



Celebrate! Change Your Lens, Change Your Life with Dewitt Jones

The Celebrate Series: A User Guide

This guide offers tips on how to use the original **Celebrate What's Right with the World** and **Celebrate! Change Your Lens, Change Your Life** together and individually.

By using these two programs in tandem, you will have multiple training options and discussion topics.



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Using Celebrate What's Right with the World AND Celebrate! Change Your Lens, Change Your Life

Star Thrower Distribution develops meaningful training programs intended to make an impact and enhance learning at all levels. Our programs teach new ideas, and inspire viewers to take action and embrace change.

Because the fundamental purpose of training is learning, Star Thrower materials are designed to make learning more effective. Our programs help viewers recall the information, understand the topic, and apply the lessons to their lives. Successful training means participants can use what they have learned and take action because of the experience. Through effective storytelling, our programs quickly captivate the viewer and appeal to a wide spectrum of organizations.

The **Celebrate Series** is an exciting way to energize your organization. Each program offers a simple yet powerful message: the world is amazing place full of hope, promise, and possibilities. And, by focusing on the positive, you will find the energy to fix what's wrong.

The **Celebrate Series** is comprised of two programs: **Celebrate What's Right with the World** and **Celebrate! Change Your Lens, Change Your Life**. Each program works well individually, but when combined, offers an incredibly powerful message.

The following information will help you better understand ways to use both programs in your training.



Why use both Celebrates?

Below is a list of reasons to incorporate both **Celebrate What's Right with the World** and **Celebrate! Change Your Lens, Change Your Life** into your training.

- » To create a culture of possibilities
- » To encourage people to focus on the positives
- » To help people be more willing to listen to other ideas
- » To facilitate a cultural shift from a "me" to a "we" mindset
- » To empower people to focus on what they can control
- » To encourage an abundance mentality
- » To improve creativity
- » To reinforce the importance of a positive vision
- » To teach the elements of appreciative inquiry
- » To energize the organization

Why they work well together

The **Celebrate Series** is an excellent way to invite people to believe in possibilities.

Creating a culture that embraces change is difficult. Most people are entrenched in how they have done things in the past. Developing a change culture takes commitment and effort. You will be required to invite people to participate in multiple ways.

This change will not happen overnight. It will require you to introduce the idea and continually reinforce the concept until it becomes part of the organizational DNA.

The programs in the **Celebrate Series** work well together because they complement each other's learning. When combined, the programs offer a powerful invitation to live a life of possibilities.



Ways to use the Celebrate Series

Below is a list of suggested ways to use both programs in the **Celebrate Series**. This list will help you get started, but is by no means all-inclusive. Since these programs focus on ways we can, as individuals, grow and improve, how you incorporate these programs into your curriculum is essentially limitless.

The training materials are a resource. They were designed with the trainer in mind and allow you to customize learning as you see fit.

There are multiple options to make the training successful; trainers are encouraged to review the included support materials, determine which sections are relevant to their needs, and consider how the information applies to their organization.

Intense One-Day Training

If you are planning a retreat, the **Celebrate Series** is a great foundation. The programs remind viewers that they have the ability to improve and contribute in a positive way. Using **Celebrate What's Right with the World** to start the retreat and **Celebrate! Change Your Lens, Change Your Life** in the afternoon creates a great environment for dialog.

Ongoing Learning

Creating long-term change takes time and reinforcement. The **Celebrate Series** offers you a unique opportunity to introduce the concept, and later reinforce it with the second program at a later date. Both programs share the foundation for seeing possibilities, but each offers unique life lessons.

Select Stories As Needed

The **Celebrate Series** films offer a large number of specific learning points that you can use to reinforce training. The chaptering makes it easy to use; the programs do not need to be shown in any specific order.

Self-Paced Learning

The structure of the programs makes them ideal for use as self paced-learning. The **Celebrate Series** is engaging and the lessons will help every participant look for ways to be more creative.



Key Concepts

The programs' structures offer distinct learning points/chapters. This will make it easy for you to facilitate discussions in a logical way. Some of the concepts overlap and can be used to effectively reinforce learning. The programs are designed to either show the films in their entirety, or show only the learning points that best align with your training needs.

Below are the Key Concepts of each program with a brief synopsis.

Celebrate What's Right with the World

Believe It and You'll See It

- » We are born trustful and optimistic.
- » When we wholeheartedly commit to a goal, we can ultimately find it.
- » A conscious effort to "believe it and then see it" can help us recognize positive elements in even the most challenging situations.

Recognize Abundance

- » Most of us grow up learning that our world is one of scarcity, loss, and fear. When we don't acknowledge the abundance we already have, it is easy to make excuses for everything we're not accomplishing.
- » The responsibility for our own success and happiness lies within. It is up to us to recognize all that we have to work with, learn how to deal with obstacles, and strive toward our goals.

Look for Possibilities

- » The opposite of scarcity isn't abundance, but possibility.
- » Looking for and following through on possibilities requires a determined effort.
- » Searching for the best solution, rather than being satisfied with the first possible answer, takes extra energy and time.

Unleash Your Energy to Fix What's Wrong

- » Celebrating what's right helps us see the possibilities. When we acknowledge the many good things that occur in the world, we realize that solutions are possible.
- » Equally important, celebrating what's right gives us a much-needed break from our efforts to fix what's wrong.

Ride the Changes

- » It's no secret that most of us resist change. It's often too easy to focus on the negative aspects of change. Change requires energy; it upsets the status quo; it challenges the order in our lives.
- » Change forces us to grow, to view our own lives with a new perspective, and hopefully become better for our experience.

Take Yourself to Your Edge

- » Each of us can venture to our own edges. We can allow ourselves to be our best; to take risks and give everything we've got to the tasks before us.
- » This isn't always easy. It's easier to give things a mediocre effort and move on to something else.
- » The key is trusting ourselves enough to not worry about the results.

Be Your Best for the World

- » When we concentrate on being the best in the world, it's easy to focus on the trappings that often come with talent and effort, such as money and recognition.
- » When our efforts are devoted to being the best for the world, we approach our tasks with an attitude of service and grace. Our perspective widens, and we focus on using our talents and energy as best we can.



Celebrate! Change Your Lens, Change Your Life

Celebrate What's Right

- » Raw experience is empty. It's what we learn from our experiences that make our lives worthwhile.
- » To understand that there is more right in the world than wrong, we must fill ourselves with gratitude for all that we have been given.

Don't Prove, Improve

- » Don't worry about proving yourself day in and day out; instead focus on improving, and being the best you can be.
- » Focus on doing things better today than yesterday. If you learn something that might help someone else, share it – don't keep the information to yourself.

Change Your Lens, Change Your Life

- » There are an infinite number of possibilities.
- » By learning to believe in possibilities, we need to be willing to change our lens and change our perspective.
- » By being open to different angles, different mindsets, different backgrounds, we can open ourselves up to many more options and choices.

Think Blend, Not Balance

- » We try to find the right balance between our work and family life. Yet often, it doesn't happen.
- » A vintner doesn't try to find the right balance; they seek the right blend. A blend is much more stable. It is more difficult to create, but once achieved, it is far less likely to dissolve into disarray.

Learn to Soar

- » Struggle does not need to be your operative word. Getting to the next level requires that you learn to soar.
- » Where do those thermals exist? They exist when you have full knowledge of yourself, as well as your craft. In each of our lives there is an edge between success and significance. If we want to take that edge higher, we need to work on not just what we do, but who we are.
- » Not just to be the best in the world, but to be the best for the world.

Dare to Dance

- » For Auntie Kuiela, Hula is more than a dance; it's a way of being in the world.
- » Do we have the courage to dare to dance our dance, live our vision?
- » Never ask "How do I fix what's wrong?" Instead ask, "How can I make this better?" Keep your attention not on what is wrong, but what is right.

Be Like a Sunset

- » A sunset is a great metaphor for life. A sunset doesn't wait for recognition. A sunset puts out the very best it has without regard for whether it is received or not.
- » The sunset doesn't wait for our affirmation or applause. We can critique it all we want and it will do it again tomorrow. Be like a sunset. It's a great lens to put on your life.

“Not to be the best **in** the world; but, to be the best **for** the world”.

—DEWITT JONES

The **Celebrate Series** helps both the mind and spirit of everyone in your organization.

By encouraging abundance and possibilities, this program will inspire everyone to focus on what they can control and promote a spirit of creativity.