Top 10 for the New Year

In an article written by Nonprofit Risk Management Center, Executive Director Melanie Lockwood Herman she wrote her top ten list for 2010. The top 10 were ideal for our 4-H volunteers so they have been adapted for 4-H parents and volunteers. Try to make at least three of the ten a “new” habit in 2010.

Give Yourself Some Credit – Identify one or two strategies that paid off in 2009. What made them work? Who was responsible? How can the actions and leadership of that success be replicated? Did you thank all members of the team (youth and adults) for their contributions and effort? Thought – Make more friends in two months by helping others than in two years trying to get others to help you.

Stop Procrastinating – According to an article in Psychology Today, 20% of people identify themselves as “chronic procrastinators.” If you fall in this category, don't despair. The article also notes that chronic procrastinators tend to be “more optimistic” than others! Turn a portion of that optimism into determination. Thought: Gain control of your time, and gain control of your life.

Read More, Kvetch Less – Expand your sphere of knowledge and experiences without complaint. Thought: You can't help a person up hill without getting closer to the top yourself. - Mamie McCullough

Say More with Less – Poorly written or complicated text, as well as oral communications is a barrier. If this is not your strength find a mentor or member of the team who can help improve clarity, banish jargon and make communication a strong part of your 4-H club. Thought: A smile is the shortest distance between two people.

(Continued on page 2)
4-H Creed for Volunteers

We Believe:
- The 4-H member is more important than the 4-H project.
- Learning how to do the project is more important than the project itself.
- 4-H'ers should be their own best exhibits.
- No award is worth sacrificing the reputation of a member or a volunteer.
- Competition should be given no more emphasis than other fundamentals of 4-H work.
- Enthusiasm is caught, not taught.
- To learn by doing is fundamental in any sound educational program and is characteristic of the 4-H program.
- Generally speaking, there is more than one good way to do most things.
- Every 4-H member needs to be noticed, to feel important, to win and be praised (volunteers, too).
- Our job as volunteers is to teach 4-H members how to think, not what to think.

Try Something New, Avoid Something Old
- Identify ONE new thing to learn or implement in 2010. Involve those who will be a necessary part of the success or implementation. Then, GO FOR IT! Next, identify ONE program that no longer provides a challenge or personal growth. Then, DO NOT repeat it! Thought: Growth requires change and it is the only constant in life.

Remember to Sell Your Ideas
- Ben Feldman said, "Most people buy not because they believe, but because the salesman believes." Before blaming someone for making you do something or throwing a wet blanket on a new idea consider how the new rule or program will help 4-H members, parents, volunteers, the club or community. Thought: I Love a Challenge!

Look for Insight and Inspiration
- There is no single path to inspiration. Look everywhere for inspiration and ideas. From near misses in your 4-H program to your peculiar hobbies and busy social life, you’ll find experiences that will inform and shape your view and enthusiasm for 4-H. Thought: Attitude can make or break a leader - John C. Maxwell

Dream Big and Expand Your Reach
- The best part of your job as a 4-H parent or volunteer is the opportunity it provides to think big about the organization you serve. Expand your reach by asking others for help and by engaging them in 4-H as project leaders, event coordinators and mentors. Your reach is limited when yours are the only arms stretched out. New Motto: It is only as we develop others that we permanently succeed. - Harvey S. Firestone

1. www.psychologytoday.com/articles/200308/procrastination-ten-things-know