your stress and in some cases lead to guilt. Have healthy snacks before holiday parties and have sweets, cheeses, and alcoholic drinks in moderation. Get plenty of sleep and walk at least three times a week. Walking while shopping and running errands does count as light exercise.

Being realistic.

We are not perfect beings; therefore, the holiday plans, events, and activities do not have to be perfect either. As our families change or grow, some traditions may change as well. Choose a few to hold on to, and be open to creating new ones. Most of all, have fun!

Allowing adequate time for unexpected stops and traffic when traveling.

Wednesdays through Saturdays are good days to travel. It usually avoids the major road and air traffic, yet allows you time to spend with family and friends. Again, planning and scheduling your time is the key. Identify what stresses you, and avoid it. Be safe, have fun, and Best Wishes for Your New Year.

Grateful

By: Tonya Allen

WOW!

2009 has come and gone. As we look to the New Year for those things that lie ahead, let's say good bye to those things that strengthened us. As the old saying goes, "if it did not kill you, it made you stronger." The good and the bad! We all have heard, read, and maybe even believe, that before the New Year comes in, you should make a New Year's Resolution. Well, I have decided not to take this route entering into 2010. I have decided to provide you with the

TOP 10 THINGS I AM GRATEFUL FOR

- *The ability to assist others gain a better quality of life for themselves and their families-* some have the desire to do better, but lack the "know how" in order to accomplish
 - *My continued growth in knowledge and wisdom-* some have neither and suffer because of this deficit
 - *My passion and desire for growth, wellness, love, and righteousness-* some have turned their backs and focus on only self and miss out on the LOVE
 - *My past experiences in life, the good, bad, & the ugly-* because without these I would not be the person I am today
 - *My opportunity to reach each of you monthly-* some do not have the ability or opportunity to positively impart into the lives of others
- As you prepare for your holiday celebrations, travels, or dinners, take a moment and reflect on what you are grateful for. Your ability to recall what you are grateful on a daily basis will ultimately assist you accomplishing all the things you wish to attain. The ability to remain focused on those things that are important to you and not take them for granted will catapult you towards your goals and dreams.
- *The ability to love and serve my God freely-* in some countries, this is not an option
 - *My Life, Health, & Strength-* some did not make it through the night, let alone the year
 - *My daughter-* some have children but are not able to see, speak to, or take care of them for one reason or another
 - *My Family and Friends-* some people are alone
 - *The ability to provide all the necessities of life for my daughter (i.e. shelter, food, clothing...)-* some people have lost everything due to some life changing situation

A Challenge for You

By: Tiffany Jacobs

Did you do it?

Did you conquer everything you set out to do?

Keep going! You still have this month. During the holiday cheer and joy, make someone else smile, give someone else joy. Life is too short not to enjoy every moment with the ones you love. As we all know, it is

the season of holiday merriment, so let's celebrate the reason and get ready and excited for what is to come. Because your latter shall be greater! What will you do to bless someone else's day in this Christmas season. It is not all about getting the most gifts, but about giving love and the joy of the season. Don't forget to be grateful and loving and end this year with love and joy. You deserve it, and someone else does also!

Happy Holidays and finish getting all that this year has for you!

EN-COURAGE-MENT

By: Roderick Land

Encouragement is a big word that can have a very big affect on the many people we contact everyday. As educators, we constantly need to evaluate ourselves on how we rate in that aspect of teaching. Understanding the etymology of the word “encouragement” is of some benefit to us all.

The first part of the word, **en** simply means “**to put into.**” We all have something, not just A, B, Cs and 1, 2, 3s, but we have life experiences as well as life examples. I know of many things that can be shared with children and adults as well that can “teach” them. Something I have experienced or someone I know has experienced can be more informational than any book could ever be. Keep you eyes and ears open for opportunities to put something EN.

The second part of the word is “**courage.**” Usually, and rightfully so, we think of courage as the absence of fear. Honestly, it is not the absence of fear; **courage is what you do in spite of fear.** Years ago I was listening to a friend of mine talking with his child about riding their bicycle without someone holding it up. After going back and forth with the child for several minutes, the parent finally told the child, “Ok, you are afraid, do it afraid.” The child immediately took off and was fine from that point on. Courage also means to have zeal, pride, confidence, and lustiness.

The last part and possibly the most important part of the word is “**ment.**” That part of the word in this instance is derived from the word **mental.** Of course we know that something of the mind is what mental is. Sometimes whether a child succeeds or fails is dependent on what they have in their mind.

Therefore, in a nutshell, we can say that encouragement is “**when a statement, action, or situation is put into the mind of a person to do what they can or should do and to do it despite being afraid of what may or may not happen.**”

Understanding the etymology of the word “encouragement” is of benefit to us all, whereas actively utilizing encouragement is of GREAT benefit to us all. I encourage you today, go out and put some zeal in a young person’s mind so they may be encouraged and realize they can be a success in life!!



**We gain strength, and courage,
and confidence by each experience
in which we really stop to look fear in the face...
we must do that which we think we cannot.**

—Eleanor Roosevelt

BIG EVENTS in DECEMBER



December 1, 2009

Dream Builders Communication's CEO, Kenston J Griffin, will be at NC A&T State University presenting at two events in one day. A&T is capitalizing on having Mr. Griffin in AGGIE-land, both the Council of Presidents and the Academic Excellence/Residence Life departments will be hosting events in the Student Union. Make sure you are there!

AGGIE PRIDE!!!

December 1, 2009

Dream Builders Communication, Inc. and Special Guests will be pumping up the NBA BOBCATS as they take on the Celtics. This is always a battle on the court, and DBC knows that it starts with the proper MINDSET. So before the players take the court, they will be in position to prepare their minds.

December 3, 2009

DBC is collaborating with Iredell Statesville Schools in its 21st Century Learning Community "*SAGE*" – *S*uccess, *A*wareness, and *G*rowth through *E*nrichment. This afterschool program has had steady growth and results from the start.

December 7, 2009



Christopher Land, Chief Operations Officer of DBC, will be presenting the DBC year-long program to the School Board of Harnett County. This presentation is to update the Board Members of the success DBC has experienced in the elementary schools in the district. This may also be the catalyst of more schools joining the DBC band in the future.

December 8, 2009

DBC will be in Harnett County, NC participating in the classrooms at Johnsonville Elementary and hosting student academic support subgroups at Benhaven Elementary School. We are prepared for a dynamic day in HCS. Please reach out to the perspective principals if you are interested in attending either event.

BIG EVENTS in DECEMBER

December 9, 2009

Another double-duty day for Kenston J. Griffin; he and Mr. Christopher Bell (Math Specialist) will be in Charlotte-Mecklenburg Schools. They will be visiting and observing students as well as hosting academic support and character development sessions at Westerly Hills Elementary then on to Bishop Spaugh Community Academy.

December 11, 2009

Iredell Statesville Schools has invited Dream Builders Communication, Inc. to participate in its Student Support Services Day. We have the pleasure to partner with ISS in many facets, and we are already excited to present to and share with the other support service and providers. Kenston J. Griffin will motivate and inspire everyone in attendance.

December 26-30, 2009



Dream Builders Communication, Inc. (DBC) will be conducting 3 events at the AME Zion 2009 Mid Winter Conference in Dallas, TX. The featured segment during this year's conference will be Nationally Known Motivational Speaker, Mr. Kenston J. Griffin, keynoting during the Christian Educational Luncheon. The other two segments will focus on leadership, financial, and program development.

*Happy Holidays
from
Dream Builders Communication, Inc.*

Contact Us:

**8801 JM Keynes Drive, Suite 440, Charlotte, NC 28262
(704) 595-1735 office; (704) 595-1736 fax; (877) 595-1735 toll free**

www.kenstonjgriffin.com

**Academic Training, Community Development,
Peak Performance Coaching, Strategic Planning,
Team Building, Youth Programs, and MORE!**