

# June

2019

## Subtitle

Industriousness: There is no substitute for work. Worthwhile results come from hard work and careful planning. Loyalty: To yourself and to all those depending upon you. Keep your self-respect. Alertness: Be observing constantly. Stay open-minded. Be eager to learn and improve. Initiative: Cultivate the ability to make decisions and think alone. Do not be afraid of failure, but learn from it. Enthusiasm: Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing. Self-Control: Practice self-discipline and keep emotions under control. Good judgment and common sense are essential. Friendship: Comes from mutual esteem, respect and devotion ; it must not be taken for granted but requires joint effort. Cooperation: With all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your own way. Intentness: Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent. Confidence: Respect without fear. May come from being prepared and keeping all things in proper perspective. Skill: A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail. Team-Spirit: A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all. Poise: Just being yourself. Being at ease in any situation. Never fighting yourself. Condition: Mental-Moral-Physical. Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated. Competitive Greatness: Be at your best when your best is needed. Enjoyment of a difficult challenge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9 Open Gym 2-4 pm	10	11	12	13	14	15
16	17	18	19 Open Gym 5-7 pm	20	21	22
23	24	25	26 Open Gym 5-7 pm	27	28	29
30 Open Gym 2-5 pm						

