



# VCR

*Living Life to the Fullest*

*by Bob Lenz*



## *Living Life to the Fullest!*

When I tell people how extremely nervous I get every time I speak, and that it actually affects me physically, people always ask me the same thing. "If you get so afraid, then why do you do it?"

If I can convince just one person that they are worth while. If I can look just one person in the eye and say, "You matter! You have value!" If I can connect with just one person and they believe it, it would be worth it all. That is the passion of my heart. I'm so tired of youth throwing their lives away through suicide, alcohol, drugs and other poor choices they make. I want to tell them, "There is a purpose for your life – a destiny that only you can fulfill." And I want to help young people recognize others in their lives that do care, and help them deal with the disappointments, hurts, wounds and pain of life.

When life screams "You don't matter. You're worthless. You're good for nothing." I want to proclaim loud and clear, "It's a lie!" I don't believe it!" When people and circumstances try to say otherwise, hold tightly to these core beliefs that have come to be known as VCR.

In the hopes of convincing just one – maybe you, I'll do it as long as you and others will listen. Yet, I've been asked, "If it's to reach just one then why the big audiences?" Perhaps these truths can reach two or three, or better yet, you'll join me and commit yourself to living and sharing these core beliefs that are so needed in our world today. I would stake my life on them. It is what I am all about and it's the philosophy of Life Promotions.

Let's convince youth they are valuable and can choose to live life to the fullest. It's more than a slogan to me. It's from my heart.

*Bob Lenz*

Every person can live life to the fullest by holding fast to three core beliefs.

# Core Belief #1: Everyone has Value

Val•ue (Val – yoo) *n.*

real worth, precious, important, thought highly of, what matters, useful, prized, treasured, admired, esteemed, appreciated, deemed valuable, significant, priceless.

The “values” a society lives by, come from what it values or deems important. Their values will establish the ideals of life, its circumstances and behavior. When something is not deemed valuable, we throw it away, disregard it, or say, “It’s good for nothing.” In our environmental-conscious society, we have even seen the need to reuse and recycle. It’s sad that this same society that has found worth in garbage, has left so many people feeling completely worthless.

## Value

- ● ● ● ● ● ● ●
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- People are to be cherished and loved, not used. Things are to be used, not cherished and loved.

I believe it’s because parts of society have placed a higher value on things (what you own), appearance (what you look like), talents (athletic abilities), pleasure (having a good time), and influence (power and control), instead of the intrinsic worth and dignity of each human. How you treat someone is based on what value you have placed on them...

When society values things more than people, it will see others and themselves as disposable. Society’s problems and social ills have come when a philosophy, or core belief, deems ideology, progress, accomplishments, achievements, products or finances as more important than people.

The disintegration of value can range from picking on kids in the cafeteria to terrorism, from name calling to Hitler.

“We hold these truths to be self-evident, that all men [people] are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.”

Declaration of Independence

Core belief #1 shows up in the last sentence of the pledge of allegiance – “With liberty and justice for all.”

Not just for the male, Caucasian, rich, attractive, athletic or intelligent... but for all! We all have rights and value that no one can ever take away from us.

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“Always recognize that human individuals are an end in themselves, and do not use them as a means to your end.”  
- Immanuel Kant

## Core Belief #2: We need Courage



Cour•age (Kur'aj) *n.* brave, valiant, bold, heroic, valiant, daring, has nerve, intrepid, faces fear, having heart, spirited, unshrinking, lion-hearted.

I'm not here to tell you what to do or what not to do. I'm here to say, "Stand up for what you know is right!" I believe it is written on your heart. Be yourself for the sake of those younger than you are. Show them they don't have to give into the pressures of others around them. I dare you! Courage is not the absence of fear, but the willingness to face your fear for a greater cause. Be willing to stand up for something you know is right, even when risking acceptance, popularity or position.

### Words on Courage . . .

"Two roads diverged in a wood and I, I took the one less traveled by, and that has made all the difference."  
- Robert Frost

"The wicked flee when no one is chasing them. But the righteous are as bold as a lion."  
- Proverb

"Rosa Parks refusal to 'move to the back of the bus' on the evening of December 1, 1958, marked a historic moment... She didn't move, she later explained, because she was just suddenly fed up with being pushed around. But the courage of the moment sparked the fires of change."  
- Kai Friese, *Book of Virtues*

"You gain strength, courage and confidence by every experience in which you really stop and look fear in the face."  
- Eleanor Roosevelt

"Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you're misunderstood."  
- Charles Swindoll



## Core Belief #3: Everyone Deserves Respect

Re • spect (Ri spekt') *vt.* high regard, honor, esteem, consideration, care for, recognition, courtesy, think much of, recognize worth, revere, treat with dignity.

All people deserve respect, whether it's my handicapped brother, Tim, or Michael Jordan. People wonder how the total lack of respect for life can happen, like that of 9-11-01. But it didn't start there. It began long before with what looks so small in comparison. The lack of respect starts with how we treat others, with what words we use to build up instead of tear down.

Do you respect people, property, possessions, those in authority, teachers, coaches, police officials, parents, elderly, gifted, handicapped... and the person you disagree with most? You can disagree with someone and still respect them! You can dislike someone and still treat them with respect, even if you feel their actions are not respectable.

I saw a t-shirt that read *Love Sees No Colors*. At first I thought, "Cool. They are promoting equality." Then I thought, "Wait a minute. Is love dumb?" I wondered why love couldn't see colors. Is it blind? No. While I believe love sees what all people have in common and calls us together as the human race, I believe this just as strongly... Equality is not sameness.

"It's time to teach ourselves and our children how to care deeply about something, and to have strongly held beliefs and opinions, without judging others. Your best course of action invariably comes from the core values of your heart."

- Doc Childra and  
Bruce Cryer,  
*From Chaos to  
Tolerance*

I believe love does see colors, and it celebrates in our uniqueness. We are different from each other. The world would be so boring if we weren't. The problem is not in our differences, but in judging each other based on those differences. Everyone who knows my wife and I agree that we are very different from each other. Yet, we are equal. So, let's treat each other with equal respect as we celebrate our uniqueness.

"If you judge people, you have no time to love them."

- Mother Teresa

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Buscaglia

"In real life, the most practical advice for leaders is not to treat pawns like pawns, and princes like princes, but all persons like persons." - James MacGreger Burns

# VCR-Based Actions



## Value-based actions

- #1 Remember and believe... "Just because you may be treated like trash, doesn't mean you are trash. And just like a beat-up, spit-on, neglected, verbally-abused \$10 bill, you haven't lost your value, no matter what!"
- #2 Surround yourself with people who will affirm your dignity and worth. Make a list of those people in your life.
- #3 If you have been abused in any way, break the silence. Get help. List people to turn to.
- #4 Make choices based on your true value, not on how you are treated.
- #5 Let your words and actions declare the value of every human being. Send a card or a note of affirmation to them.

## Courage-based actions

- #1 Make a list of people you know that have been an example of courage in your life. Thank them.
- #2 Make a list of younger people in your life that may look up to you and are watching your decisions.
- #3 Recognize and list some choices that you have made out of fear.
- #4 List people in your life that encourage or "give courage" to you, and list ways you can encourage or "give courage" to your friends.
- #5 List the most courageous thing you have ever heard of.

List the most courageous thing you have ever done.

#6 Make a list of things you value enough to stand up for and believe are worth having courage for.

### Respect-based actions

#1 On a scale of 1-10 rate your level of respect for the following (1 being disrespectful, 10 being very respectful) ...

- |                           |                     |
|---------------------------|---------------------|
| A. Self                   | B. Parents          |
| C. Teachers               | D. Police/Authority |
| E. Friends                | F. Property         |
| G. Minorities             | H. Gifted           |
| I. People I disagree with |                     |

#2 List three instances when you felt disrespected.  
How did you handle it or respond?  
Can you forgive and drive out the hatred with love?

#3 Remember and believe that every person deserves respect.  
Do you know people who do not believe this? If so, why?

#4 Make a list of people you have disrespected in words or actions and apologize to them. If things were damaged or vandalized, make amends.

#5 Prejudice means to “pre-judge” before you get to know them.  
List prejudices in society today.

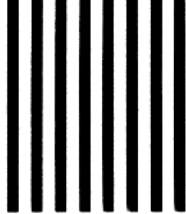
#6 Explain the difference between equality and sameness.

#7 Make a list of how you can disagree with someone’s opinion or choices, yet still respect them.



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