

# THOUGHTS TO PONDER(O SA)

## A. PLEASE HELP ME .....

1. To accept others as they are --- Not wish for perfection always;
2. To recognize ability --- And encourage it;
3. To understand shortcomings --- And make allowances for them;
4. To work patiently for improvement --- And not expect too much too quickly;
5. To appreciate what people do right --- Not just criticize what they do wrong;
6. To be slow to anger --- And hard to discourage;
7. To have the hide of an elephant --- And the patience of Job;
8. In short --- Help me to be a better firefighter

## B. A FIREFIGHTERS FIVE LEVELS OF SELF-MOTIVATION:

1. **Level One** : Physiological- The basic human needs like hunger and thirst
2. **Level Two** : Safety and Security- Proper training and procedures
3. **Level Three**: Acceptance and Appreciation- The desire to be accepted and appreciated
4. **Level Four** : Self-Esteem- Being looked-up to by your peers
5. **Level Five** : Self Actualization- Self-development including Doing everything you're capable of doing, Self-control, Voluntary compliance, State of readiness, Meeting and achieving goals, Judgment, Internal values, and Self-sacrifice

## C. PROCEDURES TO FOLLOW:

1. If firefighters live with criticism, they learn to *condemn*  
**CONDEMNATION DISCOURAGES**
2. If firefighters live with hostility, they learn to *fight*  
**FIGHTING SLOWS THE TASK**
3. If firefighters live with tolerance, they learn to be *patient*  
**PATIENCE PROMOTES COOPERATION**
4. If firefighters live with encouragement, they learn *confidence*  
**CONFIDENCE LEADS TO PERFECTION**
5. If firefighters live with praise, they learn to *appreciate*  
**APPRECIATION NURTURES TEAMWORK**
6. If firefighters live with acceptance and friendship,  
**THEY TAKE PRIDE IN THEIR WORK!**