



IBD's . . .



What

is

Success?



by

Old Man River

What is Success? (a bold Bathroom Reader that helps to answer that question)

A Cabin Captures Wisdom Pursued paperback

An Outing Adventures publisher. First published in Minnesota in 2022

Cabinright © Old Man River (aka Keith Gore) 2023

Prologue

It is was mid October of 2020 – and my stack of clipped articles from years back sat there on the bed . . . making me think . . . it is time to see what wisdom can be shared all these years later.

And why you ask? Because we all can do better*.



And yes, if this isn't a page turning, mind-a-thinking, action motivating, get you going . . . book, you could be plugged up.

Table of Contents

[because we do have a variety of stuff in here]

Part One: Secrets 2 Success

IBD's (Investor's Business Daily) shared their **10 Secrets to Success**.
They are shared via pages 4 through 15.

Part Two: People 2 Ponder

Also from IBD. In exiting the above, it got me to thinking about
who should we appreciate?
So I selected 15 people that IBD had pointed out as people across
history who have done things to impact the world.
They are shared via pages 16 through 32.

And remember we are asking: What is success?
So this final section pulls it all together.

Part Three: Challenges 2 Consider

With this last section, I close out with a bit deeper look at, what are
The 'Anyway' Commandments by Dr. Kent M. Keith.
From his words, I've added some supportive considerations.
They are shared via pages 33 through 43.

And yes there are some final closing words on page 44.

And FYI: the note words at the top of each page are just my
'code words' as to where and when I originally posted these
write-ups via my good2know4us.weebly.com website.

Part One: Secrets 2 Success

IBD's (Investor's Business Daily) shared their **10 Secrets to Success**. They are listed here as a framework for the pages that follow:

How you think is everything (#1): Always be positive, think success, not failure & beware of a negative environment.

Decide upon your true dreams and goals (#2): Write down your specific goals and develop a plan to reach them.

Take action (#3): Goals are nothing without action. Don't be afraid to get started now - just do it.

Never stop learning (#4): Go back for more education or read more, get training and acquire more skills.

Be persistent and work hard (#5): Success is a marathon, not a sprint - never give up.

Learn to analyze details (#6): Get all the facts, all the input and learn from your mistakes.

Focus your time and money (#7): Don't let other people or things distract you.

Don't be afraid to innovate - be different (#8): Following the herd is a sure way to mediocrity.

Deal and communicate with people effectively (#9): No person is an island, learn to understand and to motivate others.

Be honest, dependable and take responsibility (#10): Otherwise #s 1 through 9 won't matter.

All good? That is a good question but more information is needed so continue reading to see the 10 examples shared over the following pages.



(IBD 1 Think)

The 1st Secret . . . Think

Today's insight builds upon IBD's secret that we need to think at all times – *And how you think is everything (always be positive; think success, not failure and beware of a negative environment).* And the example to consider is: **keys to positive thought.**

Do you need a better attitude? Olympic Champion Mary Lou Retton was asked and she shared these 6 points.



Optimism: A positive approach starts with the decision to take control of the way you think, regardless of the circumstances.

Self-confidence: If you had to hire someone, who would you hire? It's not the arrogant one, it is the one with the self-confidence.

Perspective: Don't get caught up in the emotion or stress of the moment, keep the big picture in mind.

A Try-again Mentality: Easy the word 'failure' from your mindset. Learning is an ongoing process so keep at it.

Flexibility: The faster you adapt to change, the more quickly you can seize opportunities that change often brings.

Passion: Challenge yourself to be the best you can in everything that you do. This links with figuring out where your passions lie, and charting a course to pursue them.

(IBD 2 Action)

The 2nd Secret . . . Dreams & Goals

Today's insight builds upon IBD's secret that we need to be specific on our achievements desired. *As in decide upon your true dreams & goals (write down your specific goals and develop your plans to reach them).*

And the example to consider is: **key questions for checking goals.**

Leadership coach Denis Waitley was asked how do you know if you have realistic goals and he recommended that you ask yourself these questions . . .

Does success or failure in achieving your goals depend on others?

He recommends avoiding that dependence.

What kind of help will you need from others?

Know what you need help on and engage others as needed.

Are you taking the best approach to achieving your goals?

Don't go after big goals in big steps – be focused, plan, achieve the small steps that lead to the bigger steps.

Do your goals force you to be contrary to your character?

Ensure your actions are consistent with your values and will not lead to later regrets.

Are your deadlines realistic? Understand the challenges but don't take forever – be aggressive yet doable.

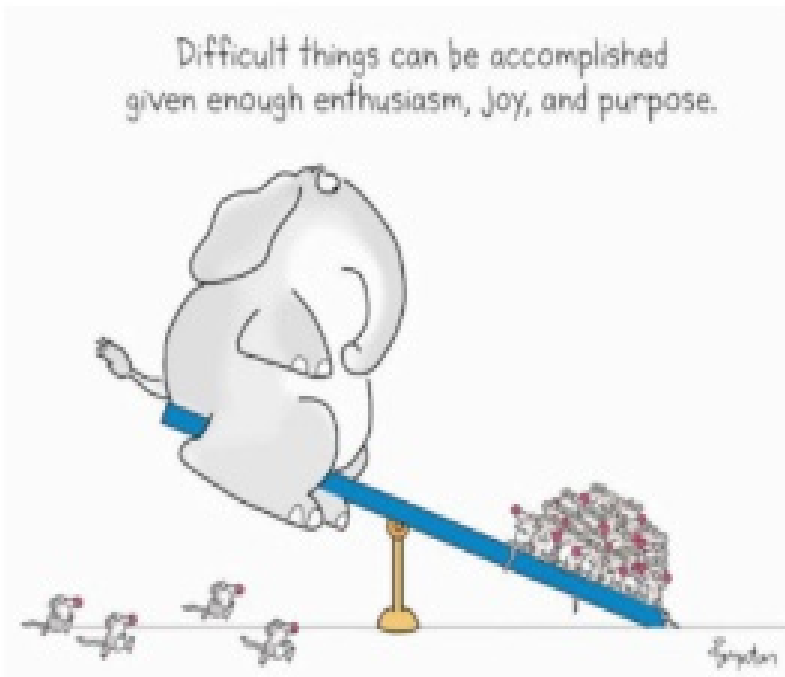
Have you considered possible obstacles and ways for you to turn those toward your advantage? Every difficulty can slow you down – anticipate and be creative because those challenges may actually be helpful.



(IBD 3 Action)

The 3rd Secret . . . Action is required

Today's insight (as we move into the mid January 2021 time frame) builds upon IBD's secret that we must take action if we are to succeed as we wish – *As in goals are nothing without action; aka . . . don't be afraid to get started and do it now*). And the example to consider is:
Act now on these leadership tips.



Perry Smith shared these with IBD as guidelines for us to consider . . .

Don't become the chief problem solver (leaders can offer advice when asked, encourage your team and it will build their confidence).

Build a brain trust (show the benefits of leveraging insights from others).

Maintain technical skills (it is true, if you don't use it you will lose it – leaders must

stay current and help their teams to stay current). **Know yourself** (everyone stumbles from time to time – gain feedback and be leery of thinking you are infallible – and help your team to embrace this as well). **Share power** (effective leaders build trust and share their power with their teams). **Be open-minded** (the best leaders encourage ideas and feedback from their teams). And it can be summed up as follows:

Good leaders need to be honest with themselves and with their teams, otherwise deception creeps in, as well as trust and confidence is lost. The best leaders are the ones that build dedicated & talented teams and ensures accountability for their team & themselves.

(IBD 4 Growth)

The 4th Secret . . . Growth

Today's insight (as we start 2021) builds upon IBD's secret that you should never stop learning – *As in go back to school or read more (do what you need to so that you have the training and required skills).*

And the example to consider is: **Ready, Set, Learn.**

Now, how best to do so is up to each of us but if you are not quite sure – consider the following recommendations from IBD:

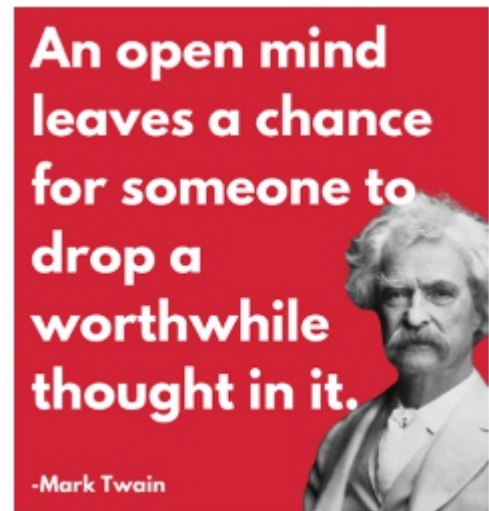
* **Pursue 'the cream of the crop'** – as in, attend events, classes, etc where the most successful people are also attending (make sure the use of your time is not wasted).

* **Establish your learning goals** – why are you there, what do you want to learn and when do you think you'll benefit from this?

* **Prepare your brain to receive new material** – which is to prepare and to have a good mindset to build upon. * **Accept responsibility for your learning** – you set the bar as to what you want to achieve (for example):

- _ **Answer questions** (*be engaged*).
- _ **Ask questions** (*engage others*).
- _ **Influence** if 'things are drifting' (*make sure your time is not wasted*).
- _ **Take notes** (*jot down the key things that you don't want to forget*).
- _ **Network with others** (*meet others, establish new friends*).
- _ **Use it or lose it** (*learning is good but if you don't begin to apply it in one form or another, you'll probably forget it*).

It all boils down to this. If you are not learning, you are not growing and if you are not doing either of those – you are starting to decay (the same thing happens to our muscles).



(IBD 5 Persistence)

The 5th Secret . . . Persistence

Today's insight builds upon IBD's secret and we should never forget, *Success is a marathon, not a sprint. Never give up.* And the example to consider is: *Courageous Persistence.*



John raises arms celebrating his silver medal jump!

Years back, while training for the '96 Olympics, All-American runner John Register injured his left leg so bad that it had to be amputated above his left knee.

Although his original Olympic dreams were shattered, it was in his pursuit of rehabilitation – while swimming – a new goal presented itself to him. To qualify for the '96 Paralympic Games in Atlanta, GA. He did and as a member of the 4x100 Meter Medley Relay, placed fifth. But that was just the start. John realized he could do more. With his reconstructive surgeries for his left leg completed and with his prosthesis, he

began his running training. And yes with determination he was able to complete in 2000 Paralympic Games; in the Long Jump (winning Silver).

And tied to His words are a great encouragement for us all:

“Everyone goes through a time of testing, but we don't have to settle into our setbacks.” And he closed that with . . .

“What's on the inside of us during that time of testing is what comes out. I chose for God to come out, and for Him to get the glory.”

Our closing thoughts . . . persistence is an easy concept to understand but to actually embrace it, to do what is needed to achieve the goal or challenge at hand – is within us all . . .

but tapping into it is embraced by too few.

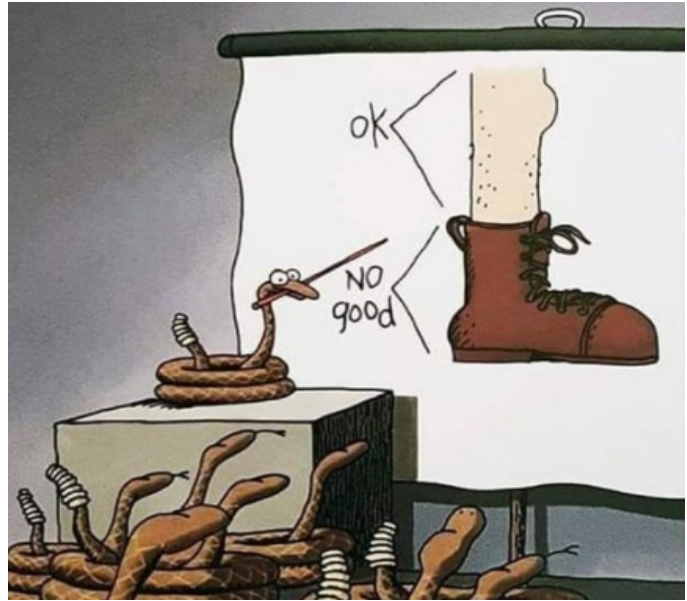
(IBD & Learn)

The 6th Secret . . . Learn

Today's insight builds upon IBD's secret – *Learn to analyze details (get all the facts, all the inputs and learn from your mistakes).*
And the example to consider is: *The goal of reading (the deeper learn).*

“Learning to be a careful reader has two enormous benefits . . . it makes you smarter in an overall sense, and it makes you see the value of developing a critical mindset, not necessarily taking information at face value” is a good insight from Robert G. Hagstrom. And tied to his words, IBD encourages . . .

to at least try this on the next book or two that you read – to see if it changes up your normal reading style – as in - does it help you to take a deeper look into what you are reading?



- 1) **Read between the lines**, so that you are looking for, is there more going on than what I think?
- 2) **Outline the book you are reading**, take notes on the details that you are grasping as 'the read unfolds'.
- 3) **Think about what you believe is the author's aim**, jot down your thoughts so you can review them once your reading is completed.
- 4) **Think about the author's process**; can you jot down any styles or methods that you see as you read the book?
- 5) **Think whether or not the author was convincing, logical & accurate**; and/or if there were good twists or surprises that made this enjoyable.

The goal: think deeper, change things up, see if there is more to learn.

(IBD 7 Focus)

The 7th Secret . . . Focus

Today's insight builds upon IBD's secret – **Focus your time and your money (don't let other people or things distract you)**. And the example to consider is: **The art of saying 'No'**.

- 
1. Make peace with your past so it won't disturb your present.
 2. What other people think of you is none of your business.
 3. Time heals almost everything. Give it time.
 4. No one is in charge of your happiness. Except you.
 5. Don't compare your life to others and don't judge them, you have no idea what their journey is all about.
 6. Stop thinking too much. It's alright not to know the answers. They will come to you when you least expect it.
 7. Smile. You don't own all the problems in the world.

But it starts with a look at the type of life that you want to have and I assume you want it to be a happy & healthy one. So, to achieve that, you must say 'no' from time to time and one way to make that easier is via these . . .

a) Define and list your priorities: Keep it focused because if someone asks to do something that conflicts with your list, you now have valid reason as to why you can say 'no'.

b) Say 'Thank You' before you say 'no'. Remember being asked is always a compliment. But when the ask is not aligned with your priorities, you can respond with . . . 'Thank you but I can't because xyz'.

For when you can be polite and have a good reason, you show your respect to others. **c) When saying 'no' also provide the reasons why.** It conflicts with your priorities or available time, etc. **d) Present a solution.** If you can't or won't do something, offering options back means you are trying to help. And **e) make sure you stop & think before you respond.** It is okay to need some time before you respond and when you do in a thoughtful, helpful way – you leave the door open for future teamwork to unfold.

(IBD 8 Be different)

The 8th Secret . . . Be Different

Today's insight is takes us into a deeper dive on IBD's 8th secret (*Don't be afraid to be different because following the herd is a sure way to mediocrity*). It reminds us all that to be successful, we need to be on the path to coming up with creative ideas. So, consider this.

Successful people are creative in how they pursue life and in how they take on the challenges that can arise in our lives. For example . . .

Joan C. Hubbard (College instructor and motivational speaker) shared: *When it comes to your career or hobbies, make sure you are doing what you really want.* If what

you are doing doesn't excite you or give you that good feeling of accomplishment, you are missing out. Also, we need to *let go of the 'buts' that keep you in your rut.* The 'but this . . .' and the 'but that . . .' are most often



roadblocks to doing what you want to do. Be wise, have faith in yourself, and know that pushing further we think is scary but also doable.

(IBD 9 Assertive)

The 9th Secret . . . Being Assertive

Today's insight is something a bit different in regards to what you may think for this secret (*Deal & communicate effectively with people*).

It builds upon the challenge – for us to succeed, we need to be assertive in the right way. How best to do so? Consider the following.



Assertive people (AP) look at themselves first = figure out what works and what doesn't work for your interactions with others. For the doesn't work stuff . . . get ride of those actions.

AP solve problems = identify problems, offer/pursue solutions with the options required to achieve.

AP are not afraid of change = don't only see the need for change but also identify the obstacles that need to be addressed as well (get others

awareness and support to make the changes needed).

AP know when to speak up and when not to = yes there is power in well spoken words . . . but also in appropriate silence. Listening is a practical tool to leverage that then helps lead us to the needed questions or comments that lead to the needed outcomes.

AP weigh risks from all sides = evaluate risks to the outcome desired (ensure the right broader perspective and options are understood).

AP think and speak well on their feet = sometimes there is no time to plan & you need to speak on how you feel or what you think on the spot.

What is Success? (a bold Bathroom Reader that helps to answer that question)

AP plan for the good and the bad = plan for the best, the worst and the in between scenarios as best you can and you'll always be prepared.

AP take calculated risks = avoid foolish risks by assessing the risks against the possible benefits (aka . . . think twice).

AP take the lead and instill trust = be optimistic and bold, don't blame others when problems arise and always be encouraging.

AP are flexible = be willing to try new ways, don't get stuck in a rut and keep learning from everything you hear and see.

So there you go – 10 examples of the type of actions that assertive people do. You now have to decide if any of those examples make sense to you to consider & to embrace . . . or to modify and to adapt as you deem best (because, we all have choices to make in this world, so do it).

(IBD 10 Honor)

The 10th Secret . . . Foundations of Honor

First – the what? We'll share a few words on some men who went above and beyond for others and their country. Please consider these and I'll then close with the why (further below) . . .

First, former Sgt. Michael Paige (who served with the Marines in WW2) shared that his parents admonished him to listen and learn about this country – America. They had emigrated from Europe and fully understood the importance of all of the freedoms that so many took for granted. They inspired him to know that he could do whatever he had to do and that helped him in October of 1942, while in the battle for the Solomon Islands – while the rest of his company were either killed or wounded, he fought on alone – moving from machine gun to machine gun to hold off the enemy until help arrived.

What is Success? (a bold Bathroom Reader that helps to answer that question)

Second, another example from the WW II time frame and they are attributed to Pfc Desmond Doss. He had share that as a kid in school, he was to clean the erasers. Unfortunately, he first found that doing a poor job of it was easier then doing what was needed. His teacher caught him doing this task poorly and told him 'Desmond, a job that isn't done right isn't worth doing at all.' He said he never forgot that and years later, serving as a medic in the battle for Okinawa, he ended up carrying 75 wounded men to safety in one of the most horrific battle of the war (which he later received the Medal of Honor for his bravery).

Third, is the appreciation of learning from the Bible by Lt. Col. Joe Jackson, who as an Air Force Pilot during the Vietnam War – landed his airplane in the middle of enemy fire and he rescued 3 servicemen. He attributed his faith learning of 'always do the right thing' as his ongoing goal for life & although not always successful, he always tried.

Now why did I share those three brief stories?

As our National election moves behind us, now is a good time to look at what we need to review as we pursue the success we desire. One action is based on our honor and IBD shared those



words above on honor (the challenge to be honest, dependable and to take responsibility) to help us to look broadly on this. From these three men we see that for some – their parents influence them, others their teachers and yet others – their faith. We should pause and ponder what has helped to instill within us the foundation of honor. And if we have it, are we helping it to grow? For if it is lacking, can we take action to make honor one of our foundations?

Part Two: People 2 Ponder

In exiting the above, it got me to thinking about appreciation . . .
I had jotted down on this – Sometimes God or others do things
that greatly benefit us = can we do so for others?

IBD's (Investor's Business Daily) shared insights on various people
across the generations. I selected the following **12 Insights for Life**.

They are:

Curiosity that motivates (Marco Polo)

Vision that inspires (Lodovico Sforza)

Desire that builds (William Bradford)

Social Equality

(William Penn)

Simplicity

(Abraham Lincoln)

Influencing change

(Harriet B. Stowe)

Principles

(Frederick Douglass)

Courage

(Harriet Tubman)

Innovation

(Bob Hope)

Desire & Discipline

(Jesse Owens)

Creativity

(Raoul Wallenberg)

Excellence

('Bronco' Nagurski)

Dedication

(Jackie Robinson)

Truth

(Walter Cronkite) and **Focus** (George Harrison).



(IBD People 1 Marco Polo)

Curiosity that motivates (Marco Polo)

His curiosity & travel to Far East paved the way for worldwide travel. For in the 13th century, Europeans didn't realize a civilized world existed beyond the countries surrounding the Mediterranean Sea.



Born in 1254 and died in 1324, **Polo** with only the practical education afforded the merchant class, but he had a keen power of observation. In 1271 as a 17 year old, he set off on his first journey to China. At that time, the Great Khan Khubilai, the Mongol emperor ruled most of eastern Asia. He lived to understand the people in his travels (learning their language & customs). And it was upon his return to Italy after 26 years, becoming a political prisoner, he told of his travels and they were published – astonishing the Mediterranean world of the gold and riches of the East. But the way east was difficult, hence Columbus was motivated to find the way there by sailing to the west. Yes, Polo's work was a great spur that drove others to more discoveries.

Now, why should we remember Marco Polo?

His curiosity & determination to explore and to live outside his comfort zone is a great lesson for us all. It is like the old saying . . . "A ship is safe in the harbor, but that is not what ships are made for."

Go, do, learn and blaze the trail that excites you,
for you may also excite and motivate others as well.

(IBD People 2 Lodovico S)

Vision that inspires (Lodovico Sforza)

500 years ago, Ludovico Maria Sforza, was an Italian Renaissance prince who ruled as the Duke of Milan from 1481 - 1499. A member of the Sforza family, he was famed as a patron of Leonardo da Vinci and other artists. He is probably best known as the man who commissioned 'The Last Supper'.



Lodovico was a life long learner and he was determined to improve the universities in and around Milan. He believed in hiring the best professors, artists, builders and workers. He demanded that those who worked for him be responsible citizens and role models. He wrote . . .

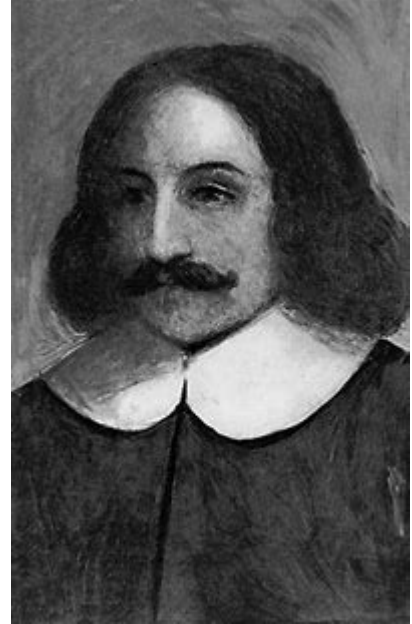
"Schools are intended for learning and the object of all study and learning is that we may know how to live well, and by our good conduct and fair lives, gain honor and praise both in the eyes of God and man."

As to **why should we remember Lodovico Sforza?** His embrace to have the brightest and the best engaged, reminds us . . . *Inspiration is finding something that excites you to do more and to do better. Go, out and do things that not only inspire you, but also inspires others.*

(IBD People 3)

Desire that builds (William Bradford)

400 years ago. William Bradford was one of the original members who sailed to America in 1620 on the Mayflower. Born in 1590, living an inspiring life, he died in 1657 as one of our first great leaders. It was in November of 1620, after a 65 day journey across the Atlantic ocean on the Mayflower, Bradford and the settlers arrived in Plymouth Harbor (which many years later would become a part of Massachusetts). Their first winter there was extremely difficult and only 50 of the original settlers survived - of those, 18 of them ended up living with Bradford as this group of settlers tried to survive in the New World. In his first year here in America (at the age of 31), he was elected Governor of the newly founded Plymouth Colony and ended up being re-elected 30 more times for the 1 year appointments.



As the first person elected to office in the New World, he was considered diligent, open minded leader. He helped write the Mayflower Compact while they crossed the ocean and in that document - they defined the framework for self-government to provide just and equal laws for the settlers to live by. As a young man who embraced his faith, he with others worked to ensure the religious freedom in our country as it was beginning to form. And as their years unfolded, he organized town meetings to understand the settlers concerns and struggles. Inspiring others, he once said **"All great and honorable actions are accompanied with great difficulties. The dangers are great, but not desperate; the difficulties are many, but not invincible."** And through his example to lead honorably in the most difficult of times, we can learn from his life of service.

(IBD People 4)

Vision & Integrity (William Penn)

300 years ago. William Penn was one who had every advantage in growing, yet in seeing the society around him, he saw wrong doings that disgusted him. Born in 1644 and by the age of 17, he entered the Oxford University (in England), he saw the hypocrisy of the English nobility and of the Church of England. He pursued a life trying to stop



persecution and intolerance. He wanted a society that valued the beliefs of all the people. After his father's death, he knew that King Charles the 2nd owed his family 16,000 pounds, so he traded that for a charter for a new colony in America.

On March 4th, 1681 the charter was signed for what would later become Pennsylvania. He then drew up a plan for a Christian commonwealth that was based on religious freedom and Grecian democratic principles. The constitution that Penn devised for Pennsylvania would later become a strong influence on the Articles of Confederation and the Constitution of the U.S.

Penn refused to let power corrupt him, he believed all men were created equal and he signed away his monarchical power to ensure that none of his successors could become aristocrats. He believed in his own vision of a better government, mutual respect for all, and tolerance of views different than his own.

In her biography of William Penn, Catherine Peare said that Pennsylvania, because of Penn, had been given a government that rested upon the people's desires, and guided them into keeping faith with their own peaceable intent.

(IBD People 5)

Simplicity is sometimes the Best Policy (A. Lincoln)

Born in 1809, Abraham Lincoln went on to become a lawyer and an American statesman who served as the 16th president of our country from 1861 until his assassination on April 15th, 1865. Lincoln led our nation through what we now know as the American Civil War, what historians call our country's greatest moral, cultural, constitutional, and political crisis. He succeeded in preserving the union, and abolishing slavery. But - how did he achieve this?



Although having minimal official schooling, he was a self-taught orator. Through his hundreds of public speeches and political debates pursued, he learned the secrets in winning over a crowd. Those were: be simple in your words so that all will understand them, build a rapport with your audience and pursue persuasion. When asked about this, Lincoln replied, "Unassuming persuasion should be adopted. It is an old and true maxim that a drop of honey catches more flies than a gallon of gall." ago. Lincoln also always prepared exhaustively for any speech or letter that he pursued, constantly revising and refining until he would deliver it. He also leveraged humor to help connect with those he would speak with and to. And where his speeches and debates enabled him to the presidency, it was that verbal firepower from those debates that fueled him to lead and to persevere as the 'war between the states' progressed. His Emancipation Proclamation in 1862, his Gettysburg Address in 1863 and his assassination in 1865 are historic dates in the framework of our country. We owe him our never ending respect and appreciation. His wisdom continues to guide us, like these words . . .

*"You cannot escape the responsibility of tomorrow
by evading it today."*

(IBD People 6)

The Power of Conviction (Harriet Beecher Stowe)

200 years ago to when "writing was her (Harriet's) medium from about age of 9" (said Joan Hedrick, a Brown University history professor and author). "Uncle Tom's Cabin" was the first of more than 20 books that Harriet wrote, including a biography, children's books, travelogues and theological works. Her conviction, facts and influence were said to have been factors that President Abraham Lincoln leveraged in his writing of the Emancipation Proclamation. She is a powerful role model for women and men alike and we thank her for all she did.

Today we share a few words of insight on **Harriet Beecher Stowe** who



many have heard of but may not remember exactly what she is known for. At a minimum, her first novel, the anti-slavery work "**Uncle Tom's Cabin**" became a runaway best seller. This writing started out being first published in 40 parts (in 1851) in the National Era, an abolitionist paper in Washington D.C. as a way for people to know the truth. Publisher John. P. Jewett then released the full work as a novel in 1852, which went on to selling over 300,000 copies its first year (far eclipsing previous US best sellers).

As a writer, she wanted her readers to see things as she saw them (not falsely influenced by wrong awareness). In "**Uncle Tom's Cabin**", she wanted all to understand the message, that slavery could be overcome by individual acts of kindness and by disobedience to the Fugitive Slave Law.

(IBD People 7)

Principles to Inspire a Nation (Frederick Douglas)

175 years ago to when Frederick Douglas became a great leader for the fight against slavery and for black rights. Born in 1818, from his youth, Frederick dreamed of inspiring people with his words. His chance came when he escaped slavery in 1838 (at age of 20). Self-educated, he listened and learned from others and became an orator. His words would go onto to help inspire the changes that our country needed in order to end the pain and stain of slavery. "Liberty won by white men would lose half its luster. Who would be free themselves must strike the blow. Better even die free, then to live slaves"

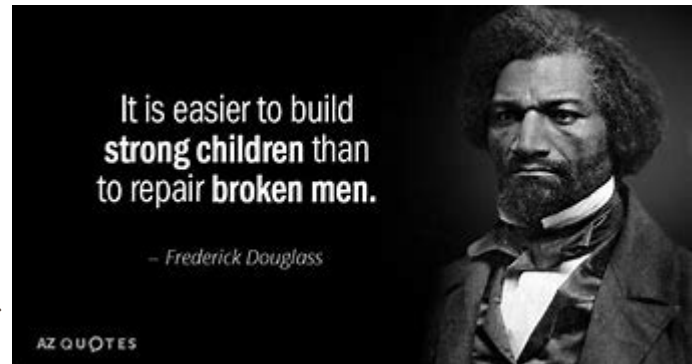
Inspirational words are good - but isn't more needed? Yes, and to help in his reach out to others, in 1847, Douglas started a weekly paper

called *The North Star*. Through it, his editorials condemned racial injustices and demanded reform.

He argued against all forms of discrimination and called for equal voting rights. His pursuit that everyone must respect each other no matter what their color, creed

or religion. His efforts went on to challenge President Lincoln that the Civil War should not only be fought to preserve, but to also end slavery. And his efforts also went on to influence then - Secretary of War Edwin

Stanton to allow blacks to join the Union Army in the fight for our nation. Then, when the war ended, Douglas fought for the passage of the 15th Amendment, which gave blacks the right to vote. He went on to become a US Marshall for the District of Columbia (1877-1881) and then became our country's ambassador to Haiti (1889-1891). It is in all of his efforts for the betterment for blacks, that we thank and appreciate Frederick Douglas.



(IBD People 8)

To become an icon of Courage & Freedom (H. Tubman)

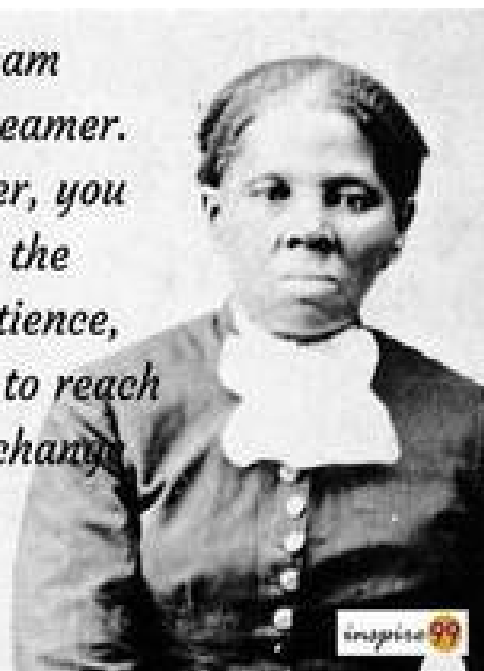
Our 8th candidate to look at and learn from, wraps up our look at the Civil War time-frame. **Harriet Tubman** (born **Araminta Ross**, March 1822– March 10, 1913) was an abolitionist and political activist.

She lived a life that was dedicated to others. Born into slavery, she escaped and subsequently made some 13 missions to rescue enslaved people, including family and friends, using the network of antislavery activists and safe houses known as the Underground Railroad. When the Civil War began, Tubman worked first as a cook and nurse, and then as an armed scout and spy.

She was the first woman to lead an armed expedition in the war, she guided the raid at Combahee Ferry, which liberated more than 700

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

-Harriet Tubman



enslaved people. After the war, she was active in the women's suffrage movement until illness overtook her, and she had to be admitted to a home for elderly African Americans that she had helped to establish years earlier. Although hardships and danger were an ongoing

factor throughout her life, she lived a life of courage and dedication to help others, that we remember to this day and appreciate.

(IBD People 9)

Innovate & Succeed (Bob Hope)

Bob Hope (born Leslie Townes Hope in 1903) was a vaudevillian, singer, dancer, comedian, actor and writer with a career that spanned nearly 80 years before passing away at 100 (in 2003). Now, why are we taking a look at him and his life - what can we learn?



On one hand, he showed through his wiliness to learn from others, to innovate, he had a hugely successful career. But it is on the other hand that I think is more important. He lived a life as a good man and between 1941 and 1991, he made 57 USO tours to entertain our overseas troops. And in fact, in 1997, our US Congress passed a bill that made Hope an honorary veteran of the US Armed Forces.

Therefore, thank you Bob Hope for the memories and for being a role model for being nice & helping others when you can.

Our world needs more people like Bob Hope.

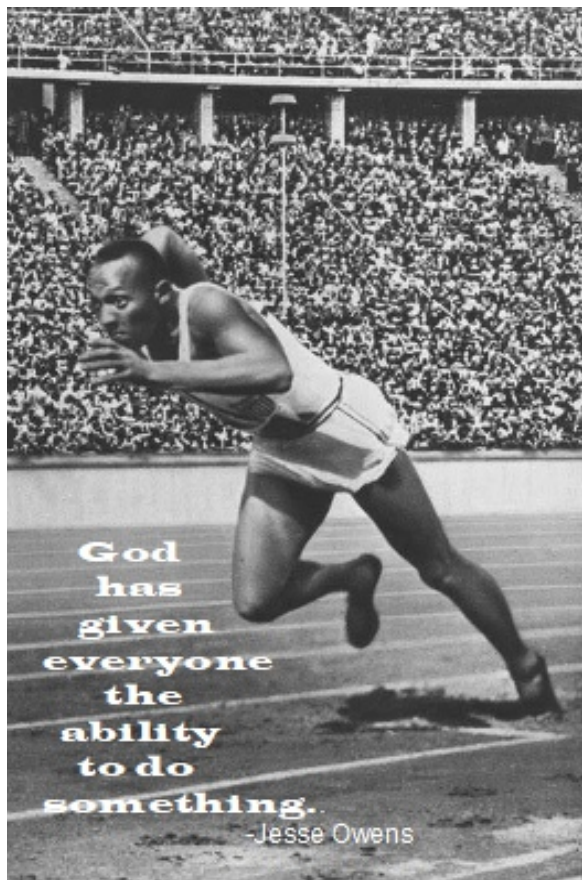


(IBD People 10)

Desire & Discipline (Jesse Owens)

Our 10th candidate to look at and learn from won 4 Gold Medals at the 1936 Olympic Summer games - held in Germany. The man (born in 1913, died in 1980) was Jesse Owens.

Jesse also wrote 4 books and in his book titled "Track & Field", he shared *"Once you discover where your ability is, you must concentrate on developing it."* His desire & discipline enabled him to win Olympic Gold in the 100 Meter Dash, in the 200 Meter Dash, the 400 Meter Relay and the Long Jump (and his Long Jump record was unbeaten for 24 years).



In looking back, he wrote in his book "The Jesse Owens Story" [on what does it take to be the fastest human?]

"The answer lies in different things. Wanting to do something so bad you can hardly sit still is a part of it. Hating poverty is another. But maybe the most important thing of all is having a few special people give you a hand at just the right time."

And that is the challenge for us all.

Know that each of us has abilities, that we need to pursue them and develop them . . . and as we go, be thankful for these God given talents, and for those that help us along the way.

And yes - if you can (as best you can), help and encourage others as they develop their talents.

(IBD People 11)

Creative Thinking & Quick Action (Raoul Wallenberg)

Our 11th person from history to look at and to learn from is **Raoul Wallenberg**. Who? He was a man, born the 4th of August 1912 and disappeared 17 January 1945. He was a Swedish architect, businessman, diplomat and humanitarian, He saved thousands of Jews in German-occupied Hungary during the Holocaust from German Nazis and Hungarian Fascists during the later stages of World War 2.

While serving as Sweden's special envoy in Budapest, between July and December 1944, Wallenberg issued protective passports and sheltered Jews in buildings designated as Swedish territory. Why? To save as many Jews from Hitler's horrible plans of death for all Jews.

He is credited with saving the lives of more than 100,000 Jews from the Nazis. Why should we know this and remember him? It appears he was captured by the Soviets and imprisoned. Although the Soviets deny it, he was never heard from again. But thankfully, those who he helped save, have remembered him and from their stories, we too are blessed to hear of this heroic man.



The life of **Raoul Wallenberg** reminds us all to be creative and quick to take action - especially when the lives of others could be at stake.

And yes, our world needs more people like Raoul who do what is right and what is needed - when it is needed,

(IBD People 12)

The Pursuit of Excellence (Bronko Nagurski)

Our next look at impactful people brings us to Bronislaw Nagurski, better known as 'Bronko' Nagurski. Born in 1908 and at a young age, his family moved to International Falls Minnesota. Growing up he worked on his parents farm (and yes at times, without a horse).

It was when he was 18 and Minnesota Gopher Football coach Doc Spears came across him plowing a field (without a horse) - he was soon playing college football for the Gophers.

He became a phenomenal football player and earned All-NFL honors in 1932, '33 and '34. He never patted himself on the back. He didn't brag, gloat or trash-talk opponents. After scoring, he simply handed the ball to the official and got ready for the next play. Those that knew him, knew that he wasn't about glitz & glamour. And as to his skills - it didn't matter if he ran with the ball, threw it, blocked for others or played defense, his skills were impressive. In fact Chicago Cardinal great Ernie Nevers once said . . . *"Tackling Bronko was like trying to stop a freight train from going down hill."*

And yes, Bronko's dedication to excellence was inspiring.



In closing, at the time I posted the above, I added these words . . . *thank you for reading about Bronko and about all the other men & women we have shared insights on. Our country needs more people of honor and impact like these figures from history. And anything you can do to help embrace and/or to encourage goodness and the positive characteristics shared, we appreciate it. Our prayers and best wishes to all.*

(IBD People 13)

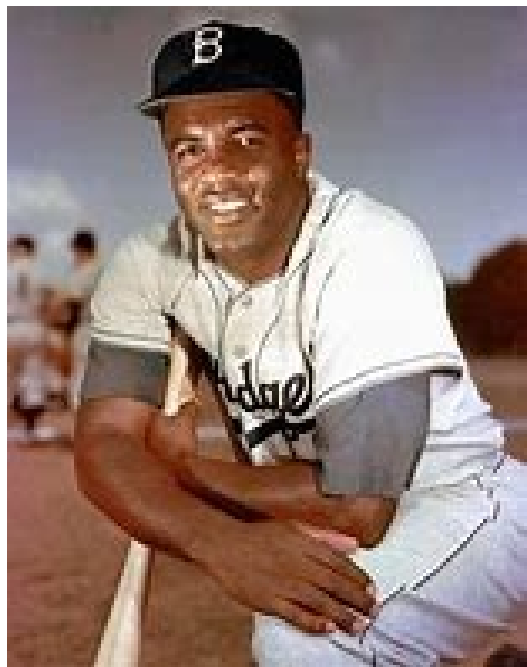
Dedication to Achieve (Jackie Robinson)

Next up for our look at inspiring people is **Jackie Robinson**. Born in 1919, he went on to a life that helped to transform Major League Baseball. Yes, despite name-calling and all the race-baiting that he had to endure, he went on to help the Dodgers win the league pennant and to be named the National League 1947 Rookie of the Year. And despite that as a start, he went on to help the Dodgers to 6 National League pennants and one World Championship. He was also elected to the Baseball Hall of Fame in 1962. He was also selected as a Second Baseman on MLB's All-Century team in 1999.

Most people don't understand the challenge that Robinson had to work through as he led the integration efforts of Black players into the MLB.

To honor his memory on the 50th anniversary of Robinson breaking MLB's color barrier, Major League Baseball took the unprecedented step of retiring his number, 42, from every team. Once when interviewed, his wife (Rachel) stated . . . *"Jack said that a life is not important except for the impact it has on the lives of others."*

And FYI . . . if you get a chance, watch the movie **42** that had the late actor Chadwick Boseman play Jackie Robinson – he did a great job in helping us all to understand the challenges that Jackie dealt with and the great man that he was. So yes, we all can learn from the life of Jackie Robinson and his words . . . *"I learned a long time ago that a person must be true to himself if he is to succeed, he must be willing to stand by his principles"* . . . are a great inspiration to us as well.



(IBD People 14)

Pursuit of Truth (Walter Cronkite)

Our next to last inspiring people to look at was known as . . .
'The most trusted man in America [Walter Cronkite]'. Born in 1916, he repeatedly read newspaper article from major dailies, analyzing the reporting and writing, and studying academic books that explained how journalism worked – to learn what worked, what didn't, what to share and what not to.

During his 19 years as the anchor of the **CBS Evening News**, he put his viewers interests first. His was the face and the voice who most of our nation heard the sad news of President John F. Kennedy's assassination. He was the one who went



to Vietnam with his film crew to show the horrors of that war – the truth and not what our government wanted conveyed. And it was him with his smile and excitement that showed when our astronauts first landed on the moon. He conveyed the truth and his words and actions were a testament against what **Socrates** warned about so long, long ago . . . *“False words are not only evil in themselves, but that they infect the soul with evil.”*

These few words shared above on Walter, are a challenge to all of those journalists of today – as well as to the rest of us. The pursuit of truth is critical and that we all should beware of agendas that twist and manipulate the truths that we need to understand [they may not be easy to hear and to accept, but we must know them regardless].

(IBD People 15)

Focus yields rewards (George Harrison)

Our last of our IBD's inspiring people to look at is **George Harrison**. Born in 1943, from his boyhood he dreamed of becoming a musician and in growing up in Liverpool England, he listened to jazz, rhythm & blues,



country, pop and Rock 'n Roll. He was one who listened to and analyzed melodies, lyrics, notes, sound effects and verses. His focus lead him to being invited to be the lead guitar player for group who would become world famous – the Beatles.

Yes, when the Beatles formed in 1959, John Lennon & Paul McCartney handled most of the singing and song writing for the group – but that did not deter him. He worked on writing the songs that he liked and contributed to the Beatles success with his songs . . . “Love you to”, “If I needed someone”, “Taxman”, “Something”, “While my guitar gently weeps”, and “Here comes the sun”. Years later he had various solo hits and then, with his friends Jeff Lynne, Roy Orbison, Tom Petty and Bob Dylan (as the group, The Traveling Wilbury's), they had two #1 records and won a Grammy. My favorite from them, **“End of the Line”** which I share the lyrics as follows (but please, go & listen to the music video):

Well it's all right, riding around in the breeze
Well it's all right, if you live the life you please
Well it's all right, doing the best you can
Well it's all right, as long as you lend a hand

You can sit around and wait for the phone to ring (End of the Line)
Waiting for someone to tell you everything (End of the Line)
Sit around and wonder what tomorrow will bring (End of the Line)
Maybe a diamond ring

What is Success? (a bold Bathroom Reader that helps to answer that question)

Well it's all right, even if they say you're wrong
Well it's all right, sometimes you gotta be strong
Well it's all right, As long as you got somewhere to lay
Well it's all right, everyday is Judgment Day

Maybe somewhere down the road aways (End of the Line)
You'll think of me, wonder where I am these days (End of the Line)
Maybe somewhere down the road when somebody plays (End of the Line)
Purple haze

Well it's all right, even when push comes to shove
Well it's all right, if you got someone to love
Well it's all right, everything'll work out fine
Well it's all right, we're going to the end of the line

Don't have to be ashamed of the car I drive (End of the Line)
I'm just glad to be here, happy to be alive (End of the Line)
It don't matter if you're by my side (End of the Line)
I'm satisfied

Well it's all right, even if you're old and gray
Well it's all right, you still got something to say
Well it's all right, remember to live and let live
Well it's all right, the best you can do is forgive

Well it's all right, riding around in the breeze
Well it's all right, if you live the life you please
Well it's all right, even if the sun don't shine
Well it's all right, we're going to the end of the line

Now, why share all of the above and focus on George Harrison?
Because he was such a talented man – but he, like many can sometimes
get caught up where others seem to take all of the limelight. Is it
fair? Usually not but it is a part of life – sometimes things work out
great and early in life, others over time. It comes down to our focus
and staying in pursuit of what we enjoy. **For if we just focus on what
we believe is wanted by others, we deny ourselves and the path that
is truly ours.** So, consider George a role model for focus & tenacity.
He lived a successful life and millions of people enjoyed his music.

Part Three: Challenges 2 Consider

With this section, we close out with a bit deeper look at, what are **The 'Anyway' Commandments by Dr. Kent M. Keith.** I saved this IBD article from years back and will now present it below with a mix of some added images, quotes and words to ponder as you deem best.

For example, the silhouette images created by John Marshall made me think – we all need to look and think . . . am I seeing what I am seeing? Then as I enjoy – I like to

find quotes to add to the images that I hope are thought provoking. And last of all, if I can – I'll add another image/quote to either help give a contrast of a complimentary tie in for what we're looking at, like this image below. Net . . . there is always so much more to all of the aspects of life – that if we can, as best we can – we need to look, we



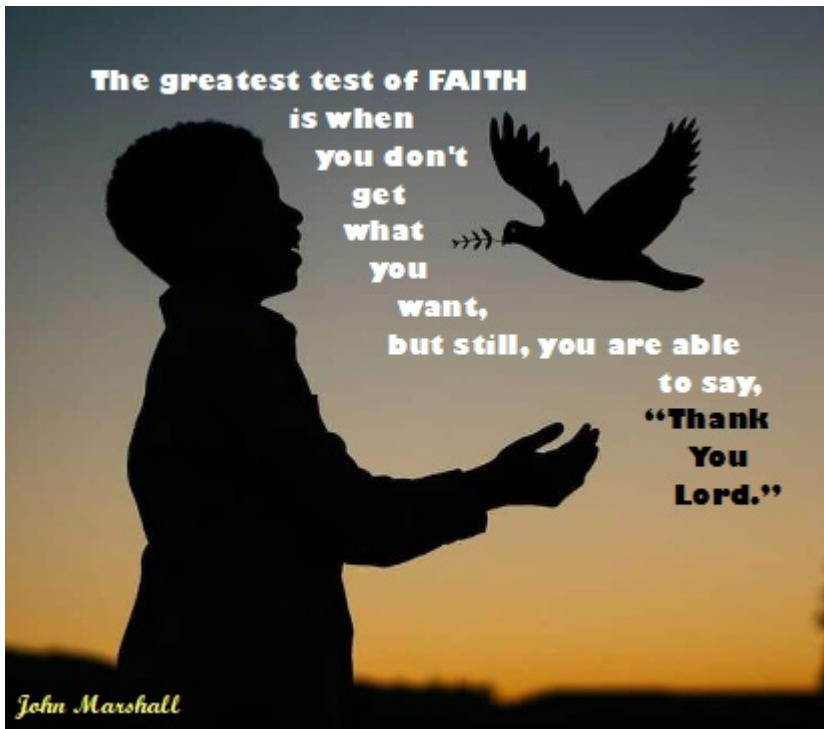
need to listen and from that mix, to then think and to pursue the actions that we believe are required. But, would you agree as well?

JM#1

People are . . .

Our first 'Anyway Commandment' teaches us . . .

People are illogical, unreasonable, and self-centered. **Love them anyway.**



But what is the take away lesson? If you or I or anyone, has not seen yet the stupid and or frustrating things that others will do, we will yet see this in our days ahead. Yes you will be irritated by the things that others do, but know this. They (as well as ourselves) are not perfect. We have a choice to make on how we interact

with others. Nervous and distant, or considerate and loving?

Our hope is that you do the latter – which is a great embrace of what we all know as the **Golden Rule . . .**

Do unto others as you would have them do unto you.

(aka Luke 6:31)



JM#2

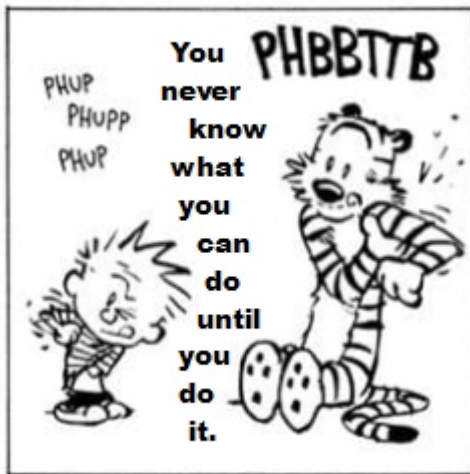
If you do good . . .

Our second 'Anyway Commandment' teaches us . . . **If you do good, people will accuse you of selfish ulterior motives. Do good anyway.**

And isn't this what we would want to do regardless? You would think yes but sadly, too many are more worried about how others will see them that they prioritize that at a higher lever then in doing what is right



or needed (aka we have seen a rise of the mob mentality). So then, do we see us falling into this negative or are you firmly on the path of doing good as best you can, when you can?



I know when I think on this . . . I am trying to do good where I can. The key is to have have an attitude that is set on the positive – for when we are glad for all the good things in life, we want to be a part of that for others as well.

So thank you for the good that you do and remember . . . 1 Thessalonians 5:15

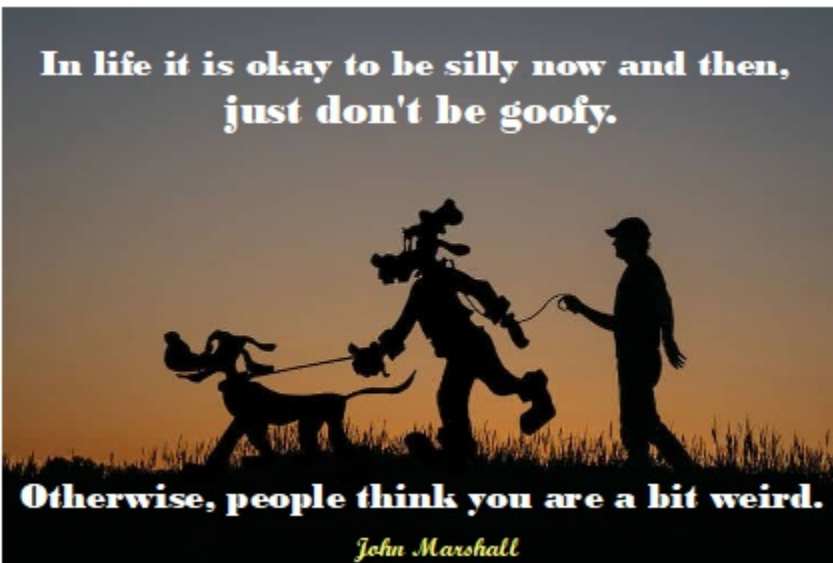
See that no one repays another with evil for evil, but always seek after that which is good for one another and for all people.

JM#3

If you are successful . . .

Our third 'Anyway Commandment' guides us . . . **If you are successful, you will win false friends and true enemies. Succeed anyway.**

As we take on the challenges of life, there is a good chance that each of us are working away . . . trying to be successful in the actions that

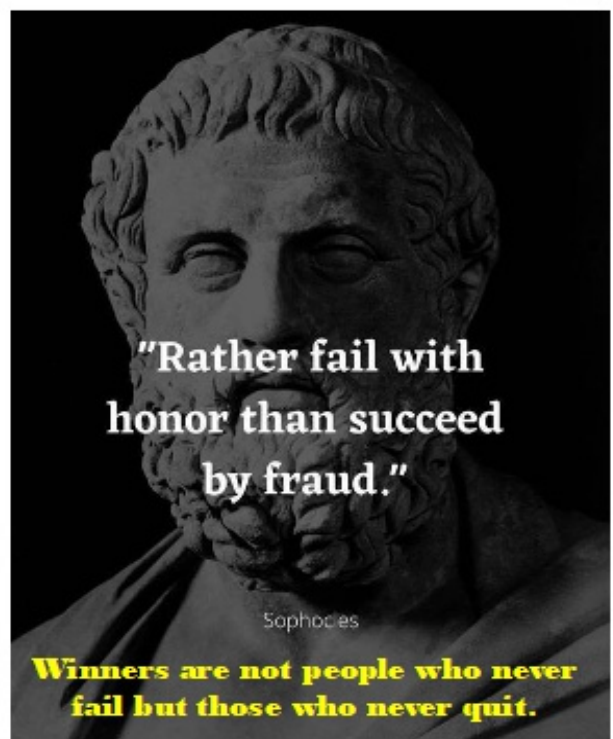


we are pursuing. And the reality is this . . . some will help you and they will cheer you on; while others will be envious and/or ones that will do what they can to thwart your efforts aka not friends.

So, we all need to appreciate those who work with us and deal with the rest as best we can. **Do everything with respect, compassion & honor and you'll be on the right track.**

And don't forget . . . James 4:10

**Humble yourselves before the Lord,
and he will exalt you.**



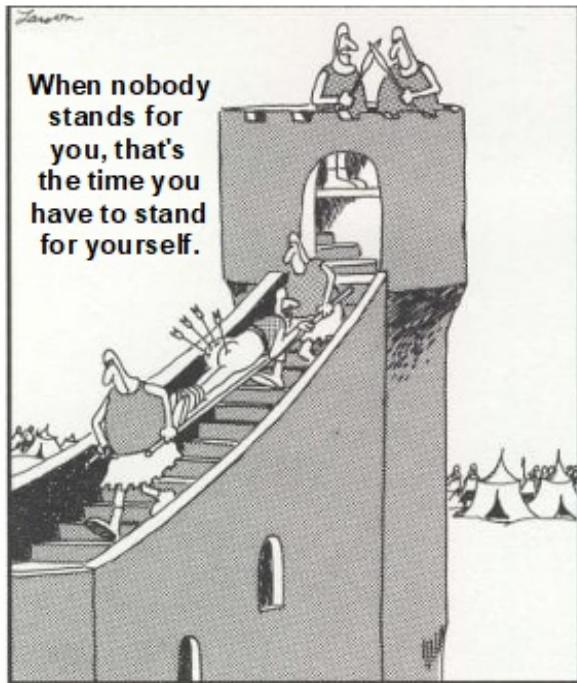
JM#4

The fight . . .

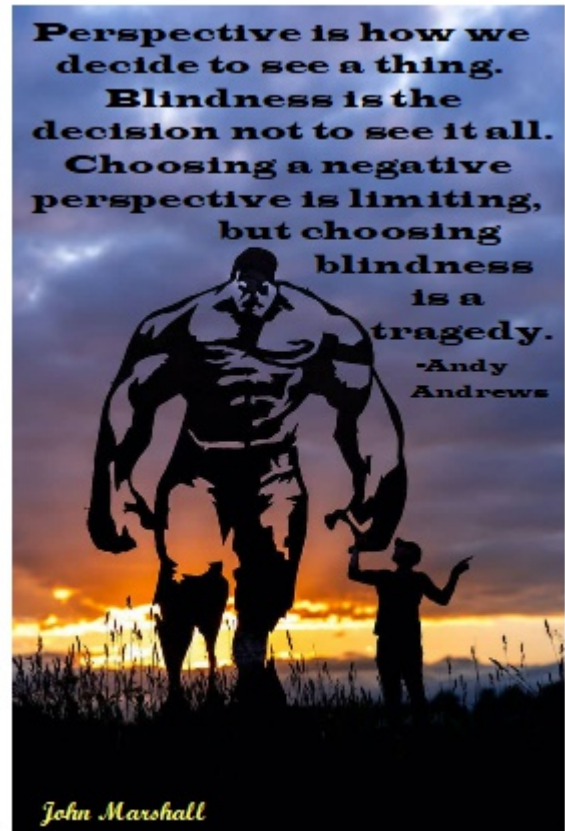
Our fourth 'Anyway Commandment' guides us . . . **The fight you take on today, maybe forgotten tomorrow. Fight the good fight anyway.**

The challenge we consider today is one we all face – that being the fight we may need to take on. It may be for the freedom to say what we wish; or to not follow mandates that unfold from businesses or via government issues; or someone is going to harm us.

These fights can be in almost any form and some are more serious than others. The key, they are what we see and then what we choose to do.



"So then I says to Borg, 'You know, as long as we're under seige, one of us oughta moon these Saxon dogs.'"



Which brings us back to you.

Are you one who takes up the good fight or are you apathetic to the challenges that arise? And as we take on our days, we remember Proverbs 15:33 . . .

The fear of the Lord is the pursuit of wisdom, and before honor is humility.

JM#5

The H & F Challenge . . .

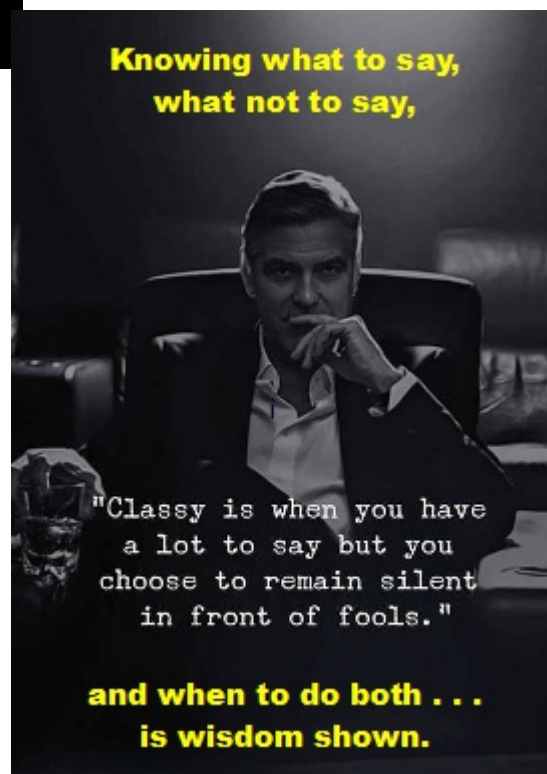
Our fifth 'Anyway Commandment' reminds us . . . **Honesty and frankness make you vulnerable. Be honest and frank anyway.**



The world in which we live is changing, and one of the ways is not good. That being truthfulness. Why is this struggling? Look at the rise of all of 'selfies' that celebrities and others are doing . . . but photo shop (edits) are done because those who do it – want to deceive and would prefer not getting caught.

Now, what about all the words said, what is honest and frank and what is a lie and manipulative? Sometimes we can't tell at first, but often the ugly comes out. So please, remember . . .

Proverbs 12:22
**The Lord detests lying lips,
but He delights in people
who are trustworthy.**



JM#6

The 'biggest' Challenge . . .

Our sixth 'Anyway Commandment' reminds us . . . **The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.**
Think big anyway.

Now the words in this challenge are to help get you thinking on what you and I should never forget. That is . . . *don't be worried by what others think of your thoughts and ideas.* They're

yours and not theirs. They may be a work in progress or they just may not be appreciated by others and that is okay. As long as you know that your thoughts are within the framework of being honorable, compassionate and respectful – you are on the right track.



"Dr. Burns says you need two more appointments."

So, just think, pursue goodness and you will have no regrets (aka happiness).
And don't forget . . .

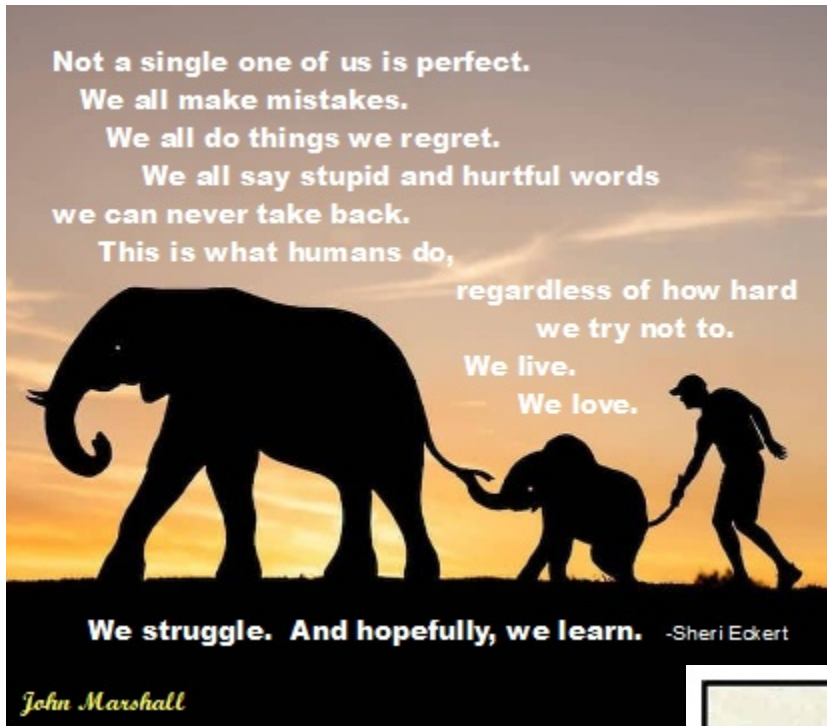
Do not copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 12:2

JM#7

The 'underdog' Challenge . . .

Our seventh 'Anyway Commandment' reminds us . . . **People favor underdogs but follow only top dogs. Fight for a few underdogs anyway.**



Now why is this so critical? It ties back to the words as shown in this image shared and that is that none of us are perfect. So please, remember the underdogs that you see . . . and as the old saying goes: "Throw them a bone" when you can.

It may be the key support at the time they most need it. And isn't that one of the main reasons we are here on this earth (to help others when we can)?

And remember . . . **"DON'T WITHHOLD GOOD FROM SOMEONE WHO DESERVES IT, WHEN IT IS IN YOUR POWER TO DO SO."**

Proverbs 3:27



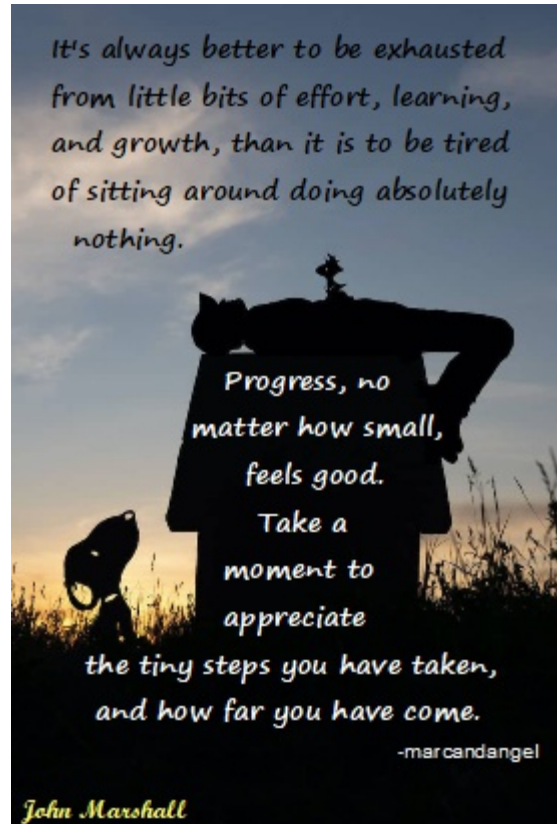
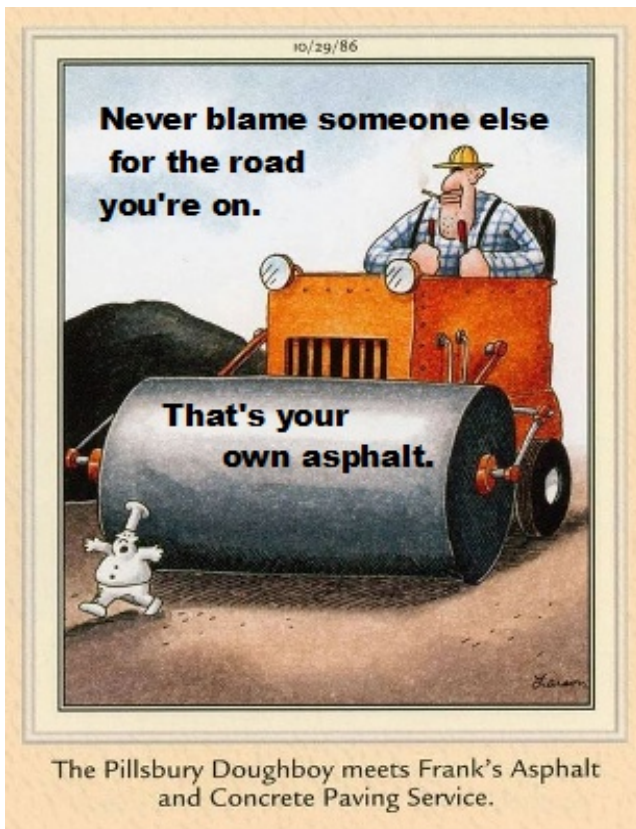
JM#8

The 'Build' Challenge . . .

Our eighth 'Anyway Commandment' reminds us . . . **What you spend years building may be destroyed overnight. Build anyway.**

This challenge is somewhat similar to the old saying . . . It may take you years to build your reputation but only moments to destroy it. And by these two thoughts – know this.

To achieve anything, usually takes a lot of hard work and perseverance. Most often not fun but if for the right things, very rewarding. The caution comes when there is what we call . . . 'the regrettable.'



So remember, mistakes happen. Avoid them if you can. But if you don't – just find a way to fix it. And remember . . .

"And let us not grow weary of doing good. for in due season we will reap if we do not give up." Galatians 6:9

JM#9

The 'help' Challenge . . .

Our ninth 'Anyway Commandment' reminds us . . . **People really need help but may attack you if you do help them. Help people anyway.**



This challenge is one that could backfire but is still worth doing. Why? Because once you embrace doing things to help others . . . not for who they are, but for who you are, you unlock yourself

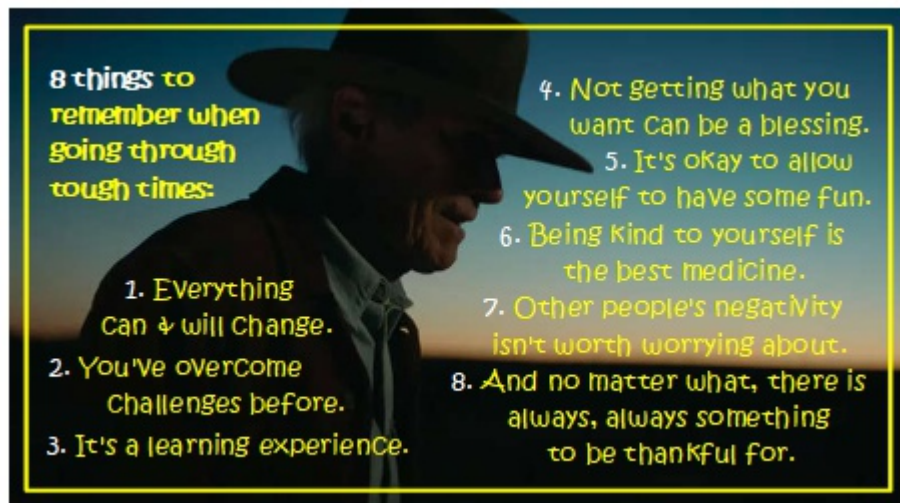
from societies mindset and you enter into your life of honor. For we should never go down the path of helping others because it may gain us something, but just because it is the right thing to do.

Which raises the question . . . why do you do what you do & when? Is it because your are

in a position to help? Which is when most of us seem to be able to or wanting to help. But what if it is not a good time for you? Just remember

Proverbs 11:25

**"Generous people will prosper;
those who refresh others will themselves be refreshed."**



JM#10

The 'final' Challenge . . .

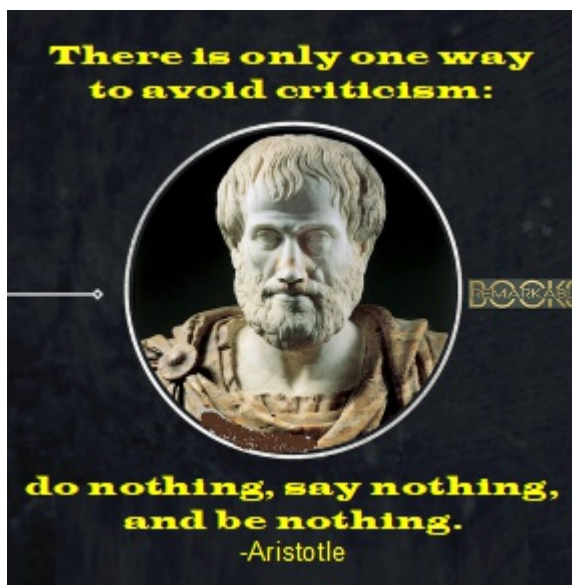
Our tenth 'Anyway Commandment' reminds us . . . **Give the world the best you have and you'll get kicked in the teeth. Give the world the best you have anyway.**

This last challenge rolls out with a big thanks to Dr. Kent Keith for all of these **Anyway** challenges because they help to remind us to do the good things needed, despite any challenges. To go with that is the additional thanks to John Marshall for his various silhouette images that I used to give different visuals to go with the words shared, to compliment each of these anyway commandments.



For all of them and in today's final challenge, we are reminded to persevere, and to know that we can. Easy? Usually not but the easy things are most often

not that rewarding. So, do all that you can with the best of your God given abilities. Who knows all of what you'll accomplish . . . but one thing for sure, you'll be glad that you did and you'll have no regrets. And remember . . .



“I can do all things through Christ who strengthens me.”

Philippians 4:13

Epilogue

Well, as of this writing (of these words) . . . it is January 3rd, 2022.

All the above was shared as a food for thought type of considerations. And yes I know everyone is pretty busy so my goal for each was to keep them as quick reads, with the hope they may trigger some follow up thinking or even some actions that the reader may choose to pursue (it could happen you know).

And as for the * on page 2.

My hope is that everyone can pause now and then, and even if it is in the bathroom . . . for it is good to think and to determine:

"Am I doing the best that I can?"

If you are – great (but it is probably you and 6 others). The rest of us have days where we are just fighting to hang in as best we can. Ugly, painful and even sometimes regretful times happen for most of us. But that is okay. The worst is that they derail us a bit and the best is that they motivate us to learn and to strive to do better.

So, here is to you . . . **"The Strivers"**

(I'm not sure if that is a real word but you know what I mean).

Thanks for reading and doing whatever you can to be the best that you can be. Your success depends on it.

P.S. And if you are in the bathroom when you are reading this, always remember to flush when you are done and wash your hands.

I and those who care, appreciate it!