

# Sedate State

## MONTHLY MEDITATION

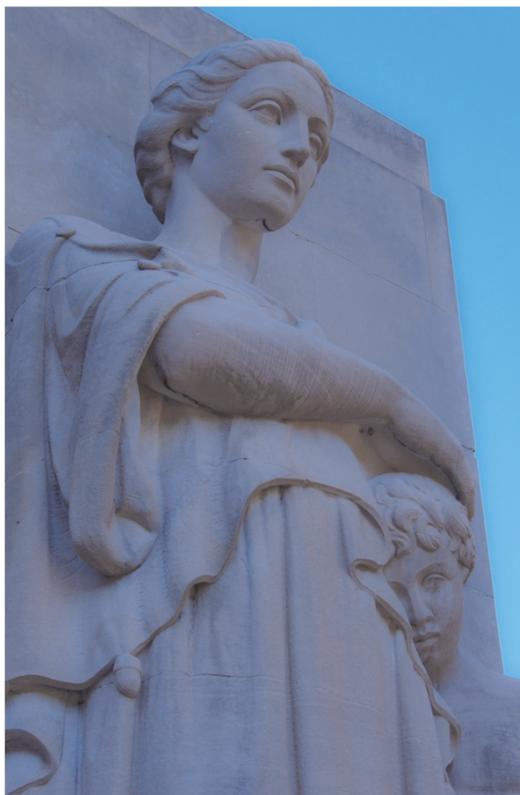
*Sedate (defined –adjective):*

*Calm, quiet, composed; undisturbed by passion or excitement.*

*Characterized by dignity and propriety.*

*Serenely deliberate, composed; dignified in character and manner.*

*Being “sedate” is being in control of yourself and conducting yourself with grace and dignity, even in trying times, with generosity towards others.*



Brooklyn War Memorial, Brooklyn, NY

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# January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>New Year's Day</i>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <i>Martin Luther King Jr. Holiday</i>	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# Sedate State

## MONTHLY MEDITATION

*Value (defined –noun):*

Worth  
Meaning  
Magnitude  
An ethic  
*Desirable in and of itself*

*What do you value?*

*What are your values?*



Chinatown Gate, Vancouver, BC

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# February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <i>Valentine's Day</i>	15	16	17	18	19
20	21 <i>President's Day</i>	22	23	24	25	26
27	28					

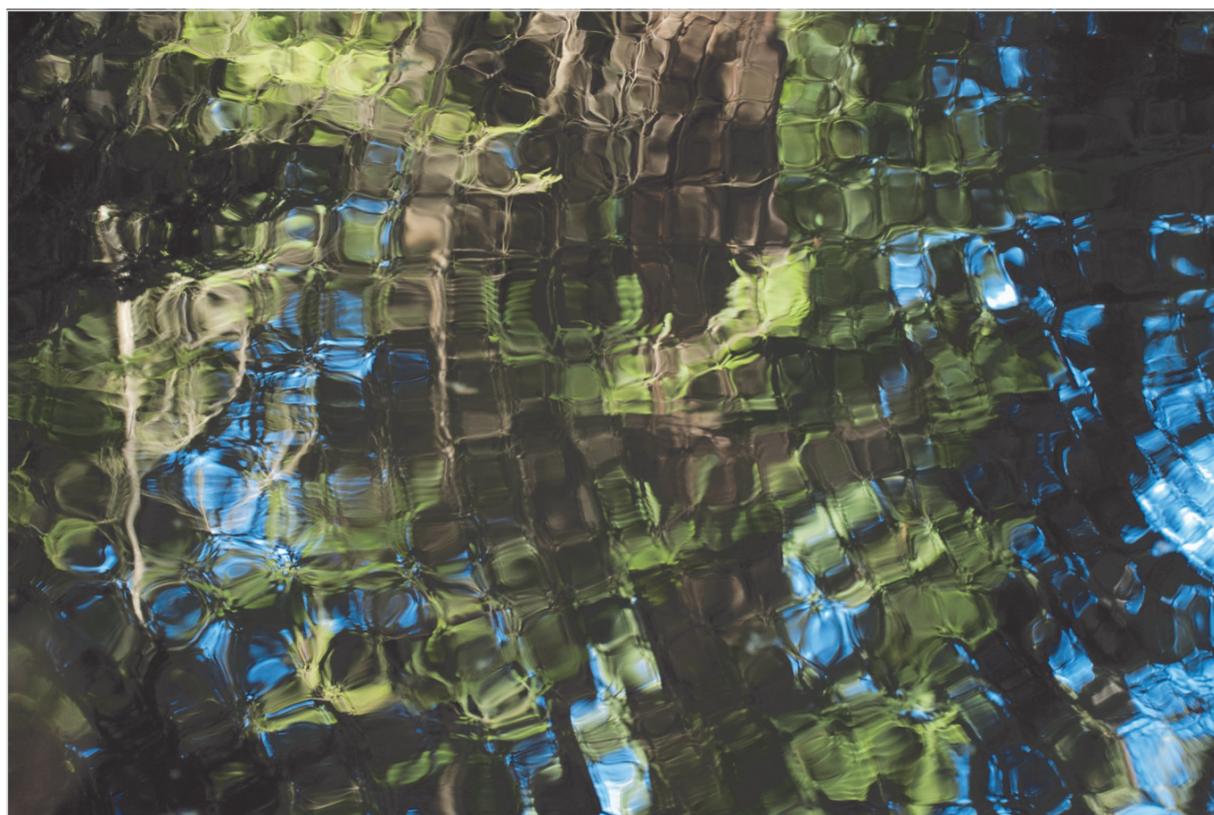
# Sedate State

## MONTHLY MEDITATION

*Vision: Achieve a Sedate State.*

*A “state” is a place; it is where you are at, either physically, mentally, or emotionally.*

*A sedate state is being totally present in the moment, serene and focused, so that you may perform your best, make the best decisions, and maintain your values.*



Pond Reflection, British Columbia

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# March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 <i>Ash Wednesday</i>	10	11	12
13 <i>Daylight Saving Time Begins</i>	14	15	16	17 <i>St. Patrick's Day</i>	18	19
20 <i>Spring Begins</i>	21	22	23	24	25	26
27	28	29	30	31		

# Sedate State

## MONTHLY MEDITATION

*Mission: Be Sedate.*

*How?*

*Know where you want to go.*

*Plan to get there.*

*Anticipate change.*

*Try to enjoy where you are.*

*Practice patience.*

*Show Love.*



Harbor Ferry, Victoria, BC

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# April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Palm Sunday	18	19	20	21	22 Good Friday	23
24 Easter Sunday	25	26	27 Administrative Professionals Day	28	29	30

# Sedate State

## MONTHLY MEDITATION

Action: *Be who you are all the time.*

Know what your values are.

Know what your value is.

Don't let anyone change that.



Street Scene, New York City

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# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 <i>Mother's Day</i>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 <i>Memorial Day</i>	31				

# Sedate State

## MONTHLY MEDITATION

### By being straightforward you:

1. Say what you really mean, both verbally and in writing.
2. Speak to communicate ideas, not to gain control or exert undue influence.
3. Listen to understand, not to formulate your response or counter attack.
4. Show respect for the person you're conversing with by letting them know that you are really actually listening.
5. Don't abuse technology to spread harmful or malicious communications.
6. Remember that being straightforward is not an excuse to be rude or thoughtless.



National Gallery, Washington, DC

### *The Straightforward Movement*

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# June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 <i>Flag Day</i>	15	16	17	18
19 <i>Father's Day</i>	20	21 <i>Summer Begins</i>	22	23	24	25
26	27	28	29	30		

# Sedate State

## MONTHLY MEDITATION

Core Value #1:

*Negating or eliminating inappropriate behavior, ranging from poor etiquette to pollution to personal liberty abuses against humanity.*

Monthly pledge > *What behavior will you work on?*



Fountain, Vancouver, BC

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# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <i>Independence Day</i>	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# Sedate State

## MONTHLY MEDITATION

Core Value #2:

*Highlighting the impact of economic and geopolitical forces on human health (e.g., genetically modified food, pollution, AIDS, and cancer).*

Monthly pledge > *What will you do to help this month?*



Street Fair, New York City

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# August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Sedate State

## MONTHLY MEDITATION

Core Value #3:

Facilitating opportunities for *EMPATHY* between the genders.

Monthly pledge > *What will you do to gain a better relationship with a person of a different gender with whom you've had trouble communicating? (It doesn't matter if that person is your significant other, a sibling, or a coworker.)*



Brooklyn Botanic Garden, Brooklyn, NY

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# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <i>Labor Day</i>	6	7	8	9	10
11 <i>Patriot Day</i>	12	13	14	15	16	17
18	19	20	21	22	23 <i>Autumn Begins</i>	24
25	26	27	28	29	30	

# Sedate State

## MONTHLY MEDITATION

Core Value #4:

Fostering understanding and mutual esteem among people, making

- Interracial,
- Interethnic,
- Interfaith, and
- International

differences smaller.

Monthly pledge > How will you show that you respect the humanity in all people?



Beach Scene, Coney Island, NY

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# October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 <i>Columbus Day</i>	11	12	13	14	15
16 <i>National Boss' Day</i>	17	18	19	20	21	22
23	24 <i>United Nations Day</i>	25	26	27	28	29
30	31 <i>Halloween</i>					

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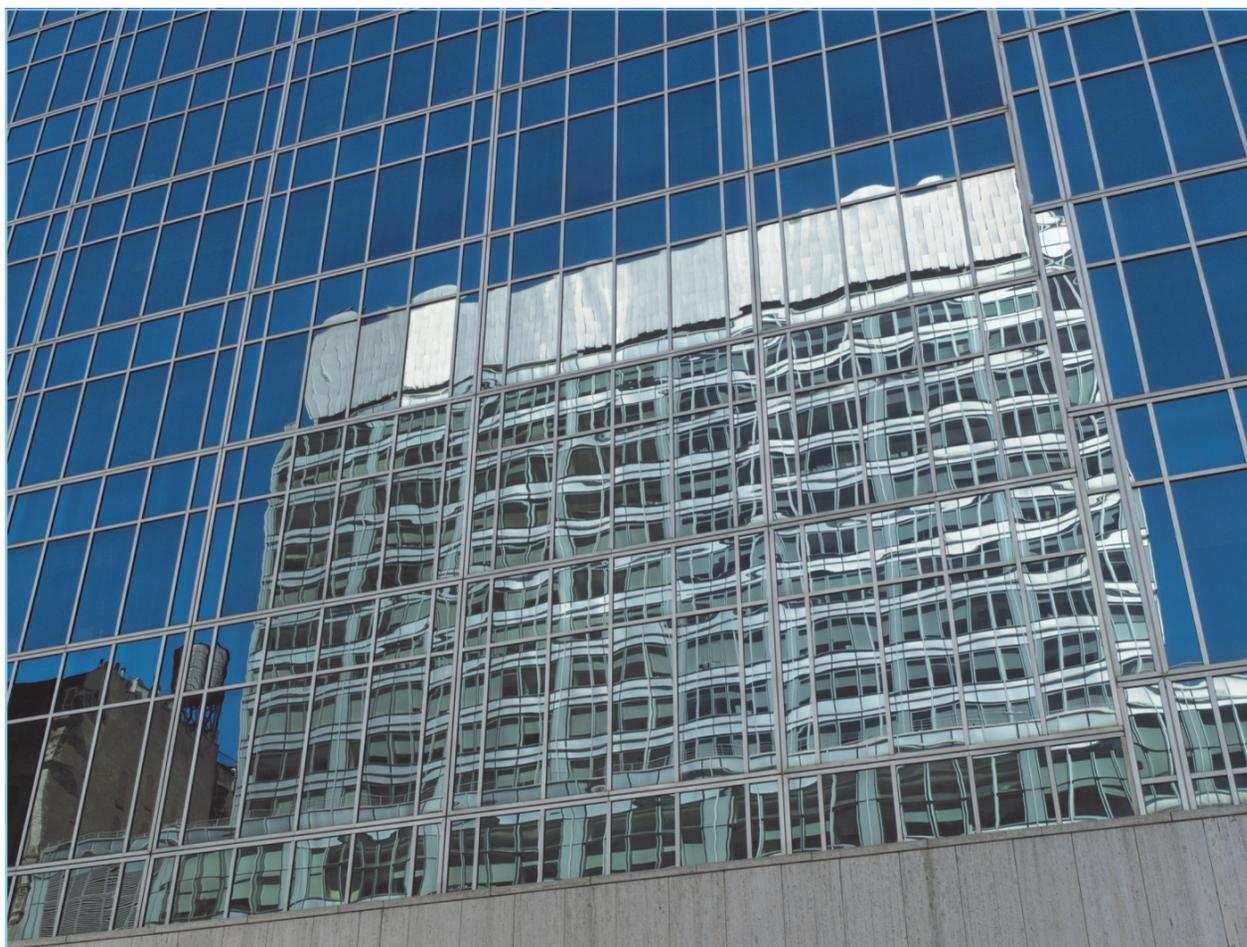
## MONTHLY MEDITATION

Core Value #5:

*The Rules of Work: People First.*

*People are not cogs. People have hopes and dreams. People shouldn't live to work, but work IS important. Work can give people a sense of fulfillment. Work can be a dream. Dream job. Dream life.*

Monthly pledge > *What will you do to make your workplace better?*



Building, New York City

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# November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6 <i>Daylight Saving Time Ends</i>	7	8 <i>Election Day</i>	9	10	11 <i>Veterans' Day</i>	12
13	14	15	16	17	18	19
20	21	22	23	24 <i>Thanksgiving</i>	25	26
27	28	29	30			

# Sedate State

## MONTHLY MEDITATION

Core Value #6:

*Christians walking the talk with tolerance towards others.*

Monthly pledge > *What will you give to someone in need?*



Scaffolding Light, New York City

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# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 <small>Winter Begins</small>	23	24
25 <small>Christmas</small>	26	27	28	29	30	31 <small>New Year's Eve</small>