

# AUTHENTIC LEADERSHIP

C E N T E R

## Thoughts on Tradition

Tradition is the little spark that sits in my memory. It covers me with a warm glow when I see a glimpse of that memory. It allows me a little piece of joy when I make it happen again for the ones that I love. It only takes one time to make a tradition, to turn it into a "we always did it that way." And best of all, traditions can be changed and created over and over again." ~ *Maril Cardwell*

Traditions are the guideposts driven deep in our subconscious minds. The most powerful ones are those we can't even describe and aren't even aware of.

~ *Ellen Goodman*

Tradition is an ongoing way we ritualize the meaning we make of our lives – the ways people connect around mutually held values and worldviews. At its worst, tradition locks people into ignorance and limitations. At its best, tradition creates the container for deep understanding and connections. ~ *Chris Mathe*

Tradition is a guide and not a jailer. ~ *W. Somerset Maugham*

## Thoughts on Celebration

Celebrate anything you want. Celebrate the start of something, the end of something. If you're still going after five years or ten years or twenty-five years, celebrate. String paper chains and bake a cake and break out the good stuff. Celebrate! Dance and sing, give speeches, take pictures, finger paint, play word games, and cut out cookies with sprinkles. Unfurl flags and spread torn quilts on the lawn and squeeze your own lemonade and bake a pie. Celebrate all the old holidays, and dream up a whole new batch of your own. Celebrate early, celebrate late, and celebrate often. Celebrate!

~ *Rachel Snyder*

Fly free and happy beyond birthdays and across forever, and we'll meet now and then when we wish, in the midst of the one celebration that never can end. ~ *Richard Bach*

Put yourself in a state of mind where you say to yourself, "Here is an opportunity for you to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary." ~ *Anthony Robbins*

Celebration is our joy in action – at the deepest level, it is the way we connect with and express what is meaningful in our lives. Learning to celebrate one's self and others is the cornerstone of a fulfilled life. Ultimately, we are largely defined by what and how we celebrate. ~ *Chris Mathe*

Life is meant to be a celebration! It shouldn't be necessary to set aside special times to remind us of this fact. Wise is the person who finds a reason to make every day a special one. ~ *Leo Buscaglia*

