



the C.A.L.P 411

COLORADO'S AGRICULTURAL
LEADERSHIP PROGRAM NEWSLETTER

ALUMNI SPOTLIGHT



ADRIAN CARD, CLASS 11
LONGMONT, CO

Adrian Card is a CALP Class 11 graduate. He recently completed 15 years of service to CSU Extension as Agriculture Agent in Boulder County. His CALP project involved launching the Colorado Fruit and Vegetable Growers Association (CFVGA). That trade association is now in its 6th year and gaining notoriety, influence and capacity to provide education and resource development to produce growers in Colorado. CALP opened his eyes to scale and scope of agriculture in Colorado, US and the world and forged professional relationships that have spurred him to grow and learn more. He notes it was the single most catalyzing professional development program of his career. Adrian continues to serve on the CALP board and is enthusiastic about the future of agriculture in Colorado.

NEW!

Excellence in CALP Award

CALP would like to recognize an alumnus that exemplifies leadership in agriculture through their community, their industry or their company.



If you have somebody you would like to nominate, go to coloagleaders.com/alumni and download the nomination form.

Recipients will be awarded on Feb. 25, 2020 at the Welcome Reception.



Feb. 26, 2020

at the

**Renaissance Stapleton
in Denver**

Registration now open at

www.governorsagforum.com

NOTE: All registrants are invited to attend the welcome reception at the History Colorado Center, 5:30 to 8:00 PM

CALP CLASS 14 SCHEDULE

- Seminar 6 - Ag Forum, Denver
Feb. 26, 2020
- Seminar 7 - Fort Morgan
April 19 - 21, 2020
- Seminar 8 - Durango
June 14 - 16, 2020
- Seminar 9 - Alamosa
September 20 - 22, 2020
- Seminar 10 - Netherlands
Oct. 25 - Nov. 3, 2020

**Class 15 Applications Open
Feb. 26, 2020**

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UPCOMING AG EVENTS

FOUR STATES IRRIGATION COUNCIL
ANNUAL MEETING JAN 8 - 10, 2020
WWW.4-STATES-IRRIGATION.ORG

COLO. FRUIT & VEGETABLE GROWERS
CONFERENCE FEB. 24 & 25, 2020
COLORADOPRODUCE.ORG

29TH ANNUAL GOVERNORS FORUM ON
COLO. AGRICULTURE FEB. 26, 2020
GOVERNORSAGFORUM.COM

FARM CREDIT COLO. AGRICULTURE
HALL OF FAME BANQUET FEB. 26, 2020
COLORADOFFAFOUNDATION.ORG

SPONSOR SPOTLIGHT



The mission of the Aims Agricultural Sciences and Technology program is "To provide a foundation of education in the agricultural sectors from soils, precision agriculture, animal agriculture, and horticulture to agribusiness for students interested in pursuing careers to support the global demand in feeding and clothing the world." It seems this fits perfectly with the Colorado Agricultural Leadership Program's mission "To develop leaders that will become a strong, unified voice for agricultural issues." This is why Aims is so proud to be a supporter of the CALP program, since we are complementary in our efforts to help educate and further develop future leaders in agriculture in the state of Colorado.

- Amy McFarland
Agriculture Instructor, Faculty Chair
Aims Community College



"CALP has been one of the most illuminating and well crafted agriculture programs that I've had the chance to be a part of. My career off the farm takes me all over CO and NM to host events, work with farmers and ranchers, and develop rural leaders for the Farmers Union. CALP has provided me with great tools to aid this work and it's pushed me to grow and learn more than I could have ever imagined."

Harrison Topp, Class 14

Membership Director, Rocky Mountain Farmers Union
Peach Farmer, Hotchkiss, CO

YOU TRAIN THE WORLD HOW TO TREAT YOU

By Benjamin Hardy

"Be Careful what you tolerate, you are teaching people how to treat you." - Unknown

"Man is not the creature of circumstances, circumstances are the creatures of men." - Benjamin Disraeli

While sobering and exciting, here are some foundational truths that spring from these quotes:

- You get in life what you tolerate.
- If you have bad relationships, money, or health, then you tolerate and have accepted those things in your life.
- Everything about your life - happiness, health, money, etc. - is what you're committed to.
- If you were committed to something else, you'd have something else.
- You train the external world how to treat you.
- Your environment is a byproduct of you.
- You've trained your current situation, just like you train the internet to feed you information and advertisements that fit your interests.

How do you change what you tolerate? How do you commit to something different and better than what you currently have?

Own the Truth

The first step is fully owning that your current situation is the product of you. Until you can own that your situation is yours, and in order for it

to change, you must change, then you will continue pointing the finger outside.

Own What You Really Want

It's rare for people to own the truth of their current reality. It's just as rare for people to fully own what they truly want. People hide their dreams from others out of fear. Stop suppressing. Tell your goals to everyone. Stop making your story what has been and start telling the story of what is going to happen.

Do One Thing (Right Now) Consistent With Who You Want To Be

Courage is the doorway to change. Courage is the willingness to fail. Courage is the key to vulnerability, which is at the heart of telling the truth. Courage is an action. You must actually do something, not merely want to do it, in order to BE courageous. You have to BE courageous, not just WANT to be courageous, in order to improve your life. Therefore, you must DO something right now that more accurately reflects your future self.

Make Your "Future Self" That Standard For Who You Are, Today

Once you finally admit to yourself who you truly want to be, and you start admitting that to others, you'll feel more compelled to start acting the part. You'll more fully see the incongruencies in your current behavior, language, relationships, and environment. You can only see what your brain is looking for. You train your brain to look for what you want by writing about it, talking about it, researching it, visualizing it, and most importantly, taking imperfect and emotion-filled steps forward. The more time you spend in the identity of your future self on a daily basis, the more you are living as the person you intend to be.

Tell the Truth (Again and Again) Even When It's Inconvenient, But Do It With Love

If you're no longer committed to what you currently have, then you need to have some challenging

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The Colorado Agricultural Leadership Program is a 501c.3 non-profit organization with the mission to develop leaders that will become a strong, unified voice for agricultural issues.

DANI TRAWEEK, EXECUTIVE DIRECTOR

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You Train the World How to Treat You cont...

conversations. Some of your relationships will likely have to end. Many, if not most of your relationships will have to alter, at least a little. But you need to tell the truth about your new boundaries. You need to start living up to the higher commitment. This isn't about being rude or judgmental. On the contrary, you need greater compassion and empathy than ever before. By re-negotiating your relationships, your re-training your environment.

Remind Yourself Every Single Day

Just as you must re-train your environment, you also need to

re-design your environment. As Stanford psychologist Dr. BJ Fogg explains, "Design beats willpower." You must design an environment that reminds you, and even triggers you, to be the person you want to be. You do this by going to bed with purpose and waking up with intention. Don't get sucked into distraction, but instead, frame-out and create your world. You do this in your mind but also on paper. Write down your goals every morning. Then, begin acting like the person on that paper. The more intentional you are, the more peak experiences you will have. The more peak experiences you have, the more flexible your identity will become, allowing you to confidently and courageously pursue the life you want, no the life you've had.

Conclusion

The world around you has been trained by you. Everything in your life is what you tolerate and what you're currently committed to.

The full version on this writing can be found on medium.com written by Benjamin Hardy.

THANK YOU TO OUR 2019 SPONSORS AND SUPPORTERS:

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