



Standing Strong Together™

COMMUNITY BUILDING LEADERSHIP TRAINING CERTIFICATION

Session 5 - The Spirit of BING!



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The Spirit of BING!

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BUILD TRUST CONNECT & RESPECT



Instead of questioning the validity of the other person's opinions or beliefs, ask questions, be curious, and willing to learn something new. Genuinely try to understand their position. Even if you never fully agree, showing respect is more valuable than the need to be right.

Relationship is built in respecting each others differences.



15 REASONS WHY PEOPLE STOP DREAMING

1. **Fear of failure is debilitating.** But that fear is almost always rooted in fear of rejection or judgment from those around them. Empowerment and support are the miracles that gives people the courage to keep on keeping on.

2. **Giving others the power to influence their decisions.** Instead of asking, "What is it that I truly want?" most people give that power to others. Their parents. Their friends. Their boss.

3. **Fail once--and never try again.** When you stop going for your dream, you die inside. Once isn't a good judge of your potential. Twice isn't either. 100 times is still not enough. **Grandma Sparky has made thousands of mistakes. Your dreams are a journey. You can never try *too many times*.**

4. **See the failure, not the lesson.** People who give up on their dreams tend to experience failure once, and then attach themselves to that title. "I am a failure," they repeat over and over again. But what does that word really mean? Failure? **Grandma Sparky asked a billionaire how she could hang around people like him. He answered, "Become one." She then asked, "How can I become one?" He answered, "Make enough mistakes."**

5. **Don't learn how to discipline themselves.** Discipline is the single most valuable skill for turning your dream into a reality. Unfortunately, most people never had a model showing them this skill. So, they become impatient, don't see the value in withholding short-term rewards for longer-term gains. Yet with discipline, they will succeed.

6. **Care more about the end result, not the process.** If you only focus on the end, you'll never get there. But if you focus on the process, you'll find yourself waking up morning after morning realizing, "Wow, I've come such a long way."

7. **Do not believe in themselves.** Instead, people look to others to believe in them. They often want everyone else around them to do the heavy lifting, to cheer them on, to give them the money they need, to give them some sense of "guarantee." Dreams don't work that way. You have to believe in yourself first--so that others can follow.

8. **Surround themselves with people who are a negative influence.** You are a reflection of the 5 people you spend the most time with. If you surround yourself with negative, unproductive people who don't have dreams of their own, then guess what? All too often, you're going to be just like them.

Cont...

9. Decide that people won't understand their dream--and give up. Most people never learn how to vocalize and explain what it is they really want out of life. Dreams are difficult to explain to others. Hang around people who have made their dreams come true. The truth is most people can't explain it because they aren't sure themselves. And instead of continuing the journey of self-discovery, all too often, they decide to give up altogether. Seek out someone who has made their dreams come True and ask them if they have ever wanted to give up. The majority will say yes, but something kept them keeping on.

10. Rather be misunderstood than wrong. People constantly make decisions for themselves based on what will make other people happy. But that is a surefire way to guarantee your own unhappiness. It's far better to be misunderstood living your truth, than being entirely understood trying to make others happy.

11. Don't have a guaranteed path to achieve success. Most people want to know that the end result is guaranteed before taking the leap, putting themselves out there, and going all-in on pursuing their dream. But that's the thing about dreams. They're not guaranteed. And that's why they're so fulfilling to chase.

12. Would rather settle for short-term rewards. So many people set out to achieve their dream, only to detour for a comfortable high-paying salary desk job. If that's what you want, go for it! But if you take that job purely out of fear, ask yourself, will this job bring you passion, joy, and a purposeful life.

13. Refuse to pivot and adjust. When people set out to achieve their dream, they tend to fall in love with an ideal "final destination." As a result, they struggle to pivot. They would rather give up entirely than adjust their expectations, shift, and continue on the journey.

14. Get bored. All too many people give up purely because they lack the creativity to continue to reinvent themselves. No path stays the same forever. No person does either. So, it's sad when someone gives up on their dream because they may not know how to discover and uncover the next version of themselves.

15. Lose belief in themselves. On every path, there are times when that self-belief gets shaken. For some, these tough learning moments are too much to handle. Most people stop seeing themselves as a work-in-progress and start to accept that they've failed. As a result, they give up. And their dream suddenly disappears.

"Ask: What's Your Dream? How Can I Help You? What Do You Need?"

~ Grandma Sparky

Be the Voice of Change

Empower & Support



"the most powerful and enduring brands are **built from the heart.**"

I think the **currency of leadership is transparency.** You've got to be truthful. I don't think you should be vulnerable every day, but there are moments where **you've got to share your soul** and conscience with people and show them who you are, and not be afraid of it.
~ Howard Schultz

"When you're surrounded by people who share a passionate commitment around a common purpose, anything is possible."

~ **Howard Schultz** - Executive Chairman of Starbucks, and former owner of the Seattle SuperSonics

WHY BING!

BING! is important because:

- BING! is a silly sound that makes people laugh out loud.
- It's the sound that makes dreams come true!
- Laughter is the best medicine. Laughter is strong medicine.

The Benefits of Laughter:

- It draws people together in ways that trigger healthy physical and emotional changes in the body.
- Helps to release anger and forgive sooner.
- Strengthens immune system, boosts mood, diminishes pain, and protects from the damaging effects of stress.
- Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.
- Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert.

Source: <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>

Every time you hear a BING! know that a child just got their dream!



Session 5

SOUL WORK

1. Honor 3 people this week. Give each a BING!

2. Ask: What's your dream? How can I help you? What do you need?

3. When then respond, let them know your cheering them on!

4. Journal what their dreams are, what they needed, and how you could help.

5. Be certain to always have previous guidebooks by your side during sessions.

“Give people a BING! Be their cheerleader. You are the spirit that gives people the will to keep on keeping on.”

~Grandma Sparky

Together We Are the Voice Uniting Humanity Through the Power of Love!

WHO YOU ARE MAKES A DIFFERENCE!

Love Grandma Sparky

BING!

