Motivation Thoughts to Keep You Going

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- Personal Best: Competing against others can go on forever somewhere in the world there is (or will be soon) someone better than you. But you can always best yourself! True victory is having the satisfaction of giving it your best shot each day. A real winner has no regrets because they made no excuses. They knew that the opportunities for success only come to those who have made the hard decisions, chosen to sacrifice, and paid the price to be prepared. They set higher standards for themselves than the ordinary man. They did more than what was required they started earlier and stayed later. They hung on a little longer after others let go. They understood there is no free lunch! "The height of great men reached and kept was not attained by sudden flight, but they, while their companions slept, were toiling upward in the night" Henry Wadsworth Longfellow.
- Today's **decisions** are tomorrow's realities Robert Schuller.
- In any moment of decision, the best thing you can do is the right then; the next best is the wrong thing; but the worst thing you can do is nothing Theodore Roosevelt.
- Freedom to be your best means nothing unless you're willing to do your best Colin Powell.
- **Winning is everything**, but wanting to is Arnold Palmer.
- To win you have to risk loss Jean-Claude Killy.
- A Fear that Buries Your Talent: In the famous Parable of the Talents, two men risked what was entrusted to them, investing it to bring a greater return in order to please their master. Another man was so afraid he might lose the investment that he buried it in the ground. When the master returned, he rewarded the two men, but threw the last one out, calling him "wicked and lazy." He chose to do his own thing instead of "being about his master's business." Do you trust that the good you do for others will ultimately be rewarded? Or will you instead bury the skills and resources entrusted to you? He who buries his talent is making a grave mistake.
- The **risk** of a wrong decision is preferable to the **terror of indecision** Maimonides.
- You have to find something that you **love enough** to be able to **take risks**, jump over the hurdles, and break through the brick walls that are always going to be placed in front of you. If you don't have that kind of feeling for what it is you're doing, you'll stop at the first giant hurdle George Lucas.
- You don't concentrate on risks but on results. No risk is too great to prevent the necessary job from getting done
 Chuck Yeager, famous test pilot.
- Only those who **risk** going too far can possibly find out how far one can go T. S. Eliot.
- To win without **risk** is to triumph without glory Pierre Corneille.
- Often the difference between a successful man and a **failure** is not one's better abilities or ideas, but the courage one has to bet on his ideas, **to take a calculated risk**, and to act Mazwell Maltz.
- Only those who dare to fail greatly can ever achieve greatly Robert F. Kennedy.
- Don't fear failure so much that you refuse to try new things. The saddest summary of a life: **could have, might** have, and should have Louis Boone.
- Most people don't plan to fail; they just fail to plan John L. Beckley.
- I don't know the key to success, but the **key to failure** is trying to **please everybody else** Bill Cosby.
- Failure: What if Thomas Edison had given up trying to invent the light bulb before he failed 10,000 experiments? What if Roosevelt had given up after being crippled by polio or defeated as Vice President? What if Lincoln had given up after being defeated twice for Senate?
- People are not remembered by how few times they fail, but by how often they succeed Thomas Edison.
- To the reporter who asked Thomas Edison if he had any "results" to show for all his experimentation, he said: Results? Why man, I have gotten a lot of results. I know 50,000 things that won't work.
- This thing we call "failure" is not in falling down, but in staying down Mary Pickford.
- An inventor . . . treats his **failures** simply as practice shots Charles F. Kettering.

- Your Thoughts Beget Your Life: What images you <u>repetitively</u> see in your mind's eye and what words you <u>repetitively</u> affirm form your self-image, beliefs, and values. These subconsciously control much of your actions, which in turn develop habits that form your character and produce certain results that create your destiny. Life really is an "inside job." You are what you think you are all day long!
- If men are not given the right vision, they will follow wandering fires Sir Richard Livingstone.
- It's not what you look at that matters, it's what you see Henry David Thoreau.
- I saw the angel in the marble and carved until I set him free Michelangelo.
- The Possible's slow fuse is **lit by the imagination** Emily Dickinson.
- Knowledge is limited. **Imagination encircles the world** Albert Einstein.
- The world is but a **canvas to the imagination** Henry David Thoreau.
- **Imagination** is the beginning of creation, you **imagine** what you desire, you will what you **imagine**, and at last you create what you will George Bernard Shaw.
- To draw, you must **close your eyes and sing** Pablo Picasso.
- If men are not given the right vision, they will follow wandering fires Sir Richard Livingstone.
- The world has the habit of making room for the man whose words and actions show that he **knows where he is going** Napoleon Hill.
- A task without a vision is drudgery. A vision without a task is a dream. A task with a vision is victory!
- If you can say it, you can play it unknown music quote.
- Nobody can make you feel inferior without your permission Eleanor Roosevelt.
- What Will You Fall For? Alexander Hamilton said: "If you don't stand for something you'll fall for anything." Aaron Tippin sings these lyrics when speaking of his father who stood up for what is right. "You've got to be your own man, not a puppet on a string. Never compromise what's right and uphold your family name." Sure, you can give in and back down to get more stuff in this life, but "what you do today, you'll have to sleep with tonight." What kind of person you are is revealed by what you do when no one is watching. The way the great Greek Spartan soldiers won battles was to interlock their shields to form a united front that was nearly impenetrable and then dug their spiked boots in to stand their ground. Will you dig your heels in and by faith stand by what you know is right? Have hope that unmerited favor will come your way that's what grace means in Greek!
- Fear that Hides versus Fear that Loves: Our English dictionary describes "fear" or *phobia* as a recoiling, hiding, apprehensive dread or fright of impending suffering, judgment, or death. Sure, this is a natural reflex we've learned from seeing the harm that can be done to us, especially by people. Too many of our actions are fear-motivated, often resulting in more harm than good. It's been said "perfect love casts out all such fear." However, common (*Koine*) Greek of the 1st century, like that used in the New Testament, used the word *phobia* much more broadly. It also described the butterflies we get when we're near the person we have a crush on, and the awe or wonder you have just looking into their eyes. This type of *phobia* can evolve into a deeper love: You start to admire and even revere them. This respect may even lead you to obey (serve) and kiss toward (worship) them, especially in regards to divinity. After all, what good father wouldn't want his children to listen to him out of trust, appreciation, admiration, and love instead of fearfully hiding from an angry hand? What kind of "fear" motivates you looking over your shoulder for the consequences of your actions? Or looking forward to being with the one who has shown you kindness, patience, undeserved favor (grace and mercy), and unconditional love (*agape*)?
- Power of the Tongue: Although the tongue weighs very little, few people can hold it. Better to keep your tongue, even as the thought is at its tip, rather than have a loose tongue or worse, a sharp one! Wise King Solomon advised: "Whoever keeps his tongue keeps himself from trouble. A soft answer turns away wrath, but a harsh word stirs up anger. Rash words are like sword thrusts, but the wise tongue brings healing. Death and life are in the power of the tongue." The tongue should be bitten before it slips and others feel the rough side of it. Sometimes we should be more like the shy who have difficulty finding their tongue, rather than wagging them off like a "tiny spark setting a forest on fire ... or a tiny rudder steering a mighty ship," says James the Just. Few can afford a silver tongue,

where words roll off it so eloquently. But too many politicians and media people who do have them, then speak with forked tongues, spinning their half-truths for gain. Paul (Saul) of Tarsus said it well: Keep corrupting talk from escaping your mouths, but only that which builds up others and gives grace (undeserved favor) to those who hear. Like the Psalmist, we can pray "Set a guard over my mouth – even a muzzle – and keep watch over the door of my lips. . . to utter wisdom, justice, and blessings and not curses."

- Who Do You Talk To When In Trouble?
- Never let troubles get you down except to your knees. If a care is too small to be turned into a prayer, it is too small to make into a burden. You need not dial the 24/7 Atheist Prayer Line where nobody answers. Instead of "casting your nets all night long and catching nothing" we are told to "cast our cares upon him for he cares for us." When troubled, who do you turn to? Sometimes we're so busy adding up our troubles we forget to count our blessings. Want to get to sleep faster than counting sheep? Try counting your blessings!
- He Who Laughs, Lasts: I love Og Mandino's spirit: I will laugh at this world . . . I will paint this day with the [cheerful] colors of laughter . . . I will frame this night in song . . . But how, especially when confronted with man or deed that offends me as to bring tears or curses? I will remember 4 words: "This too shall pass!" The mightiest men of history and all their accomplishments are now only dust! Most of all, I will laugh at myself for man is most comical when he takes himself too seriously. What can occur today to disturb me that will be remembered 10 years or even 1 year from now? King Solomon reminds us "a joyful heart is good medicine . . . the cheerful of heart have a continual feast . . . "There is a time to laugh and to dance." Modern medicine confirms: Laughter is inner jogging. Tears and laughter are stress cleansers. He who laughs, lasts. Milton Berle quips: It's an instant vacation! Victor Borge adds: It's also the shortest distance between two people. Jay Leno confirms: You can't be mad at somebody who makes you laugh. Mark Twain notes: it's mankind's one effective weapon. Charles Dickens agrees: there's nothing so irresistibly contagious.
- It's the **start** that stops most people unknown.
- It's a job that's never **started** that takes the longest to finish J. R. R. Tolkien.
- A journey of 1000 miles begins with the first step Lao Tzu.
- Physics tells us a body at rest tends to stay at **rest**, but a body in **motion** tends to stay in motion. Make the laws of physics work for you **by getting started**.
- Start by doing what is necessary, then do what is possible, and suddenly you are doing the impossible St. Francis of Assisi.
- LIFE is **movement**.....movement towards growth or atrophy either way new forms of being are made from the transformation.... Plato, via Socrates, based his philosophical system on the notion that **the soul is always in motion**. It is either animated towards "The Good, the Forms or Truth" or it is animated towards "The False and shallow world of shadows" Plato's "Republic," Book VI.
- The **secret of getting ahead is getting started**. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one Mark Twain.
- Just Start It! The secret of all success is to start from scratch and keep on scratching. No race will ever be won if you don't get off the starting line. Mark Twain was right: The secret of getting ahead is getting started. The right angle to approach every problem is the "TRY-angle." If you don't at first succeed, try, try, try again. "Never stop trying and never try stopping." Maroufi.
- If anything is worth trying at all, it's worth trying at least 10 times Art Linkletter.
- You may be disappointed if you fail, but you are doomed if you don't try Beverly Sills, famous opera singer.
- **Preoccupation:** A good way to get over your problems is help others get over theirs. Whatever you focus on expands, so if you put a magnifying glass to your "issues" they will engulf your life. Instead, trust that by getting your eyes onto others and blessing them, then your "needs" will strangely be met probably in ways you never could have imagined. Sometimes your values change in the process and what was so important at the time just isn't anymore. Cool! Sometimes "crises" just disappear if you can be patient. Isn't that the Golden Rule of all time:

- "Love others as your love yourselves?" We are already preoccupied with ourselves. The key to life is letting go of this infatuation and be wrapped up in others. Forget yourself for others and others will not forget you. Those who bring sunshine to others get to enjoy it themselves. The heart is happiest when it beats for others.
- The Meaning of Trials: Faith and courage are like a kite an opposing wind just pushes them higher. Remember that without pressure a worthless lump of coal couldn't turn into a precious diamond. As James the Just wrote: For this reason, count it all joy when you encounter trials of many kinds, knowing that they produce patience and character, equipping you with everything you need, leaving you complete. Paul (Saul) of Tarsus adds: Our sufferings produce endurance, which develops character, leading to hope that won't disappoint. Trials purify us to bring us back to what's most important, just as fire refines gold and silver to burn off the impurities. Children who won't listen to their parents sometimes have to be allowed to "learn the hard way." Sure, their troubles are unpleasant at the time but the loving parent is "working all things together for their good." The parent is willing to sacrifice the child's immediate happiness for their long-term welfare. The way through the trial is trusting or having faith that the parent "will never leave you or forsake you." A gem is not polished without rubbing. Lory Story's song "Blessings" has a great chorus: What if blessings come through raindrops; What if your healing comes through tears; What if a 1000 sleepless nights are what it takes to know you're near; What if trials of this life are your mercies in disguise.
- Value of Time: I was inspired by Leonard Nimoy (Star Trek's Spock) who has a clock with the estimated number of days remaining in his life, reminding him to "redeem the time" as the 1st century Paul of Tarsus advised, for our life "is but a vapor that appears for a little while and then vanishes." Time is more valuable than money because it's irreplaceable. Your greatest possession is the next 24 hours. King Solomon said "there is time for every purpose and work under heaven" like the Byrds song "Turn, Turn, Turn." Napoleon warned: Every hour lost is a chance of future misfortune. In the Parable of the 10 Virgins, although the bridegroom had been late in arriving, five bridesmaids were nevertheless prepared. As the hours passed however, five others became lax and didn't keep their lamps lit to be able to see the arrival. So, they were excluded from the marriage feast. How you finish matters as much as how you start. Count the cost to make sure you have enough materials to finish building a house. M. Scott Peck said: Until you value your time, you will not do anything with it. John F. Kennedy echoed: We must use time as a tool, not as a crutch. Leonardo da Vinci promises: Time stays long enough for those who use it.
- Killing time murders opportunities unknown.
- Most misfortunes are the results of **misused time** Napoleon Hill.
- Nine-tenths of wisdom consists in being wise in time Theodore Roosevelt.
- I must govern the clock, not be governed by it Prime Minister Golda Meir.
- To some degree, you control your life by **controlling your time** Conrad Hilton.
- Time is the scarcest resource, and unless it is managed, nothing else can be managed Peter Drucker.
- 9/10 of wisdom consists of being wise in time Theodore Roosevelt.
- Most misfortunes are the results of misused time Napoleon Hill.
- We work not only to produce, but to give value to time Eugene Delacroix.
- Got Milk? If you want milk, don't sit on a stool in the middle of a pasture waiting for the dairy cow to back up to you? Proverbs 10:4
- Is Talent Enough? There are plenty of talented failures. Why? Lack of perseverance and determination they simply stopped trying.
- Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained Marie Curie.
- Victory belongs to the most persevering Napoleon Bonaparte.
- The secret of success is constancy of purpose Benjamin Disraeli, British Prime Minister.
- No great thing is created suddenly, any more than a bunch of grapes or a fig Epictetus.

- Weary? Faint not in doing well, for in due season you will reap what you have sown. Know what comes in a can? Success! Failures settle with can'ts.
- The ultimate results of **shielding men from the effects of folly** is to fill the world with fools Herbert Spencer.
- If it's Worth Doing, it's Worth Doing Well: Whether great or small, whatever you do, do it will all your heart.
- Hindsight is 20/20: Nobody on their deathbed ever wished they could have spent more time at work!
- Best Way to Really Learn Something: Teach it to others!
- I hear and I forget. I see and I remember. I do and I understand Confucious.
- Effective vs. Efficient: Effective people don't just do the same things differently, they do different things. It's not the number of hours you put in day that counts, but how much you put in the hours. The leader who does things that really count usually isn't the manager stopping to count them.
- The significant problems we face cannot be solved at the same level of thinking we were at when we created them. The **definition of insanity** is doing the same thing over and over again and expecting a different result Albert Einstein.
- Model Excellence: Why spend all the time it takes to reinvent the wheel. Listen and learn from other people's mistakes so you won't have to make them yourself. King Solomon's wisdom to kings and queens was dead on: "The way of a fool seems right in his own eyes, but he who listens to counsel is wise." The first step to wisdom is silence; the second is listening. A minute of thought is worth more than an hour of talk. "Be quick to listen and slow to speak" for ignorance is always swift to speak.
- Excellence I can reach for perfection is God's business Michael J. Fox.
- We are what we repeatedly do. Excellence, then, is not an act, but a habit Aristotle.
- The quality of a person's life is in direct proportion to their commitment to **excellence** Vince Lombardi.
- If you are going to achieve **excellence** in big things, you develop the habit in little matters . . . a prevailing attitude Colin Powell.
- I like to listen. **I have learned a great deal from listening carefully.** Most people never listen Ernest Hemingway.
- Criticism Cuts and Separates: Pick your friends but not to pieces. He who throws dirt loses ground. Meaning of judgment. Patient kindness is the oil that takes the friction out of life.
- To avoid criticism, do nothing, say nothing, be nothing Elbert Hubbard.
- How Much Do You Know? People don't care how much you know until they know how much you care. A person wrapped up in themselves makes a very small package. Steven Covey had it right: Seek first to understand then to be understood.
- Forgiveness: To forgive is to set a prisoner free and discover the prisoner was you. How can we demand forgiveness of our "sins" if we ourselves won't do that for others? If our hands our full of other people's indebtedness to us that we won't let go of, how can we then be able to take hold of the hand of forgiveness, peace, and friendship that reaches out to us? Like the Lord's Prayer says: "Forgive us our trespasses as we forgive others."
- Pride before the Fall: How many people have you seen "choke" after they've acted so confidently? Better to choke on swallowing your pride! T.S. Elliot said: Most of the trouble in the world is caused by people wanting to be important. Carl Jung reminds us though: Deep down below the surface of the average conscience is a still, small voice that says to us, something is out of tune. Thomas Merton hit on the head: Pride makes us artificial but humility makes us real. So, the essence of humility is an admission that you really don't know as much as you need to, so you open yourself up to be teachable. As King Solomon said: Listen more and speak less. Can you trust that Beatitude: Blessed are the meek (Greek: humble, deferring, accepting, non-resisting, gentle) for they shall inherit the earth?
- When was the last time you followed your dreams? Some scientists believe that dreams are just fragments of daytime data that haven't been fully processed. However, the ancients believed that vivid dreams were often like shadows cast backwards from events to come. Plato believed reality exists outside of time and space as an ideal or

- "form." Wise men from ancient times have interpreted dreams and many personal and corporate battles have been won as a result. The famed wise man Daniel (of the lion's den) in 603 B.C. interpreted the recurring dreams of King Nebuchadnezzar of Babylon, detailing the future of not only his kingdom but also naming all worldwide kingdoms that have come since names that didn't exist, like Greece and Rome! The next time you have a recurring dream, maybe it would be better to not discount it as an unprocessed fragment of the day! It may tell of your future!
- Where Does Your Creativity Come From? What motivates you to create something? To play music? To paint? Are you trying to use your talent to get something else of value, like prestige or money? Or do you realize that what you have is a unique gift to the world? I've not found many naturally "gifted" drummers and many of these will never find out because they quit too soon. Are you grateful for this gift, giving credit where credit is due? Google why Bach and Handel would sign all their musical works Soli Deo Gloria. They knew their success didn't come solely from themselves! Are you caught up in your own left-brain's analytical thinking when you count and play music or do you tap into your right-brain's singing, feelings, colors, and images that spontaneously appear? Are you using your whole brain to learn music? The word "worship" means to "kiss toward to show worth or value." Is the beauty of art what your playing relays? Quiet the chatter of your mind; have your mind's eye watch and listen closely to your heart or spirit; feel; and then create music that blesses!
- Rightly Dividing the Truth: A seasoned teacher once told his young protégé this: Endeavor diligently to show yourself an honest workman that need not be ashamed, cutting a straight line when teaching the message of truth. With so many politicians tickling men's ears and everybody selling something with their own spin, it's even harder to find the truth under the garbage piles of half-truths and outright lies. Truth taken out of context can still be a pretext and you'll end up with swampland in Florida. Do your own homework don't rely on others. Don't bite the wiggling worm until you've got a lot more information! Cut straight!
- It is More Blessed to Give than Receive: Want to look back and have no regrets about the way you've lived? Pay whatever the price and make the sacrifices needed to do what you know is right! It's true about the saying stamped on pop bottles: NO DEPOSIT, NO RETURN. Over time we really do get back what we give out, just like a boomerang. Physicists agree: Every action has an equal and opposite reaction. A famous 1st century teacher once said: "Don't deceive yourself a man will reap what he sows . . . Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will then be poured into your lap." Pay it forward!
- U-Turn: In order to **go forward** to a better life, you have to first decide to turn away from "that drizzly road you've been down too many times" as Trinity said to Neo in the movie "The Matrix." That's the meaning of "repent" in ancient Greek. It's not a religious word, but a conviction of the heart to change your attitude, have faith, and embrace something new that promises a better way.
- I will go anywhere as long as it's forward David Livingstone.
- Is the Grass Really Greener on the Other Side? Just remember that it may look greener, but it still has to be mowed. Read the book of Ecclesiastes sometime. It records an 85-year old multi-billionaire King Solomon looking back at his driven life of achieving everything he set out to accomplish. In retrospect he felt it was vain and futile, like trying to grasp the wind. Nothing was ever enough to satisfy. His advice was to not bother joining the rat race, running circles in the squirrel cage, endlessly "gathering, collecting, and storing." Escape into entertainment and sensuality won't fulfill either. He found the simple life of eating, drinking, working, relationships, and sleeping with joy, peace, and contentment to evade most men, who as Thoreau said, live lives of quiet desperation. No, even these simple pleasures he found were a gift from above to be received with thankfulness and awe. Next time you gripe about what you don't have, stop and give heartfelt thanks for what you do have. Your grass seems greener to the other side also!
- Matters of the Heart: Success doesn't depend so much on what you know in your head but what you give from your heart. As Lauren Alaina sings about the blessings of marriage and children despite logical objections: When you're young and in love, yeah, you might do some things that don't seem all that smart, cause there ain't no greater distance than the 18 inches from your head to your heart. Zig Ziglar said it this way: Your attitude is more important

than your aptitude. Georg Wilhelm noted: Nothing great in this world has ever been accomplished without passion. The poorest man isn't the one without a cent but the one without a dream. The brutal Roman empire of 1000 years was revolutionized in 100 years by the spread of love from simple, persecuted people who said they were compelled by divine love that transformed them. Where will your love lead you that your head can't? I've also found relationships often matter more than mere head knowledge in one's business success. I've seen a lot of really smart and talented people go nowhere because they don't know how or won't share this blessing with others.

- Your Perspective Can Make the Difference: Some people shake their fist because of the thorns on roses, while others raise a voice of praise for the roses among the thorns. I like what Bono of U2 said: "Perspective is the cure for depression." Also fear! David didn't say what the other Israelite soldiers did: Goliath is too big to hit, but said instead: He's too big to miss! Remember the tea pot even though it's up to its neck in hot water, it still continues whistling. Sorrow looks back in regret; Worry looks around at circumstances; Faith looks up for provision. It's not the outlook but the uplook that counts. John Lubbock said: What we see depends mainly on what we look for, and C.S. Lewis noted: For what you see and hear depends a good deal on where you are standing. Do you feel dreary when it rains, or do you dance while "singin' in the rain" like Gene Kelly? Your choice changes everything! 1st century Paul (Saul) of Tarsus could surely have got discouraged and given up "spreading the word" after his many beatings, but like the one whom he followed, he kept his eyes fixed on the joys in front of him and forgot what was behind. His advice: Whatever is true or truthful, noble or worthy of respect, right or just, pure or morally clean, lovely, reputable or commendable, morally good, virtuous, praise-worthy continually take an inventory, number, count, consider, and think on such things. Look ahead to your hope!
- Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fit it if you can. But train yourself not to worry. Worry never fixes anything Mary Hemingway.
- Don't Despise Small Beginnings: The spokesman Zechariah once advised Israel not to "despise the day of small things" when they began rebuilding their Temple in 536 B.C., despite a "great mountain" of obstacles, encouraging them that their God who started it would complete it. Often the only thing that will help keep you pressing forward is this upward-looking faith and hope. The founder of Wal-Mart, Sam Walton, said he never focused on building such behemoth stores, only on "taking care of the little things daily, believing the results from this would take care of the rest." AA meetings and people who are substance-free know that the key is to "take one day at a time." The mighty oak was once a little nut that stood its ground! In the famous Parable of the Talents, the master rewarded his servants saying: "Well done good and faithful servant. You were faithful with a little, so now I give you charge over much." Try this at work! Likewise, consider the famous Parable of the Mustard Seed: The mustard seed is smaller than all seeds, yet when sown, grows up, and becomes greater than all the herbs, putting out great branches, so that birds can live in its branches. When you plant "good seed" into your life day by day and water it, trust that it will also grow up and not only provide for you but many others also! As my friend Bob Kish from the "Good Earth" said: "Spread the love."
- The beaver takes **nibbles** out of the tree that has stood 200 years until eventually it falls.
- Every little bit helps; every little quit hurts unknown.
- Nothing big ever came from being small unknown.
- You get back from life what you give. Want respect? Give it! Want to be happy? Help others be happy!
- Courage through Adversity We need more Heroes! We are all born common, but when we decide to commit ourselves to noble principles, to get up again and again after we've fallen, to ask for strength in our weaknesses, looking past our physical disabilities toward the spirit's possibilities, to live fearlessly by a trusting faith that knows battles will be fought for us if we will simply ask, then our uncommon "courage through adversity" will either move mountains or drill straight through them! Ralph Waldo Emerson said: A hero is no braver than an ordinary man, but he is braver five minutes longer.
- It is not the mountain we conquer but ourselves Sir Edmund Hillary, famous mountaineer.

- Faith in the Unseen: A 1st century document read by millions throughout the Roman Empire defined "faith" as the very foundation that supports the hope that sustains us. This confident "knowing" isn't based on what you can see but on the trust you place in the person telling you to "just believe." Faith dares the soul to go beyond what the eyes can see. We <u>all</u> have faith, like when we put our foot on the brake pedal. We <u>trust</u> the unseen mechanisms below will really stop us! In order to value from a gift, you first have to take a hold of it and <u>trust</u> that opening it will really bless you. Faith leaves no room for doubt! You either have it or you don't you can't have 75% of it. You either <u>trust</u> and act accordingly, or you don't! Doing the right thing almost always requires a step of faith, because it promises rewards you can't immediately see. Notice how the wrong is right there to give you instant gratification! Feed your faith and your doubts will starve!
- Faith is like radar that sees through the fog the reality of things at a distance that the human eye cannot see Corrie Ten Boom.
- Far better to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory, nor defeat Theodore Roosevelt.
- Do you reach beyond to touch the sky, or lag behind, afraid to try? Do you reach beyond to learn anew, or hesitate the same old you? Do you reach beyond to test your limit, or do you tell yourself, I'm timid? Do you reach beyond to lead the pack, or do you waste time looking back? Do you reach beyond to care and share, and help some others do and dare? Do you reach beyond, expect the best, or have you given up the quest? Do you reach beyond and claim your space, here and now, this time, this place? Do you reach beyond and try to soar, or, sadly, play it safe once more?
- A man's reach should exceed his grasp, or what's a heaven for? Robert Browning.
- Make it big: Start small. . . It is where every achievement starts . . . That is the beauty of true success. . . . Start small and then keep going. . . . Success is attained not by those who start big, but by those who maintain their momentum long enough to get big. . . . The most stunning achievements you could possibly imagine each began with a small thought, an idea, a desire to make a difference Ralph Marston.
- Why is it that when we talk to God we're said to be praying, but when God talks to use we're schizophrenic? Lily Tomlin.
- When a man is sufficiently **motivated**, discipline will take care of itself Albert Einstein.
- Ability is what you're capable of doing. **Motivation** determines what you do and attitude how well you do it Lou Holtz.
- Wanting something is not enough. You must hunger for it. Your **motivation** must be absolutely compelling in order to overcome the obstacles that will invariably come your way Les Brown.
- Desire is the key to **motivation**, but it's the **determination** and commitment to an unrelenting pursuit of your goal a commitment to excellence that will enable you to attain the success you seek Mario Andretti.
- Always bear in mind that **your own resolution to succeed** is more important than any other one thing Abraham Lincoln.
- A **goal is an enemy to be conquered** with a battle strategy and the commitment of a warrior. There is no success in giving up Tom Garriga.
- Stopping at 3rd base adds no more to the score than striking out Unknown.
- **Motivation** is a fire from within. If someone else tries to light that fire under you, chances are it will burn briefly Stephen Covey.
- Alice in Wonderland asked the Cheshire cat, "Which fork in the **road** do I take?" He responded, "Where do you want to go?" She said, "I don't know." "Then," said the cat, "it doesn't matter."
- When you come to a **fork in the road**, take it Yogi Berra.
- Great goals are powerful **magnets**; puny goals are small and weak magnets. Set the size of your goal big and you will attract big-thinking people Unknown.

- Two roads diverged in yellow wood, and sorry I could not travel both. And being one traveler, long I stood and looked down one as far as I could to where it bent in the undergrowth; Then took the other, as just as fair, and having perhaps the better claim, because it was grassy and wanted wear; Though as for that the passing there had worn them really about the same, and both that morning equally lay in leaves no step had trodden black. Oh, I kept the first for another day! Yet knowing how way leads on to way, I doubted if I should ever come back. I shall be telling this with a sigh somewhere ages and ages hence: Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference The Road Not Taken, by Robert Frost.
- The person attempting to travel **two roads** at once will get nowhere Xun Zi.
- There are only **two ways** to live your life as though: 1) nothing is a miracle, or 2) **everything is a miracle** Albert Einstein.
- If you don't change **direction**, you'll end up where you are heading Lao Tzu.
- The greater thing in this world is not so much where we stand as in **what direction** we are going Oliver Wendell Holmes.
- I can't change the **direction** of the wind, but I can adjust my sails to always reach my destination Jimmy Dean.
- Efforts and courage are not enough without purpose and **direction** John F. Kennedy.
- I'd rather regret the things I've done than regret the things I haven't done Lucille Ball.
- It is **never too late** to be what you "might have been" George Eliot.
- You can't turn back the clock. But you can wind it up again Bonnie Prudden.
- You can't have a **better tomorrow** if you are thinking about yesterday all the time Charles Kettering.
- True happiness . . . is not attained through self-gratification but through fidelity to a **worthy purpose** Helen Keller.
- To forget **one's purpose** is the commonest form of stupidity Friedrich Nietzsche.
- The great use of life is to spend it doing something that will **outlast it** William James.
- The **chief end** of man is to fear (in awe: honor, revere, worship) God and keep his commandments King Solomon.
- Faith is the highest passion in a human. Many may not come that far, but none comes further Soren Kierkegaard.
- You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were **born to** manifest the glory of God that is within us Marrianne Williamson.
- 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.
- When you cease to make a **contribution**, you begin to die Eleanor Roosevelt.
- You don't get to **choose** how you're going to die, or when. You can **decide** how you're going to live now Joan Baez.
- Commit your works to the Lord and your thoughts will be established Proverbs 16:3-4. Commit your way to the Lord; Trust also in him, and he shall bring it to pass Psalms 37:5. Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge him, and he shall makes your paths direct (smooth and straight) Proverbs 3:5-6.
- Success demands **singleness of purpose** Vince Lombardi.
- Put all your eggs in one basket, and watch the basket Mark Twain.
- Most people who "go with the flow" end up **shooting arrows** into the air based on their particular mood of the day. They are either going to hurt themselves or someone else, but it's very unlikely they will hit a legitimate target! Most of them end up washed up on a beach somewhere down the line Benjamin Franklin, Winston Churchill.
- The man who is **swimming against the stream** know the strength of it Woodrow Wilson.
- Even a dead fish can float down stream ... but it takes a real live one to buck the current Unknown.
- A plant that is not watered dies. Metal that is not oiled rusts. Likewise, **inattentiveness to purpose** will erode away a person's life.

- Without a **resounding "yes"** inside of yourself toward something you highly value, you are very likely going to get side-tracked or distracted by almost everything and also everybody else's "yes." It's easy to say "no!" when there's a deeper "yes!" burning inside Stephen Covey.
- It is not the great temptations that ruin us it is the little ones John W. De Forest
- The easiest thing to be in the world is you; the hardest to be what other people want you to be Leo Buscaglia.
- Life abhors a vacuum Francois Rabelais. Out of sight, out of mind 1867 Spenser Society. When you stop doing something intentionally good for you, just about everything will get sucked into fill its place and usually stuff that has very little long-lasting value to you! It will be filled with the trivial and mundane, or other people's wishes and desires not yours!
- Setting goals is like keeping appointments with yourself. It builds personal honor and integrity. You start to depend on yourself.
- Contrary to popular opinion, "Seeing is <u>NOT</u> believing." All achievers will tell you that you must <u>first</u> believe in order to see.
- The greatest **mistake** you can make in life is to continually **fear** you will make one Elbert Hubbard.
- Be willing to make decisions. That's the most important quality in a good leader. Don't fall victim to what I call the **ready-aim-aim-aim syndrome** T. Boone Pickens.
- The best way to predict your future is to **create** it Stephen Covey.
- Whatever you **focus** on expands Esther Jno-Charles. Focus on nothing and that expands too! Energy flows where attention goes.
- Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus (through a magnifying glass) Alexander Graham Bell.
- We can always choose to perceive things differently, focusing on what's wrong in your life or what's right –
 Marianne Williamson.
- When you **focus** on being a blessing, God makes sure that you are always abundantly blessed Joel Osteen.
- It is good to have an end to journey toward; but it is the journey that matters, in the end Ernest Hemingway.
- We are at our very best, and we are happiest, when we are fully engaged in work we **enjoy on the journey toward the goal** we've established for ourselves Earl Nightingale.
- When you dance, your purpose is not to get to a certain place on the floor; it's to enjoy each step along the way –
 Wayne Dyer.
- Our bodies are our gardens to which our wills are gardeners William Shakespeare.
- Great things are not something accidental, but must certainly be willed Vincent van Gogh.
- Always bear in mind that your own **resolution** to succeed is more important than any other one thing Abraham Lincoln.
- Strength does not come from physical capacity, but from indomitable will Mahatma Gandhi.
- The man who goes farthest is generally the one who is **willing** to do and dare Dale Carnegie.
- We become what we **think** about all day long Ralph Waldo Emerson.
- More gold has been mined from the **thoughts** of men than has ever been taken from the earth Napoleon Hill.
- Whether you think you can or whether you think you can't, you're right Henry Ford, Mary Kay Ash.
- Great **thoughts** reduced to **practice** become great acts Peter Senge (MIT).
- As long as you're going to think anyway you might as well **think BIG** Donald Trump.
- When you **reach for the stars**, you may not quite get them, but you won't come up with a handful of mud either Leo Burnett.
- Hitch your wagon to a star Emerson.
- Too low they build who build beneath the stars Young.
- We know the truth, not only by the reason, but by the heart Blasé Pascal.

- There is no **passion** to be found playing small, in settling for a life that is less than what you are capable of Nelson Mandela
- With me, poetry has not been a purpose, but a **passion** Edgar Allan Poe.
- I feel sorry for the person who can't get genuinely **excited** about his work. Not only will they never be satisfied, but they will never achieve anything worthwhile Walter Chrysler (Chrysler corp).
- Man is so made that when anything fires his soul, **impossibilities** vanish Jean de la Fontaine.
- Today's **impossibilities** are tomorrow's headlines. Progress never starts until somebody challenges a longstanding **impossibility** Unknown.
- Music is **love** in search of a word Sidney Lanier.
- It's so hard building a company that if you don't have a **passion**, you'll give up Steve Jobs (Apple).
- The man who does not work for the **love of work**, is not likely to make money nor to find much fun in life Charles Schwab.
- Go confidently in the direction of your **dreams**. Life the life you have imagined, and meet with success Henry David Thoreau.
- Nothing happens unless first a **dream** Carl Sandburg.
- All our **dreams** can come true, if we have the courage to pursue them Walt Disney.
- The future belongs to those who believe in the beauty of their dreams Eleanor Roosevelt.
- Great hopes make everything great possible Benjamin Franklin.
- There can be no progress if people have no **faith** in tomorrow John F. Kennedy.
- Faith is like radar that sees through the fog the reality of things at a distance that the human eye cannot see Corrie Ten boom.
- It is possible to do whatever you choose, if you get to know who you are and are willing to work with a **power** greater than yourself to do it Oprah Winfrey.
- Whatever course chosen, it won't be a chore but an adventure if your sights are above the secure and mediocre –
 David Sarnoff.
- Don't give up trying what you really want to do. Where love, inspiration, and hard work are, you can't go wrong
 Ella Fitzgerald.
- I firmly believe that if you follow a **path that interests you**, you'll be a person worthy of your own respect Neil Simon
- The easiest thing to **be in the world is you**. The most difficult thing to be is what other people want you to be. Don't let them put you in that position Leo Buscaglia.
- Life becomes harder for us when we live for **others**, but it also becomes richer and happier Albert Schweitzer.
- Life's most persistent and urgent question is "What are you doing for others?" Martin Luther King, Jr.
- You are here to **enrich the world**, and you impoverish yourself if you forget this Woodrow Wilson.
- Whoever would be great among you must be a **servant**, even as the Son of Man (Jesus) came not to be served but to serve and to give his life as a ransom for man Matthew 20:27-28 and Mark 10:44-45.
- The best portion of a good man's life his little nameless, unremembered acts of kindness and love William Wordsworth
- Begin with **praise** and honest appreciation. Call attention to people's **mistakes** indirectly Dale Carnegie.
- It's always worthwhile to make others aware of their worth Malcolm Forbes.
- See everything, **overlook** a great deal, correct a little Pope John 23.
- The art of being wise is the art of know what to **overlook** William James.
- If we did all the things we are **capable of doing**, we would literally astonish ourselves Thomas Edison.
- The only way to discover the limits of the possible is to go beyond them into the **impossible** Arthur C. Clarke.
- Start by doing what is necessary, then do what is possible, and suddenly you are doing the **impossible** St. Francis of Assisi. **Are you doing your best each day OR quitting before you even start?**

- The above average person is an average person who has an unaverage attitude toward **impossibilities** Unknown.
- If one **advances** confidently in the direction of his dreams and **endeavors** to live the life he has imagined, he will meet with a success unexpected in common hours Henry David Thoreau.
- Everything comes to him who **hustles while he waits** Thomas Edison.
- There is no one waiting in line to go to the top if you are willing to take the stairs Zig Ziglar.
- A winner is he who recognizes his God-given talents, works his tail off, and uses these skills to accomplish his
 goals Larry Bird.
- Don't measure yourself by what you have accomplished, but rather by what you should have accomplished with your abilities John Wooden.
- As you go through life, you learn that if you don't **paddle your own canoe**, you don't move Katherine Hepburn.
- Even if you're on the right track, you'll get run over if you just sit there Will Rogers.
- Nothing is **really work** unless you would rather be doing something else James Matthew Barrie.
- Never mistake **motion** for **action** Ernest Hemingway.
- If you don't **paddle your own canoe**, you don't move Katherine Hepburn.
- Everything depends upon execution; having just a vision is no solution Stephen Sondheim, famous Broadway composer.
- I miss all the **shots I don't take** Wayne Gretzky.
- Action on the move creates its own route, creates to a very great extent the conditions under which it is to be fulfilled and thus baffles all calculation Henri Bergson.
- What we think or believe, in the end, is of little consequence. The **only thing of consequence is what we do** John Ruskin, famous historian.
- Ideas are a dime a dozen, but people who put them into action are priceless unknown.
- Life without a goal will be like a rocking chair it will keep you in **motion**, but it will get you nowhere!
- It's not enough to be **busy**; so are the ants. The questions is: What are we busy about? Henry David Thoreau.
- Chance only favors the mind which is prepared Louis Pasteur.
- Great minds discuss ideas, average minds events, small minds people Hyman Rickover.
- Luck to me is something else: hard work and realizing what is opportunity and what isn't Lucille Ball.
- There are **no shortcuts** to any place worth going Beverly Sills.
- If people knew how hard I had to work to gain my **mastery**, it wouldn't seem so wonderful at all Michelangelo.
- Often **genius** is nothing more than a greater aptitude for **patience** Benjamin Franklin.
- Success isn't something you chase. It's something you have to put forth the **effort for constantly**; then maybe it'll come when you least expect it Michael Jordon.
- The only place you find **success before work** is in the dictionary May V. Smith.
- I do the **best I know** how, the very best I can, and I mean to keep doing so until the end Abraham Lincoln.
- Four little words sum up what has lifted most successful individuals above the crowd: "a little bit more" Lou Vickery.
- To **retire** is the beginning of death Pablo Casals.
- Retirement is defined as: the prefix "re" (again) + tired. Who wants to be tired again?
- A man will rust out quicker from **retirement** that he will wear out Col. Harlan Sanders.
- **Retirement** at 65 is ridiculous; I still had pimples George Burns.
- If you want to be successful, find a successful person, copy what they do, and you'll achieve the same results –
 Tony Robbins.
- Most everything I've done I've **copied** from someone else Sam Walton (Wal-Mart).
- I have never made the slightest effort to compose anything original Wolfgang Amadeus Mozart.
- I built my talents on the shoulders of other's talents. I **evolved from them** Michael Jordan.
- Don't expect anything original from an echo unknown.

- You can observe a lot by watching Yogi Berra.
- The road to the heart is the **ear** Voltaire.
- There is no disgrace in not knowing; the disgrace is in being unwilling to **learn** Benedetto Varchi.
- A man only **learns** in two ways, one by reading, and the other by association with smarter people Will Rogers.
- The giving-up reaction, the **quitting** response, that comes from believing what you do doesn't matter Arnold Schwarzenegger.
- Winners never quit and quitters never win Vince Lombardi, Ted Turner.
- It matters if you just **don't give up** Stephen Hawking.
- Never give up; Never **surrender** Tim Allen playing the actor Jason Nesmith who played Commander Peter Quincy Taggart.
- No one can **defeat** us unless we first defeat ourselves Dwight Eisenhower.
- The only one who can **beat** me is me Michael "Golden Shoes" Johnson.
- The difference between a **rut** and a grave is the depth Gerald Burrill.
- Things work out best for those who **make the best** of the way things work out John Wooden.
- When the going **gets tough**, the tough get going Joseph P. Kennedy.
- **Difficulties** are things that show what men are Epictetus.
- I'm not afraid of storms, for I'm learning to sail my ship Louisa May Alcott
- Troubles are often the tools by which God fashions us for better things Henry Ward Beecher.
- In the **depth of winter**, I finally learned that within me lay an invincible summer Albert Camus.
- If you want the rainbow, you've got to **put up with the rain** Jimmy Durante, Dolly Parton.
- Even God cannot make two mountains without a valley in between Gaelic proverb.
- Grey skies are just clouds passing over Duke Ellington.
- Some people are always grumbling because roses have thorns. I am thankful thorns have roses Alphonse Karr.
- If you hear a voice within you saying "You are not a painter," then paint and that **voice will be silenced** Vincent van Gogh.
- Kites rise highest **against the wind**, not with it Winston Churchill.
- A champion is one who **gets up** when he can't Jack Dempsey.
- I think and think for months and years 99 times the conclusion is false. The **100**th **time** I am right Albert Einstein.
- To succeed, it is necessary to accept the world as it is, and **rise above** it Michael Korda.
- Divide each difficulty into as many parts as necessary to resolve it Rene Descartes.
- The secret of getting ahead is getting started. The secret of getting started is **breaking your complex overwhelming tasks into small manageable tasks**, and then starting on the first one Mark Twain.
- Cinch by the inch; hard by the yard unknown.
- How do you eat an elephant? One bite at a time unknown.
- Grain by grain, a loaf; stone upon stone, a place George Bernard Shaw.
- I couldn't wait for success, so I went ahead without it Jonathan Winters.
- People get ... are those who look for **circumstances** they want, and if they can't find them, make them George Bernard Shaw.
- Nothing great has ever been achieved except by those who dared believe something inside them was **superior to circumstances** Bruce Barton.
- In modern society the opposite of **courage** is not cowardice; it is **conformity** Rollo May.
- A **bold heart** is half the battle Dwight D. Eisenhower.
- You can only become a winner if you are willing to walk over the edge Ronald McNair.
- What would life be if we had no **courage** to attempt anything? Vincent van Gogh.
- Courage is not the absence of fear; it is the making of action in spite of fear M. Scott Peck.

- The most absurd and reckless aspirations have sometimes led to extraordinary success Winston Churchill.
- The person who knows how will always have a job. The person who **knows why** will always be their boss Diane Ravitch.
- There's nothing in the **middle of the road** but yellow stripes and dead armadillos James Allen Hightower.
- We know what happens to people who stay in the **middle of the road** they get run over Aneurin Bevan.
- Eagles don't flock Ross Perot.
- The man who is **swimming against the stream** knows the strength of it Woodrow Wilson.
- Never follow the **crowd** Bernard Baruch.
- It is better to be a **lion** for a day than a sheep all your life Sister Elizabeth Kenny.
- Innovation distinguishes between a **leader** and a follower Steve Jobs (Apple).
- Shoot for the moon . . . even if you miss, you'll be among the stars.
- When you reach for the stars, you may not quite get them, but you won't come up with a handful of mud either Leo Burnett, marketing expert.
- If you would hit your target, you must aim a little above it for every arrow that flies feels the attraction of the earth Henry Wadsworth Longfellow.
- In the business world, everyone is paid in 2 coins: cash and experience. **Take the experience first**; the cash will come later Harold Geneen.
- Winning can be defined as the science of being totally prepared George Allen, football coach.
- Troubles are often the tools by which God fashions us for better things Henry Ward Beecher.
- Whether you think you will succeed or not, you are right Henry Ford.
- You shouldn't take a fence down until you know the reason it was put up G. K. Chesterton.
- When a man seeks your advice he generally wants your praise Philip Dormer Stanhope.
- Deliver me from the man who never makes a mistake, and also from the man who makes the same mistake twice
 William J. Mayo of Mayo Clinic.
- Wisdom is the power to put our time and our knowledge to the proper use Thomas J Watson, founder of IBM.
- Everything comes to him who hustles while he waits Thomas Edison.
- If we did all the things we are capable of doing, we would literally astonish ourselves Thomas Edison.
- A bold heart is half the battle Dwight D. Eisenhower.
- A professional is a man who can do his best at a time when he doesn't particularly feel like it Alistair Cooke.
- Never bend your head. Always hold it high. Look the world right in the eye Helen Keller.
- God gave us memories so that we might have roses in December James Matthew Barrie.
- Always do right. This will gratify some people, and astonish the rest. Mark Twain.
- There are many truths of which the full meaning cannot be realized **until personal experience has brought it home** john Stuart Mill.
- What counts is not necessarily the size of the dog in the fight it's the size of the fight in the dog Dwight D. Eisenhower.
- The eye sees only what the mind is prepared to comprehend Robertson Davies.
- Real communication happens when people feel safe Ken Blanchard.
- I not only use all the brains I have, but all I can borrow Woodrow Wilson.
- We know what happens to people who stay in the middle of the road; they get run over Aneurin Bevan.
- The man with a new idea is a crank until the idea succeeds Mark Twain.
- It is **much easier to be critical** than to be correct Benjamin Disraeli.
- I couldn't wait for success, so I went ahead without it Jonathan Winters.
- Before you can **inspire with emotion**, you must be swamped with it yourself. Before you can move their tears, your own must flow. To convince them, you must yourself believe Winston Churchill.
- The difference between a rut and a grave is the depth Gerald Burrill.

- A man is a success if he gets up in the morning and get to bed at night, and between he does what he wants to do
 Bob Dylan.
- Buying on credit is much like getting drunk. The buzz happens immediately after consumption and give you a lift. The hangover comes the day after Dr. Joyce Brothers.
- It's a job that's **never started that takes the longest** to finish J.R.R. Tolkein.
- A man will **rust out quicker** than he will wear out Colonel Sanders.
- The bumblebee shouldn't be able to fly, but it doesn't know that, so it goes on flying anyway Mary Kay Ash.
- The **cost of a thing** is the amount of "life" required in exchange for it, immediately or in the long run Henry David Thoreau.
- How often **I found where I should be going** only by setting out for somewhere else in the first place R. Buckminster Fuller.
- A **champion** is one who gets up when he can't Jack Dempsey, famed boxer.
- The best portion of a good man's life his little nameless, unremembered **acts of kindness and love** William Wordsworth.
- If your actions create a legacy that inspires others to **dream more, learn more, do more, and become more,** they you are an excellent leader Dolly Parton.
- The great use of life is to spend it doing something that will outlast it William James
- "Luck" to me is something else "Hard Work" and realizing what is opportunity and what isn't Lucille Ball.
- The saddest summary of a life contains three descriptions: should of, would of, could of Louis Boone.
- He listens well who takes notes Dante Alighieri.
- **Genius** is the ability to put into effect what is in your mind F. Scott Fitzgerald.
- One man with **courage** makes a majority Andrew Jackson, 7th U. S. president.
- If you see in any given situation only what everybody else can see, you are less a representative of your culture than a victim of it S. I Hayakawa.
- The man who does not work for the **love of work**, but only for money, is not likely to make money nor to find much fun in life Charles Schwab.
- The trouble with most of us is that we would rather be **ruined by praise than saved by criticism** Norman Vincent Peale.
- You can't turn back the clock, but you can wind it up again Bonnie Prudden, fitness expert.
- Creativity is contagious; pass it on Albert Einstein.
- To lead the people, walk behind them Lao-Tzu.
- The **grass is not always greener** on the other side of the fence. Fences have nothing to do with it. The grass is greenest wherever it is watered Robert Fulghum.
- When you do the common things in life in an uncommon way, you will command the attention of the world George Washington Carver, renown scientist.
- "By chance," you will say, but chance only favors the mind which is **prepared** Louis Pasteur, renown chemist.
- You have to **select your target** extraordinarily well, picking one or two things to do, not 10 Jen-Hsun Huang, Nvidia CEO.
- Ignorance isn't bliss; it's oblivion Philip Wylie.
- Nothing in the world can take the place of **persistence**. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence alone is omnipotent Calvin Coolidge, 30th U. S. President.
- It is possible to **do whatever you choose**, of you get to know who you are and are willing to work with a power greater than yourself to do it Oprah Winfrey.
- The heights by great men reached and kept, were not attained by sudden flight. But they, while their companions slept, were **toiling upward in the night** Henry Wadsworth Longfellow.

- If you put a lid on a jar of fleas, they will stop jumping to avoid the pain of hitting the lid. **Take the lid of limitations off your own life and JUMP** you were created to!
- If we listened to our intellect, we'd never fall in love, we'd never have friendships, we'd never go into business, because we'd be cynical. Well, that's nonsense! You've got to jump off cliffs all the time and build your wings on the way down Ray Bradbury.
- All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience Henry Miller.
- Having a goal is like being able to see a lighthouse beacon while sailing in a dark, stormy ocean that light will guide you safely into shore.
- It doesn't matter how much horsepower a car has it can't make one move forward **until it is put into gear**. Having goals does just that it keeps you from going in circles like a mule grinding grain!
- Concentrated focus on one goal gives you great power, like a magnifying glass focusing the sun's warmth into a single point of fire! It can take a wandering generality into a meaningful specific!
- Going places 1 step at a time OR going nowhere fast? To climb up a tall ladder to reach a seemingly faraway destination, don't stare at the top step and be overwhelmed by fear of such a daunting task. It's only from the valley that the mountain seems so high. Instead, stare at the first step until you take it; then stare at the second step until you take that. Just keep doing this until the last step and whatever you do, don't look down if you're afraid of heights!
- Each time you decide to grow again, you realize you're **starting at the bottom of another ladder** Ken Rosenthal.
- Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand Carlyle.
- Every noble work is at first impossible Carlyle.
- The word **impossible** is not in my dictionary Napoleon.
- Start by doing what is necessary, then do what is possible, and suddenly you are doing the impossible St. Francis of Assisi.
- The most difficult part of getting to the top of the ladder is getting through the **crowd** at the bottom Arch Ward.
- The world will turn aside to let any man pass who knows where he is going.
- We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.
- Real difficulties can be overcome; it is only he imaginary ones that are unconquerable.
- I do the **very best I know how**, the very best I can, and I mean to keep on doing so **until the very end** Abraham Lincoln.
- Anybody can be nobody, but it takes a man to be somebody Eugene V. Debs.
- Kemmons Wilson, **founder of Holiday Inn** said these were his favorite quotes: The harder I work, the luckier I get; The only people who don't have problems are those who don't do anything; I don't think any man can be successful doing something he doesn't like and no man can be successful working just 40 hours a week.
- **Profit from your problems**; capitalize on crisis; draw dividends from difficulties; frustrations become fruit-bearing; scars turn into stars.
- Every time a door closes another one opens. What you do with your problems is more important that what your problems do with you!
- 'Tis not the softer things of life which stimulate man's will to strive; But bleak **adversity and strife** do most to keep man's will alive. O'er rose-strewn paths the weaklings creep, but **brave hearts** dare to climb the steep Unknown.
- Your mind is a supercomputer, but a computer can only do what it's programmed to do. **Garbage in; Garbage out (GIGO).** You have to be crystal clear with your "computer program" what you want out of your life. Unclear, vague, fuzzy objectives results in the same.
- Only a Klingon programmer would say: Specifications are for the weak and timid. Klingon function calls do not have 'parameters' they have 'arguments' and we always wind them! A true warrior does not comment his code. If you question the worthiness of my code, I will kill you where you stand!
- As a man thinks, so he is; as he continues to think, so he remains James Allen.

- Where there's no gardener, there's no garden Stephen Covey.
- Most people get ahead during the time that others waste Henry Ford.
- The reason I defeated the Russians is because they did not know the value of five minutes Napoleon.
- Little minds are tamed and subdued by misfortunes, but great minds rise above them Washington Irving.
- Use the **Law of Averages** to your advantage: The number of times a thing will happen is in direct proportion to the number of times it is given a chance to happen. As the bible says, "Whatsoever a man sows, that shall he also reap."
- Sow and act and reap a habit; Sow a habit and your reap a character; Sow a character and your reap a destiny G.D. Boardman.
- Getting results and be admired OR making excuses and being ridiculed? "He that is good for making excuses is seldom good for anything else" Benjamin Franklin.
- What's your excuse? You have a disability? Tom Dempsy was born with half a foot and a deformed arm, but he set the world's record for kicking field goals in football!
- Either I will find a way or I will make one Sir Philip Sidney.
- Live this day as if it were your last Kerr.
- Are you being a player in the game of life OR sitting on the sidelines watching others have all the fun? Real life really goes to those **playing the game**, not watching the game!
- Do or do not there is NO try Yoda said to Luke Skywalker in Star Wars.
- Are you part of the problem by doing the same things that caused the problem in the first place, or part of the solution by doing completely different things?
- The **enemy of the "best"** is often the "good." Anything less than a conscious commitment to the important is an unconscious commitment to the unimportant Stephen Covey
- Doing more things faster is no substitute for doing the right things.
- The **main thing** is the keep the main things the main things. Life is not a dress rehearsal make it count! Stephen Covey.
- **Balance** isn't *either/or*, it's *and* Stephen Covey.
- **Difference** is the beginning of synergy Stephen Covey.
- Anytime we think **the problem** is "out there" that thought is the problem Stephen Covey.
- Why not **go out on a limb?** That's where the fruit is. Shoot for the moon even if you miss, you will land among the stars. Whatever your mind can conceive and believe, it can achieve. Our aspirations are our possibilities.
- Dreams are illustrations from the book your soul is writing about you.
- Victims say: I'm too busy; look for excuses not to even make an attempt; ask for pity; worry about who is to blame; complain; find comfort in the weakness of others; agonize over yesterday's losses; take credit; search for quick and easy answers to their problems.
- Victors say: I'll find the time; look for ways to get it done; look for challenges; find a way to make a difference; take action; help others to develop their strengths; prepare for the opportunities of tomorrow; accept responsibility; spend the time and effort needed to build the life they desire.
- The Victor by C.W. Longenecker: If you think you are beaten, you are. If you think you dare not, you don't. If you like to win but think you can't, It's almost a cinch you won't. If you think you'll lose, your lost. For out in the world we find Success begins with a fellow's will. It's all in the state of mind. If you think you are outclassed, you are. You've got to think high to rise. You've got to be sure of yourself before You can ever win the prize. Life's battles don't always go to the stronger or faster man. But sooner or later, the man who wins Is the man who thinks he can.
- It's the action, not the fruit of the action, that's important. You have to do the right thing. It may not be in your power, may not be in your time, that there'll be any fruit. But that doesn't mean you stop doing the right thing. You may never know what results come from your action. But if you do nothing, there will be no result Gandhi.

- Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so That other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously Give other people permission to do the same. As we are liberated from our own fear our presence automatically liberates others. Nelson Mandela, 1994 Inaugural Speech.
- Enthusiasm: Every production of genius must first be the product of enthusiasm. Nothing great was ever achieved without enthusiasm. Every man is enthusiastic at times. One man for 30 minutes, another for 30 days, but is the man who has it for 30 years you makes a successful life Edward B. Butler.
- Procrastination: I'll get around to it "one of these days" is none of these days. Upon the plains of hesitation, bleached the bones of countless millions who, on the threshold of victory, sat down to wait and waiting, they died Unknown.
- The world is full of very competent people who honestly intend to do things, but tomorrow or when they find time. Their accomplishments seldom match those less talented people who have a sense of **urgency to getting things done now!**
- Everything comes to him who hustles while he waits Thomas Edison.
- He who works with his hands is a laborer. . . . with his hands and head is a craftsman . . . with his hands, head, and heart is an artist Unknown.