

CELEBRATE
WHAT'S RIGHT
WITH THE
WORLD™

with
Dewitt Jones

WORKBOOK

Celebrate What's Right With The World™

WITH DEWITT JONES

Celebrate What's Right With The World™ Workbook

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Welcome to Celebrate What's Right With The World™

Thank you for your interest in Celebrate What's Right With The World™.

In this film, I share the insight and experience I've gained as I've tried to embrace an attitude of celebration in my life both personally and professionally. I hope that my story shows how recognizing and celebrating all that's good and right with the world can lead us to happier, more productive lives.

Celebrating what's right with the World™ enables us to recognize the options and opportunities before us, while helping to unleash our energy and creativity. That's true whether we are trying to come up with an innovative way to promote our company's product, figure out how to better coach our kids' soccer team or, as in my work, capture film images that tell a story.

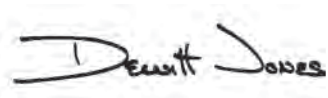
Although it may appear paradoxical, celebrating what's right also allows us to harness the energy we need to fix what's wrong with the world—or at least our corners of it. Celebrating what's right with the world does not mean pretending there aren't things that are wrong. Without a doubt, many situations desperately need improvement.

However, we are more prepared to tackle these tasks when we can also keep in mind the many things that are right with the world. When we recognize the good, we're implicitly acknowledging that solutions exist for many of the challenges before us.

Approaching our day-to-day lives with an attitude of celebration isn't always easy. Celebrating the good flies in the face of lessons that most of us have been taught: that the world is one of scarcity. If I win, you lose. Looking on the bright side will sound naive to the many cynics in the world.

However, making a conscious effort to celebrate what's right with the world can help all of us become more effective at whatever it is we're doing with our lives: as employees and managers; as friends and family members; and as members of our communities. We can enjoy professional and personal lives that are more passionate, creative and rewarding.

I wish you all the best!

A handwritten signature in black ink that reads "Dewitt Jones". The signature is written in a cursive, slightly slanted style.

Dewitt Jones

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About Dewitt Jones

Dewitt Jones is one of America's top professional photographers. Twenty years with National Geographic photographing stories around the globe has earned him the reputation as a world-class photojournalist. As a motion picture director, two of Dewitt's films were nominated for Academy Awards.

In the business community, Dewitt's work is also well known. He rose to the forefront of creative marketing by photographing national advertising campaigns for organizations such as Dewar's Scotch, Canon, and United Airlines.

Dewitt has published nine books including *California!* and *John Muir's High Sierra*. His most recent book, *The Nature of Leadership*, was created in collaboration with Stephen R. Covey.

Speaking to audiences across the country, Dewitt is recognized as a renowned lecturer. His genuine style and ability to communicate with audiences make his presentations truly outstanding. Dewitt's inspirational messages are further discussed in his best selling training programs.

Dewitt graduated from Dartmouth College with a B.A. in drama and holds a Master's Degree in filmmaking from the University of California at Los Angeles.

To learn more about Dewitt Jones, please visit www.dewittjones.com.

Dewitt Jones Training Films

Everyday Creativity

How do we look at the ordinary and see the extraordinary?

Join Dewitt Jones in his best selling training program, *Everyday Creativity*, as he shares inspirational stories and stunning examples of his work, using the camera lens as a metaphor. Viewers will learn that creativity is not about being artistic, but about an attitude! An attitude that can change our perspective, invite limitless opportunities, and help us see the extraordinary.

KEY CONCEPTS:

- Creativity Is A Matter Of Perspective.
- There's Always More Than One Right Answer.
- Don't Be Afraid To Make Mistakes.
- Learn To Break The Pattern.
- Reframe Problems Into Opportunities.
- Train Your Technique.

For The Love of It™

Join Dewitt Jones, National Geographic photographer and author of three best selling training programs, in *For The Love of It* as he shares with audiences the importance of beginning each day with a full cup.

Dewitt discusses how we all have the ability to love what we do through honoring our passion, making a contribution to those around us, and expressing gratitude.

When you work for the love of it, you will serve as an inspiration to yourself and to those around you.

KEY CONCEPTS:

- Begin With A Full Cup
- Find Guides
- Act As If
- Express Gratitude
- Make A Contribution
- Pass It On
- Chase The Light

Focus Your Vision

How can we find our direction, our purpose? When we combine our energy and passion with our focused visions, we give ourselves direction and power. *Focus Your Vision* encourages us to develop our visions and turn them into reality.

KEY CONCEPTS:

- Keep Your Vision Focused.
- Stop, Look And Listen.
- Hold Onto The Best, Let The Rest Fall Away.
- Trust Your Intuition.
- It's Not Trespassing To Go Beyond Your Own Boundaries.
- Make Your Vision Big Enough.
- Do You Have Juice In Your Camera?

Using the Workbook

This workbook examines the concepts presented in the film, *Celebrate What's Right With The World*[™]. Its purpose is to help you learn and apply the information and ideas presented in the film to your own life.

As you watch *Celebrate What's Right With The World*[™] and complete the exercises, think about how the concepts apply to your organization. You may want to examine the particular issues facing you, your group and your group's goals and structure.

The Key Concepts

Listed below are the key concepts explored in the program and further explained in this workbook. The workbook includes comprehensive information on each training point, as well as questions you can answer to help apply these concepts to your situation.

Key Concept 1: Believe it and you'll see it.

Key Concept 2: Recognize abundance.

Key Concept 3: Look for possibilities.

Key Concept 4: Unleash your energy to fix what's wrong.

Key Concept 5: Ride the changes.

Key Concept 6: Take yourself to your edge.

Key Concept 7: Be your best for the world.

KEY CONCEPT 1 Believe It and You'll See It

FROM THE FILM

“I started out in life, as most of us do, holding the maxim—I won’t believe it, till I see it. Yet the more I worked for the Geographic the more I realized I had it backwards. That the way it really works is I won’t see it till I believe it. That’s really the way life works.”

—*Dewitt Jones, Celebrate What’s Right With The World™*

Program Insight:

Many of us are born trustful and optimistic. We believe that things will work out and are often naive about the challenges we may face when we set out to achieve our goals. However, our optimism can fade quickly if those around us continually tell us how difficult life can be or how impossible our goals are.

Even when others support us, life itself throws us challenges. Time and money are often in short supply. We may have to contend with health problems. Friends and colleagues may disagree with our plans.

However, when we wholeheartedly commit to a goal, we can ultimately find it. We find it not because some higher being has magically reorganized the world to fit our wishes, but because we’re more likely to strive for the results we desire— even in the face of naysayers and obstacles.

Of course, there are times when options are extremely limited and we are faced with a difficult situation, such as a serious illness or financial setback. All of our wishing, hoping and praying may not change the situation. The idea that you have to “believe it and then you’ll see it” is not meant to suggest that life doesn’t test us severely at times.

However, a conscious effort to “believe it and then see it” can help us recognize some positive aspects in even the most dire situations, no matter how small or seemingly insignificant. For instance, we may realize that our situation, while desperate, is temporary. Or, we may find that we can help others in similar situations, even if we can’t change our own.

Questions:

Think back to a time when you believed in something-- and it happened. How much of a hand did you have in creating the outcome you were hoping for? Do you agree with Dewitt's claim that we need to "believe it, and then we'll see it?" Or, do you think that you need some idea that what you're striving for is realistic; that you don't want to spend your life constantly chasing dreams that are totally unattainable

- ☞ I can recall a situation where I worked really hard to create the outcome I wanted.
- ☞ I can think of such a situation, but I think things just fell into place. I'm not sure how great a role I played; a great deal of it was luck.
- ☞ I don't think that you really can "believe and then see something." I think you need to know your goal is realistic. You don't want to spend your life constantly chasing dreams that are totally unattainable

In your opinion, how closely linked is creativity with the idea that "you have to believe it and then you'll see it?"

Dos and Don'ts:

- ☞ Do think critically about how you're describing just what you're looking for. If you're looking for \$1 million, you probably won't find it today. However, if you're looking for a way to gain a reasonable boost in your income, you can take steps to get there.
- ☞ Do talk about your goals with people who are supportive. While you want constructive criticism and suggestions, pointless negative comments are a waste of time and energy.
- ☞ Don't expect to believe and see something immediately. Goals take time to reach.

Insight from Basic Jones:

"Talking about what we feel is true and living it day to day are two very different things. My own moods go up and down like the stock market, and although I like to think my general trend is in a positive direction, any given day may find my emotional market crashing around me.

Got to just keep trying, I guess. Got to keep on believing and learning to hope. The alternative is much too dismal for me. Besides, when we are able to find that positive perspective, we serve as beacons for others."

KEY CONCEPT 2 Recognize Abundance

FROM THE FILM:

“We live in that paradigm all the time—a world based on fear and scarcity and competition. If you choose to believe it, it becomes a self-fulfilling prophecy.

But, it wasn't what nature was showing me. Nature was showing me incredible beauty... Nature set before me a banquet of incredible proportions... Nature never stood in front of a forest and said, “There is one great photograph hidden here. One photographer will find it, and the rest of you will be hopeless losers..

—*Dewitt Jones, Celebrate What's Right With The World*™

Program Insight:

Most of us grow up learning that our world is one of scarcity, loss and fear. That's why such sayings as “It's a dog-eat-dog world,” and “Eat or be eaten,” are so familiar. However, it is important to determine whether it really is scarcity that we're dealing with, or if we're simply unwilling to recognize and appreciate the bounty before us.

Most of us, when we're being honest, will admit that our wants are nearly unlimited. No matter how much we are given, there is always something else we want.

When we can't or won't acknowledge the abundance we already have, it becomes easier to make excuses for everything we're not accomplishing. After all, if the forest is offering up only one photo, we might be forgiven if we're not the first ones there to take it. Similarly, if the world only has so much to offer, is it really our fault that we weren't among the lucky ones who nabbed a place at the front of the line?

If the world is one of abundance, much of 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 best to deal with obstacles and constraints and continue striving toward our goals.

To be sure, there are people in the world who are truly not able to take care of their basic needs for food, clothing, medical care and shelter. The concept of recognizing abundance isn't meant to gloss over the poverty (of both material items and opportunities) that exists in the world. Its purpose is to help those of us who are able to meet our needs and explore opportunities recognize what we have.

Questions:

How do you reconcile Dewitt's contention that fear and scarcity reflect an attitude more than a reality, with the fact that life often can seem like a zero sum game? For instance, if one person is going to win a promotion, aren't those who don't get it losers? If there can be only one market leader, what about the rest of the market? Do we need to broaden our definition of winners? That is, while someone may not get one promotion, they may get another or find a new job.

Do you agree with Dewitt's observation that the presumption of scarcity can become a self-fulfilling prophecy? Why or why not? If so, how does this happen?

Do's and Don'ts:

- ¶ Don't mistake abundance for perfection. It's easy to get hung up on the ways in which our possessions, and even our friends and family members, fall short of ideal. Often, the shortcomings that bother us go unnoticed by others.
- ¶ Don't focus solely on material abundance.

Insight from Basic Jones:

"When I'm clear about my purpose, I make sure that before I even take my cameras out, I have truly opened my eyes. Truly opened my eyes, not just to those things that I think might make a fine photograph, but to everything around me. To ask, as Minor White did, not 'what will I take today?' but 'what will I be given?' To allow myself to fill with gratitude at everything I see through my lens. That's the connection I seek and when I can achieve it, I honestly wouldn't care if I found I'd forgotten to load my camera with film."

KEY CONCEPT 3 Look For Possibilities

FROM THE FILM:

I was about to give up, when a voice inside me said, ‘Come on Dewitt, what’s here to celebrate? I know this wasn’t how you planned it, but what’s right with this situation.

Where are the possibilities?’

“I began to build a vision of a world not of scarcity, but of possibility..

—Dewitt Jones, *Celebrate What’s Right With The World™*

Program Insight:

As Dewitt indicates, the opposite of scarcity isn’t abundance, but possibility. No matter how desperate our situation, if we can see a glimmer of possibility and hope, we know we can keep going and take action to improve things.

The challenge for many of us is taking advantage of the possibilities before us. Looking for and following through on possibilities requires a determined effort. As Dewitt found when he was photographing the field of puffballs, it can be difficult to give up our preconceived notion of just how something is supposed to be or look.

In addition, searching for the best solution, rather than being satisfied with the first possible answer that crosses our paths, takes extra energy and time. It is easy to be satisfied with “good enough” instead of striving to do our best.

Questions:

Think of a time when you were able to find a new answer to a seemingly no-win situation. This does not need to be an earth-shattering discovery. For example, perhaps you left your slides behind when you went to give a major presentation. How did you make things work? Did you take away any lessons that you have been able to use since?

Do you agree with Dewitt's observation that the opposite of scarcity isn't necessarily abundance, but possibility? Why or why not?

Dos and Don'ts:

- ¶ Do enlist the help of others when you're looking for possibilities. Outsiders can provide a fresh and useful perspective
- ¶ Don't assume that looking for possibilities means you never call it quits. You need to know when you've truly given your all to a particular challenge, and then move on.

Insight from Basic Jones:

"I've talked so often about how life teaches me that there's more than one right answer. It seems so simple, but I believe it's not only the key to creativity; it's the key to a happy life. A life based on a vision of possibilities. A life of continually finding the next right answer. A future view so bright and grateful that it wouldn't be discouraged by a typhoon, much less a Northern California drizzle."

KEY CONCEPT 4 Unleash Your Energy To Fix What's Wrong

FROM THE FILM:

By celebrating what's right, we find the energy to fix what's wrong.

—Dewitt Jones, *Celebrate What's Right With The World™*

Program Insight:

It sounds paradoxical to say that by celebrating what's right with the world, we're better able to fix what's wrong. It would seem that fixing what's wrong would require an intense focus on just that. Some might argue that celebrating what's right with the world could make it difficult to even acknowledge that some things are wrong.

However, celebrating what's right helps us see the possibilities out there. When we acknowledge the many good things that occur in the world, we realize that solutions are possible; that many challenges can be surmounted.

Equally important, celebrating what's right with the world gives us a much-needed break from our efforts to fix what's wrong. Looking only at the negative can be draining. We may begin to feel that the problems we face are too difficult to do anything about.

Questions:

Do you agree that focusing on the positive can give us the energy to fix what's not right? Or, do we need to concentrate on what's wrong if we want to fix it?

Do most people you know tend to focus on the positive or on the negative? Do you seek out one type of person or another? If so, why?

Do's and Don'ts:

- ☞ Do use your knowledge of what's right with the world to come up with solutions to what's wrong. Think about how you can apply what's working in one situation to other problems and challenges.
- ☞ Don't think that celebrating what's right with the world means ignoring what's wrong.

Insight from Basic Jones:

"When we are able to find that positive perspective, we serve as beacons for others; our own light brightens the world."

KEY CONCEPT 5 Ride The Changes

FROM THE FILM:

The awesome change curve we hear so much about, the phenomenal rate of change in our society, was really my ally. In fact, if I viewed it from just a slightly different perspective, it isn't a change curve at all. It's a possibility curve.... Change is possibility.

The times of change hold the most potential..

—Dewitt Jones, *Celebrate What's Right With The World™*

Program Insight:

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. We wonder whether we'll be better or worse off when all is said and done. Many changes leave us uncomfortable for a while.

However, we don't want to lose sight of the positive side of change. It is exciting and rejuvenating. (That's why many of us like to get away to new places for vacations). Change forces us to grow, to view our own lives with a new perspective and hopefully become better for our experience.

What's more, if we're honest with ourselves, we have to admit that a world totally devoid of change would be stultifying. We would have nothing new to look forward to. We would lose opportunities to grow and learn and meet new people.

Questions:

Do you agree that change holds the most potential for success? Are there times when change is negative? For example, you may know of people (or employers) who change just for the sake of change, rather than thinking through what they're trying to accomplish.

Can you think of a period in your life that was a time of great change? How did this influence you? Are you better or worse off today for having gone through this?

Do's and Don'ts:

- ☞ Do expect to be uncomfortable when things are changing.
- ☞ Do keep in mind the positive aspects of change.
- ☞ Do think through a change before making it if you have the opportunity. While all changes contain possibility, you usually don't want to change just to say you've done it.

Insight from Basic Jones:

"I believe we live in a possibility curve, and it's accelerating. The earth today is like a landscape of turbulent weather or a sky with 10,000 snow geese. Viewed as change, it threatens to overwhelm us. Viewed as possibility... now that's exciting.

Perhaps we can't control it, but we can learn to ride it... like rapids on a great river. To take advantage of the flow and use it to take us where we want to go. To live in uncertainty, and yet act with confidence."

KEY CONCEPT 6 Take Yourself To The Edge

FROM THE FILM:

If I really wanted to soar, that was the edge I had to push—that edge in each of our lives between success and significance... Could I do that? Could I trust myself, my values and my vision enough to step out beyond my own edge?"

—Dewitt Jones, *Celebrate What's Right With The World*™

Program Insight:

Going beyond the edge is a state that we typically associate with an athlete at the top of their game. While that is one example of “going to the edge,” it is certainly not the only one.

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.

Like many of the concepts that Dewitt discusses, this isn’t always easy. For starters, going to our edge takes intense commitment and energy. It’s easier to give things a pretty good effort and move on to something else.

Perhaps more importantly, if we don’t give 110 percent to our goal, we have a handy excuse if we come up short. Most of us don’t want to give something our best effort, only to discover that we still weren’t good enough.

The key is trusting ourselves enough to allow ourselves to be our best for the world, without worrying about the results. It’s easy to get caught up in the idea that we may fall short of some external goal or that our efforts won’t merit external rewards. We forget that taking ourselves to our edge has value in and of itself.

Questions:

We usually think of “going to the edge” in terms of athletic endeavors. How might this concept apply to your job? If your efforts fall short, do you gain anything? For instance, going to the edge may mean calling one more time on a prospect just to see if he or she will buy or practicing a presentation over and over again until you can do it flawlessly.

How “going to the edge” applies in my job:

What I gain even if my efforts fall short:

Do you think that you always need to take yourself to your edge? Are there times when “good enough” really is good enough? (That is, do you need to “pick your battles” when you’re going to your edge?)

Do’s and Don’ts:

- ¶ Do think about ways that you can “go to your edge” in your day-to-day lives; ways that you can give it all you’ve got.
- ¶ Don’t assume that “going to the edge” is something that only athletes do.

Insight from Basic Jones:

“The edge: in yoga, it’s defined as the point of intensity before the pain. The point of maximum of aliveness and attention. Indeed, the edge is the central issue of this discipline; to stay there with consciousness and compassion and to follow it wherever it goes.”

KEY CONCEPT 7 Be Your Best For The World

FROM THE FILM:

(It's) that subtle shift between pushing ourselves to be the best in the world,
and allowing ourselves to be the best for the world.

It's not an easy shift, but every time I'd lose faith that I might be able to do it, I'd meet someone
who had, and they would serve as a touchstone to show me that it was possible."

—Dewitt Jones, *Celebrate What's Right With The World*™

Program Insight:

As the film notes, changing just one word in a phrase can lead to a dramatic shift in how we approach our lives. 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.

In contrast, 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, as we are not thinking only of ourselves. Instead, we focus on using our talents and energy as best we can.

The difference is critical because we can't always predict or control the reception our efforts will engender. No matter how competently we do our jobs, we can't be assured that we'll achieve fame or material wealth. Even when we strive to make the world a better place, we can't always ensure that our efforts will succeed.

Questions:

Can you think of someone who reminds you of Marion Campbell, the weaver in Scotland? What was this person like? How did his or her example influence you? What have you learned from this person?

List two or three attributes you have that you can use to “be your best for the world.” How can these help you do your job—whether it’s as a parent, an employee or a member of the community?

Do’s and Don’ts:

- ☞ Do find your own talents and your own way of contributing to the world.
- ☞ Don’t get hung up on others’ perceptions of your contribution.

Insight from Basic Jones:

“I’m coming to think that it’s not so important that we make a difference, but that it’s very important that we all make... a contribution.

Making a difference involves somebody else seeing and recognizing what we put out there. We can’t control that. They make the difference in their lives. Our joy can’t be dependent on whether somebody else receives what we give.

Our joy has to be in the very act of giving. Our side of the equation is to make the contribution.”

Notes

Notes