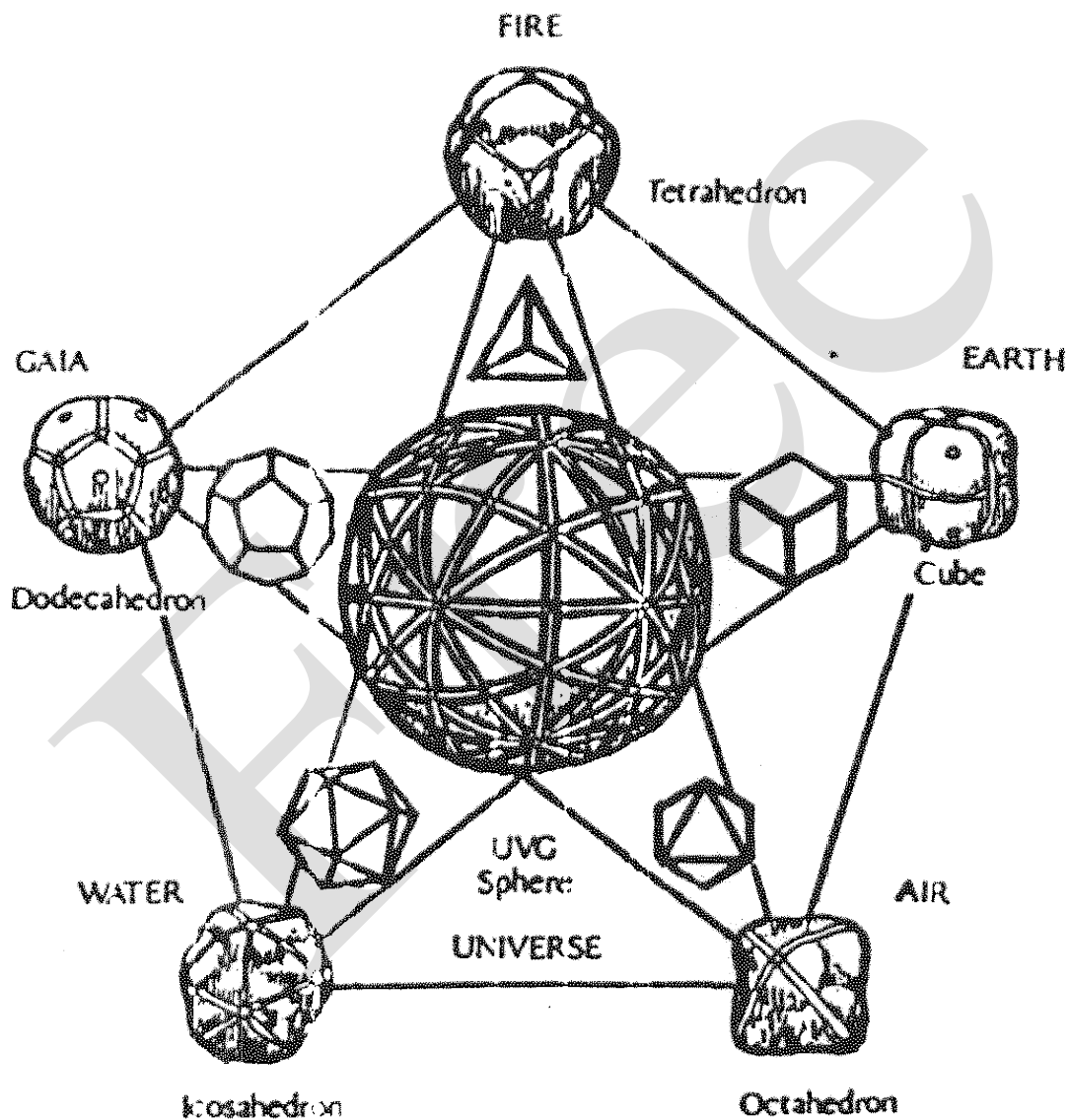


Motivational and Inspirational ACRONYMS

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Pass it on and be blessed

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Self-Development Process

BAD = Bored And Desperate

SIN = Self-Inflicted Nonsense

FOE = Fortress Of Evil

FAILURE = Frustration, Aggressiveness, Insecurity, Loneliness, Uncertainty, Resentment, Emptiness (from "*Psycho-Cybernetics*" by Maxwell Maltz)

COMPLAIN = Creating Only More Problems Living Always In Negativity

BLAME = Better Look At My Excuses

PANIC = Pressured And Not In Control

LIE = Living In Exile

DEAD = Drugs End All Dreams (or Drinking Ends All Dreams)

SOS = Save Our Souls

BIG = Believe In God

LIGHT = Living In Gratitude Harmony Truth

ASAP = Always Say A Prayer

GOD = Galactic Omnipresent Design (or Great Organizing Design)

LORD = Let Our Redeemer Decide

JESUS = Joy Eternal Shows Us Salvation (or Jesus Exactly Suits Us Sinners)

CHRIST = Certainly His Resurrection Is Supreme Truth



ABC = Awareness Before Change (or Action Becomes Character)
ACTION = Any Change Toward Improving One's Nature (or Accepting Challenges To Improve Our Nation)
AND = Any Day Now (or A New Dimension or All New Development or A New Democracy or Angels Never Die)
ASK = Attitude, Skills, Knowledge
BAG = Blessings, Accomplishments, Goals (self-esteem inventory)
BEST = Bringing Everybody's Strengths Together (or Building Economic Success Together or Building Effective Successful Teams or Believe, Encourage, Share, Trust)
BIG = Believe(r) In God (or Bold In God or Best In Game or Best In Group or Business Is Good or Business Improvement Group or Business Idea Generation or Best In Government or Build It Global or Best Investment Group)
BOOSTER = Balanced, Observed, Objective, Specific, Timely, Enhancing, Relevant
BUT = Believe, Understand, Trust
CAN'T = Certainly Am Not Trying
CASH = Creating Assets Savings Hope (or Caring And Sharing Hope)
CROSS = Christians Reaching Out Spreading Spirituality (or Christ Rescued Our Sinful Souls)
DAY = Dreamed About You
DREAM = Dedication, Responsibility, Education, Attitude, Motivation
DRIVE = Define, Review, Identify, Verify, Execute
ETHICS = Express, Teach, Hold, Inform, Create, Support
FAB = Features, Advantages, Benefits
FAITH = Fantastic Adventures In Trusting Him (or Find Assurance In Trusting Him or For Anything I Trust Him)
FOCUS = Follow One Course Until Successful
FOCUS(ED) = Futuristic Observation Creates Unique Solutions (Enabling Development)
FOR = Focus On Results (or Focus On Readiness or Future To Offer or Framework Of Reference or Focus On Relationship or Feeling Of Respect or First Order Reliability)
FORCE = Focus On Reducing Costs Everywhere
GOAL = Getting Out And Living (or Good Objectives Always Live)

GOLD = Generation Of Leaders Discovered (or Global Organizational Leadership Development)

GOOD = God Opens Other Doors

GREAT = Get Really Excited About Today (or Gratitude, Responsibility, Enthusiasm, Attitude, Teamwork or Grow, Respect, Educate, Achieve, Together)

GURU = Gee You aRe You

HAPPY = Have A Peak Pleasure Year (or Having Active Participation Prepares You)

HELP = His Ever Loving Presence

HOPE = Heal Our Planet Earth (or Hang On Positive Expectations or Have Only Positive Expectations or Help Other People Excel or Healing Our Personal Environment)

HOT = Hands-On Training

HTML = How To Make Love

IDEA = Identify, Design, Execute, Augment

IDEAL = Identify, Define, Explore, Action, Lookback

IF = In Fact (or Initiation Factor)

ITALY = I Trust And Love You

KISS = Keep It Short (or Straightforward) and Simple or Keep It Simple Sweetheart

LAST = Listen, Advise, Solve, Thank

LAW = Love And Wisdom

LEAD = Learning, Education And Development (or Lifelong Education And Development or Learn, Engage, Achieve, Develop or Learn, Earn And Develop or Liberating Expressiveness, Amplifying Dignity)

LIFE = Living In Faith Everyday (or Living In Fullness Everyday or Live In Freedom Everyday or Literacy Is For Everyone)

LIVE = Living In Victory Everyday

LOVE = Living Our Values Everyday (or Look, Observe, Verify, Enjoy or Lots Of Valuable Energy or Let Our Values Endure or Leave Out Violence Everywhere)

LUCK = Laboring Under Correct Knowledge

MAP = Master Action Plan

MILE = Maximum Impact, Little Effort

MIND = Mathematics Is Not Difficult

MORE = Member Organized Resources Exchange

MY = Miss You

NO = No Offence (or Nice One or Normally Open)

OK = Opportunity Knocking

PATHS = Parents And Teachers Helping Students

PEOPLE = Professionalism, Experience, Opportunity, Performance, Leadership, Education

PLAN = Pro Life Action Network (or Parent /Peer Leadership Action Network or People Looking Ahead Now)

POWER = Performance Outcomes With Effective Rewards (or Performance Optimized With Enhanced Resources or Prepare, Organize, Work, Evaluate, Rethink)

PRIDE = Personal Responsibility In Delivering Excellence

PUSH = Pray Until Something Happens (or Persevere/Persist/Praise Until Something Happens or People United Serving Humanity)

REAL = Resist Evil And Live (or Respect Earned All Life)

RICH = Residual Income Creates Happiness

SAFE = Stop Abuse For Everyone (or Strength, Agility, Flexibility, Endurance – four areas of fitness – or Search And Find Everything or Self Abuse Finally Ends or Stop Abusing Family Environments or Security And Financial Empowerment or Streets Are For Everyone or Sustainable Agriculture Food Environment)

SEE = Success Equals Effort (or Self-Efficacy Expectation or Support, Encourage, Enhance or Significant Event Evaluation)

SHINE = Seeking Harmony In Neighborhoods Everyday

SMART learning: Synergistic, Motivational, Achievement-oriented, Rapid, Technology-powered

SPIRIT = Special People Inspiring Recovery In Time (or Strength, Perseverance, Imagination, Responsibility, Integrity, Talent)

STAR = Stop Think Act Reflect/Review, Situation Task Action Results, Skills/Strategies/Strive To Achieve Results, Staff Training And Resources/Recognition, Start Today Achieving Results, Services To Add Revenue, Spouses Together And Ready, Stop Talking And Read, Students Taking Active Roles/Responsibility, Students That Are Ready, Steps Toward Adult Responsibility, Success Through Academic Readiness, Strategies Tactics And Results, Special Thanks And Recognition, Support Teaching And Research, Sharing Time And Resources, Study Theology And Religion

SUCCESS = Sense of direction, Understanding, Courage, Charity, Esteem, Self-Confidence, Self-Acceptance (from “*Psycho-Cybernetics*” by Maxwell Maltz)

SUMO = Shut Up, Move On

SUN = Spiritual Unfoldment Network (or Spiritual United Nations or Success Unlimited Network)

SYSTEM = Save Yourself Serenity Time Energy Money

TIME = Things I Must Earn

TIPS = Theory Into Practice Strategies (or Thought, Information, Plan, Solution or Teaching Interdisciplinary Problem Solving or Training In Parenting Skills or To Improve Professional Service or Teaching Individuals Protective Strategies)

TRIP = Transaction, Relationship, Information, Partnership

UP = Unlimited Potential (or Unleashed Power or Universe Progress)

VICTORY = Vision, Impetus, Confidence, Taking the plunge, Observing outcomes, Responding to feedback, You (from "*The Tao of Motivation*" by Max Landsberg) (or Volunteers In Communities Tutoring Our Responsible Youth)

WIN = What's Important Now

WOW = Wishing Others Well

WWW = What Works Well

WYGIWYD = What You Get Is What You Deserve

YES = Your Education System (or Your Entire Solution or You Expect Success or You Experience Success or You Equal Success or Your Enrichment Strategies or Your Empowerment Study/Solutions or Youth Embracing Success)

Various

WATERMELON CREDO™

W Whatever you believe creates your reality

A Attitude is the magic word

T Together everyone achieves more

E Enthusiasm is the wellspring of life

R Respect yourself, as well as others

M Make commitments, not excuses

E Everyday can be a fun day

L Love is the answer

O One day at a time

N Never give up or become a victim

People

CHILD = Character, Health, Integrity, Leadership, Development

DAD = Dedicated And Devoted

EGO = Everyone Gets One

HER = Happy Ending Reading

HIM = He Is Mighty

ME = Main Effort (or Managed Entity)

MOM = Most Outstanding Mother

SELF = Spirit, Education, Lifestyle, Fitness

SON = State Of Nature

US = Ultimate Selection

YOU = Your Own Universe

WE = Withholding Exemptions (or Work Effectively)

Time

NOW = No Opportunity Wasted (or New Optimists Wanted)

PAST = Put Aside Shadowed Times

WOW = Within One Week

A NEW START

A – Attitude

N – Nutrition

E – Exercise

W – Water

S – Sunshine

T – Tenacity

A – Air

R – Rest

T - Temperance

The 4 Elements

FIRE = Faith Ignites Revival Everywhere

EARTH = Environmental Action Revitalizing The Heartland

AIR = Automated Information Retrieval (or Additional Information Request or Alternative Information Resources)

WATER = Wonderful And Totally Embracing Resource

ATTITUDE

- 1 A – Action oriented
- 20 T – Take responsibility
- 20 T – Turn fear into focus
- 9 I – Imitate excellence
- 20 T – Transform negatives into positives
- 21 U – Uncover your hidden talents
- 4 D – Develop yourself
- 5 E – Expect...the unexpected

—
100%

FEAR

F – False

E – Evidence (Expectations, Emotions)

A – Appearing (Altering)

R – Real (Reality)

F – Face

E – Everything

A – And

R – Recover

Results

(N.B. – Not to be confused with greed, selfishness and other negative attitudes)

WIIFM = What's In It For Me

ROI = Return On Investment

ROE = Return On Equity (or Return On Energy)

CARESS (listening skills)

- C** – Concentration
- A** – Acknowledgment
- R** – Research & Respond
- E** – Emotional control
- S** – Sense Non-Verbal Message
- S** – Structure

LEADERSHIP

- L** Long term vision
- E** Excellence
- A** Advance planning
- D** Discipline
- E** Enthusiasm
- R** Responsibility
- S** Sacrifice
- H** Humility
- I** Influence
- P** Perseverance

- L** Loyalty
- E** Enthusiasm
- A** Awareness
- D** Drive
- E** Empathy
- R** Respect

SMART(ER) Goals

- S** - specific, significant, stretching
- M** - measurable, meaningful, motivational
- A** - agreed upon, attainable, achievable, acceptable, action-oriented
- R** - realistic, relevant, reasonable, rewarding, results-oriented
- T** - time-based, timely, tangible, trackable
- (E** – ethical)
- (R** – recorded)

ALBERT
(after Albert Mensah)

A - Aim high
L - Learn from others
B - Be yourself
E - Expect to win
R - Risk it all
T - Trust yourself

Triples, Quadruples, etc.

AAA = Ambition, Ability, Attitude
DDD = Desire, Drive, Discipline
DDDD = Desire, Decision, Determination, Discipline
EEE = Education, Experience, Execution (or Education, Examination, Experience)
HHHH = Honor, Humility, Humor, Happiness
PPPPPP = Proper Prior Planning Prevents Poor Performance

DO IT

D – Define problem
O – Open mind and apply creative techniques
I – Identify best solutions
T – Transform

