

# “THE MESSAGE”

- Be truthful, realistic and responsible.
- Do the right thing and be for real.
- Obey laws and rules of society.
- Listen to sound and reasonable advice from people who have your best interest at heart
- Learn from people who are knowledgeable and have proven skills and experience.

# **“THE MESSAGE”**

- **Learn fast, work hard, and save your money**
- **Spend your money wisely and live within your means.**
- **Say what you mean and mean what you say.**
- **Don't say, or agree to, things that you know you will not or cannot do.**

# **“THE MESSAGE”**

- **Be committed, devoted, dedicated, and determined.**
- **Have discipline, and “stick to it” power.**
- **Obey and follow God’s commandments in your life daily.**
- **Have faith, pray, read, study and practice the teachings of your faith.**
- **Love and treat people the way you want to be treated.**

# “THE MESSAGE”

- Recognize, develop, and use your talents and abilities to their greatest potential.
- Use your talents and abilities to improve the well-being of yourself, family, and community.
- Take care of your health and live life to its fullest because you only live once.
- Strive for Total Wellness and Empowerment
- You have the “Equipment” to achieve Total Wellness and Empowerment

# EQUIPMENT by Edgar A. Guest

(George Washington Carver's Favorite Poem)

Figure it out for yourself, my lad,  
You've all that the greatest of men have had,  
Two arms, two hands, two legs, two eyes  
And a brain to use if you would be wise.  
With this equipment they all began,  
So start for the top and say, "I can."

Look them over, the wise and great  
They take their food from a common plate,  
And similar knives and forks they use,  
With similar laces they tie their shoes.  
The world considers them brave and smart,  
But you've all they had when they made their start.



## EQUIPMENT - continued

You can triumph and come to skill,  
You can be great if you only will.  
You're well equipped for what fight you choose,  
You have legs and arms and a brain to use,  
And the man who has risen great deeds to do  
Began his life with no more than you.

You are the handicap you must face,  
You are the one who must choose your place,  
You must say where you want to go,  
How much you will study the truth to know.  
God has equipped you for life, but He  
Lets you decide what you want to be.

## EQUIPMENT - continued

Courage must come from the soul within,  
The man must furnish the will to win.  
So figure it out for yourself, my lad.  
You were born with all that the great have had,  
With your equipment they all began,  
Get hold of yourself and say: "I can."

--Edgar A. Guest



**Achieving Empowerment? “Yes, We Can!”**