

Best Chapter of Your Life

Helping you create your next career or passionate retirement



Inspirational Quotations Volume 2

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The man who has done his best has done everything.

- *Charles Schwab, 1862-1939, American Industrialist and Businessman*

It is easier to prevent bad habits than to break them.

- *Benjamin Franklin, 1706-1790, American Scientist/Publisher/Diplomat*

It is our basic right to be a happy person.

-- *The Dalai Lama*

Each of us has the potential to contribute. You have a great opportunity to make a new shape of the world.

-- *The Dalai Lama*

"Hay is more acceptable to an a.s.s. than gold."

-*Latin Proverb*

'The first step towards getting somewhere is to decide that you are not going to stay where you are.'

~ *Anon*

'The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew.'

~ *Abraham Lincoln*

'In describing today's accelerating changes, the media fire blips of unrelated information at us. Experts bury us under mountains of narrowly specialized monographs. Popular forecasters present lists of unrelated trends, without any model to show us their interconnections or the forces likely to reverse them. As a result, change itself comes to be seen as anarchic, even lunatic.'

~ *Alvin Toffler*

'Then, without realizing it, you try to improve yourself at the start of each new day; of course, you achieve quite a lot in the course of time. Anyone can do this, it costs nothing and is certainly very helpful. Whoever doesn't know it must learn and find by experience that a quiet conscience makes one strong.'

~ *Anne Frank*

You are the truth from foot to brow. Now what else would you like to know?

-- *Rumi*

"I don't know who my grandfather was. I'm more concerned to know who his grandson will be."

-*Abraham Lincoln*

"To honor the spirit is to accept the opportunity for your healing and personal evolution. When you choose to assume radical personal responsibility, knowing that you are responsible for the effect external circumstances have on you, you are taking a stand for the power of your spiritual nature to run the show."

~ *Layne and Paul Cutright, You're Never Upset for the Reason You Think*

Character is determined more by the lack of certain experiences than by those one has had.

- *Friedrich Nietzsche, 1844-1900, German Philosopher*

The stars are constantly shining, but often we do not see them until the dark hours.

- *Source Unknown*

There are three things extremely hard: Steel, a Diamond and to know one's self.

-- *Benjamin Franklin*

"It used to seem to me that my life went on too fast. So I had to take it slowly just to make the good parts last."

-*Steve Winwood*

"If we did all the things we are capable of doing, we would literally astonish ourselves."

-*Thomas Edison*

"BE the change you want to see in the world."

Mahatma Gandhi

"To men pressed by their wants, all change is ever welcome."

-*Ben Jonson*

I need the daily praise and encouragement that comes from those close to me, and others, to help me live at my best. I cannot do it on my own.

-- *Rev Dale Turner*

Compassion for others begins with kindness to ourselves.

-- *Pema Chodron*

It's better to be a pleasant surprise than a bitter disappointment.

-- *Armey's Axiom #29, Dick Armey*

"The point of living, and of being an optimist, is to be foolish enough to believe the best is yet to come."

-*Peter Ustinov*

People will forget what you said. People will forget what you did. But people will never forget how you made them feel.

-- *Bonnie Jean Wasmund quoted on www.actsofkindness.org*

Any person who contributes to prosperity must prosper in turn.

- *Earl Nightingale, 1921-1989, American Motivational Author and Radio Broadcaster*

The meanest, most contemptible kind of praise is that which first speaks well of a man, and then qualifies it with a "But."

- *Henry Ward Beecher, 1813-1887, American Preacher/Orator/Writer*

The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well.

-- *Elizabeth Kubler-Ross*

"Press on. Nothing in the world can take the place of persistence."

--*Ray Kroc*

People like helping other people out.

-- *Tory Gattis, www.gratitude.net*

"The tragedy of man is what dies inside himself while he still lives."

-*Albert Schweitzer*

Losers make promises they often break. Winners make commitments they always keep.

- *Denis Waitley, American Author/Speaker/Peak Performance Expert*

Never let a day pass that you will have cause to say, I will do better tomorrow.

- *Brigham Young, 1801-1877, American Religious Leader*

Keep conscience clear, then never fear.

-- *Benjamin Franklin*

"We gain internal freedom through external actions."

~ *Ram Dass*

"Your consciousness is a powerful force for creating. It determines the people you are attracted to and the people who are attracted to you. If you want to improve your lot in life, or the quality of your relationships, choosing to accept personal responsibility is the first and most important step."

~ *Layne and Paul Cutright, You're Never Upset for the Reason You Think*

"When I was first diagnosed as HIV positive, I was really scared. I didn't know what it really was. But once I understood what I had to do, I wasn't afraid any more."

-*Earvin "Magic" Johnson*

"If each of us can be helped by science to live a hundred years, what will it profit us if our hates and fears, our loneliness and our remorse will not permit us to enjoy them?"

-*David Neiswanger*

When you have exhausted all possibilities, remember this--you haven't.

-- *Thomas Edison*

"I've said many times, to myself, 'This is going to be no problem. I've done this before.'"

-- *Tiger Woods*

If you are alive you are gifted. Celebrate. If you are alive, you are a gift. Celebrate!

-- *HBS*

Any person who contributes to prosperity must prosper in turn.

- *Earl Nightingale, 1921-1989, American Motivational Author and Radio Broadcaster*

If nothing ever changed, there'd be no butterflies.

- *Source Unknown*

What your heart thinks is great, is great. The soul's emphasis is always right.

- *Ralph Waldo Emerson, 1803-1882, American Poet and Essayist*

The happiest people don't necessarily have the best of everything.

They just make the best of everything.

-- *Author Unknown*

If you get a piece of cake and eat the whole thing, you will feel empty. If you get a piece of cake and share half of it you will feel both full and fulfilled.

-- *Haiti saying Quoted in The Soul of Money*

"Never mind what-is. Imagine it the way you want it to be so that your vibration is match to your desire. When your vibration is a match to your desire, all things in our experience will gravitate to meet that match every time."

~ *Abraham-Hicks*

"Man's mind stretched to a new idea never goes back to its original dimensions."

- *Oliver Wendell Holmes*

"We cling to our bad feelings and beat ourselves with the past when what we should do is let go of it, like Peter did. Once you let go of guilt, then you go out and change the world."

-*James Carroll*

"Phil Jackson knows how to coach me. He gets me angry.

When I get angry, I dominate. It's perfect."

-*Shaquille O'Neal*

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

-- *Henri Louis Bergson (1859-1941) Philosopher*

Life lived for tomorrow will always be just a day away from being realized.
- *Leo Buscaglia, 1924-1998, American Author and Expert on Love and Human Relationships*

Promises are the uniquely human way of ordering the future, making it predictable and reliable to the extent that this is humanly possible.
- *Hannah Arendt, 1906-1975, German Political Philosopher*

"Surrender the illusion that anyone other than you has power or authority over your life."
Layne and Paul Cutright, You're Never Upset for the Reason You Think

Success does not consist in never making mistakes but in never making the same one a second time.
- *George Bernard Shaw, 1856-1950, Irish Playwright*

The best thing about the future is that it only comes one day at a time.
- *Abraham Lincoln, 1809-1865, 16th President of the United States*

Love doesn't make the world go 'round. Love is what makes the ride worthwhile.
-- *Franklin P. Jones*

"Ours is a society of denial that conditions us to protect ourselves from any direct difficulty and discomfort. We spend enormous energy denying our insecurity, fighting pain, death and loss, and hiding from the basic truths of the natural world and of our own nature."
~*Jack Kornfield, A Path with Heart*

All we need to make us really happy is something to be enthusiastic about.
-- *Charles Kingsley*

If you can't win your race, make sure the guy ahead of you breaks the record.
-- *Steve Prefontaine (www.runnersweb.com)*

You cannot create experience. You must undergo it.
- *Albert Camus, 1913-1960, French Author and Philosopher*

If you want to live a happy life, tie it to a goal, not to people or things.
- *Albert Einstein, 1879-1955, German-born American Physicist*

I believe what deeply matters to human beings, our most universal soulful commitments and core values, is the well-being of the people we love, ourselves, and the world in which we live.

-- *Lynne Twist, The Soul of Money*

There is no shame in not knowing; the shame lies in not finding out.

- *Russian Proverb*

Whatever I was as a cyclist was the result of a million partnerships, and entanglements, and any cyclist who genuinely believed he had done it all by himself was destined to be a lonely and losing one.

-- *Lance Armstrong, Every Second Counts*

"What makes you think work and meditation are two different things?"

— *Buddha at Work*

Few things in the world are more powerful than a positive push. A smile. A Word of optimism and hope. A 'you can do it' when things are tough.

-- *Richard M. DeVos*

Life must be lived and curiosity kept alive. One must never, for whatever reason, turn his back on life.

- *Eleanor Roosevelt, 1884-1962, American Humanitarian and Former First Lady of the United States*

The advantage of a bad memory is that one enjoys several times the same good things for the first time.

- *Friedrich Nietzsche, 1844-1900, German Philosopher*

Trusting our intuition often saves us from disaster.

-- *Anne Wilson Schaef, Psychotherapist*

"True abundance has nothing to do with anything that I am having, and everything to do with what I am being.

And that when I share my abundance of beingness abundantly with all those whose lives I touch, everything I sought to have came to me automatically, without my even trying to have them."

~ *Neale Donald Walsh*

If all you did was just look for things to appreciate you would live a joyous, spectacular life. If there was nothing else that you ever came to understand other than just look for things to appreciate, it's the only tool you would ever need to predominantly hook you up with who you really are. That's all you'd need.

--- *Abraham*

Nothing is more debilitating than to care about something you can't do anything about. And you can't do anything about your adult children. You can want better for them, and maybe even begin to provide something for them, but in the long run, you cannot do anything about someone else's vibration other than hold them in the best light you can, mentally, and then project that to them. And sometimes, distance makes that much more possible than being up close to them.

--- *Abraham*

I can live two months on a good compliment.

-- *Mark Twain*

"He who knows others is wise; he who knows himself is enlightened."

~ *Tao Te Ching*

Today's reality is not only nation to nation, but continent to continent, especially in the economy and the environment.

-- *Dalai Lama*

When you endeavor to do what's right against all odds, even if you don't at first succeed, there's nobility and even majesty in such setbacks.

-- *Herb Cohen, Negotiator*

It is preoccupation with possessions, more than anything else, that prevents us from living freely and nobly.

- *Bertrand Russell, 1872-1970, British Philosopher/Mathematician/Essayist*

If you shut your door to all errors, truth will be shut out.

- *Rabindranath Tagore, 1861-1941, Bengali Poet and Writer*

The aim of art is to represent not the outward appearance of things, but their inward significance.

- *Aristotle, 384-322 B.C., Greek Philosopher*

I've learned that something constructive comes from every defeat.

- *Tom Landry, 1924-2000, American Football Player and Coach*

How wonderful it is that nobody need wait a single moment before starting to improve the world.

-- *Anne Frank (1929-1945)*

An aim in life is the only fortune worth finding.

-- *Jacqueline Kennedy Onassis*

Courage is fear holding on a minute longer.

-- *George S. Patton*

"Upsets always contain the gift of learning, except most people have never learned how to unwrap the package."

Layne and Paul Cutright, You're Never Upset for the Reason You Think

You should always honor your fiercest opponent: the better your opponent, the better you have to be.

-- *Lance Armstrong with Sally Jenkins, Every Second Counts*

Love and doubt have never been on speaking terms.

- *Kahlil Gibran, 1883-1931, Lebanese Poet and Novelist*

Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.

- *Wayne Dyer, American Psychotherapist/Author/Lecturer*

It is a mistake to try to look too far ahead. The chain of destiny can only be grasped one link at a time.

- *Winston Churchill, 1874-1965, English Politician and Author*

Education is the key to unlock the golden door of freedom.

- *George Washington Carver, 1864-1943, American Botanist*

What you appreciate, appreciates.

-- *Lynne Twist, The Soul of Money*

"The power of memories and expectations is such that for most human beings, the past and the future are not as real, but rather more real than the present."

~ *Alan Watts*

"You don't love someone for their looks, or their clothes, or for their fancy car, but because they sing a song only you can hear."

~ Anon

"They spoil every romance by trying to make it last forever."

~ Oscar Wilde

"I love you, and because I love you, I would sooner have you hate me for telling you the truth than adore me for telling you lies."

~ Pietro

"Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable."

~ Bruce Lee

"Happiness and freedom begin with a clear understanding of one principle - some things are within your control and some things are not."

-Epictetus (circa 100 AD)

The moon is a friend for the lonesome to talk to.

- Carl Sandburg, 1878-1967, American Poet and Historian

What is a weed? A plant whose virtues have not yet been discovered.

- Ralph Waldo Emerson, 1803-1882, American Poet and Essayist

Always act to elicit the best in others, and thereby in yourself.

-- Felix Adler

The overwhelming majority of people are engaged in acts of loving, caring, and sharing.

-- Dalai Lama

Often the test of courage is not to die, but to live.

-- Conte Vittoria Alfieri

"A weak mind is like a microscope, which magnifies trifling things but cannot receive great ones."

-G.K. Chesterton

"Perseverance is failing 19 times and succeeding the 20th."

-J. Andrews

The greatest mystery is not that we have been flung at random between the profusion of matter and of the stars, but that within this prison we can draw from ourselves images powerful enough to deny our nothingness...

~ Andre Malraux

Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it...

~ William James

The percentage of mistakes in quick decisions is no greater than in long-drawn-out vacillations, and the effect of decisiveness itself 'make things go' and creates confidence....

~ Anne O'Hare McCormick

When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold."

~ Barbara Bloom , US artist, b1951

"Perfection itself is imperfection."

~ Vladimir Horowitz, US virtuoso pianist, 1903 - 1989

This is the day the Lord hath made; let us rejoice and be glad in it.

-- Psalms 118:24

Excellence in any department can be attained only by the labor of a lifetime; it is not to be purchased at a lesser price.

- Samuel Johnson, 1709-1784, English Author and Critic

Next to doing the right thing, the most important thing is to let people know you are doing the right thing.

- John D. Rockefeller, 1839-1937, American Industrialist and Philanthropist

In Buddhism we have a concept called interdependency. It is very relevant today. Simply put it says that my future is linked to that of society, that of human beings

to the environment.

-- *Dalai Lama*

"Truth is a gem of many facets. Each facet reflects the brilliance within and without. But the whole reveals a deeper, more profound message than all the parts by themselves."

~ *Layne and Paul Cutright, Straight From the Heart*

"Act as if everything you desire is already here...treat yourself as if you already are what you'd like to become."

~ *Wayne Dyer, 21st Century Spiritual Teacher from The Power of Intention*

Each time I encountered suffering, I believed that I grew, and further defined my capacities--not just my physical ones, but my interior ones as well, for contentment, friendship, or any other human experience.

-- *Lance Armstrong, Every Second Counts*

In producers, loafing is productive; and no creator, of whatever magnitude, has ever been able to skip that stage, any more than a mother can skip gestation...

~ *Jacques Barzun*

Mind is the Master power that moulds and makes. And Man is Mind, and evermore he takes The tool of Thought, and, shaping what he wills, Brings forth a thousand joys, a thousand ills:- He thinks in secret, and it comes to pass: Environment is but his looking-glass.

~ *James Allen*

All achievements, all earned riches, have their beginning in an idea.

- *Napoleon Hill, 1883-1970, American Speaker/Motivational Writer/Author of "Think and Grow Rich"*

I never did anything by accident, nor did any of my inventions come by accident; they came by work.

- *Thomas Edison, 1847-1931, American Inventor and Entrepreneur*

We cannot fully understand the beginning of something until we understand the end.

-- *G Spencer Brown*

"Choice is destiny's soul mate."

~ Sarah Ban Breathnach

An old man said to his grandson,

"Boy, I have two tigers caged within me.

One is love and compassion. The other is fear and anger."

The young boy asked, "Which one will win, grandfather?"

The old man replied, "The one I feed".

..Indian tale

If you're not making waves, you're not under way.

-- Chester W. Nimitz (1885-1966), US Naval Officer

All living beings are connected and ultimately inseparable, and we should learn to listen and communicate with each other.

-- Dalai Lama

"This is the true joy of life: the being used up for a purpose recognized by yourself as a mighty one; being a force of nature..."

-- George Bernard Shaw

I hope that I may always desire more than I can accomplish.

- Michelangelo, 1475-1564, Italian Renaissance Sculptor and Painter

Maxim for life: You get treated in life the way you teach people to treat you.

- Wayne Dyer, American Psychotherapist/Author/Lecturer

I have found that if you love life, life will love you back.

-- Artur Rubenstein

"Act as if everything you desire is already here... treat yourself as if you already are what you'd like to become."

~ Wayne Dyer, 21st Century Spiritual Teacher from The Power of Intention

Some times it's holding on that makes one strong; sometimes it's letting go.

-- Sylvia Robinson

Excellence is a better teacher than mediocrity. The lessons of the ordinary are everywhere. Truly profound and original insights are to be found only in studying

the exemplary.

- *Warren Bennis, American Writer/Educator/Leadership Theorist*

No person was ever honored for what he received. Honor has been the reward for what he gave.

- *Calvin Coolidge, 1872-1933, 30th President of the United States*

Love the moment, and the energy of that moment will spread beyond all boundaries.

- *Corita Kent*

The truth is, gradual change is challenging and hard: challenging, because the people around you are demanding something great right now, and hard, because gradual requires the faith to know that your hard work is worth the investment.

-- *Seth Godin "Change" in May 2003 FAST COMPANY*

If I had my life to live over I'd dare to make more mistakes next time. I'd relax, I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans...If I had to do it again, I would travel lighter than I have...I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.

— *Nadine Stair*

I am always doing things I can't do, that's how I get to do them.

~*Picasso*~

After a while you learn the subtle difference between holding a hand and chaining a soul And you learn that love doesn't mean leaning and company doesn't mean security. And you begin to learn that kisses aren't contracts and presents aren't promises And you begin to accept your defeats with your head up and your eyes ahead with the grace of a woman, not the grief of a child And you learn to build all your roads on today because tomorrow's ground is too uncertain for plans and futures have a way of falling down in mid-flight. After a while you learn that even sunshine burns if you get too much. So you plant your own garden and decorate your own soul instead of waiting for someone to bring you flowers. And you learn that you really can endure that you really are strong and that you really do have worth And you learn and you learn with every goodbye you learn...

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The magic is inside you. There ain't no crystal ball.

-- *Dolly Parton in People*

"It is easy to perform a good action, but not easy to acquire a settled habit of performing such actions"

-*Aristotle.*

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

- *George Bernard Shaw, 1856-1950, Irish Playwright*

Creativity requires the courage to let go of certainties.

- *Erich Fromm, 1900-1980, German-American Psychologist*

Our deeds determine us as much as we determine our deeds.

-- *George Eliot*

Never spend your money before you have earned it.

- *Thomas Jefferson, 1743-1826, 3rd President of the United States*

Don't take the bull by the horns, take him by the tail; then you can let go when you want to.

- *Josh Billings, 1818-1885, American Humorist and Lecturer*

If you scatter thorns, don't go barefoot.

-- *Italian Proverb*

"Whatever is expressed is impressed. Whatever you say to yourself, with emotion, generates thoughts, ideas and behaviors consistent with those words"

-*Brian Tracy*

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense."

-*Ralph Waldo Emerson-*

Failure is the condiment that gives success its flavor.

-- *Truman Capote (1924-1984)*

"Always remember deep in your heart that all is well and everything is unfolding as it should. There are no mistakes anywhere, at any time. What appears to be wrong is simply your own false imagination. That's all. But we live in a universe of Brahman, of Absolute Reality, self-contained Consciousness, where there's perfection, perfect life, perfect bliss, perfect being. That perfection knows nothing about wrong and right, good and bad, happy and sad. It knows only itself as Perfection. And you are That."

~Robert Adams

"How you hear what someone says is determined by your interpretations, and your interpretations flow from your past. This is very important to know, especially if you find that you overreact to what others say or habitually get your feelings hurt. . . . Remember, what someone said is not necessarily what you heard, and what you heard is not necessarily what they meant."

~ Layne and Paul Cutright, Straight From the Heart

An early-morning walk is a blessing for the whole day.

- Henry David Thoreau, 1817-1862, American Author/Critic/Naturalist

Love is always open arms. If you close your arms about love, you will find that you are left holding only yourself.

- Leo Buscaglia, 1924-1998, American Author and Expert on Love and Human Relationships

True religion is the life we live, not the creed we profess.

-- J.F. Wright

"To grow, you must be willing to let your present and future be totally unlike your past. Your history is not your destiny."

- Alan Cohen

Every time I've done something that doesn't feel right, it's ended up not being right.

-- Mario Cuomo

"It's the night that makes the dawning.

"It's the depths that make the heights.

"It's the roots that make the branches.

"It's the darkness that gives birth to Light."

~ Joel Heathcote

"Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense."

-Ralph Waldo Emerson-

" Each cup of tea represents an imaginary voyage."

~Catherine Douzel

"The mind is its own place, and in itself, can make heaven of Hell, and a hell of Heaven."

~ John Milton

Remember the tea kettle - it is always up to its neck in hot water, yet it still sings!"

Author Unknown

"There is no trouble so great or grave that cannot be much diminished by a nice cup of tea."

Bernard-Paul Heroux

My grandfather always said, "Don't watch your money; watch your health."

So one day while I was watching my health, someone stole my money.

It was my grandfather.

~ (Jackie Mason)

With the new day comes new strength and new thoughts.

- Eleanor Roosevelt, 1884-1962, American Humanitarian and Former First Lady of the United States

Doing what you love is the cornerstone of having abundance in your life.

- Wayne Dyer, American Psychotherapist/Author/Lecturer

"Change the mental movie that you keep viewing in your mind to one that you like. Keep playing it in your mind, and before you know it the movie turns into reality. Do not undervalue the importance of success in small matters. It proves to you that with persistence, greater success is possible too."

~ Remez Sassion

Faith consists in believing when it is beyond the power of reason to believe.

- Voltaire, 1694-1778, French Writer and Philosopher

Remember this -- very little is needed to make a happy life.

-- Marcus Aurelius Antoninus, 121-180, Roman Emperor and Philosopher

When you see an injustice, you just can't ignore it. You've got to do something, find a way to change it. And all of us have different ways to effect change.

-- Professor Marshall Mitchell, Teacher Disability Studies, Washington State University

Living with a positive outlook can begin with repeating a line of an old hymn: "Count your blessings, name them one by one, and it will surprise you what the Lord has done."

-- Rev Dale Turner

"Love is, in fact, our most natural state. There isn't anything we really have to 'do' to access love in our lives other than slow down and become present enough to feel and experience it."

-Richard Carlson

A real friend is one who walks in when the rest of the world walks out.

-- Walter Winchell

People concentrate merely on the requirements of the physical system of education, they forget the spiritual element. After all, the purpose of education is not only knowledge but a meaningful life.

-- Dalai Lama

"A good listener is someone who is curious, open-minded, and nonjudgmental. A good listener is not a know-it-all. A good listener knows that truth often reveals itself bit by bit, much like putting together a jigsaw puzzle."

~ Layne and Paul Cutright, Straight From the Heart

"No act of kindness, no matter how small, is ever wasted"

-- Aesop

Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life...

~ Herbert Otto

Let us endeavor so to live that when we come to die even the Undertaker will be sorry.

-- *Mark Twain*

A heart that loves is always young.

- *Greek Proverb*

Knowledge has to be improved, challenged, and increased constantly, or it vanishes.

~ *Peter F. Drucker, 1909-2005, Austrian-born Management Consultant and Author*

"May flowers always line your path and sunshine light your day.

May songbirds serenade you every step along the way.

May a rainbow run beside you in a sky that's always blue.

And may happiness fill your heart each day your whole life through."

- *An Irish Blessing*

Knowing your purpose motivates your life. Purpose always produces passion. Nothing energizes like a clear purpose.

-- *Rick Warren, The Purpose Driven Life*

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when adults are afraid of the light."

~ *Plato*

Starting out to make money is the greatest mistake in life. Do what you feel you have a flair for doing, and if you are good enough at it, the money will come.

-- *Greer Garson*

Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good...

-- *Galatians 6:9-10*

My grandmother told me that every good thing I do helps some human being in the world. I believed her fifty years ago and I still do.

-- *Maya Angelou, The Most Important Thing I Know compiled by Lorne A. Adrain*

"There are countless ways of attaining greatness, but any road to reaching one's maximum potential must be built on a bedrock of respect for the individual, a commitment to excellence, and a rejection of mediocrity."

~ *Buck Rogers.*

"Forget about likes and dislikes. They are of no consequence. Just do what must be done. This may not be happiness but it is greatness."

~ George Bernard Shaw

"Calmness is the cradle of power."

J. G. Holland

"A man can be destroyed but not defeated."

~ Ernest Hemingway

"Love is, in fact, our most natural state. There isn't anything we really have to 'do' to access love in our lives other than slow down and become present enough to feel and experience it."

- Richard Carlson

"Manipulative questions will get the answers you want, but will they get the answers you need?"

~ Michael Oliver

Daring ideas are like chessmen moved forward. They may be beaten, but they may start a winning game.

-- Johann Wolfgang von Goethe 1749-1832

If you are out to describe the truth, leave elegance to the tailor.

- Albert Einstein, 1879-1955, German-born American Physicist

One loss is good for the soul. Too many losses are not good for the coach.

- Knute Rockne, 1888-1931, American Football Coach

You have to have confidence in your ability, and then be tough enough to follow through.

-- Rosalynn Carter

Laziness is nothing more than the habit of resting before you get tired.

- Jules Renard, 1864-1910, French Author and Dramatist

We all live with the objective of being happy; our lives are all different and yet the same.

- Anne Frank, 1929-1945, German-born Diarist

"Relationships are not about intellect; they are about feeling. They require an intelligence of the heart."

~ Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

Never desert your own line of talent. Be what nature intended you for and you will succeed.

-- Sydney Smith

A wise man will take more opportunities than he finds.

-- Francis Bacon

"Everything that happens to you is self-created. Whenever you're responding to any situation, whether it's a sip of coffee, or a traffic jam, or a love note, or criticism from a boss, or rainy weather, you're in fact responding to a signal that you generated within yourself."

~Deepak Chopra

An optimist is the human personification of spring.

-- Susan J. Bissonette

Generosity has a ripple effect--it's contagious.

-- Susan Lark, M.D., The Lark Letter

Obstacles cannot crush me; every obstacle yields to stern resolve.

-- Leonardo da Vinci

Education is the ability to listen to almost anything without losing your temper or your self-confidence.

- Robert Frost, 1874-1963, American Poet

We are spiritual beings whether we want to admit it or not, and inherent in our DNA is a design to return us home -- home to our true essence, our greatest self, our limitless self.

- Debbie Ford, American Author and Expert on Personal Transformation and Human Potential (from her new book, "Why Good People Do Bad Things")

Never lose a chance of saying a kind word.

-- William Makepeace Thackeray

"The Creative Power within us makes us into the image of that to which we give our attention."

~ Wallace D. Wattles

"Have perfect faith in yourself and in your ability to cope with any combination of circumstances that may arise. Do not be disturbed if you are alone; if you need friends they will come to you at the right time. Do not be disturbed if you feel that you are ignorant; the information that you need will be furnished you when it is time for you to have it. That which is in you impelling you forward is in the things and people you need, impelling them toward you. If there is a particular man you need to know, he will be introduced to you; if there is a particular book you need to read it will be placed in your hands at the right time. All the knowledge you need will come to you from both external and internal sources. Your information and your talents will always be equal to the requirements of the occasion. Remember that Jesus told his disciples not to worry as to what they would say when brought before the judges; he knew that the power in them would be sufficient for the needs of the hour."

~ Wallace D. Wattles

All truly great thoughts are conceived by walking.

- Friedrich Nietzsche, 1844-1900, German Philosopher

Imagination is everything. It is the preview of life's coming attractions.

- Albert Einstein, 1879-1955, German-born American Physicist

People who don't take risks generally make about 2 big mistakes a year. People who do take risks generally make about 2 big mistakes a year.

-- Peter Drucker

The proverb warns that "you should not bite the hand that feeds you."

But maybe you should if it prevents you from feeding yourself.

-- Thomas Szasz

With some people solitariness is an escape not from others but from themselves. For they see in the eyes of others only a reflection of themselves.

- Eric Hoffer, 1902-1983, American Social Writer

Your mind will answer most questions if you learn to relax and wait for the answer.

- William S. Burroughs, 1914-1997, American Novelist and Philosopher

Each day is a gift of time, with all its moments free and yours for the taking.
Sweet is the quiet excitement of beginning.

-- *Flavia*

"Heroes take journeys, confront dragons and discover the treasure of their true selves."

Carrol Pearson, The Hero Within

Progress lies not in enhancing what is, but in advancing toward what will be.

- *Kahlil Gibran, 1883-1931, Lebanese Poet and Novelist*

Everywhere in life, the true question is not what we gain, but what we do.

- *Thomas Carlyle, 1795-1881, Scottish Philosopher and Author*

The pursuit of excellence is a continuous process through life. Enjoy the pursuit.

-- *Elaine L. Chao, United Way of America*

You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.

-- *Frederich Nietzsche*

"When I hear somebody sigh that „Life is hard, I am always tempted to ask,
„Compared to what?"

~ *Sidney J. Harris*

The friends who listen to us are the ones we move toward, and we want to sit in
their radius, it creates us, makes us unfold and expand.

-- *Karl Menninger*

Do what you can to show you care about other people, and you will make our world a
better place.

-- *Rosalynn Carter, Former First Lady*

Honest hearts produce honest actions.

- *Brigham Young, 1801-1877, American Religious Leader*

Don't think you're on the right road just because it's a well-beaten path.

- *Source Unknown*

Real transformation requires that you have a beginner's mind, that you are willing to say, 'Whatever I think I know may be wrong.'

Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

Housework is something you do that nobody notices until you don't do it.

- Source Unknown

If your only goal is to become rich, you will never achieve it.

- John D. Rockefeller, 1839-1937, American Industrialist and Philanthropist

If the creator had a purpose in equipping us with a neck, he surely meant us to stick it out.

-- Arthur Koestler

"The emotional frontier is truly the next frontier to conquer in human understanding. The opportunity we face now, even before that frontier is fully explored and settled, is to develop our emotional potential and accelerate rather dramatically into a new state of being."

~ Doc Childre and Howard Martin, The HeartMath Solution

He that is good for making excuses is seldom good for anything else.

- Benjamin Franklin, 1706-1790, American Scientist/Publisher/Diplomat

Knowledge is a treasure, but practice is the key to it.

- Thomas Fuller, 1608-1661, British Clergyman and Author

Because it hasn't been done before, doesn't mean it can't be done. Those who are afraid to make a mistake will never make a significant achievement.

-- Ted Hood, America's Cup Winner

The days are too short even for love; how can there be enough time for quarreling?

-- Margaret Gatty

In every difficult situation is potential value. Believe this, then begin looking for it.

-- Norman Vincent Peale

To be happy, we must be true to nature, and carry our age along with us.

- William Hazlitt, 1778-1830, English Writer and Literary Critic

In oneself lies the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.

~ Jiddu Krishnamurti, 1895-1986, *Indian Religious Philosopher*

"Listen deeply. The greatest failure in any relationship is the failure to participate."

~ Layne and Paul Cutright, *Secrets and Strategies For Successful Relationships*

"Most folks are about as happy as they make up their minds to be."

~ Abraham Lincoln

There are two mistakes one can make along the road to truth--not going all the way, and not starting.

-- Buddha

In scientific work, those who refuse to go beyond fact rarely get as far as fact.

- Thomas Huxley, 1825-1895, *English Biologist*

Nowhere can man find a quieter or more untroubled retreat than in his own soul.

- Marcus Aurelius, 121-180, *Roman Emperor and Philosopher*

Service is the rent we each pay for living. It is not something to do in your spare time; it is the very purpose of life.

-- Marian Wright Edelman, *Founder, Children's Defense Fund*

"Relationships are our primary teacher. They are the context in which we either grow into the consciousness of God, or deny ourselves and others the opportunity to do so."

~ Marianne Williamson

"The only real valuable thing is intuition."

— Albert Einstein

"It is by logic that we prove, but by intuition that we discover."

- Henri Poincar (one of France's greatest mathematicians and theoretical physicists)

Of all the moments we gather in our lives, those we cherish most are moments shared.

-- *Flavia*

Love comfort like sunshine after the rain.

-- *Shakespeare*

I don't sing because I'm happy; I'm happy because I sing.

- *William James, 1842-1910, American Philosopher and Psychologist*

Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

- *Kahlil Gibran, 1883-1931, Lebanese Poet and Novelist*

It is our attitude at the beginning of a difficult undertaking which more than anything else will determine its outcome.

-- *William James*

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.

-- *Archbishop Desmond Tutu*

"Many of us crucify ourselves between two thieves - regret for the past and fear of the future."

~ *Fulton Oursler*

"I would much rather have regrets about not doing what people said, than regretting not doing what my heart led me to and wondering what life had been like if I'd just been myself."

~ *Brittany Renée*

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us."

~*Alexander Graham Bell*

"I have no regrets. I wouldn't have lived my life the way I did if I was going to worry about what people were going to say."

~ *Ingrid Bergman*

People who matter are most aware that everyone else does, too.

-- *Malcolm Forbes*

"Relationships are not things. We don't 'have' relationships; we are 'in' relationship with one another."

~ Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

I've never sought success in order to get fame and money; it's the talent and the passion that count in success.

- Ingrid Bergman, 1915-1982, Swedish-born American Screen and Stage Actress

Some people are making such thorough preparation for rainy days that they aren't enjoying today's sunshine.

- William Feather, 1889-1981, American Writer and Businessman

In order to be a realist you must believe in miracles.

-- David Ben-Gurion

"If we are not our brother's keeper, at least let us not be his executioner."

Marlon Brando

"There is no greater agony than bearing an untold story inside you."

Maya Angelou

"Nothing is by accident"

Tony Orlando

"I think I'll still be able to grasp the sensation even if I'm only living vicariously."

Picabo Street

"Right now, we've got to stretch that dollar as far as we can."

Eddie Murphy

There is no use whatever trying to help people who do not help themselves. You cannot push anyone up a ladder unless he be willing to climb himself.

- Andrew Carnegie, 1835-1919, American Industrialist and Philanthropist

We are now at a point where we must educate our children in what no one knew yesterday, and prepare our schools for what no one knows yet.

- Margaret Mead, 1901-1978, American Cultural Anthropologist

The first duty of love is to listen.

-- Paul Tillich

"Love and intimacy are the root of what makes us sick and what makes us well. I am not aware of any other factor in medicine--not diet, not smoking, not exercise ... not drugs, not surgery--that has a greater impact on our quality of life, incidence of illness and premature death."

Dean Ornish, Love and Survival: The Scientific Basis for the Healing Power of Intimacy

Love gives itself; it is not bought.

-- *Longfellow*

It is true that others may not be deeply moved by our thoughts, but they can be deeply moved by our thoughtfulness.

-- *Rev. Dale Turner*

I realize that humor isn't for everyone. It's only for people who want to have fun, enjoy life and feel alive.

-- *Anne Wilson Schaef*

If you can't make it better, you can laugh at it.

- *Erma Bombeck, 1927-1996, American Journalist/Author/Humorist*

There are perhaps no days of our childhood we lived so fully as those we spent with a favorite book.

- *Marcel Proust, 1871-1922, French Novelist*

A man has to live with himself, and he should see to it that he always has good company.

-- *Charles Evans Hughes*

"The higher self gets curious. The conditioned self gets defensive."

Layne and Paul Cutright, You're Never Upset for the Reason You Think

What I like in a good author is not what he says, but what he whispers.

- *Logan Pearsall Smith, 1865-1946, American Writer*

The duty of helping one's self in the highest sense involves the helping of one's neighbors.

- *Samuel Smiles, 1812-1904, Scottish-born Self-Help Author*

What we need is a cup of understanding, a barrel of love, and an ocean of patience.

-- *St. Francis de Sales*

Today knowledge has power. It controls access to opportunity and advancement.

- *Peter F. Drucker, 1909-2005, Austrian-born Management Consultant and Author*

Life has its own hidden forces which you can only discover by living.

- *Soren Kierkegaard, 1813-1855, Danish Philosopher*

There was something straightforward about the formula of training and racing: I worked hard and I won.

-- *Lance Armstrong, Every Second Counts*

"To seek happiness outside of ourselves

"Is like trying to lasso a cloud.

"Happiness is not a thing;

"It is a state of mind."

Omar Khayyam

Just to be is a blessing. Just to live is holy.

-- *Rabbi Abraham Heschel*

If I stay healthy, I have a chance to collect three thousand hits and one thousand errors.

-- *George Brett, Kansas City Royals*

If you never budge, don't expect a push.

- *Malcolm S. Forbes, 1917-1990, American Publisher*

It's not what you look at that matters; it's what you see.

- *Henry David Thoreau, 1817-1862, American Author/Critic/Naturalist*

You must try to generate happiness within yourself. If you aren't happy in one place, chances are you won't be happy any place.

-- *Ernie Banks, Major League Baseball Player*

"A new idea is first condemned as ridiculous and then dismissed as trivial, until finally, it becomes what everybody knows."

- *William James*

The reputation of a thousand years may be determined by the conduct of one hour.
-- *Japanese Proverb*

"Enlightened conflict resolution can exist only in an atmosphere of equality. We may not be equal in intelligence or experience or status, but we are equal in our right to be treated with dignity and caring. It is not assumed that one person has more privilege than another, that one person is entitled to more respect or understanding than another, nor that one person's feelings are more important than another's."

~ *Layne and Paul Cutright, You're Never Upset for the Reason You Think*
Even when the experts all agree, they may well be mistaken.
- *Bertrand Russell, 1872-1970, British Philosopher/Mathematician/Essayist*

Most of my advances were by mistake. You uncover what is when you get rid of what isn't.

- *R. Buckminster Fuller, 1895-1983, American Architect and Engineer*

And leaders must govern not for easy headlines in 10 days but for a better country in ten years.

-- *Brian Mulroney, Former Prime Minister of Canada*

Ten persons who speak make more noise than ten thousand who are silent.

- *Napoleon Bonaparte, 1769-1821, French General and Politician*

I don't pay good wages because I have a lot of money; I have a lot of money because I pay good wages.

- *Robert Bosch, 1861-1942, German Industrialist*

All things are possible to a believing heart.

-- *Flavia*

"Being vulnerable doesn't have to be threatening. Just have the courage to be sincere, open and honest. This opens the door to deeper communication all around. It creates self-empowerment and the kind of connections with others we all want in life. Speaking from the heart frees us from the secrets that burden us. These secrets are what make us sick or fearful. Speaking truth helps you get clarity on your real heart directives."

Sara Paddison, The Hidden Power of the Heart

"When the mind is silent, then Reality comes of its own accord."

~Robert Adams

The gem cannot be polished without friction, nor man perfected without trials.

- Chinese Proverb

The eye sees what it brings the power to see.

- Thomas Carlyle, 1795-1881, Scottish Philosopher and Author

Keep your face to the sunshine and you cannot see the shadow.

- Helen Keller, 1880-1968, American Blind/Deaf Author and Lecturer

Some people cast a steady light upon our faith, and guide our every step. Their steady belief in us helps us to believe in ourselves.

-- Flavia

Help me dear God, to do the best I can, with what I have, where I am, all the time.
Amen.

-- Rev Dale Turner

No great thing is created suddenly .

-- Epictetus

Living in dreams of yesterday, we find ourselves still dreaming of impossible future conquests.

- Charles Lindbergh, 1902-1974, American Aviator

Action itself, so long as I am convinced that it is right action, gives me satisfaction.

- Jawaharlal Nehru, 1889-1964, Indian Nationalist and Statesman

The practice of art isn't to make a living. It's to make your soul grow.

-- Kurt Vonnegut

"The sooner we can unburden ourselves of blame, the more effective we can be. Blaming others only entrenches us in the role of the victim, removing us from our highest expression of personal power."

Layne and Paul Cutright, You're Never Upset for the Reason You Think

"Positive thoughts have a profound effect on behavior and genes, but only when they are in harmony with subconscious programming."

~ Bruce Lipton, Ph.D

"Beliefs are the determinant of what one experiences. There are no external causes."

- David Hawkins, I: Reality and Subjectivity

Talent alone won't make you a success. Neither will being in the right place at the right time, unless you are ready. The most important question is: 'Are you ready?'

-Johnny Carson

We are not permitted to choose the frame of our destiny. But what we put into it is ours.

-- Dag Hammarskjöld (1905-1961) Statesperson

Quality means doing it right when no one is looking.

- Henry Ford, 1863-1947, American Industrialist and Founder of Ford Motor Company

The true spirit of conversation consists in building on another man's observation, not overturning it.

- Edward George Earl Bulwer-Lytton, 1803-1873, English Novelist and Politician

The more you lose yourself in something bigger than yourself, the more energy you will have.

-- Norman Vincent Peale

"To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right."

Confucius

"Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires courage."

- Ralph Waldo Emerson

"What you are is what you have been,
and what you will be is what you do now"

The Buddha

"Knowing is not enough; we must apply.
Willing is not enough; we must do."

Johann Wolfgang von Goethe

Whatever the surprises of history, Jesus will never be surpassed. Yet, like all great personalities he did not want his name praised, but his way practiced.

-- Rev Dale Turner

You must remember the value that you add to others and not just what others have added to you. That's how we build self-worth, which in my opinion, is just as important as net worth.

-- Suze Orman, Financial Planner, & Writer

What a lovely surprise to finally discover how unlonely being alone can be.

-- Ellen Burstyn

It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it.

- Arnold J. Toynbee, 1889-1975, British Historian

Better keep yourself clean and bright. You are the window through which you must see the world.

- George Bernard Shaw, 1856-1950, Irish Playwright

It takes 20 years to make an overnight success.

-- Eddie Cantor (1892-1964)

The best way to keep your friends is not to give them away.

- Wilson Mizner, 1876-1933, American Playwright and Entrepreneur

Unless you try to do something beyond what you have already mastered, you will never grow.

- Ralph Waldo Emerson, 1803-1882, American Poet and Essayist

I still believe that love is all you need. I don't know a better message than that.
-- *Paul McCartney*

"Your relationships are actually mirrors of your consciousness. When you learn to see your own reflection in the quality of your relationships with others, you catapult yourself on your path of personal growth and spiritual evolution."
~ *Layne and Paul Cutright, You're Never Upset for the Reason You Think*

It is the province of knowledge to speak and it is the privilege of wisdom to listen.
-- *Oliver Wendell Holmes*

It is essential in leading people toward growth to get them to make decisions, and to make mistakes.
-- *James Burke, Retired CEO, Johnson & Johnson*

Wise men speak because they have something to say; Fools because they have to say something.
-*Plato*

Anything worth doing is worth doing slowly.
-*Mae West*

Nature never repeats herself, and the possibilities of one human soul will never be found in another.
-- *Elizabeth Cady Stanton (1815-1902)*

Little by little one walks far.
- *Peruvian Proverb*

I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.
- *Mother Teresa*

"The world we are experiencing today is the result of our collective consciousness, and if we want a new world, each of us must start taking responsibility for helping create it."
~ *Rosemary Fillmore Rhea, A New Heaven and New Earth*

Everyone has been made for some particular work, and the desire for that work has been put in every heart.
-- *Rumi*

"In character, in manners, in style, in all things, the supreme excellence is simplicity"

- *Henry Wadsworth Longfellow*

There's a difference between what you do and what you can do.

-- *Mark H. McCormack (Business Executive)*

Everything that irritates us about others can lead us to an understanding of ourselves.

-*Carl Jung*

Read, every day, something no one else is reading. Think, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to be always part of unanimity.

- *Christopher Morley*

"If you can't be a loving witness to your own anger or rage or sadness or fear, you can't be in the presence of other people's intense emotions without your own emotional waters being churned up a bit. But, if you can learn to feel safe and fully present to the broad spectrum of emotions within your own nature, you radiate an invisible web of safety that helps others to talk about their feelings with you."

~ *Layne and Paul Cutright, You're Never Upset for the Reason You Think*

We are aged more by culture than by chromosomes.

~ *Margaret Gullette -- Aged by Culture*

Hope is a waking dream.

-*Aristotle*

Always listen to experts. They'll tell you what can't be done and why. Then do it.

- *Robert Heinlein*

To me, good health is more than just exercise and diet. It's really a point of view and a mental attitude you have about yourself.

-- *Angela Lansbury, Actor*

How much more grievous are the consequences of anger than the causes of it.

- *Marcus Aurelius*

It is not enough to do good; one must do it the right way.

-- *John Morley (1838-1923)*

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

-*Maria Robinson quotes*

When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure

- *Peter Marshall quotes*

Work saves us from three great evils: boredom, vice and need.

- *Voltaire*

Treasure the love you receive above all. It will survive long after your good health has vanished.

- *Og Mandino*

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

-- *Carl Jung*

To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.

- *Kahlil Gibran*

One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man.

- *Elbert Hubbard*

Be happy while you are living, for you're a long time dead.

-- *Scottish Proverb*

In the midst of movement and chaos, keep stillness inside of you.

-- *Deepak Chopra*

"We live on our own solitary islands of reality, absorbed in and fascinated by our own points of view. Frequently we reach out to one another seeking to understand or be understood. The bridge between our separate realities is communication . . .

To communicate is to relate."

Layne and Paul Cutright, Straight From the Heart

He who never made a mistake never made a discovery.

- Samuel Smiles

All work and no play makes Jack a dull boy and Jill a rich widow.

- Evan Esar

Knowing others is intelligence; knowing yourself is true wisdom.

Mastering others is strength; mastering yourself is true power.

-Unknown

The first step to getting the things you want out of life is this:

Decide what you want.

-- Ben Stein

Give a cat a fish and you feed her for a day; Teach a cat to fish and she will wait for you to feed her.

-- HBS

Happiness is nothing more than good health and a bad memory.

-- Albert Schweitzer

Vitality shows in not only the ability to persist but the ability to start over.

- F. Scott Fitzgerald

Whatever you are by nature, keep to it; never desert your line of talent. Be what nature intended you for and you will succeed.

- Sydney Smith

When you make a mistake, there are only three things you should ever do about it: admit it, learn from it, and don't repeat it.

- Paul "Bear" Bryant

Every moment of our life can be the beginning of great things.

Live in such a way that you would not be ashamed to sell your parrot to the town gossip.

- Will Rogers

The best way to forget ones self is to look at the world with attention and love."

- *Red Auerbach*

It doesn't matter who my father was; it matters who I remember he was.

-- *Anne Sexton*

How am I going to live today in order to create the tomorrow I'm committed to?

- *Tony Robbins*

I find the great thing in this world is not so much where we stand, as in what direction we are moving.

- *Oliver Wendell Holmes*

If you show sincere affection, you will receive a response, and you will feel satisfaction. We all need friends.

-- *Dalai Lama*

In the business world, the rearview mirror is always clearer than the windshield.

- *Warren Buffett*

Dreams come true; without that possibility, nature would not incite us to have them.

-- *John Updike, Writer and critic*

When ideas fail, words come in very handy.

- *Johann Wolfgang von Goethe, 1749-1832, German Poet/Dramatist/Novelist*

Do not worry if you have built your castles in the air.

They are where they should be.

Now put the foundations under them.

- *Henry David Thoreau, 1817-1862, American Author/Critic/Naturalist*

Great minds have purposes, others have wishes.

- *Washington Irving, 1783-1859, American Author*

"Love doesn't make the world go 'round. Love is what makes the ride worthwhile"

-- *Franklin P. Jones*

Most human beings have an almost infinite capacity for taking things for granted.
- *Aldous Huxley*

With every experience, you alone are painting your own canvas, thought by thought, choice by choice.
- *Oprah Winfrey*

Whatever you are by nature, keep to it; never desert your line of talent. Be what nature intended for you and you will succeed.
-- *Sydney Smith*

"People have problems and misunderstandings in their relationships not because there is something wrong with them, but rather because they lack education in the fundamental principles and practices of successful relationships. If you approach relationship challenges with the attitude there is something to learn--and you can learn it--then your chances of producing successful relationships are greatly increased."
Layne and Paul Cutright, Straight From the Heart

Reflect on your present blessings, of which every man has many; not on your past misfortunes, of which all men have some.
- *Charles Dickens*

The secret of all success is to know how to deny yourself. Prove that you can control yourself, and you are an educated man; and without this all other education is good for nothing.
- *R. D. Hitchcock*

It is good to have money and the things that money can buy, but it's good too, to check up once in a while and make sure you haven't lost the things money can't buy.
-- *George Lorimer*

The game of life is a lot like football. You have to tackle your problems, block your fears, and score your points when you get the opportunity.
-- *Unknown*

The secret of all those who make discoveries is that they regard nothing as impossible.
-- *Justus Liebig (1803-1873) Chemist*

The secret of all those who make discoveries is that they regard nothing as impossible.

-- *Justus Liebig (1803-1873) Chemist*

Loving life is a two-way street. We can't receive care and compassion if we don't extend them to others.

-- *George Shinn, Entrepreneur*

The biggest mistake we could ever make in our lives is to think we work for anybody but ourselves.

-- *Brian Tracy*

A strong positive mental attitude will create more miracles than any wonder drug.

- *Patricia Neal*

Life shrinks or expands in proportion to one's courage.

- *Anais Nin*

"Advice is like castor oil, easy to give, but dreadful to take."

- *Josh Billings*

"Advice is seldom welcome; and those who want it the most always like it the least."

- *Lord Chesterfield*

"Most of us ask for advice when we know the answer but we want a different one."

- *Ivern Ball*

"Advice is what we ask for when we already know the answer but wish we didn't."

- *Erica Jong*

"Whatever advice you give, be short."

- *Horace*

"Advice is like snow; the softer it falls, the longer it dwells upon, and the deeper it links into the mind."

- *Coleridge*

Prayer offers you a way to leave the perspective of scarcity for a moment and commune at the level of God."

~ Garret LoPorto The Da Vinci Method

If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work.

-- Thick Nhat Hanh

Never discourage anyone...who continually makes progress, no matter how slow.

- Plato

I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.

- Anna Freud

I believe that optimism is an essential quality for doing anything hard -- entrepreneurial endeavors or anything else.

- Jeff Bezos, Amazon.com

Anything, everything, little or big, becomes an adventure when the right person shares it.

~ Kathleen Norris

"Occasionally in life there are those moments of unutterable fulfillment which cannot be completely explained by those symbols called words. Their meanings can only be articulated by the inaudible language of the heart."

Martin Luther King, Jr.

"Truth can be healing. Truth can be a doorway to a greater experience of love than you have ever known. Truth can bring you peace, build compassion, and help you love and respect yourself more fully. Truth can make you whole."

Layne and Paul Cutright, Straight From the Heart

"Doubt and mistrust are the mere panic of timid imagination, which the steadfast heart will conquer, and the large mind transcend."

Helen Keller

The worst loneliness is not to be comfortable with yourself.

- Mark Twain

Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out - it's the grain of sand in your shoe.

- *Robert Service*

Man is born to live, not to prepare for life.

- *Boris Pasternak*

In battling evil, excess is good; for he who is moderate in announcing the truth is presenting half-truth. He conceals the other half out of fear of the people's wrath.

- *Kahlil Gibran*

You must not for one instant give up the effort to build new lives for yourselves. Creativity means to push open the heavy, groaning doors to life.

-- *Daisaku Ikeda*

Let us realize that the privilege to work is a gift, that power to work is a blessing, that love of work is success.

-- *David O McKay*

'A single event can awaken within us a stranger totally unknown to us. To live is to be slowly born.'

Antoine de St Exupéry, French writer and aviator, 1900-1944

"A friend is one who walks in when others walk out"

- *Walter Winchell*

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

- *Mother Teresa*

It's the friends you can call up at 4am that matter."

- *Marlene Dietrick*

"Anybody can sympathise with the sufferings of a friend, but it requires a very fine nature to sympathise with a friend's success."

- *Oscar Wilde*

"Thus nature has no love for solitude, and always leans, as it were, on some support; and the sweetest support is found in the most intimate friendship."

- *Cicero*

Without friends no one would choose to live, though he had all other goods."

- *Artistotle*

Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must inevitably come to pass.

-- *Paul J. Meyers*

No problem is insurmountable. With a little courage, teamwork and determination a person can overcome anything.

-- *B. Dodge*

He that is good for making excuses is seldom good for anything else.

- *Benjamin Franklin, 1706-1790, American Scientist/Publisher/Diplomat*

I can enjoy society in a room; but out of doors, nature is company enough for me.

- *William Hazlitt, 1778-1830, English Writer and Literary Critic*

Spread love everywhere you go. Let no one ever come to you without leaving happier.

- *Mother Teresa, 1910-1997, Albanian-born Humanitarian and Missionary*

Nothing is more terrible than activity without insight.

- *Thomas Carlyle*

Forget injuries, never forget kindnesses.

- *Confucius*

The moment of victory is much too short to live for that and nothing else.

- *Martina Navratilova*

Pessimists calculate the odds. Optimists believe they can overcome them.

-- *Ted Koppel*

"Everything I thought was distracting me from my purpose has really been leading me towards what I was always meant to do. Every step I take is divinely

orchestrated by who I truly am."

~ Margot Zaher

There's no such thing as "best" in a world of individuals.

-- Hugh Prather

Create a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action.

- Napoleon Hill

You can't do anything about the length of your life, but you can do something about its width and depth.

- Evan Esar

The achievements of an organization are the results of the combined effort of each individual.

-- Vince Lombardi

Memories keep those we love close to us forever.

-- Patsy Gaut

Never bend your head. Hold it high. Look the world straight in the eye.

- Helen Keller

There is nothing like a dream to create the future.

- Victor Hugo

What's the use of worrying? It never was worthwhile.

- George Asaf

There's a powerful transformative effect when you surround yourself with like-minded people. Peer pressure is a great thing when it helps you accomplish your goals instead of distracting you from them.

- Po Bronson

Whatever you want to do, just do it. Don't worry about making a fool of yourself. Making a fool of yourself is absolutely essential.

-- Gloria Steinem

"The key is not to prioritize what's on your schedule but to schedule your priorities."

-Stephen R. Covey

"You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas."

S. Hufstедdler

"Of all the creatures of earth, only human beings can change their patterns. Man alone is the architect of his destiny ... Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

William James

It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream.

- Benjamin E. Mays

Great minds have purposes, others have wishes.

- Washington Irving

Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must inevitably come to pass.

-- Paul J. Meyers

"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 key is not to prioritize what's on your schedule but to schedule your priorities."

-Stephen R. Covey

"Diamonds are nothing more than chunks of coal that stuck to their jobs."

- Malcolm Forbes

Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.

-- John Quincy Adams

You possess a richness of spirit and a natural grace all your own.
There is a profound reason why you are here.

-- *Flavia*

The most important thing in life is to learn how to give out love, and to let it come in.

- *Morrie Schwartz*

History, despite its wrenching pain, cannot be unlived, however, if faced with courage, need not be lived again.

- *Maya Angelou*

A gentle word opens an iron gate.

-- *Bulgarian Proverb*

You can get everything in life you want if you will just help enough other people get what they want.

- *Zig Ziglar*

We turn not older with years, but newer every day.

- *Emily Dickinson*

"The Winds of Grace are always blowing. But it is YOU who must raise your sails."

— *Sri Ramakrishna*

You don't choose your passions, Your passions choose you.

-- *Jeff Bezos, Amazon.com*

"That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent."

Chinese Proverb

The only real prison is fear, and the only real freedom is freedom from fear.

- *Aung San Suu Kyi*

When anger rises, think of the consequences.

- *Confucius*

Give the world the best you have, And the best will come to you.

-- *Madeline Bridge*

Being happy doesn't mean everything is perfect. It means you have decided to look beyond the imperfection.

-- *Unknown*

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.

- *Elisabeth Kubler-Ross*

An idea is salvation by imagination.

- *Frank Lloyd Wright*

Life is not a dress rehearsal. Quit practicing what you are going to do, and just do it. In one bold stroke you can transform today.

-- *Marilyn Grey, Motivational Speaker*

Sundays, quiet islands on the tossing seas of life.

-- *S. W. Duffield*

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.

- *Franklin D. Roosevelt*

Watch your thoughts, they become words.

Watch your words, they become actions.

Watch your actions, they become habits.

Watch your habits, they become your character.

Watch your character, it becomes your destiny.

- *Unknown*

The only thing in the world you can change is yourself, and that makes all the difference in the world.

-- *Cher*

"What you cannot confront robs you of power. The fears you cannot face become more real to you and rob you of love."

Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

The greatest sin against ourselves is to have a good impulse and then fail to act on it.

-- *Rev. Dale Turner*

We must use time as a tool, not as a crutch.

- *John F. Kennedy*

Life isn't about finding yourself. Life is about creating yourself.

- *George Bernard Shaw*

It's your life, why would you want to be a passenger?

-- *Phillip C. McGraw, Ph.D*

Vitality shows in not only the ability to persist but the ability to start over.

- *F. Scott Fitzgerald*

Nobody who ever gave his best regretted it.

- *George Halas*

Only when we are no longer afraid do we begin to live.

-- *Dorothy Thompson*

Nothing erases unpleasant thoughts more effectively than concentration on pleasant ones.

-- *Hans Selye (1907-1982) Physician*

If the wind will not serve, take to the oars.

- *Latin Proverb*

Wish not so much to live long as to live well.

- *Benjamin Franklin*

Seeing the good in your family is not the same thing as wearing rose-colored glasses. It's simply being appreciative of the positives. And, like a sturdy winter coat, the positives keep us warm.

-- *Dr. Joyce Brothers, March 7, 2004 Parade*

Dance is the only art of which we ourselves are the stuff of which it is made.

- *Ted Shawn*

I should like to spend the whole of my life in traveling abroad, if I could anywhere borrow another life to spend afterwards at home.

- *William Hazlitt*

"From my own limited experience I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater our own sense of well-being becomes. Cultivating a close, warm-hearted feeling for others automatically puts the mind at ease. This helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the ultimate source of success in life."

His Holiness the 14th Dalai Lama

"We thought of our relationship as an experiment. We weren't always sure of what we were doing in the beginning. All we knew was that the way we had done it in the past had not worked. We did have love going for us, but we had long since learned that love by itself is not enough to guarantee success in a relationship. So we were willing to try new things, all based on the premise that we could create our relationship exactly the way we wanted it."

~ Layne and Paul Cutright, Straight From the Heart

If you want to build a ship don't drum up people together to collect wood and don't assign them tasks and work, but rather teach them to long for the endless immensity of the sea...

~ Antoine de Saint-Exupery (pilot & poet)

Most folks are about as happy as they make up their minds to be.

- Abraham Lincoln

Self-development is a higher duty than self-sacrifice.

- Elizabeth Cady Stanton

What is important is to keep learning, to enjoy challenges, and to tolerate ambiguity. In the end there are no certain answers.

-- Marina Horner

Enjoy your ice cream while it's on your plate, that's my philosophy.

-- Thornton Wilder (1897-1975) Playright and novelist.

"Emotional mastery is the ability to recognize what you are feeling, to allow it without judgment, and to express it appropriately."

Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

"You gain strength, courage, and confidence by each experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' "

~ Eleanor Roosevelt

They can conquer who believe they can.

-- Voltaire

"If your morals make you dreary, depend upon it they are wrong. I do not say 'give them up,' for they may be all you have; but conceal them like a vice, lest they should spoil the lives of better and simpler people."

-- Robert Louis Stevenson

We must use time as a tool, not as a crutch.

- John F. Kennedy

It's better to do nothing with your money than something you don't understand.

- Suze Orman

To believe in yourself is to set your spirit free.

Flavia

He who would leap high must take a long run.

- Danish Proverb

You desire to know the art of living, my friend? It is contained in one phrase: make use of suffering.

- Henri-Frédéric Amiel

Life begets life. Energy creates energy. It is by spending oneself that one becomes rich.

Declare your mission--and then live it!

~ Tom Welch Career Coach

Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric.

- Bertrand Russell

"Love is shown in your deeds, not in your words."

~ Fr. Jerome Cummings

Not all those who wander are lost.

-- *J. R. R. Tolkien*

I honor the place in you where the entire universe resides.

I honor the place in you of love, of light, of truth and of peace.

And when you are in that place in you and I am in that place in me, there is only one of us.

~ *Namaste*

"A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the "why" for his existence, and will be able to bear almost any "how"."

~*Victor Frankl*~

"Try to realize, and truly realize, that what stands between you and a different life are matters of responsible choice."

~*Gary Zukav*~

"The strongest oak tree of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun."

~*Napoleon Hill*~

"The great composer does not set to work because he is inspired, but becomes inspired because he is working."

~*Ernest Newman*~

As soon as you trust yourself, you will know how to live.

- *Johann Wolfgang von Goethe*

Happiness gives us the energy which is the basis of health.

- *Henri-Frédéric Amiel*

I have never had an affliction which was not turned into a poem.

-- *Goethe*

The farther behind I leave the past, the closer I am to forging my own character.
Isabelle Eberhardt

Nearly all men can stand adversity, but if you want to test a man's character, give him power.
~ Abraham Lincoln

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.
King Whitney Jr.

The universe is change; our life is what our thoughts make it.
Marcus Aurelius Antoninus

People grow through experience if they meet life honestly and courageously. This is how character is built.
~ Eleanor Roosevelt

"Take the trouble to stop and think of the other person's feelings, his viewpoints, his desires and needs. Think more of what the other fellow wants, and how he must feel"
-- Maxwell Maltz

Nothing erases unpleasant thoughts more effectively than concentration on pleasant ones.
-- Jans Selye (1907-1982) Physician

"Emotions are expressions of the soul. They are energy in motion. Judgment of your feelings stops the flow of energy through your being, but when you allow yourself to feel, you know the fullness of life."
Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

We would like to believe that we are not in the business of surviving but in being good, and we do not like to admit to ourselves that we are good in order to survive.
-- Dorothy Rowe

A man is what he believes.
-- Anton Chekhov

Be kind, for everyone you meet is fighting a harder battle.

-- *Plato*

I believe that the man who works the hardest is the man who deserves to win.

-- *Lance Armstrong, First six time winner Tour de France*

A good memory is one trained to forget the trivial.

-- *Clifton Fadiman 1904-1999 writer and editor*

Don't spend time beating on a wall, hoping to transform it into a door.

- *Dr. Laura Schlessinger*

Mistrust the man who finds everything good, the man who finds everything evil and still more the man who is indifferent to everything.

- *Johann K. Lavater*

Everyone has something about them that is extraordinary.

-- *Kaye Lenox, Documentary Film Writer*

We all have the potential for good things, the potential to bring inner peace and the potential to help other people.

-- *The Dalai Lama*

"Here is the test to find whether your mission on earth is finished. If you're alive it isn't."

- *Richard Bach*

Anyone who consciously and wantonly attacks known truth, who arms himself with falsehood in his speech, his writings, or his conduct in order to attract and win over less learned men and to shape the inexperienced and impressionable minds of the young to his own way of thinking, takes advantage of the inexperience and innocence of others and engages in an altogether despicable business.

~ *Pope John XXIII (Ad Petri Cathedram)*

I am aware that when even the brightest mind in our world has been trained up from childhood in a superstition of any kind, it will never be possible for that mind, in its maturity, to examine sincerely, dispassionately, and conscientiously any evidence or any circumstance which shall seem to cast a doubt upon the validity of

that superstition.

~ Mark Twain, American thinker and humorist .

Nurture your mind with great thoughts; to believe in the heroic makes heroes.

- Benjamin Disraeli

When you win, say nothing. When you lose, say less.

- Paul Brown

To find fault is easy; To do better may be difficult.

-- Louis Nizer

Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.

- Dalai Lama

"The price of inaction is far greater than the cost of making a mistake."

Meister Eckhart

If we all worked on the assumption that what is accepted as true is really true, there would be little hope of advance.

~ Orville Wright

I formerly thought that when a tendency to produce the two sexes in equal numbers was advantageous to the species, it would follow from natural selection, but I now see the whole problem is so intricate that it is safer to leave its solution to the future.

~ Charles Darwin

It is almost unbelievable how much the atmosphere changed as a consequence of the publication, in 1859, of *The Origin of Species*. Our whole outlook, our picture of the universe, has changed, as never before. The Darwinian revolution is still proceeding. But now we are also in the midst of a counter-revolution, a strong reaction against science and against rationality. I feel that it is necessary to take sides on this issue. My position, very briefly, is this. I am on the side of science and of rationality, but I am against those exaggerated claims for science that have sometimes been, rightly, denounced as 'scientism'. I am on the side of the search for truth, and of intellectual daring in the search for truth; but I am against intellectual arrogance, and especially against the misconceived claim that we have the truth in our pockets, or that we can approach certainty. It is important to

realize that science does not make assertions about ultimate questions about the riddles of existence, or about Man's task in this world.

~ Karl Popper

Live your life and forget your age.

-- Norman Vincent Peale

Through the eyes of compassion, we are all one in spirit and connected by this gift we call life.

-- Flavia

The need of man to wholly realize himself is the only fixed star.

- Arthur Miller

You can't have everything. Where would you put it?

- Steven Wright

Getting to know someone is not a task--it's an art.

-- Pierce LeBlanc

"Progress is impossible without change, and those who cannot change their minds cannot change anything."

- George Bernard Shaw

My urge to be helpful, though, is stronger than my urge to despair. I want to give the right lead to my daughters: You don't give up, even when you have to make your life all over again.

-- Nancy Zylstra, Seattle Soprano with Myastheniagravis

If one tells the truth, one is sure, sooner or later, to be found out.

- Oscar Wilde, 1854-1900, Irish Dramatist/Novelist/Poet

To know what people really think, pay regard to what they do, rather than what they say.

- George Santayana, 1863-1952, Spanish-born American Philosopher

You cannot create experience. You must undergo it.

- Albert Camus, 1913-1960, French Author and Philosopher

"From a spiritual point of view, you cannot think anything too good about yourself."
Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

"People travel to wonder at the height of the mountains,
"at the huge waves of the sea, at the long courses of rivers,
"at the vast compass of the ocean, at the circular motion of the stars,
"and they pass themselves by without wondering."
St. Augustine of Hippo

Having a dream is what keeps you alive. Overcoming the challenges make life worth living.
- Mary Tyler Moore

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man.
- George Bernard Shaw

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.
-- John Quincy Adams

A perfect parent is a person with excellent child-raising theories and no actual children.
-- Dave Barry

"The more severe the pain or illness, the more severe will be the necessary changes. These may involve breaking bad habits, or acquiring some new and better ones."
- Peter McWilliams

"People have one thing in common - they are all different."
-Robert Zend

It is through creating, not possessing, that life is revealed.
- Vida D. Scudder

Failure will never overtake me if my determination to succeed is strong enough.
- Og Mandino

When the heart speaks, the mind finds it indecent to object.

-- *Milan Kundera, The Unbearable Lightness of Being*

"Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us."

~ *Stephen Covey*

"Relationships are a space of possibilities limited by culture, language, and beliefs."

Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

"As human beings, our greatness lies not so much in being able to remake the world--that is the myth of the atomic age--as in being able to remake ourselves."

Mahatma Gandhi

If one tells the truth, one is sure, sooner or later, to be found out.

- *Oscar Wilde, 1854-1900, Irish Dramatist/Novelist/Poet*

To know what people really think, pay regard to what they do, rather than what they say.

- *George Santayana, 1863-1952, Spanish-born American Philosopher*

You cannot create experience. You must undergo it.

- *Albert Camus, 1913-1960, French Author and Philosopher*

Love doesn't just sit there, like a stone; it has to be made, like bread, remade all the time, made new.

- *Ursula K. Le Guin*

Thank the heavens for the gift of this sweet life and for the wisdom of those who've helped us to see it more clearly.

-- *Flavia*

A life is not JUST a Life. Live, love, laugh and learn. Savor the flavor. And rebuild if necessary.

-- *HBS, Daily Thoughts*

It takes courage to grow up and turn out to be who you really are.

-- *E.E. Cummings*

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

- *William James*

Nothing is permanent in this wicked world - not even our troubles.

- *Charlie Chaplin*

Be yourself. Everyone else is already taken.

-- *Unknown*

The best way to escape from a problem is to solve it.

- *Alan Saporta*

He enjoys true leisure who has time to improve his soul's estate.

- *Henry David Thoreau*

It is better to have enough ideas for some of them to be wrong, than to always be right by having no ideas at all.

-- *Edward De Bono*

A bird does not sing because it has an answer. It sings because it has a song.

- *Chinese Proverb*

We are so vain that we even care for the opinion of those we don't care for.

- *Marie Ebner von Eschenbach*

Try not to become a man of success but rather to become a man of value.

(Quote by *Albert Einstein*)

Happiness is not the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

-- *Franklin D. Roosevelt*

It's the soul's duty to be loyal to its own desires. It must abandon itself to its master passion.

- *Rebecca West*

Courage is the price that Life exacts for granting peace.

- *Amelia Earhart*

What we do today, right now, will have an accumulated effect on all our tomorrows.
-- *Alexander Stoddard*

There are two ways of spreading light: to be the candle or the mirror that reflects it.
- *Edith Wharton*

I believe that one of life's greatest risks is never daring to risk.
- *Oprah Winfrey*

I am so glad you are here. It helps me to realize how beautiful my world is.
-- *Rainer Maria Rilke*

Never let your morals get in the way of doing what's right.
-- *Issac Asimov*

If you can't make it better, you can laugh at it.
- *Erma Bombeck, 1927-1996, American Journalist/Author/Humorist*

Imagination is everything. It is the preview of life's coming attractions.
- *Albert Einstein, 1879-1955, German-born American Physicist*

Be sure you put your feet in the right place, then stand firm.
- *Abraham Lincoln, 1809-1865, 16th President of the United States*

Always do right. This will gratify some people and astonish the rest.
- *Mark Twain*

Life is full of obstacle illusions.
- *Grant Frazier*

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these.
-- *George Washington Carver*

"The highest reward for a person's toil is not what they get for it, but what they become by it."
~*John Ruskin.*

How often things could be remedied by a word. How often it is left unspoken.
-- *Norman Douglas (1868-1952) Novelist and essayist*

"Learn to taste your oneness with the ocean of divine joy and wisdom that lives beneath the rolling wave of your own consciousness."
Layne and Paul Cutright, You're Never Upset for the Reason You Think

Be civil to all; sociable to many; familiar with few; friend to one; enemy to none.
- *Benjamin Franklin*

The world stands aside to let anyone pass who knows where he is going.
- *David Starr Jordan*

Think Green
Act Green
Breathe Green
Live Green
LIVE!
-- *HBS Daily Thoughts*

Anyone who proposes to do good must not expect people to roll stones out of his way, but must accept his lot calmly if they even roll a few more upon it.
Albert Schweitzer:

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.
John Wesley

It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best knows achievement and who at the worst if he fails at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat.
Theodore Roosevelt

"No one can make you feel inferior without your consent."

----*Eleanor Roosevelt.*

"People are disturbed not by things but by the view they take of them."

Epictetus

Be entirely tolerant or not at all; follow the good path or the evil one. To stand at the crossroads requires more strength than you possess.

- *Heinrich Heine*

Nurture your mind with great thoughts; to believe in the heroic makes heroes.

- *Benjamin Disraeli*

A friend is someone who makes it easy to believe in yourself.

-- *Heidi Wills*

You can't please everybody if you are going to make a difference in this world.

-- *Melvin Chapman, Educator*

Friendship blossoms when two people say to each other, In effect: What? You too? I thought I was the only one!

-- *C.S. Lewis*

I think we're here for each other.

-- *Carol Burnett*

The life you have led doesn't need to be the only life you'll have.

-- *Anna Quindlen*

It is what you are inside that matters. You, yourself, are your only real capital.

-- *Vladimir Zworykin 1889-1982 Physicist*

Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important.

- *Natalie Goldberg*

We cannot direct the wind, but we can adjust the sails.

- *Bertha Calloway*

We must have the courage to allow a little disorder in our lives.

-- *Ben Weininger*

Keep five yards from a carriage, ten yards from a horse, and a hundred yards from an elephant; but the distance one should keep from a wicked man cannot be measured.

- *Indian Proverb*

Try not to become a man of success but rather to become a man of value.

- *Albert Einstein*

Winter, Spring, Summer or Fall... All you've got to do is call...and I'll be there, Yes I will...You've got a friend.

-- *Carole King*

Joy is prayer - Joy is strength - Joy is love - Joy is a net of love by which you can catch souls.

- *Mother Teresa*

It is no profit to have learned well, if you neglect to do well.

- *Publilius Syrus*

High expectations are the key to everything.

-- *Sam Walton*

I'll always remember you, your sweet memory will always be tucked away in my heart.

-- *Patsy Gaut*

ROSH HASHANAH

The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm.

-- *Aldous Huxley*

What worries you masters you.

- *Haddon W. Robinson*

Be more concerned with your character than with your reputation. Your character is what you really are, while your reputation is merely what others think you are.

-*Dale Carnegie*

Do not tell children to be another Martin Luther King. Let them be who God placed them on earth to be.

-- *Rev. Bernice King*

I never hit a shot, not even in practice, without having a very sharp, in-focus picture of it in my head.

-- *Jack Nicklaus*

"Cause and effect, means and ends, seed and fruit, cannot be severed; for the effect already blooms in the cause, the end preexists in the means, the fruit in the seed."

~ *Ralph Waldo Emerson, 19th century Transcendental philosopher from Selected Writings of Ralph Waldo Emerson*

But nobody, no nobody, Can make it out here alone.

-- *Maya Angelou "Alone"*

Science is organized knowledge. Wisdom is organized life.

- *Immanuel Kant*

Treat the other man's faith gently; it is all he has to believe with. His mind was created for his own thoughts, not yours or mine.

- *Henry S. Haskins*

Never believe that a few caring people cannot change the world. For, indeed, they are the only ones who ever have."

Margaret Mead

"Beliefs are a mighty force in your relationships. When things aren't going well, one of the first things you want to consider is, 'What beliefs could create this reality?'"

~ *Layne and Paul Cutright, You're Never Upset for the Reason You Think*

"One Shift of Awareness That Makes All the Differences: Stop Wanting, Start Having"

~ *Song Chengxiang*

"Champions aren't made in gyms. Champions are made from something they have deep inside them: A desire, a dream, a vision. They have to have last-minute

stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill."

~ Muhammad Ali

Dreams come true; without that possibility, Nature would not incite us to have them.

John Updike, writer and critic

The cure for boredom is curiosity. There is no cure for curiosity.

- Dorothy Parker

They always say time changes things, but you actually have to change them yourself.

- Andy Warhol

I only wish you could see what I see when I look at you.

-- Kobi Yamada

People can change. Make the effort. Take the time, and change yourself.

-- Dalai Lama

We need to learn to set our course by the stars, not by the lights of every passing ship.

-- General Omar Bradley

No one can depress you. No one can make you anxious. No one can hurt your feelings. No one can make you anything other than what you allow inside.

- Dr. Wayne Dyer

Feelings are just that - Feelings. They let you know when something isn't right. It's what you do with them that matters.

- Anne Wilson Schaef

Life has its own hidden forces which you can only discover by living.

- Soren Kierkegaard, 1813-1855, Danish Philosopher

The sum of wisdom is that time is never lost that is devoted to work.

- Ralph Waldo Emerson, 1803-1882, American Poet and Essayist

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.

- *Vince Lombardi, 1913-1970, American Football Coach*

Children are our most valuable natural resource.

- *Herbert Hoover*

"Mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have any boundary, because what will be beyond the boundary? - again another sky. That's why I am saying skies upon skies are available for your flight. Don't be content easily. Those who remain content easily remain small: small are their joys, small are their ecstasies, small are their silences, small is their being. But there is no need! This smallness is your own imposition upon your freedom, upon your unlimited possibilities, upon your unlimited potential. Enjoy the flight! And celebrate all the varied wonders of the landscape spread before you."

~*Osho*

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

- *Margaret Mead*

It is our choices...that show what we truly are, far more than our abilities.

- *J. K. Rowling*

All things are possible to a believing heart.

Flavia Weeden

"Your truth is a part of you. When you feel your truth is unacceptable, you feel you are unacceptable. Then love becomes an enemy. Why? Because love is a great healer. Love brings up anything unlike itself."

Layne and Paul Cutright, Straight From the Heart

There can be no real individual freedom in the presence of economic insecurity.

- *Chester Bowles*

The highest reward for a person's toil is not what they get for it, but what they become by it.

-- *John Ruskin*

At some point in life the world's beauty becomes enough. You don't need to photograph, paint or even remember it. It is enough.

-- *Toni Morrison, TAR BABY*

I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.

- *Anna Freud*

You may be disappointed if you fail, but you are doomed if you don't try.

- *Beverly Sills*

The foolish man seeks happiness in the distance, the wise grows it under his feet.

- *James Oppenheim*

We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action.

- *Frank Tibolt*

Treasure each other in the recognition that we do not know how long we have each other.

Joshua Loth Liebman

Be not afraid of life. Believe that life is worth living and your belief will help create the fact.

-- *William James*

Look and you will find it. What is unsought will go undetected.

-- *Sophocles*

I am so glad you are here. It helps me to realize how beautiful my world is.

-- *Rainer Maria Rilke*

There is a wonderful mythical law of nature that the three things we crave most in life—happiness, freedom, and peace of mind—are always attained by giving them to someone else.

-- *Peyton Conway March*

Never withhold praise. Before you speak, bite the tongue of judgment.

-- *Kenneth G Mills, Philosopher, composer and artist.*

By expanding our deepest beliefs about what is possible, we change our experience of life.

-- *Dan Millman*

Use your own best judgment at all times.

-- *The entire Nordstrom's Department Stores Policy Manual*

Do not worry about anything: instead Pray About Everything.

-- *Philippians 4:6*

Success is going from failure to failure without loss of enthusiasm.

-- *Winston Churchill*

Understand that the right to choose your own path is a sacred privilege. Use it.

Dwell in possibility.

-- *Oprah Winfrey*

Live every day like it's your last, 'cause one day you're gonna be right.

-- *Ray Charles in Esquire*

Hide not your Talents, they for use were made: what's a sun-dial in the shade?

-- *Benjamin Franklin*

The Lord does not look at the things man looks at. Man looks at outward appearance, but the Lord looks at the heart.

-- *1 Samuel 16:7*

I cannot do everything; but I will not let what I cannot do interfere with what I can do.

-- *Edward Everett Hale (1822-1909)*

Trusting our intuition often saves us from disaster.

-- *Anne Wilson Schaef, Psychotherapist*

Friendship is the only cement that will ever hold the world together.

-- *Woodrow Wilson*

To feel loved, to belong, to have a place and to hear one's dignity and worth often affirmed--these are to the soul what food is to the body.

-- *Anne Ortlund, Speaker and Writer*

Your mind will answer most questions if you learn to relax and wait for the answer.

- *William S. Burroughs, 1914-1997, American Novelist and Philosopher*

The fear of becoming a 'has-been' keeps some people from becoming anything. -
Eric Hoffer, 1902-1983, American Social Writer

To the man who only has a hammer in the toolkit, every problem looks like a nail. -
Abraham Maslow, 1908-1970, American Psychologist

"Mind can accept any boundary anywhere. But the reality is that, by its very nature, existence cannot have any boundary, because what will be beyond the boundary? - again another sky. That's why I am saying skies upon skies are available for your flight. Don't be content easily. Those who remain content easily remain small: small are their joys, small are their ecstasies, small are their silences, small is their being. But there is no need! This smallness is your own imposition upon your freedom, upon your unlimited possibilities, upon your unlimited potential."

Enjoy the flight! And celebrate all the varied wonders of the landscape spread before you.

~Osho

"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free."

Catherine Ponder

"Cause and effect, means and ends, seed and fruit, cannot be severed; for the effect already blooms in the cause, the end preexists in the means, the fruit in the seed."

~ Ralph Waldo Emerson, 19th century Transcendental philosopher from Selected Writings of Ralph Waldo Emerson

Failure is not the only punishment for laziness; there is also the success of others.
- *Jules Renard*

Learning is not attained by chance, it must be sought for with ardor and attended to with diligence.

- *Abigail Adams*

To be a champ, you have to believe in yourself when nobody else will.

-- *Sugar Ray Robinson*

We are here to add what we can to life, not to get what we can from it.

-- *William Osler, physician 1849-1919*

Education is learning what you didn't even know you didn't know.

-- *Daniel Joseph Boorstin, Historian & Writer, 1914-2004*

The only thing that overcomes hard luck is hard work.

- *Harry Golden*

The greatest mistake you can make in life is to be continually fearing you will make one.

- *Elbert Hubbard*

"It is the dynamic interaction of this head brain (intellect) and the heart brain (intelligence), of biology and spirit, that allows transcendence from one evolutionary place to the next--we are, quite literally, made to transcend. Transcendence is our biological imperative, a state we have been moving toward for millennia."

Joseph Chilton Pearce, The Biology of Transcendence

As is our confidence, so is our capacity.

-- *William Hazlitt*

The important things haven't changed, namely the presence of a grandparent in the life of a child, your presence in the life of your grandchildren.

-- *Karen O'Connor, American writer*

"Your true passion should feel like breathing; it's that natural!"

-- *Oprah Winfrey*

"There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."

-- *Napolean Hill*

"We've got to have a dream if we are going to make a dream come true."

-- *Denis Waitley*

"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise."

-- *Robert Fritz*

"To accomplish great things, we must not only act, but also dream, not only plan, but also believe."

-- *Anatole France*

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared."

~Buddha

Listen with your mind's eye. You can hear. Imagine, Dream, Believe.

-- HBS, Daily Thoughts

Memories from the past sometimes awaken at the gentlest notion.

-- Patsy Gaut

The happiness of a man in this life does not consist in the absence but in the mastery of his passions.

- Alfred Lord Tennyson

Victory belongs to the most persevering.

- Napoleon Bonaparte

Strength of character means the ability to overcome resentment against others, to hide hurt feelings, and to forgive quickly.

Anon

When there is no enemy within, the enemies outside cannot hurt you.

African Proverb

I must learn to love the fool in me the one who feels too much, talks too much, takes too many chances, wins sometimes and loses often, lacks self-control, loves and hates, hurts and gets hurt, promises and breaks promises, laughs and cries

Theodore Isaac Rubin

Your mental attitude gives your entire personality a drawing power that attracts the circumstances, things and people you think about most!

Anon

"Develop the ability, or at least the willingness, to see beyond others' fears and limitations into their very heart of hearts. Regardless of the hardships or abuses that anyone has suffered, there is an untouched purity of spirit that may be brought forth simply by recognizing and acknowledging it."

Layne and Paul Cutright, Straight From the Heart

"Without forgiveness life is governed by an endless cycle of resentment and retaliation."

- - *Roberto Assagioli*

I hope that my achievements in life shall be these --that I will have fought for what was right and fair, that I will have risked for that which mattered and that I will have given help to those who were in need, that I will have left the earth a better place for what I've done and who I've been.

-- *C. Hoppe*

If you're bored with life -- you don't get up every morning with a burning desire to do things -- you don't have enough goals.

- *Lou Holtz*

Mistakes are the portals of discovery.

- *James Joyce*

Ultimately, the only power to which man should aspire is that which he exercises over himself.

- *Elie Wiesel*

If you do things well, do them better. Be daring, be first, be different, be just.

-- *Anita Roddick, Founder, The Body Shop*

You cannot teach a man anything. You can only help him to find it within himself.

-- *Galileo Galilei*

If you don't risk anything you risk even more.

- *Erica Jong*

Great ability develops and reveals itself increasingly with every new assignment.

- *Baltasar Gracian*

Never discourage anyone...who continually makes progress, no matter how slow.

- *Plato*

Some people have so much respect for their superiors they have none left for themselves.

- *Peter McArthur*

Learning is its own exceeding great reward.

-- *William Hazlitt*

"The men of experiment are like the ant; they only collect and use. But the bee gathers its materials from the flowers of the garden and of the field, but transforms and digests it by a power of its own."

Leonardo da Vinci

"The highest possible stage in moral culture is when we recognize that we ought to control our thoughts."

Charles Darwin

Where you love somebody a whole lot, and you know that person loves you, that's the most beautiful place in the world.

-- *Ann Cameron, The most Beautiful Place in the World*

There are some things you learn best in calm, and some in storm.

- *Willa Cather, 1873-1947, American Author*

The only way to predict the future is to have power to shape the future.

- *Eric Hoffer, 1902-1983, American Social Writer*

The person who seeks all their applause from outside has their happiness in another's keeping.

- *Dale Carnegie, 1888-1955, American Author and Achievement Expert*

When you wholeheartedly adopt a "with all your heart" attitude and go all out with the positive principle you can do incredible things.

-- *Norman Vincent Peale*

On the human chessboard, all moves are possible.

-- *Miriam Schiff, educator*

Nonviolence is a powerful and just weapon. It is a sword that heals.

- *Martin Luther King*

There are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction.

- *John F. Kennedy*

Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity.

- *Martin Luther King Jr.*

If I am not for myself, who will be for me?

But if I am only for myself, what am I?

-- *Hillel*

Better to remain silent and be thought a fool than to speak out and remove all doubt.

- *Abraham Lincoln*

Success usually comes to those who are too busy to be looking for it.

- *Henry David Thoreau*

There is always one true inner voice. Trust it.

-- *Gloria Steinem*

It is of practical value to learn to like yourself. Since you must spend so much time with yourself, you might as well get some satisfaction out of the relationship.

-- *Norman Vincent Peale*

Self esteem is the basic element in the health of any human personality.

-- *Dr. William Glasser*

You always pass failure on the way to success.

- *Mickey Rooney*

Although the world is full of suffering, it is full also of the overcoming of it.

- *Helen Keller*

No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other's worth.

Robert Southey 1774-1843 poet

Hide not your talents, they for use were made. What's a sun-dial in the shade?

- *Benjamin Franklin*

Nothing is a waste of time if you use the experience wisely.

- *Rodin*

"Nor do I hear in my imagination the parts successively, I hear them all at once. What a delight this is! All this inventing, this producing, takes place in a pleasing, lively dream."

~ *Wolfgang Amadeus Mozart*

Everybody can do something that makes a difference.

-- *Todd R. Wagner*

The best way to keep charged up is to do what's been nagging at you.

-- *Susan Bishop, founder and president Bishop Partners*

You may be deceived if you trust too much, but you will live in torment if you do not trust enough.

- *Frank Crane*

All truths are easy to understand once they are discovered; the point is to discover them.

- *Galileo Galilei*

"This is the time. This is the place. I am the man. I will act now!"

~ *Og Mandino*

"Don't Wait. The time will never be just right."

~*Napolean Hill*

You have to believe in yourself. The ones who believe in themselves the most are the ones who win.

-- *Florence Griffith-Joyner, Olympics Gold Medalist*

"Do just once what others say you can't do, and you will never pay attention to their limitations again."

James R. Cook

"When you forgive, you release critical judgments of yourself as well as of others. You lighten up. You do not cling to negative experiences that resulted from decisions that you made while you were learning."

Gary Zukav, The Seat of the Soul

If you have zest and enthusiasm you attract zest and enthusiasm. Life does give back in kind.

-- *Norman Vincent Peale*

We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.

- *Marcel Proust*

There are two aspects to achievement --reaching your goal and getting safely back home again. One is incomplete without the other.

-- *Edmund Hillary, mountain climber and explorer*

Too much of a good thing can be wonderful.

-- *Mae West*

The longer I live the more beautiful life becomes.

- *Frank Lloyd Wright*

The greatest mistake is trying to be more agreeable than you can be.

- *Walter Bagehot*

Why would you have cake if you couldn't eat it too?

-- *HBS*

Yesterday is history. Tomorrow is a mystery. Today is a gift. That is why it is called the present.

-- *Eleanor Roosevelt*

Truly great people are those who are grateful rather than prideful. They realize that all life is a gift and that what we achieve is also a gift.

-- *Rev Dale Turner*

Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.

- *William Jennings Bryan*

Change your thoughts and you change your world.

- *Norman Vincent Peale*

Remember that all through history the way of truth and love has always won.

There have been tyrants and murderers and for a time they seem invincible but in the end, they always fall think of it, ALWAYS."

Mahatma Gandhi

The real index of civilization is when people are kinder than they need to be.

Louis de Bernieres

Don't dwell on your mistakes; get it right the next time.

Kirk Speraw

People treat you as you treat them.

Winston Churchill

Walk as if you know where you're going.

Cathie Black

Three may keep a secret if two of them are dead.

Benjamin Franklin

We need to be reminded more than instructed.

Samuel Johnson

Life is the garment we continually alter, but which never seems to fit.

David McCord

Life has taught us that love does not consist in gazing at each other but in looking together in the same direction.

Antoine de Saint-Exupéry

Of all the liars in the world, sometimes the worst are your own fears.

Rudyard Kipling

"When you decide to tell the truth about your thoughts and feelings, the first step is to know the intention of your communication. This is important because your intention determines your results. If your intention is to create healing, intimacy, more harmony or more clarity, that's what will happen."

Layne and Paul Cutright, Straight From the Heart

"Here's a radical thought: We are all responsible for our own feelings. Embracing this idea leaves no room for blame or playing the victim. Our commitment has been to speak and behave as if this principle is true, even (and especially) if it doesn't feel like it."

Layne and Paul Cutright, Straight From the Heart

"The world within and the world without are not two separate worlds. They are different levels of the same world. As within so without. You can only control what is without by controlling what is within. All control is self control."

~Enoch Tan

If you really want to do something, you'll find a way to do it.

-- Simmie Knox, Portrait Painter of celebrities and famous officials

"Action always beats inaction. Rich people get started."

T. Harv Eker Secrets of the Millionaire Mind

"The more you focus on what is wrong, the more wrong you will create in your life; the more it will spread to other areas that WERE working. The more you concentrate on what is right in your life, what is working, the more other areas of your life will work.

It is the same in receiving. The more you acknowledge how much you are receiving, the more you will have."

---Sanaya Roman, Living With Joy

What lies ahead of you and what lies behind you is nothing compared to what lies within you.

-- Mohandas K. Gandhi

In attempts to improve your character, know what is in your power and what is beyond it.

- Francis Thompson

You have to have confidence in your ability, and then be tough enough to follow through.

- Rosalynn Carter

To solve big problems you have to be willing to do unpopular things.

Lee Iacocca (1924-, American Businessman, Former CEO of Chrysler)

"For lasting change to occur, you need to both think your way into new behaviors and behave your way into new thinking."

Paul and Layne Cutright - Secrets and Strategies for Successful Relationships Coaching Manual

"Remember that there is only one difference between an ordinary woman and an extraordinary woman. The belief that she is ordinary."

— *Fawn Germer*

It is difficult to get a man to understand something when his salary depends upon his not understanding it.

~ *Upton Sinclair*

We can do more good by being good, than any other way.

-- *Rowland Hill*

Seize the moment of excited curiosity on any subject to solve your doubts; for if you let it pass, the desire may never return, and you may remain in ignorance.

- *William Wirt*

A cynic is not merely one who reads bitter lessons from the past, he is one who is prematurely disappointed in the future.

- *Sidney J. Harris*

No act of kindness, no matter how small, is ever wasted.

Aesop(620-560 BC, Greek Fabulist)

"What the Mind can Conceive and Believe it Can Achieve"

-*Napoleon Hill*

People of vision are tools of God.

-- *Dr. Michael R. Norwood, The Making of the Wealthy Soul*

Win or lose, do it fairly.

Knute Rockne (1888-1931, Norwegian-born American Football Coach)

You have to count on living every single day in a way you believe will make you feel good about your life--so that if it were over tomorrow, you'd be content with yourself.

-- *Jane Seymour, Actress*

What is defeat? Nothing but education; nothing but the first step to something better.

- *Wendell Phillips*

If you greatly desire something, have the guts to stake everything on obtaining it.
- *Brendan Francis*

Failures are like skinned knees, painful but superficial.
H. Ross Perot (1930-, American Businessman & Politician)

Make your life a mission, not an intermission.
-- *Arnold H. Glasow*

Let not a man guard his dignity, but let his dignity guard him.
- *Ralph Waldo Emerson*

The greatest obstacle to discovery is not ignorance - it is the illusion of knowledge.
- *Daniel J. Boorstin*

When you follow your bliss...doors will open where you would not have thought there would be doors; and where there wouldn't be a door for anyone else.
~ *Joseph Campbell*

Change yourself and your work will seem different.
Norman Vincent Peale (1898-1993, American Christian Reformed Pastor, Speaker, Author)

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.
~ *Harold Wilson*

If you don't like something change it; if you can't change it, change the way you think about it.
~ *Mary Engelbreit*

The man who looks for security, even in the mind, is like a man who would chop off his limbs in order to have artificial ones which will give him no pain or trouble.
~*Henry Miller*

Change is inevitable - except from a vending machine.
~*Robert C. Gallagher*

If you're in a bad situation, don't worry it'll change. If you're in a good situation,

don't worry it'll change.

~John A. Simone, Sr.

Everything works out in the end. If it hasn't worked out, it's not the end.

-- unknown

Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down.

Charles F. Kettering (1876-1958, American Engineer, Inventor)

As we express our gratitude, we must never forget the highest appreciation is not to utter words, but to live by them.

-- John Fitzgerald Kennedy

Part of being a champ is acting like a champ. You have to learn how to win and not run away when you lose. Everyone has bad stretches and real successes. Either way, you have to be careful not to lose your confidence or get too confident.

Nancy Kerrigan (American Figure Skater)

Failure may be just a step toward your eventual goal.

-- Georgette Mosbacher, businessperson, author

All that is necessary for the triumph of evil is that good men do nothing.

- Edmund Burke

The ancient Greek definition of happiness was the full use of your powers along lines of excellence.

- John F. Kennedy

Little minds are tamed and subdued by misfortune; but great minds rise above them.

Washington Irving(1783-1859, American Author)

"I have lived a long life and had many troubles, most of which never happened."

- Mark Twain

Getting in touch with your true self must be your first priority.

Tom Hopkins (American Sales Trainer, Speaker, Author)

Having a dream is as necessary to the heart as love.

-- *Flavia Weeden*

Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.

William Penn (1644-1718, British Religious Leader, Founder of Pennsylvania)

"Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight."

Helen Keller (1880-1968) American author

You don't have to be a fantastic hero to do certain things - to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals.

Sir Edmund Hillary (1919-2008, New Zealand Mountaineer, Explorer)

It is better to be hated for what you are than to be loved for what you are not.

- *Andre Gide*

Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.

- *Epicurus*

"For most people, their present is constantly being born from their unresolved past."

Layne and Paul Cutright, Secrets and Strategies For Successful Relationships

What is moral is what you feel good after, and what is immoral is what you feel bad after.

Ernest Hemingway (1898-1961, American Writer)

The superior man is modest in his speech, but exceeds in his actions.

- *Confucius*

Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen.

- *John Steinbeck*

"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do so with no thought of any reward. Your life will never be the same again."

Og Mandino

Wisdom is knowing when you can't be wise.

-- *Paul Engle*

A little learning is a dangerous thing but a lot of ignorance is just as bad.

- *Bob Edwards*

Our imagination is the only limit to what we can hope to have in the future.

- *Charles F. Kettering*

The highest compliment that you can pay me is to say that I work hard every day, that I never dog it.

Wayne Gretzky (1961-, Canadian Hockey Player)

The wise are instructed by reason; ordinary minds by experience; the stupid, by necessity; and brutes by instinct.

- *Cicero*

Learning to live in the present moment is part of the path of joy.

- *Sarah Ban Breathnach*

"Like Champagne bubbles that appear out of nowhere to form an endless stream ever rising to the freedom of the surface...so too does the Love Intelligence that is God spring forth from pure nothingness into whatever it is that our hearts desire."

- *Nick Arandes*

Nothing is impossible when we follow our inner guidance, even when its direction may threaten us by reversing our usual logic.

-- *Gerald Jampolsky, Psychiatrist*

No act of kindness, no matter how small, is ever wasted.

- *Aesop*

Knowledge must come through action; you can have no test which is not fanciful, save by trial.

- *Sophocles*

"The major force in your emotional pain is a fear-based belief you have about yourself. It is always an idea that is in conflict with your true spiritual nature."

Layne and Paul Cutright, You're Never Upset for the Reason You Think

Never tell a young person that anything cannot be done. God may have been waiting centuries for someone ignorant of the impossible to do that very thing.

-- *John Andrew Holmes*

For me, words are a form of action, capable of influencing change.

- *Ingrid Bengis*

Always laugh when you can. It is cheap medicine.

- *Lord Byron*

Each of us has a spark of life inside us, and our highest endeavor ought to be to set off that spark in one another.

-- *Kenny Ausubel, Journalist and entrepreneur*

"What if I should discover that the poorest of the beggars and the most impudent of offenders are all within me, and that I stand in need of the alms of my own kindness; that I myself am the enemy who must be loved--what then?"

~ *Carl Jung*

I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love.

Mahatma Gandhi

The secret of a good life is to have the right loyalties and hold them in the right scale of values.

- *Norman Thomas*

The worst loneliness is not to be comfortable with yourself.

- *Mark Twain*

You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.

Walt Disney(1901-1966, American Artist, Film Producer)

Indolence is a delightful but distressing state; we must be doing something to be happy.

- *Mahatma Gandhi*

Learning is not compulsory... neither is survival.

- *W. Edwards Deming*

If you wait for tomorrow, tomorrow comes. If you don't wait for tomorrow, tomorrow comes.

-- *African Proverb*

We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action.

-- *Frank Tibolt*

Raising children is a creative endeavor, an art, rather than a science.

-- *Bruno Bettelheim (1903-1990), Psychologist*

Seek first to understand and then to be understood.

Stephen R. Covey (American Speaker, Trainer, Author of "The 7 Habits of Highly Effective People")

When building a main mast, shipbuilders choose the tallest, strongest tree they can find. Then they cut away the surrounding trees, leaving their selection exposed to the elements so it becomes even stronger and more flexible. In life, your main mast is made up of your most cherished values, the ones that won't fail you when the going gets rough. When your sails are set and the fierce winds of life begin to buffet you, your most cherished values remain strong yet resilient. They sustain and give you strength during difficult times...

~ *Thomas L. Hardin (author of Never Too Old to Rock and Roll)*

Helping others' confidence is the greatest gift anyone can give...a sincere, well deserved compliment has greater purchasing power than money.

-- *Rev Dale Turner*

One word frees us of all the weight and pain of life: That word is love.

- *Sophocles*

Luck is what you have left over after you give 100 percent.

- *Langston Coleman*

I am always going to be true to myself.

Princess of Wales Diana (1961-1997, Wife of Charles, Prince of Wales)

"Judgment is different from discernment. Judgment condemns rather than simply observes. It's one thing to discern that someone is lying, and it's quite another to want to punish the person for it."

Layne and Paul Cutright, Straight From the Heart

People who succeed speak well of themselves to themselves.

-- *Laurie Beth Jones Motivational speaker, writer*

When men and women are able to respect and accept their differences then love has a chance to blossom.

John Gray (American Relationship Expert, Author)

Find your voice, and inspire others to find theirs.

-- *Stephen R. Covey, The 8th Habit*

To be mature means to face, and not evade, every fresh crisis that comes.

- *Fritz Kunkel*

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior.

- *Henry C. Link*

The past is an illusion. You must learn to live in the present and accept yourself for what you are now. What you lack in flexibility and agility you must make up with knowledge and constant practice.

~ *Bruce Lee (1940-1973, Chinese-American Actor, Director, Author, Martial Artist)*

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Dalai Lama

Dedicate some of your life to others. Your dedication will not be a sacrifice. It will be an interesting experience because it is an intense effort applied toward a meaningful end.

-- *Dr. Thomas Dooley*

Don't judge a man by his opinions, but what his opinions have made of him.

- *Georg Christoph Lichtenberg*

You have to recognize when the right place and the right time fuse and take advantage of that opportunity. There are plenty of opportunities out there. You can't sit back and wait.

- Ellen Metcalf

The most important thing you can do to achieve your goals is to make sure that as soon as you set them, you immediately begin to create momentum. The most important rules that I ever adopted to help me in achieving my goals were those I learned from a very successful man who taught me to first write down the goal, and then to never leave the site of setting a goal without first taking some form of positive action toward its attainment.

Anthony Robbins (1960-, American Author, Speaker, Peak Performance Expert)

Do not be too moral. You may cheat yourself out of much life. Aim above morality. Be not simply good; be good for something.

- Henry David Thoreau

The truth is that there is nothing noble in being superior to somebody else. The only real nobility is in being superior to your former self.

- Whitney Young

Every strike brings me closer to the next home run.

Babe Ruth (1895-1948, American Baseball Player)

No one can consider himself wholly civilized who does not look upon every individual without a single exception, as of deep and startling interest.

-- John Cowper Powys

Those who bring sunshine into the lives of others cannot keep it from themselves.

James Matthew Barrie

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity.

Carl Jung (1875-1961, Swiss Psychiatrist)

For every minute you remain angry, you give up sixty seconds of peace of mind.

- Ralph Waldo Emerson

"The soul attracts that which it secretly harbors; that which it loves, and also that which it fears. It reaches the height of its cherished aspirations. It falls to the level of its unchastened desires - and circumstances are the means by which the soul receives its own."

~ James Allen, 19th century English writer from As a Man Thinketh

"Men do not attract that which they want, but that which they are."

~ James Allen, 19th century English writer from As a Man Thinketh

God is consciously aware of you and me and waits for us to turn to him for the abundant life he designed for us. I believe that, so I keep turning within to him, which is abundance.

-- Della Reese quoted in The Making of the Wealthy Soul--Dr. Michael R. Norwood

The more you know the less you need to say.

Jim Rohn (American Businessman, Author, Speaker, Philosopher)

If you allow yourself to experience new things, you most assuredly will become better for it.

-- Jeff Levy, The acEntrepreneur's Source

You must continue to gain expertise, but avoid thinking like an expert.

Denis Waitley (1933-, American Author, Speaker, Trainer, Peak Performance Expert)

Only passions, great passions, can elevate the soul to great things.

- Denis Diderot

There will be a time when loud-mouthed, incompetent people seem to be getting the best of you. When that happens, you only have to be patient and wait for them to self destruct. It never fails.

- Richard Rybolt

Many acts of service cost nothing and take little time: encouragement, compliments, listening, gratitude and compassion. Any time you affirm the worth of others, you serve.

-- Chris Karcher, Personal and Spiritual growth advisor

There is no labor a person does that is undignified; if they do it right.

Bill Cosby (1937-, American Actor, Comedian)

Youth knows no failure.

-- *Slogan on Wahaha Beverages, China*

First keep the peace within yourself, then you can also bring peace to others.

- *Thomas a Kempis*

Perfection is a road, not a destination. Every time I live, I get an education.

- *Burk Hudson*

Inch by inch, it's a cinch.

Robert H. Schuller (1926-, American Minister, Author, Social Leader)

Opportunity follows struggle. It follows effort. It follows hard work. It doesn't come before.

-- *Shelly Steele, writer*

If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.

- *Anna Quindlen*

Your feelings don't have to change to get what you want. Your behavior has to change.

-- *Daneen Skube, Ph.D.*

If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother and hope your guardian genius.

- *Joseph Addison*

Just because something doesn't do what you planned it to do doesn't mean it's useless.

- *Thomas A. Edison*

The potential of the average person is like a huge ocean unsailed, a new continent unexplored, a world of possibilities waiting to be released and channeled toward some great good.

Brian Tracy (American Trainer, Speaker, Author, Businessman)

You always pass failure on the way to success.

Mickey Rooney (American Actor)

You can tell more about a person by what he says than you can by what others say about him.

-- *Leo Aikman*

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

- *Abraham Lincoln*

Generosity is giving more than you can, and pride is taking less than you need.

- *Kahlil Gibran*

Training gives us an outlet for suppressed energies created by stress and thus tone the spirit just as exercise conditions the body.

Arnold Schwarzenegger (1947-, Austrian-born American Actor, Author, Businessman)

... God does not want us to be anyone other than who we are. That is why the Creator has given us our uniqueness and placed us where we are.

-- *Rev Dale Turner, Seattle Times, Oct 9, 2004*

We all sorely complain of the shortness of time, and yet have much more than we know what to do with. Our lives are either spent in doing nothing at all, or in doing nothing to the purpose, or in doing nothing that we ought to do. We are always complaining that our days are few, and acting as though there would be no end of them.

Seneca (BC 3-65 AD, Roman Philosopher, Dramatist, Statesman)

The meanest, most contemptible kind of praise is that which first speaks well of a man, and then qualifies it with a "But."

- *Henry Ward Beecher, 1813-1887, American Preacher/Orator/Writer*

Nothing strengthens the judgment and quickens the conscience like individual responsibility.

- *Elizabeth Cady Stanton, 1815-1902, American Social Reformer and Women's Suffrage Leader*

I believe love produces a certain flowering of the whole personality which nothing else can achieve.

-- *Ivan Sergeyevich Turgenev 1818-1883*

What's the use of worrying? It never was worthwhile.

- *George Asaf*

That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.

- *William J. H. Boetcker*

If there is light in the soul, there will be beauty in the person. If there is beauty in the person, there will be harmony in the house. If there is harmony in the house, there will be order in the nation. If there is order in the nation, there will be peace in the world.

~*Chinese Proverb*

"The upsets that happen in your life can be seen as your soul's way of showing you which beliefs you need to give up."

Layne and Paul Cutright, You're Never Upset for the Reason You Think

It is best to learn as we go, not go as we have learned.

-- *Leslie Jeanne Sahler*

Only I can change my life. No one can do it for me.

Carol Burnett (American Television Comedian)

Don't just fit in with the crowd and be normal, try to be extraordinary.

Kerri Strug, Olympic Gold Medal in gymnastics

In taking revenge, a man is but even with his enemy; but in passing it over, he is superior.

- *Sir Francis Bacon*

Our lives improve only when we take chances - and the first and most difficult risk we can take is to be honest with ourselves.

- *Walter Anderson*

A winner is someone who recognizes his God-given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals.

Larry Bird (American Basketball Player, Coach)

Real education is to inspire people to live more abundantly, to learn to begin with life as they find it and make it better.

-- *Carter G. Woodson, historian, educator (1875-1950)*

Nothing is as simple as we hope it will be.

- *Jim Horning*

There is nothing worse than aggressive stupidity.

- *Johann Wolfgang von Goethe*

All my life I used to wonder what I would become when I grew up. Then, about seven years ago, I realized that I was never going to grow up - that growing is an ever ongoing process.

M. Scott Peck (American Psychiatrist, Author)

The secret of human happiness is not in self-seeking but in self-forgetting.

-- *Theodore Reik, Psychoanalyst (1888-1969)*

Enthusiasm, like measles, mumps and the common cold, is highly contagious.

Emory Ward

Blessed is the season which engages the whole world in a conspiracy of love.

-- *Hamilton Wright Mabi*

Success isn't permanent, and failure isn't fatal.

- *Mike Ditka*

Never to suffer would never to have been blessed.

- *Edgar Allan Poe*

You have got to discover you, what you do, and trust it.

-- *Barbara Streisand*

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.

- *Erica Jong*

Live neither in the past nor in the future, but let each day's work absorb your entire energies, and satisfy your widest ambition.

- Sir William Osler

There is no paycheck that can equal the feeling of contentment that comes from being the person you are meant to be.

-- Oprah Winfrey

Procrastination is the art of keeping up with yesterday.

Don Marquis

(1878-1937, American Humorist, Journalist)

We should set goals within the limits of our resources while working to the limits of our powers.

Richard M. Nixon

(1913-1994, Thirty-seventh President of the USA)

"Let us not look back in anger or forward in fear, but around in awareness."

James Thurber

"The people in our lives are no more the source of love than our ATMs are the source of our money."

Layne and Paul Cutright

"It doesn't matter how many say it cannot be done or how many people have tried it before; it's important to realize that whatever you're doing, it's your first attempt at it."

-Wally Amos

To have that sense of one's intrinsic worth which constitutes self-respect is potentially to have everything.

-- Joan Didion, writer

You may be deceived if you trust too much, but you will live in torment if you do not trust enough.

- Frank Crane

Truth is the only safe ground to stand on.

- Elizabeth Cady Stanton

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up.
Anne Lamott (American Writer)

The only place where success comes before work is in a dictionary.
Vidal Sassoon (American Hairdresser)

We must use time as a tool, not as a crutch.
- John F. Kennedy

Be entirely tolerant or not at all; follow the good path or the evil one. To stand at the crossroads requires more strength than you possess.
- Heinrich Heine

You were meant to be yourself at your best. If you do not become your truest, strongest, deepest self, what you were meant to contribute will never be done.
-- Rev. Dale Turner

There is in the worst of fortune the best of chances for a happy change.
-- Euripides

Hearts often pine away in secret for want of kindness from those who should be the greatest comfort.
-- Rev Dale Turner

People do not lack strength; they lack will.
Victor Hugo (1802-1885, French Poet, Dramatist, Novelist)

The way you overcome shyness is to become so wrapped up in something that you forget to be afraid.
-- Lady Bird Johnson

We don't know who we are until we see what we can do.
- Martha Grimes

We must accept finite disappointment, but never lose infinite hope.
- Martin Luther King, Jr.

I've believed ever since that living on the edge, living in and through your fear, is the summit of life, and that people who refuse to take that dare condemn

themselves to a life of living death.

John H. Johnson (American Businessman, Founder of Johnson Publishing)

If the world seems cold to you, kindle fires to warm it.

-- *Lucy Larcom*

Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

George Bernard Shaw

(1856-1950, Irish-born British Dramatist)

"Our entire lives are created from our emotional (feeling) state. This is the powerful energy that creates our reality. Everything that shows up in our outer world is a direct match with our Emotional Belief Systems."

~ *Melanie Tonia Evans*

The real leader has no need to lead -- he is content to point the way.

- *Henry Miller, 1891-1980, American Writer*

The most beautiful things in the world cannot be seen or even touched; they must be felt with the heart.

- *Helen Keller, 1880-1968, American Blind/Deaf Author and Lecturer*

There is no comparison between that which is lost by not succeeding and that which is lost by not trying.

- *Francis Bacon, 1561-1626, English Philosopher/Essayist/Statesman*

The willingness to accept responsibility for one's own life is the source from which self-respect springs.

Joan Didion, writer b. 1934

Search others for their virtues, thyself for thy vices.

- *Benjamin Franklin*

We improve ourselves by victories over ourself. There must be contests, and you must win.

- *Edward Gibbon*

Most of us are pretty good at keeping promises to others and pretty bad at keeping promises to ourselves.

Lawrence LeShan

"It is easy in the world to live after the world's opinions; it is easy in solitude to live after our own; but the Great Man is he who in the midst of the crowd keeps with perfect sweetness the independence of solitude."

Ralph Waldo Emerson

"The good we desire--such as love, acknowledgment, play, security--is generated in our consciousness first. Our beliefs materialize in our experience. In other words, the quality of relationships we can 'draw' into our life reflects the 'deposits' of beliefs and attitudes we've made into our consciousness account."

Layne and Paul Cutright

Be kind and merciful. Let no one ever come to you without coming away better and happier.

-- Mother Teresa

Pleasure in the job puts perfection in the work.

- Aristotle

Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.

- Benjamin Franklin

Adversity is the foundation of virtue.

Japanese Proverb

"A single act does make a difference... it creates a ripple effect that can be felt many miles and people away."

- Lee J. Colan

For fast acting relief, try slowing down.

-- Lily Tomlin, Comedian and Actor

Wisdom outweighs any wealth.

- Sophocles

To acquire knowledge, one must study; but to acquire wisdom, one must observe.
- *Marilyn vos Savant*

Often people attempt to live their lives backwards: they try to have more things, or more money, in order to do more of what they want so they will be happier. The way it actually works is the reverse. You must first be who you really are, then, do what you need to do, in order to have what you want.
Margaret Young(American Author)

Perpetual optimism is a force multiplier.
-- *Colin Powell*

Out of difficulties grow miracles.
Jean De La Bruyere(1645-1696, French Writer)

We are in this world to help each other. Human beings have an intrinsic need to help.
-- *HELP, By Garret Keizer (Harper, S.F.)*

Vision without action is merely a dream. Action without vision just passes time. Vision with action can change the world. A true leader must first see an idea as opportunity, then choose to act upon it.
Joel Barker (American Businessman, Consultant, Author)

"Our entire lives are created from our emotional (feeling) state. This is the powerful energy that creates our reality. Everything that shows up in our outer world is a direct match with our Emotional Belief Systems."
~ *Melanie Tonia Evans*

People are fighting over water, over food and over other natural resources. When our resources become scarce we fight over them. In managing our resources and in sustainable development, we plant the seeds of peace.
-- *Dr. Wangari Maathai, Kenyan Winner of 2004 Nobel Peace Prize*

Chance is always powerful. Let your hook be always cast; in the pool where you least expect it, there will be a fish.
- *Ovid*

Turbulence is life force. It is opportunity. Let's love turbulence and use it for change.

- *Ramsay Clark*

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.

-- *Oprah Winfrey*

Self-confidence is the first requisite to great undertakings.

- *Samuel Johnson*

Keep your fears to yourself, but share your courage with others.

- *Robert Louis Stevenson*

It doesn't take a lot to make me happy. I like to work out. I like to play ball. I like to spend time with my friends. I like to make myself better every day. I like to try to learn. It doesn't take money to do that.

Steve Nash

Think for yourself and let others enjoy the privilege of doing so too.

-- *Voltaire*

People are always blaming their circumstances for what they are.

I don't believe in circumstances. The people who get on in the world are the people who get up and look for the circumstances they want and if they can't find them, make them.

George Bernard Shaw (1856-1950, Irish-born British Dramatist)

Goodness is the only investment that never fails.

-- *Henry David Thoreau*

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything.

- *George Lois*

Do what you feel in your heart to be right - for you'll be criticized anyway. You'll be damned if you do, and damned if you don't.

- *Eleanor Roosevelt*

Failures are finger posts on the road to achievement.

Charles F. Kettering (1876-1958, American Engineer, Inventor)

"The only people who think they create their own reality (as in 'exclusively' of their own accord) are Psychopaths."

*Ken Wilber, the co-founder of Transpersonal Psychology
(and revered as the "Einstein of consciousness"),*

You can't please everybody if you are going to make a difference in this world.

-- Unknown

Love is a force that connects us to every strand of the universe, an unconditional state that characterizes human nature, a form of knowledge that is always there for us if only we can open ourselves to it.

Emily H. Sell

"We must distinguish between the kinds of control we exercise. There is fear-based control, and there is wisdom-based control. Think of it as the difference between slam dancing and a waltz."

Layne and Paul Cutright

You have been my friend. That in itself is a tremendous thing. After all, what's a life anyway? We're born, we live, we die. By helping you, perhaps I was trying to lift up my life a trifle. Heaven knows, anyone's life can stand a little of that.

-- E.B. White's Charlotte's Web

A weak man has doubts before a decision, a strong man has them afterwards.

- Karl Kraus

Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.

- Sun-tzu

If you have a great ambition, take as big a step as possible in the direction of fulfilling it. The step may only be a tiny one, but trust that it may be the largest one possible for now.

Mildred McAfee

Don't fight forces, use them.

-- R. Buckminster Fuller

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

- *Norman Vincent Peale*

Courage is being scared to death - but saddling up anyway.

- *John Wayne*

The biggest mistake people make in life is not trying to make a living at doing what they most enjoy.

Malcomb S. Forbes (1919-1990, American Publisher, Businessman)

The most important trip you take in life is meeting people half way.

-- *Henry Boyle*

The ultimate of being successful is the luxury of giving yourself the time to do what you want to do.

Leontyne Price (Opera Singer)

The aim of life is self-development. To realize one's nature perfectly - that is what each of us is here for.

- *Oscar Wilde*

Associate with well-mannered persons and your manners will improve. Run around with decent folk and your own decent instincts will be strengthened.

- *Stanley Walker*

No one can get an education, for of necessity education is a continuing process.

-- *Louis L'Amour, 1908-1988*

The man who removes a mountain begins by carrying a way small stones.

Chinese Proverb

We are not what we know but what we are willing to learn.

-- *Mary Catherine Bateson*

Within each of us is a hidden store of energy. Energy we can release to compete in the marathon of life. Within each of us is a hidden store of courage. Courage to give us the strength to face any challenge. Within each of us is a hidden store of determination. Determination to keep us in the race when all seems lost.

Roger Dawson (British Born American Negotiation Expert, Speaker, Author)

Love keeps the cold out better than a cloak.

- *Henry Wadsworth Longfellow, 1807-1882, American Poet*

Build up your weaknesses until they become your strong points.

- *Knute Rockne, 1888-1931, American Football Coach*

You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere.

- *Charles F. Kettering, 1876-1958, American Engineer and Inventor*

It is a sin against ourselves and others not to act on a good impulse.

-- *Rev Dale Turner, Seattle Times Oct 9, 2004*

It is not the critic who counts. Not the man who points out how the strong man stumbled or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause. Who, at the best, knows in the end the triumph of high achievement, and who at the worst, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat.

Theodore Roosevelt (1858-1919, Twenty-sixth President of the USA)

Compassion is not religious business, it is human business; it is not luxury, it is essential for our peace and mental stability; it is essential for human survival.

-- *Dalai Lama*

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything.

- *George Lois*

Seize the moment of excited curiosity on any subject to solve your doubts; for if you let it pass, the desire may never return, and you may remain in ignorance.

- *William Wirt*

The important thing is not to stop questioning.

Albert Einstein (1879-1955, German-born American Physicist)

The distance is nothing; it's only the first step that is difficult.

-- *Marquise du Deffand*

Loving others, or how you treat yourself, is really your own dose of your own medicine that you give to others at the same time.

-- Gary Zukav, *Thoughts from the Seat of the Soul*

No pessimist ever discovered the secret of the stars or sailed an uncharted land, or opened a new doorway for the human spirit.

- Helen Keller

The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts.

- Bertrand Russell

There is always hope when people are forced to listen to both sides.

-- John Stuart Mill

You should treat all disasters as if they were trivialities but never treat a triviality as if it were a disaster.

- Quentin Crisp

I have dreams, and I have nightmares. I overcame the nightmares because of my dreams.

- Jonas Salk

'I, not events, have the power to make me happy or unhappy today. I can choose which it shall be.

Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it."

Julius "Groucho" Marx, 1890-1977

Don't compromise yourself. You are all you've got.

Janis Joplin (American Folk Singer)

Each of us is gifted with a birthright of virtually unlimited potential.

-- Mantra on Jill Hall's door, member of 2004 All-USA Teacher Team, USA Today

How different our lives are when we really know what is deeply important to us, and keeping that picture in mind, we manage ourselves each day to be and to do what really matters most.

Stephen Covey (American Speaker, Trainer, Author of "The 7 Habits of Highly Effective People")

"In order to acquire anything in the physical universe, you have to relinquish your attachment to it. This doesn't mean you give up your intention to create your desire...and you don't give up the desire. You give up your attachment to the result."

~Deepak Chopra

"Attachment leads to suffering."

~Buddha

"By choosing your thoughts, and by selecting which emotional currents you will release and which you will reinforce, you determine the quality of your Light. You determine the effects that you will have upon others, and the nature of the experiences of your life."

~ Gary Zukav

"Healing is awakening to the perfection that already is ours."

~Baird T. Spalding

"You are given the gifts of the gods, you create your reality according to your beliefs. Yours is the creative energy that makes your world. There are no limitations to the self except those you believe in."

~ Seth

"Unless you try to do something beyond what you have already mastered, you will never grow."

Ralph Waldo Emerson 1803-1882, Poet and Essayist

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Michelangelo Buonarroti 1474-1564, Italian Renaissance Painter and Sculptor

You don't ever have to do anything sensational to love and be loved.

-- Fred Rogers 1928-2003 TV personality

The rule of my life is to make business a pleasure and pleasure my business.

- Aaron Burr

Dream as big as you can dream, and anything is possible.

- *Michael Phelps*

"There is a wonderful mythical law of nature that the three things we crave most in life -- happiness, freedom, and peace of mind -- are always attained by giving them to someone else."

~ *Peyton Conway March*

The difference between the impossible and the possible lies in a man's determination.

-- *Tommy Lasorda*

Find the good. It's all around you. Find it, showcase it, and you'll start believing in it.

-- *Jesse Owens (1913-1980) Olympic track and field athlete*

Being rich isn't about money. Being rich is a state of mind. Some of us, no matter how much money we have, will never be free enough to take time to stop and eat the heart of the watermelon. And some of us will be rich without ever being more than a paycheck ahead of the game.

Harvey Mackay (American Businessman, Speaker, Author)

We must always change, renew, rejuvenate ourselves; otherwise we harden.

Johann Wolfgang von Goethe (1749-1832)

An act of goodness is of itself an act of happiness. No reward coming after the event can compare with the sweet reward that went with it.

- *Maurice Maeterlinck*

You cannot see the future with tears in your eyes.

- *Navajo Proverb*

If it is a mistake of the head and not the heart don't worry about it, that's the way we learn.

- *Earl Warren*

Many people flounder about in life because they have no purpose. Before it is possible to achieve anything, an objective must be set.

- *George Halas*

The simplest toy, one that even the youngest child can operate, is called a grandparent.

-- *Sam Levenson, American humorist and writer*

A friend is someone who knows all about you and loves you just the same.

Elbert Hubbard (1859-1915, American Author, Publisher)

And all people live, not by reason of any care they have for themselves, but by the love for them that is in other people.

Leo Tolstoy (1828-1910, Russian Novelist, Philosopher)

When I pray, God either changes the circumstances or me.

-- *Paula Sainio, Finish writer*

Dreams come true. Without that possibility, nature would not incite us to have them.

- *John Updike*

Love the moment, and the energy of that moment will spread beyond all boundaries.

- *Corita Kent*

In the arena of human life the honors and rewards fall to those who show their good qualities in action.

Aristotle (BC 384-322, Greek Philosopher)

Education is the chief remedy for all those great evils which afflict the country. Education will not only cultivate and improve the intellect of the nation, but will also purify its character.

- *Keshub Chunder Sen*

Learn the rules, break the rules, make up new rules, break the new rules.

- *Marvin Bell*

Many have forgotten this truth, but you must not forget it. You remain responsible, forever, for what you have tamed.

-- *Antoine de Saint Exupery*

So I vowed to keep myself alive, but only if I would never use me again for just me - each one of us is born of two, and we really belong to each other. I vowed to do my own thinking, instead of trying to accommodate everyone else's opinion, credo's

and theories. I vowed to apply my inventory of experiences to the solving of problems that affect everyone aboard planet Earth.

Buckminster Fuller (American Engineer, Inventor, Designer, Architect "Geodesic Dome")

Every adult needs a child to teach, it's the way adults learn.

-- Frank A. Clark

"Health is the greatest Gift. Happiness is the greatest wealth. Trustworthy is the greatest relative. Enlightenment is the greatest Bliss."

~ Buddha

"For it is in giving that we receive"

~ Francis De Assis

"There is a wonderful mythical law of nature that the three things we crave most in life -- happiness, freedom, and peace of mind -- are always attained by giving them to someone else. "

~ Peyton Conway March

"You give but little when you give of your possessions. It is when you give of yourself that you truly give."

~ Kahlil Gibran

"I have found that among its other benefits, giving liberates the soul of the giver."

~ Maya Angelou

He that is slow to anger is better than the mighty and He that ruleth his spirit is better than He that taketh a city.

The Holy Bible

Not only is your story worth telling, but it can be told in words so painstakingly eloquent that it becomes a song.

-- Gloria Naylor, African-American novelist and educator

Today, let's give thanks for life. For life itself. For simply being born!

-- Daphne Rose Kingma, Writer

There is nothing love cannot face; there is no limit to its faith, its hope, and its endurance.

Bible, I Corinthians 13:7

Who can believe that there is no soul behind those luminous eyes.

--Theophile Gautier

To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.

- Aristotle

Experience is not what happens to a man; it is what a man does with what happens to him.

- Aldous Huxley

Most people would rather be certain they're miserable, than risk being happy.

(Robert Anthony)

To fall in love is easy, even to remain in it is not difficult; our human loneliness is cause enough. But it is a hard quest worth making to find a comrade through whose steady presence one becomes steadily the person one desires to be.

-- Anna Louise Strong