



To Whom It May Concern:

My name is Brian Williams and I am a youth motivational speaker and a 4th degree black belt in martial arts. I have created a program called One Million A.O.K. My goal is to document over 1,000,000 random acts of kindness from our nation's youth.

Everyday we give and receive hundreds of random acts of kindness, sometimes without any form of recognition or recollection. Unfortunately, in today's society, there is more money in marketing the negative aspects of our world than the positive. The One Million A.O.K program educates children on the affects one simple random act of kindness can have and teaches them how to cognitively seek out ways to make someone's day a little brighter, for nothing in return. In this time of war and economic instability, I feel that it is imperative to cultivate kind and giving natures in our country's youth.

The One Million A.O.K program is a two week course that is funded by local businesses. The program launches with an empowering, inspirational, and entertaining motivational speech with high flying kicks, gymnastics, a little dancing, and an amazing brick breaking routine. This performance is guaranteed to instantly grab and hold the attention of all in attendance. During the speech I will educate children on the importance of kindness and how it can change the lives of millions. At the end of the speech, I am going to give them a challenge they will never forget.

My challenge, for each student, is to document every random act of kindness they perform over a two week period. The goal for your schools is to document over 12,000 random acts of kindness within a two week period. Each class will be given a two week supply of A.O.K journals. Each journal holds 10 spots for children to document their random act of kindness. Once filled, it may be turned into their teacher for a brand new one.

Our goal is to teach children how to cognitively seek out ways to make the world a little bit better, one act at a time. This is an amazing program that doesn't take away from any educational classroom time. I've attached a full breakdown of the One Million A.O.K program. I look forward to speaking with you shortly to discuss different avenues your school may be involved in this positive life skill program. I will call you earlier next week to answer any questions that you may have.

Respectfully,

Brian Williams
Youth Motivational Speaker

One Million Acts Of Kindness -1248 Irvine Ave - Newport Beach, CA. 92660 www.OneMillionAOK.com -

(P) 949-375-5500 - (F) 949-608-9352



Kindness is the language in which the deaf can hear and the blind can see. ~Mark Twain

To Whom It May Concern:

I _____, principal of _____, am highly interested in bringing the A.O.K. Program to my school.

Signed: _____ Date: ___/___/___

Name: _____ Job Title: _____

School: _____ Phone: _____

Email: _____

Please fax back directly to:

One Million A.O.K.
Attn: Brian Williams
Fax: 949-608-9352

Or Email: Brian@OneMillionAOK.com



PROGRAM BREAKDOWN



ONE SCHOOL

12,000 ACTS OF KINDNESS



1,000,000

RANDDOM

A. O. K.

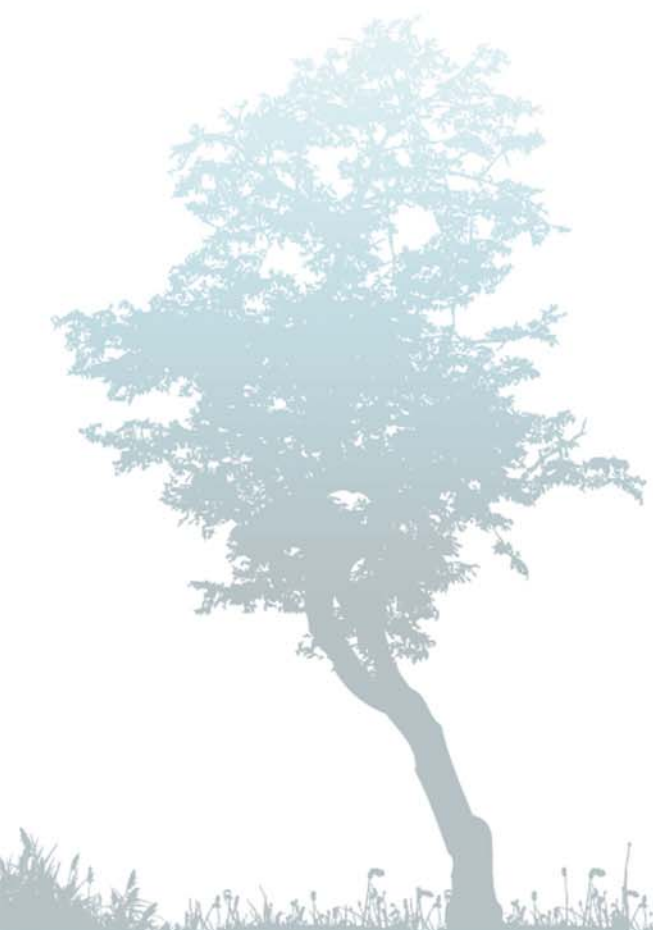




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EXECUTIVE SUMMARY

If you pick up a newspaper and circle every “bad news” article in red and “good news” article in green. There will always be 10 red articles to one green article. . . do you find this odd? This isn’t just in the paper, but on the news and in the eyes of our youth. There is more money in marketing the negative attributes of our society than the positive and children are being trained to zone in on the negative aspects of our society and only take a glance at the positive.

One Million A.O.K has a mission to change this. I plan to document over 1,000,000 random acts of kindness from our nations youth. I will pinpoint the soul individuals that will someday be leading our world and motivate them to not only see the good inside of it, but create it.

The One Million A.O.K program stems off of the belief that kindness is the ultimate form of self-defense; not just against bullies. . . but life. This two week program opens up with an action packed martial arts performance with high flying kicks, gymnastics, and even a little dancing. It will instantly capture the attention of the audience and immediately form a bond with all in attendance. After this performance I will give an inspirational and motivational speech educating the students about the amazing impact ONE simple random act of kindness can have. After this speech, all students will be given a *challenge* they will never forget.

I will challenge the entire student body to document every Random Act of Kindness they perform over a two week period. Each school will be given a two week supply of A.O.K journals. Each journal holds 10 vacant spots for students to document their kind acts. Anything from holding a door open, picking up a pen, sharing a smile, or cleaning up their room. Once complete, each child can turn in their full journal for a brand new one. Every student, parent, teacher, community, media and local businesses will be able to track each schools accomplishments on the One Million A.O.K website.

Each school will literally be dropping bombs of kindness within their community. Hundreds of children will be cognitively thinking of ways to make someone’s day a little brighter. . . for nothing in return. Every local family, neighborhood, community and city will not only feel the affects of this program, but see them once 100,000 journals are placed in a glass case to show the world what 1,000,000 Random Acts of Kindness truly looks like.

The recognition of this program will hit local and national news publications and talk shows. Your school and students will be able to impact people far beyond their reach. Nothing like this in history has ever been done. . . and with your help, we can truly change the world, one act at a time.

INTRODUCING BRIAN WILLIAMS

Brian Williams was born in Reno, Nevada. When he was four years old his parents, Cal and Cathy, gave him a choice – Gymnastics or Martial Arts. The choice was easy, “Karate Kid” had just hit the box office and “The Teenage Mutant Ninja Turtles” were right behind it. So, martial arts it was.

Brian achieved his 1st degree black belt by the time he was in the 5th grade followed by his 2nd degree in 7th grade, and competed in numerous martial arts competitions on the west coast. During high school, Brian played for his school’s varsity soccer team, ski team, debate team, and was an avid actor. Even with all of these activities, he still stayed loyal to the martial arts and during his sophomore year of high school, Brian achieved his 3rd degree black belt and competed in the final rounds of the Junior Olympics. His fifteen years of martial arts and demo team experience paid off when Brian was accepted to the University of Nevada, Reno cheerleading team and offered a full-ride scholarship. Brian graduated from Bishop Manogue High School in 2001 and achieved the “Millennium Scholarship” that rewards outstanding academic achievement, in addition to his athletic scholarship.

Brian attended the University of Nevada, Reno seeking a degree in Business Marketing. As a college sophomore, he was accepted into a graduate level Marketing/Advertising competition that was typically open to only graduating seniors. He competed with the winning Marketing/Advertising team and was ranked the #1 Integrated Marketing /Advertising Student in the nation by the American Advertising Federation. He also achieved the Marketing Professional of the Year award for Northern Nevada in 2003.

During his time at the University of Nevada, Brian completed his Mastery Test and achieved his 4th degree black belt in martial arts. It is this achievement that he is most proud, because he was able to accomplish such a high rank at such a young age.

Today, Brian resides in Southern California where he lives his dream of impacting people’s lives through his motivational speaking. He also runs his own business, Innovative Financial Services, an integrity based Mortgage Company. He has recently been featured in several newspaper articles and competed on MTV’s “Final Fu”, a martial arts reality television series.

One of Brian’s instructors always said, “Kindness is the ultimate form of self-defense.” As Brian got older, he realized how important this advice really was. Because of this, he is seeking all children, adults, communities and cities to feel the effects of random acts of kindness.

Brian always takes tasks and goals to the next level. He is a bombshell of energy, passion, and positive attitude. He leaves behind a trail of hope for all and never settles for mediocrity. He is always willing to step into a dark room and make it glow. With this mindset he is off to impact the world by showing people what 1,000,000 random acts of kindness really look like.

LETS TALK ABOUT ONE MILLION A.O.K.

Happiness is a contagious disease and kindness is the symptom. . . lets infect everyone! The goal of the One Million A.O.K program is to not only educate children on the effects of random acts of kindness, but to motivate them to cognitively seek out ways to make the world a little bit better, and then document it.

The ultimate goal of One Million A.O.K is to collect 100,000 journals, or 1,000,000 random acts of kindness. Every journal will be placed in a glass case to show the public what 1,000,000 random acts of kindness truly looks like.

Journals

Every journal is printed on 100% recycled paper. There will be two layouts for the journals, one for children in grades K-2nd and another for grades 3rd -6th. The journal design for children in k-2nd grade have been designed to give children extra space and dotted guidelines to help improve their handwriting skills. These journals allow for children to document 5 random acts of kindness per journal.

Journals designated for children 3rd-6th grade will allow children to document 10 random acts of kindness per journal. On the back of every journal there will be a small bio on the One Million A.O.K program and special thanks to all sponsors.

Two Weeks of Kindness

Every school will be challenged to document over 12,000 random acts of kindness within a two week period. Three weeks prior to the event, a meeting will be scheduled between Brian Williams and all necessary school officials to go over all of the details of the program.

On the first day of the One Million A.O.K program, Brian Williams will set up the designated stage area with all necessary sound equipment and needed props. The speech will open up with an action packed musical martial art performance. Brian Williams will be doing back flips, high flying kicks, and will even throw in some comedic dancing. This opening is guaranteed to instantly create a bond between the audience and himself.

The speech will be both comical and serious, motivating, and inspirational. He will even be breaking a huge stacks of bricks on stage! After the speech is completed, Brian will challenge each child to document every random act of kindness they perform over a two week period.

Good Morning! – It’s Me Brian!

“Good Morning – It’s me Brian!” is an audio disc that has a 1-2 minute audio announcement that will provide daily motivation, life-skills, challenges, and even jokes to start off each day. This keeps Brian’s presence alive within each school throughout the entire two week program.

“Good Morning - It’s me Brian!” doesn’t just stop there. He will also record a bi-monthly video blog/web-show documenting his own random act of kindness in public; anything from collecting canned food to buying a coffee for everyone in line at Starbucks. Children will be able to log onto the website and see Brian changing other peoples lives by documenting his own random act of kindness.

Daily Kindness Quotes

Teachers will be supplied with a list of 10 quotes related to kindness. These quotes may be used solely at the teachers discretion, but may act as a great way to start a classroom discussion, writing topic, or even an art project. A list of all quotes is supplied within this packet.

Website

www.OneMillionAOK.com is the official website of our organization. This website contains information on the program, a biography of founder - Brian Williams, media links, other “kindness” related news articles, corporate sponsor links, and most importantly, live tracking of every schools success. After every school’s session, there will be a post-program video and interviews with the principal, parents, teachers, and students.

OneMillionAOK.com is the portal for the entire world to view the philosophy, mission, and accomplishments of the AOK program, as well as hear stories of it’s success.

Posters

One Million A.O.K has designed several posters to hang around the school that give examples of kindness, quotes, pictures, and reminders that remind students about the impacts their kind acts they can make on the world.

Sponsor Flyers

Local businesses sponsor the One Million A.O.K program so it will always remain free for schools. After the program is complete, all sponsors will send free coupons/gifts to all students and parents interested in their services.



Dear Parents of *EXAMPLE ELEMENTARY*,

My name is Brian Williams, I am a youth motivational speaker and a 4th degree black belt in martial arts. On Sept. 2nd, 2007 I will be launching a two week program called One Million AOK. My goal is to document over 1,000,000 random acts of kindness (R.A.O.K) from our nations youth and I will be personally challenging *Example Elementary* to document over 12,000 R.A.O.K's over a two week period.

The program starts off with an entertaining musical martial arts performance with high flying kicks and gymnastics. Immediately following, I will give an entertaining and motivational speech educating children about the effects that one simple random act of kindness can have on the world. They will learn how to use key life skills such as, Self-Discipline, Respect, and Integrity, to be kind to their parents, family, and friends.

At the end of the speech I will challenge each student to document every R.A.O.K they perform over a two week period. They can document anything from holding a door open, picking up a pen, sharing a smile, to going to bed on time or doing their homework with out being told. No act is too small to document! Each class will be given a two week supply of A.O.K journals. Each journal holds 10 spots for children to document their random acts of kindness. Once the journal is full, they can turn it in to their teacher for a brand new one.

I will be bringing the One Million A.O.K program into hundreds of elementary schools across the nation, all made possible by sponsorships from local businesses. You can get more information on the program, as well as see the results at www.OneMillionAOK.com. Please feel free to contact me directly with any questions or interesting stories arising from this event!

SPECIAL THANKS TO THE FOLLOWING BUSINESS FOR MAKING THIS POSSIBLE:

- **PYRAMID VETERINARY HOSPITAL**
- **KEIN COFFEE**
- **WELLS FARGO BANK**

Respectfully,

A handwritten signature in black ink that appears to read "Brian Williams".

Brian Williams
Youth Motivational Speaker



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Prior to the event you will also receive special Teach Packets that will contain ideas for art assignments, writing projects, conversational topics, as well as 100 ideas of kind acts. Kindness is a concept that is malleable and be used as an example in almost any subject. Our goal is to have all children not only focus on the good in the world, but create it. Please contact me directly with any questions, ideas, or stories arising from this event!

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Brian Williams
Youth Motivational Speaker



Quotes are a good way to initiate a class room discussion or writing topic. Below are 10 quotes, 1 for every day during the two week program. Write the following quotes on the board and open up a small discussion on what they think of each quote means.

DAILY KINDNESS QUOTES:

1. No act of kindness, no matter how small, is ever wasted.
Aesop
2. How wonderful it is that nobody need wait a single minute before starting to improve the world.
Anne Frank
3. Choose being kind over being right, and you'll be right every time.
Richard Carlson
4. When we seek to discover the best in others, we somehow bring out the best in ourselves.
William Arthur Ward
5. The happiest people are those who care more about others than they do about themselves.
Ted Turner
6. The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.
Helen Keller
7. Real generosity is doing something nice for someone who will never find out.
Frank A. Clark
8. Carry out a random act of kindness... someone somewhere might do the same for you.
Princess Diana
9. A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.
Washington Irving
10. The foolish man seeks happiness in the distance, the wise grows it under his feet.
James Oppenheim

I Am A Teacher

by John W. Schlatter

I was born the first moment that a question leaped from the mouth of a child.

I have been many people in many places.

I am Socrates exciting the youth of Athens to discover new ideas
through the use of questions.

I am Anne Sullivan tapping out the secrets of the universe into the
outstretched hand of Helen Keller.

I am Aesop and Hans Christian Anderson revealing truth through
countless stories

The names of those who have practiced my profession ring like a hall of fame for
humanity Booker T. Washington, Buddha, Confucius, Ralph Waldo Emerson,
Leo Buscaglia, Moses and Jesus.

I am also those whose names and faces have long been forgotten but
whose lessons and character will always be remembered in the
accomplishments of their students

I am the most fortunate of all who labor.

A doctor is allowed to usher life into the world in one magic moment. I am
allowed to see that life is reborn each day with new questions,
ideas and friendships.

An Architect knows that if he builds with care, his structure may stand for cen-
turies. A teacher knows that if he builds with love and truth, what he builds will
last forever.

I am a warrior, daily doing battle against peer pressure, negativity,
fear, conformity, prejudice, ignorance and apathy.

But I have great allies: Intelligence, Curiosity, Parental Support,
Individuality, Creativity, Faith, Love and Laughter all rush to my banner with
indomitable support.

I am a teacher.

