



YOU Bulletin

'If the only prayer you said in your whole life was, 'Thank You' that would suffice.' – Meister Eckhart

YOU NEWS & EVENTS

Snapshot

The month of October had a good line-up of workshops which provided students knowledge through games and interaction. To get a preview of the sessions covered access our Workshop Archive session through the following links:

Kids Club

<http://www.youdubai.com/kidsworkshop.php>

Teens Club

<http://www.youdubai.com/teensworkshop.php>

Youth Club

<http://www.youdubai.com/youthworkshop.php>



Sneak Peek

Learning and fun continues at YOU.

Catch our last session of this season on the **15th of November** with **Image Consultant Rana Saab.**

The session

'Color YOU Gorgeous'

*is being held for members of the **Youth Club (16-20YRS) from 3 pm to 5.00 pm.***

Girls can register immediately to avoid disappointment as we have only **twenty** slots available.

YOU @ One Step Closer

It gives us great pleasure to inform you that YOU has taken a step closer to all of you...**YOU has a group on Facebook.**

We encourage all of you to join the group and feel the

'Wonder of YOU' at

[http://www.facebook.com/group.php?gid=24000844929.](http://www.facebook.com/group.php?gid=24000844929)

You can check out the photographs clicked at the workshops and some inspiring videos on this group page.

You are welcome to invite your friends to join the group as well

YOU Events – YOU Events – YOU Events – YOU Events – YOU Events

YOU launches AMBASSADORS CLUB

YOU Ambassadors of Goodness are all set for their mission of this term! The Ambassadors Club are holding their **first** ever drive in this month.

The **Ambassadors Club** will collect fairly used books and toys starting NOW. These will be passed on to The Dubai Foundation for Women and Children - an organization that supports women and children who have been afflicted by poverty, abuse and life-threatening situations. The Foundation requires books and toys in good condition to build their library.

We invite all of you to join in this mission - **MAKE A DIFFERENCE** and **BE an AMBASSADOR OF GOODNESS!** :)

You can be a part of this by collecting books and toys from your friends and neighbors and dropping them off to the collection points mentioned below with your name and contact number **before the 15th of November 2008**.

On the 23rd of November, our **YOU Ambassadors of Goodness** team will visit the Foundation to deliver all collections.

Contact us on 050-2843431 for further details.

Keep the kindnesses flowing!!!

YOU CHEERS

YOU launched the Pay It Forward plan for all members in this term. **And we decided to charge our members for the informative workshops we offer.** But YOU charges cannot be paid by cash or cheque.

We ask for something simple and invaluable....we ask for a Promise...a promise to **Pay It Forward.**

Pay It Forward is a world-renowned idea of doing good deeds for others to repay the good that has happened to you....and as each person becomes more socially aware...a difference is made to the world...isn't it simple? And wonderful too?!!

We encourage YOU members to perform a kind deed to any known or unknown person....what they get in return is **a smile...an assurance** that they have made a difference....and a confirmation that they have Paid It Forward.

All YOU members have provided a fabulous and overwhelming response to Pay It Forward. They have delightfully accepted and implemented the act of doing kind deeds and have started feeling the difference...

"I've been doing many acts of kindness these days...thanks 2 u all!!"

- Divya Galani, 19, Youth Club

"Recently I have been doing many good deeds since I have taken the pledge."

- Yash Adnani, 10, Kids Club

This month we give 3 YOU Cheers to:

- **KIDS CLUB** – **Tanya Awtani, aged 10**, has been very regular with pledging for Pay It Forward and completing her good deeds:

"My friend who lives in Sharjah her father went to Australia for job and her mother went to India for some emergency. So aunty told me to take care of my friend and tell her to complete her work. I used to talk to her everyday and tell her to complete her work and used to help her if she had any problem. I told her to complete her work before her mother comes to make her mother happy. When her mother came back she was so happy to see that my friend had completed her work and she thanked me for this."

- **TEENS CLUB** - **Mamta Kalwani, aged 15**, attended Rana Saab's workshop on Image Development and here are her payment details:

" Since its the time for Navratris...my friends and I had decided to go shopping for our dandiya outfits...but one of my friends is a bit bigger (or fat as you may call it) and didn't want to come as she didn't find anything that suited her...so I took her to City Centre with me...along with those papers from Ms. Rana Saab...and she came up with a beautiful outfit easily because she had gone through those papers in the car...:) so I'm very happy that she has found something she liked and this is HOW I paid it forward :)"

- **YOUTH CLUB** – **Divya Galani, aged 19**, is a strong believer of Pay It Forward and here is what she has done:

"I've been doing many acts of kindness these days...thanks 2 u all!! This is one of them... I had to go for issuing my license after university so I asked the uni bus to drop me there. When I was done, I didn't have transport to go back home. It was boiling hot and I walked till the bus stop and waited for a cab for half n hour. I didn't find a cab but thankfully a public bus stopped. When I got in, I realized the AC wasn't working and all the passengers where drenched in sweat! So I prepared myself for a 20 minute ride in the heat. Just as I was taking out my bottle of water to quench my thirst, I heard a kid nearby wailing and telling his mom he's thirsty. So I gave mine to him, thinking I can always control my thirst till I reach home!"

Keep up the good work lovely people!

We encourage all of you to go out there...make a **DIFFERENCE**, bring a **SMILE**, feel that wonderful **EMOTION** and experience the **GLOW** in your heart and the **HALO** around your head!!!

YOU SPEAKS

In this section YOU speakers will write articles to empower you...ENJOY...

Goal Setting Techniques

By Devika Singh, Psychologist, Dubai Herbal & Treatment Center

If your mind can see it – you can achieve it!

Everyone can use a little help in setting goals. Being able to set and monitor goals is a very important way to achieve some of the things you set out to do. The best part is, each and every one of these worthy goals can be easily achieved in a somewhat remarkable and FUN way. In fact, when you know how, working toward a goal can be as much fun as achieving the goal. I

Here's a **goal-setting system** that seems to work for everyone who's tried it. At a basic level it will work with any goal you can imagine.

1. Dream the goal - Make a list of everything that you want ... all the goals you think you want to achieve.

2. Identify the obstacles that may prevent you from achieving the goal -

After you've set your goal, make a list of ALL things that may threaten the successful achievement of the goal and what you can do to remove those threats.

3. Identify the things you need to help you achieve the goal - After you've identified the obstacles, make a list of the things you will need in order to achieve your goal.

4. Set a date for the achievement of your goal - Setting a date for the attainment of your goal is the ignition for the goal-seeking missile in your mind. Make sure that your date is realistic.

5. Write down the goal and review it often - Once you have your goal and the date in writing; make more reminders of your goal.

6. Make a step-by-step plan - You know what you want and you know you want it badly. You know the date by which you want to achieve the goal. Now, make a step-by-step action plan. Write down every little thing, no matter how small, that you must do in order to reach your goal. Break down the project into small chunks... If you have a complicated list, jot down all the ideas that come to mind and then put them in date sequence later.

7. Follow your plan - This is the fun part, because after you've set and hit your first goal, you'll know that all you have to do to achieve your goal is to follow your plan!

You can't control every aspect of your future, of course, but you will be surprised how many things you really can control with these effective goal-setting techniques.

YOU SALUTE

And now YOU Salutes our entire team of volunteers!

Their dedication has paid off once again as we have just completed another successful month at YOU. It was a month of hard work, challenges and fun.

Our volunteers have worked around the clock to keep the departments functioning. Each departments input at YOU contributes to the overall success of our operations and our volunteers have done just that...contributed to our success by making sure tasks are completed well before deadlines, responsibility is shared amongst volunteers and keeping each other motivated at all times to give in their best.

Challenges are an inevitable part of growth therefore we too, at YOU we face several challenges on a day-to-day basis and some other challenges occasionally. This is when the **'team-spirit'** amongst our volunteers is at its peak. Volunteers within departments work as a team to help each other solve issues that may cause a lag in the completion of a task. At YOU, **our policy is very simple. An individual can overcome any difficulty when supported by those who have the experience or the ability to work on the task together and for us; our volunteers bring us the combination of both.**

Lastly, we also believe 'all work and no play makes Jack a dull boy'. Therefore volunteering at YOU is not about stress, challenges and meeting deadlines. It is about having fun doing what you enjoy the most. Our volunteers indulge in long chat sessions, coffee hours and loads of other activities to strengthen the bond they share. After all, our YOU family extends its warmth beyond our workplace.

We THANK our volunteers for being a significant part of YOU. We look forward to your input in making the coming months as successful as the past ones for YOU.

Hip Hip Hurray! Hip Hip Hurray! Hip Hip Hurray!



***Tips, steps, hints and the how-to for growing up, getting along, learning,
& having fun***

Reasons Why Mistakes Are Great

Thomas Edison tried 1,500 different filaments for the light bulb before finding the right one. After the final experiment, an assistant asked, "Mr. Edison, how do you feel about having 1,500 failures to your credit?" Edison replied, "They weren't failures. We now know 1,500 light bulb filaments that don't work."

1. **Mistakes are universal.** Everybody makes them, from preschoolers to presidents. They give you something in common with the rest of the people on our planet.
2. **Mistakes show that you're learning.** Whether you incorrectly apply a geometry theorem or say something foolish in front of someone you're trying to impress, a mistake is a point of information that inspires you to do better the next time you're in a similar situation.
3. **Mistakes show that you're trying something new or different.** It's rare that you (or anyone else) will accomplish something perfectly on your first attempt. If you had spent your whole life doing only those things you could master on the first try, you never would have learned to walk, read, or ride a bicycle.
4. **Mistakes allow you to see your own improvements.** If you had videotaped your first attempt at the backstroke, then videotaped yourself after three months of swimming lessons, you'd notice a significant change for the better.
5. **Mistakes allow you to learn from others.** Asking for help isn't the same as admitting you've failed.

***"The greatest mistake you can make in life is to be continually fearing
you will make one."- Elbert Hubbard***

**YOU would like to THANK every Parent and Child and Teenager, for
having given us this opportunity to MAKE A DIFFERENCE☺ in their
lives.Keep the Ripple going folks..PAY IT FORWARD...**

REMEMBER-*YOU is only for YOU.*

Feel free to give us your feedback by emailing us at info@you-dubai.com

**Regards,
The YOU Team**