Keep Hope Alive!

By Jesse Jackson
Purpose of the book

- To give you hope
- Hope that you can
  - Change
  - Kick an addiction
  - Improve important relationships
What to change first?

● Choose 2 or 3 things
  – Maybe a bad habit to change
  – Maybe more planning
  – Maybe being more proactive and not reactive

● Write them down

● Put them where you can read them often
Getting off track

- Don’t get discouraged!
- This happens all the time to everyone
- Planes spend 90% of their flight off course, but with the help of others they reach their destination
- You too can reach your destination if you keep returning to your plan, make small adjustments and keep hope alive
Good Luck!

- You can’t make footprints in the sands of time by sitting on your butt. And who wants to leave butt-prints in the sands of time?
Review for test

- What are the 7 Habits?
- 1
- 2
- 3
- 4
- 5
- 6
- 7
Review

- What is a paradigm? _________________________
- _________________________________

- What is another name for a paradigm?
  _________________________________
Review

- Personal Bank Account
- Deposits
- 1
- 2
- 3
- 4
- 5
Review

- Begin with the end in mind
- How can you work on doing this?
Review

- Relationship Bank Account
- Deposits
- 1
- 2
- 3
- 4
- 5
- 6
Review

- Think Win-Win
- What are the other interactions that can happen and explain what they mean

- 1
- 2
- 3
Review

- Seek first to understand, then to be understood
- Poor listening skills
- 1
- 2
- 3
- 4
- 5
Review

- Good listening skills mean you are a __________________ listener
- How do you become this type of listener
  - 1
  - 2
  - 3
Review

● Synergy is _______________________________

● More than just ______________________ or________________. 1+1=_______

● The whole is ______________ than
the_______ of its ______________
Review

- Sharpen the Saw
- 4 areas to work on are
  - 1
  - 2
  - 3
  - 4
Review

- The first 3 habits are about __________________________

- The second 3 habits are about __________________________

- The last habit is __________________________
Watch the video for Keep Hope Alive from The Crystal Method's Vegas for free, and see the artwork, lyrics and similar artists. A new version of Last.fm is available, to keep everything running smoothly, please reload the site. The Crystal Method. Keep Hope Alive. Play track. Love this track. "Keep Hope Alive" is a single featured on the studio album Vegas by the electronica group The Crystal Method. The single was released on October 1, 1996 on the City of Angels label, and received 4.5 out of five stars in a review from AllMusic. The single was re-released on July 10, 2001 on the Moonshine Music label. Vocal samples for the song are taken from a 1992 speech by Jesse Jackson titled "You Do Not Stand Alone.". Keep track of everything you watch; tell your friends. Error. Please try again! Added to Your Check-Ins. View. Check in. DETAILS. Also Known As: Weekend at Bernie's: Keep Hope Alive See more ». Company Credits. Production Co: Canvas Media Studios, Canvas Media Studios See more ». Show more on IMDbPro ». Technical Specs. Color