



Challenge Yourself

Dr. Jose Fierro, President/Superintendent

May 1, 2020

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A graphic consisting of three overlapping blue circles on a dark grey background. A white horizontal banner is positioned across the middle of the circles, containing the word 'Malleability' in a dark blue font.

Malleability

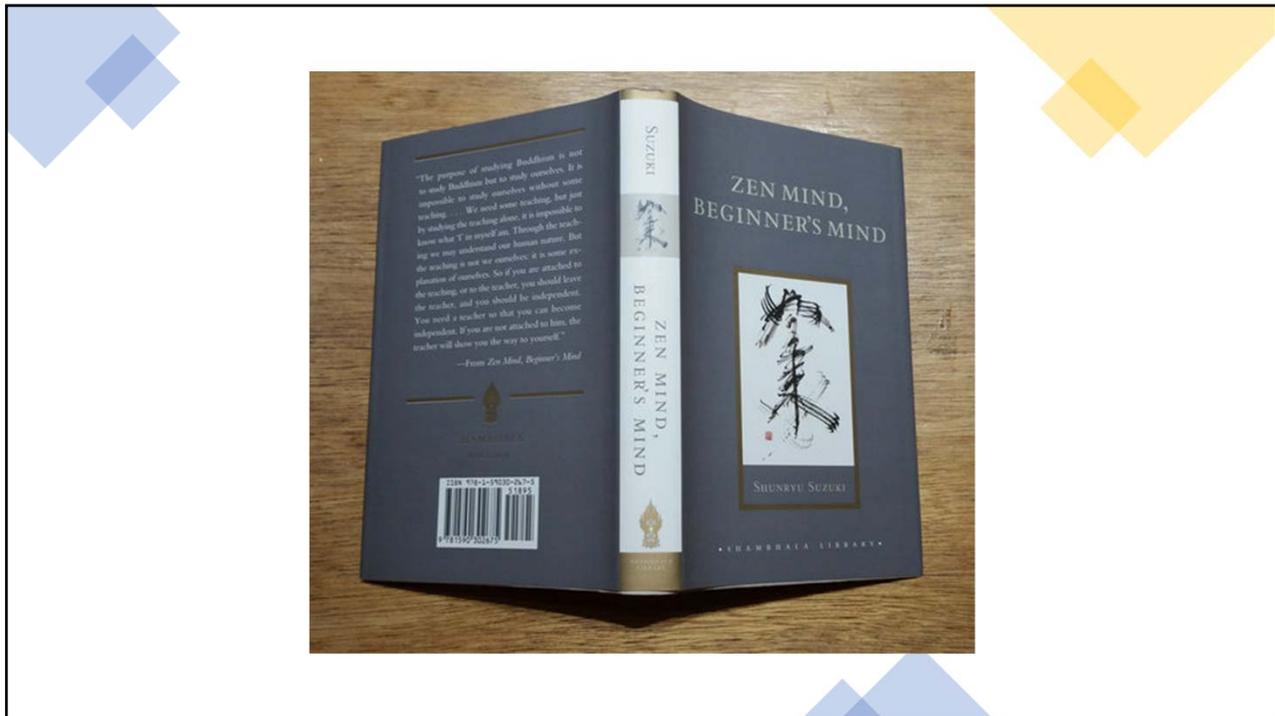
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Zen Mind, Beginner's Mind is an organized series of lectures by the late Zen Master Shunryu Suzuki.

It is not only an essential text in the introductory work of Zen, it is also a modern spiritual classic.

In Zen, an open state of mind is imperative. One that is simple and pure is called a Beginner's Mind.

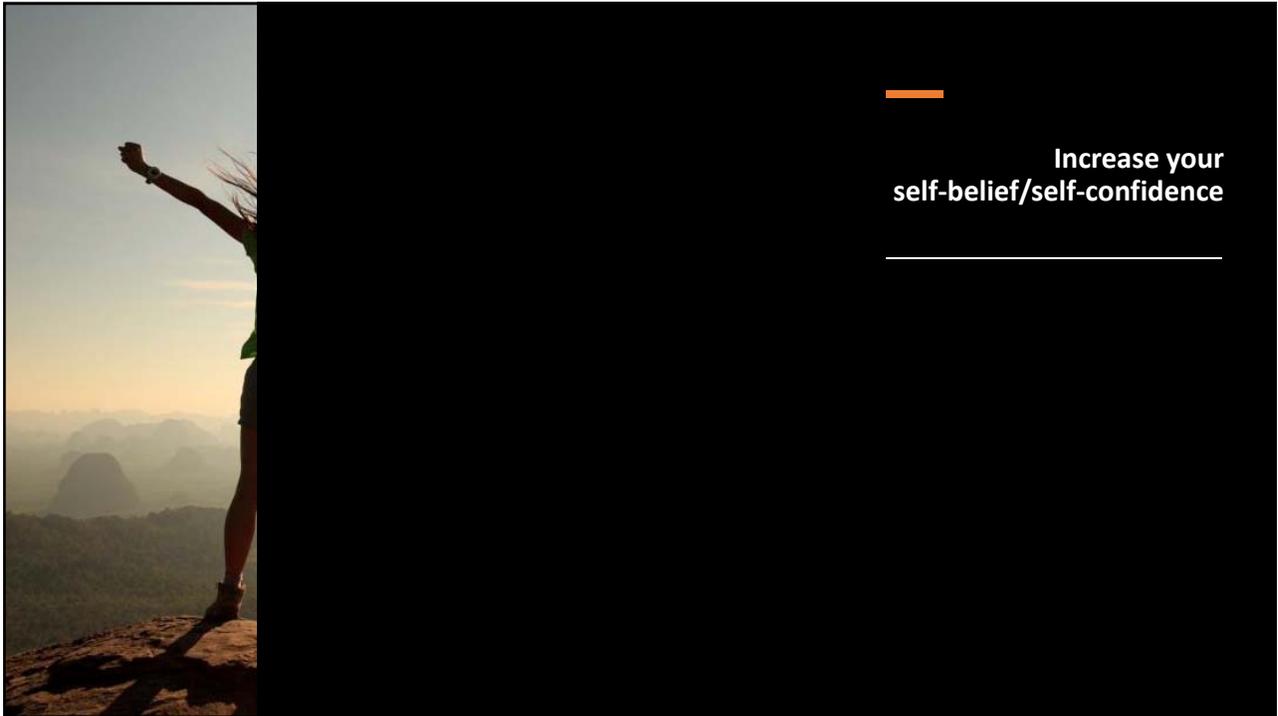
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***The practice of Zen mind is beginner's mind.
The mind of the beginner is empty,
Free of the habits of the expert;
ready to accept,
to doubt,
open
to all possibilities.
See things as they are.
We must maintain beginner's mind.***

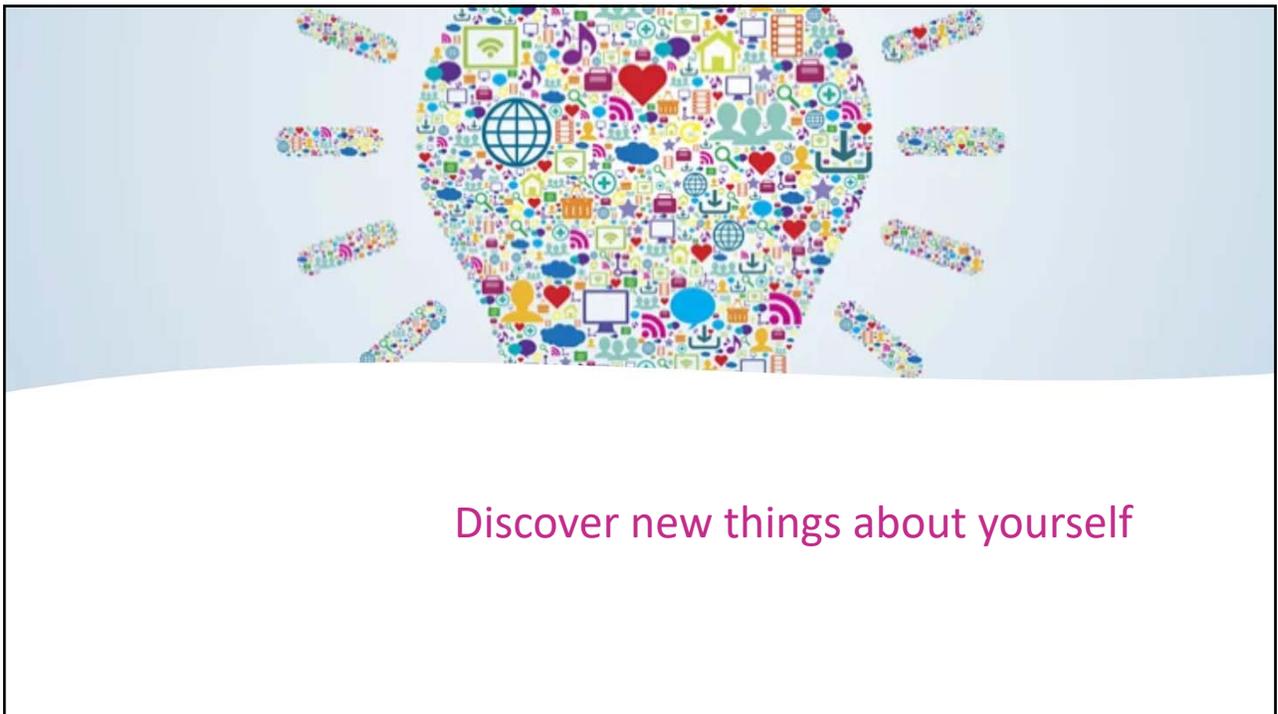
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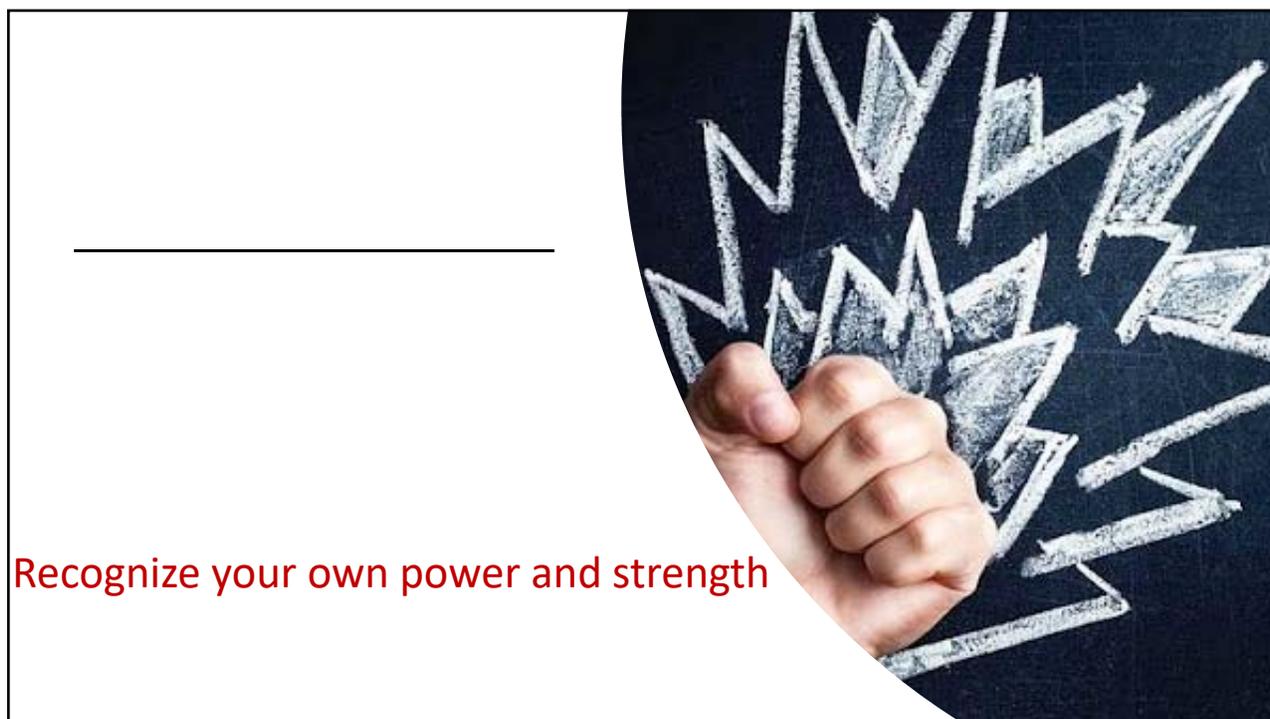
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Recognize your own power and strength

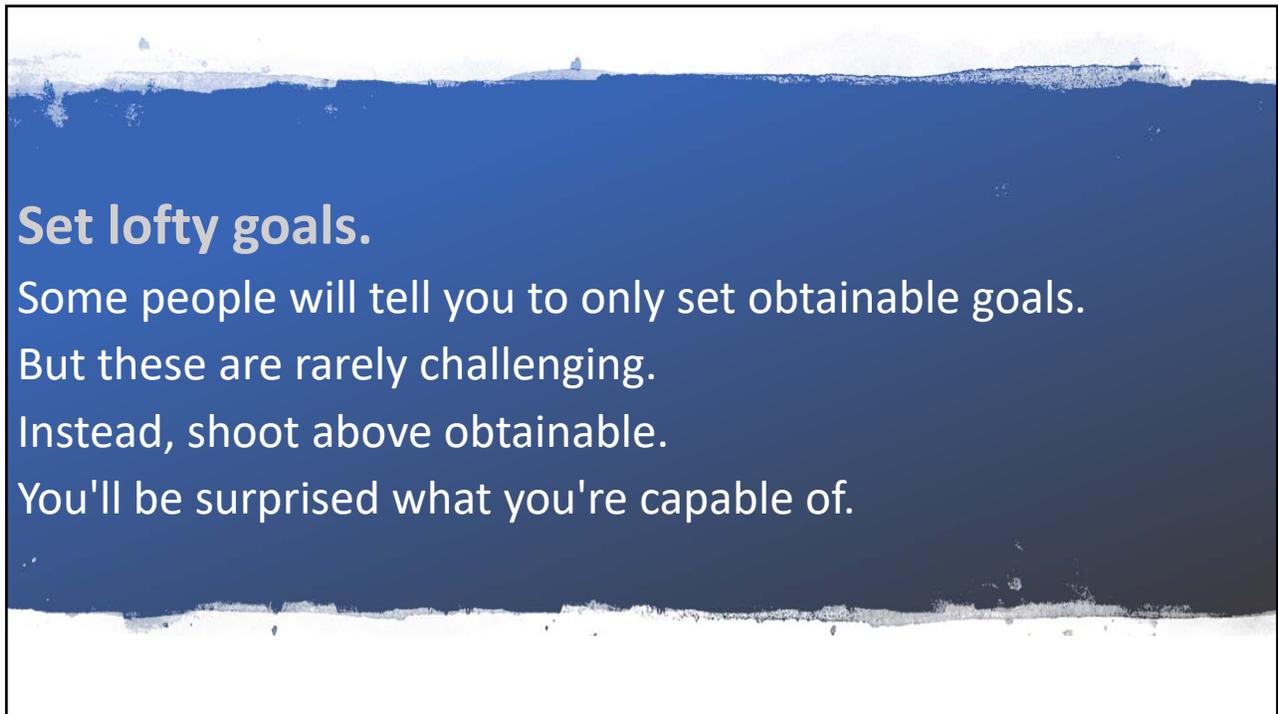
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Be honest with yourself.

Write down five skills you think are vital to your success. Then, grade yourself on each.

As you assess your abilities, take into account not only your own expectations, but also the expectations others might place on you.

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Gauging your performance through the eyes of others is one of the best challenges

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On every journey you take, you are met with options. At every fork in the road, you make a choice. These are the decisions that shape your life.

Mike DeWine

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