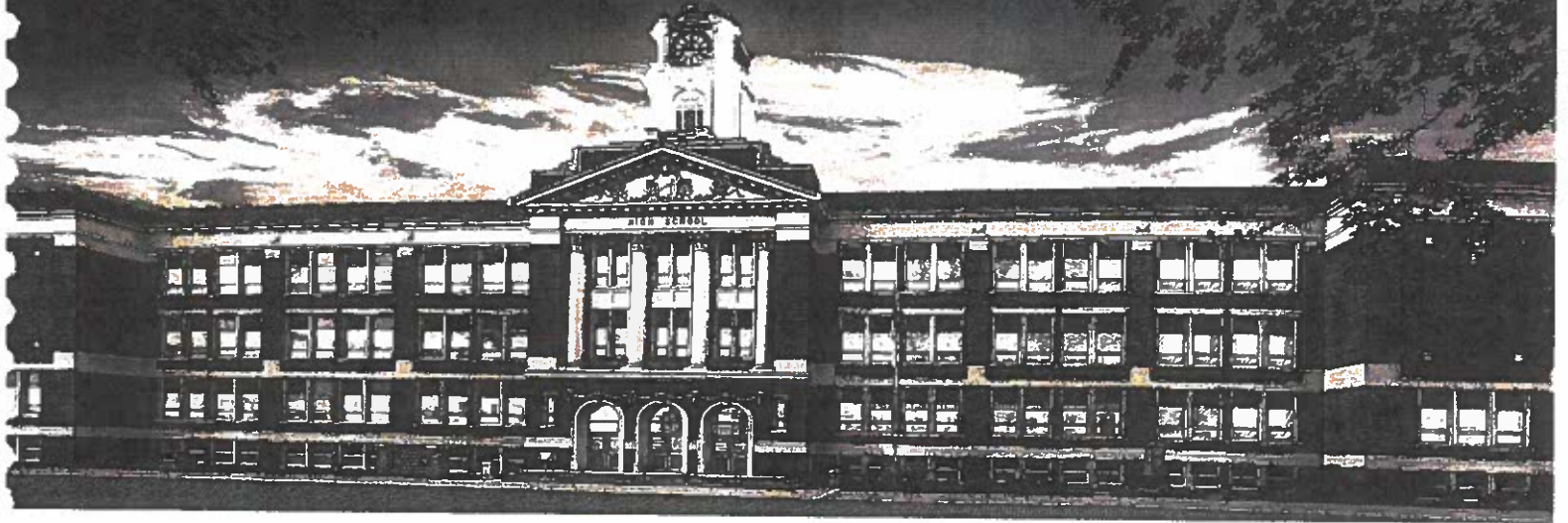
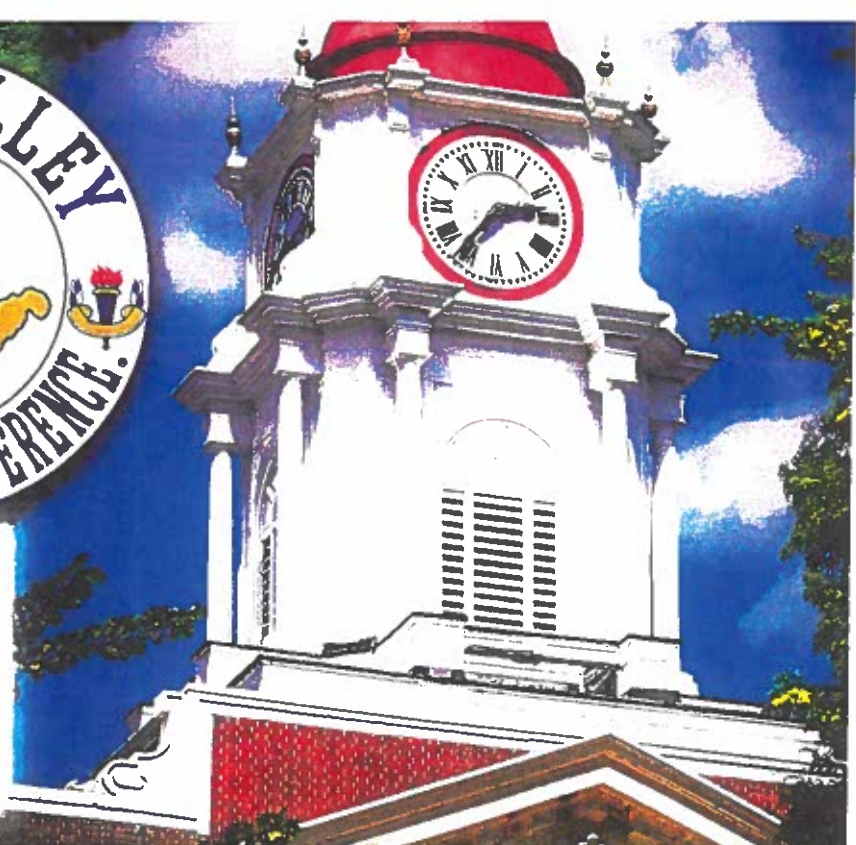




# IT CAME ACROSS MY DESK



## COVER PHOTOS

**Clockwise from top right corner:** **BELL TOWER AT BELLAIRE HIGH SCHOOL:** For well over 140 years, the bell tower has set on top of the high school, giving people in Bellaire the time. After it was moved to the current high school, it served as the focal point for the community, a visible sign of the spirit, pride, and tradition of the town. With the help of the Alumni Association, it was painted and lit to catch the eye of every person traveling north and south on State Route 7. To see it at night is most impressive. **THE GRANDCHILDREN:** My legacy, my inspiration, my heroes. From left to right: Megan, Maddy, T.J., Sarah, Andrew, Sean, Lizzie, Rachel. Watching them mature has been an adventure. My hope is to be able to see them all graduate, get married, and start their own families. **BELLAIRE HIGH SCHOOL:** Since 1925, this magnificent structure has been the center of the town. Right next to the historic City Park, many believe it's part of our campus. I literally grew up in this building, with my father teaching there. While I have traveled throughout the valley and state, I truly believe there is no more beautiful high school building than this. **CHILDREN/WIFE:** My pride and joy. Daughter Sheri, wife Linda, son Terry. It would take a book twice this size to express what they have done, what they have been, how they have supported my schemes/ideas, have cleaned up my messes. When you talk blessings, they are at the top of the list. **BREEZY POINT FARM:** My dad started working on this farm in 1925, bought it in 1946 (the year I was born), and spent his life working to make it the beautiful spot it is today. Every time I mow the fields (everything you see in the picture is mowed weekly), I know how pleased he would be to see it today. To me, this is the most beautiful spot on earth. **OVAC LOGO:** Without a doubt, this is the most recognizable symbol in the Ohio Valley. I never realized what a great organization this was until I got to know it intimately. All twenty charter members in 1943 are still members today, 73 years later. That's unheard of. Very few, if any, scholastic conferences in the United States can claim they have accomplished what the OVAC has. One of my greatest contributions has not been running the Conference, it's been serving her.



# IT CAME ACROSS MY DESK



# DEDICATION

How do you take sixty-nine years of living, forty eight years of marriage, 17 years of running the OVAC, coming in contact with thousands of students, coaches, athletes, and friends, throw in a large group of authors who you feel you know but have never met, and simply say, "Thank you"?

**You can't.** But still you need to at least sort through those individuals who have impacted, shaped, and developed your life.

First, my wife, Linda. We met in seventh grade in 1958, started dating in high school, and from 1962 on, have been together. No one has ever put up with more, endured my idiosyncrasies, tolerated my weaknesses, defended my actions, supported my projects. You were there when I was flying high, and there when I crashed and hit bottom. What ever made you hang in there, I'll never fully understand. I'm just so grateful you did. ***My journey would never have been the same without you.***

My children, Sheri and Terry, are my pride and joy. My wife did a wonderful job rearing them while I was busy working all the jobs I did. Each in their own way have grown into amazing individuals. Sheri marks the third generation of Rataiczaks to teach in the Bellaire School System, while Terry ceases to amaze me with his technological knowledge and business acumen.

My eight grandchildren. And I thought two kids were bad. Each one with their unique personality. From Megan to Rachel, it has been a true blessing to watch them grow into the persons they are today. For the record: Megan, Maddy, Sarah, TJ, Andrew, Sean, Lizzie, and Rachel. You are my legacy, my inspiration, my heroes.

My parents. My dad taught me hard work, discipline, and money management, while mom taught me to appreciate literature, beauty, and faith. I never fully realized

until later in life how little we had and how much they sacrificed. I always thought we were the richest kids around. I wish every child could have experienced what I did growing up on Breezy Point Farm.

Mrs. Edna Vogt, my Latin teacher. Tough, stern, she taught me to understand the English language better, but more important, helped me to understand that you never went to work (or school) unprepared. The discipline I learned struggling through her Latin classes has allowed me to accomplish things I never dreamed possible.

Bellaire High School. It was a true privilege to have served you for thirty-one years. Your teachers, your students, your administrators, your coaches have given me so many opportunities, helped me understand so many lessons, opened so many doors. To everyone who ever wore the red and black, realize that you are truly special. Your spirit, pride, and tradition are second to none.

And finally, the Ohio Valley Athletic Conference. While I thought I would always believe that Bellaire was the only school that mattered, I soon realized that we were part of something even bigger. To have the opportunity to run the largest functional high school athletic conference in the nation has truly been an exhilarating and humbling experience.

The coaches and athletic directors I've worked with, the meet directors and commissioners who have worked alongside of me, the administrators who served on my Executive Board, have all helped me understand what a great area we live in.

There are so many others who have touched my life, given me inspiration, helped me along my journey. In some small way, I hope this book says thank you.

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# PREFACE

1

"Hello. My name is Tom, and I'm a quote-aholic."

I'm really not certain when this "disease" began. My guess would be back in the late sixties when I began teaching. I wanted to put something on my board each day that while the students were pretending to listen to me, they would see and read and take with them when they left. Little pearls of wisdom so to speak.

The problem was, since I was in my early twenties, I had little wisdom to give. So I started looking through books and magazines to find them. *Reader's Digest* was always in my house growing up, so their "Quotable Quotes" proved useful, but not enough to satisfy my needs.

Then I came across those handy day-by-day calendars, even ones totally dedicated to quotes and words of wisdom. And every day after I would use one, I threw it in a box in my desk drawer, at one time even writing the date I used it on. **Why?**

But it didn't stop there. While I always had a love for reading, planted there by my mother, I started looking around for books that might contain more of these pearls. And if it were such that I gained something also, all the better.

Enter the next level of addiction. Denis Waitley, Zig Ziglar, Og Mandino, Earl Nightengale, Robert Schuller. The early masters. Anything they wrote, I read. Then I discovered something else: the highlighter. As I read, I found it necessary to keep this demon with me so I could mark things I wanted to remember, share, pass on.

Next came those insidious little books, those postcard-sized books that were filled with quotes and could be found in stores, restaurants, anywhere. I could feel the addiction setting in.

Advanced English 10 became my permanent teaching assignment and I was

responsible for getting students ready for college: speaking, debating, vocabulary, writing.

With that occurred one day, for some bizarre reason, a flashback to Miss Butts' (seriously, that was her name) seventh grade English class where we were forced to memorize Robert Frost's "Stopping by Woods on A Snowy Evening." Twenty years later, I could still recite it from memory. So why not make my students do that? But instead of poetry, give them motivational poems that would serve both purposes. Another quest began. "Don't Quit," "If You Think You Are Beaten," "Anyway," and my all-time favorite, "The Man In The Glass." I'm amazed when I run into students from twenty-five years ago who can still rattle them off.

Needless to say, my desk drawer was becoming crowded, so it became necessary to throw something away. Never! Remove it, put it in a box, and save it for "later." **Why? Why?**

Then there was that period of reading the sports masters: John Wooden (the absolute best), Lou Holtz, Vince Lombardi, and others. Their philosophies just started to sink in, and the ink from the highlighters continued to flow.

When I retired in 1999 and took a job with the Ohio Valley Athletic Conference, I thought the disease would go away, but little did I realize what a hold it had on me. Every week when I would e-mail my Executive Board, a "Thought For The Week" was added from recent readings. Every month, at our meeting, the agenda would include two messages, usually one humorous (few are included here) and one serious or motivational (many are included).

And the source of these changed from the teaching days. New friends were introduced. Larry Winget, "The Pitbull of Personal Development," whose philoso-

phies were a bit unorthodox but spot on in logic, Jack Canfield, and John Maxwell, the world's best authority on leadership. Anytime I go into a book store, I head straight toward these authors to see what there is I haven't yet read.

Sitting on my bookshelves are close to three dozen books, highlighted like crazy with thoughts I wanted to include in my book someday.

That's when I realized how hooked I was. While I see no end in sight for this addiction, I also realize that my days are numbered, and there's so much I want to do before that final day comes. To go through those volumes and type every underlined quote into this book would take years, years I don't have.

Also, one of the unique things about this book is that it was typed with one finger, my left hand index finger. I never learned to type correctly, and while I do have reasonable speed with it, my handicap limits my production. I've been working on this project for well over twenty years.

And so, this book. It's arranged in sixty-eight sections. Why those were chosen just sort of developed naturally; they were areas I was attracted to. While I went over them several times, I'm certain there are duplications. Oft time the same quote appears in two or more sections, as when I typed it, that's where I thought it fit best.

At the end of some sections, there appears what seems to be an unrelated section. That's because I hate wasting paper, so I just figured I'd go through my files and add other things that caught my fancy.

At the end of this book, you will find forty-five gray pages that contain many of the messages I shared with my students and Executive Board over the years. Again, I hate to see them not included, for at one time or the other, they meant something to me.

I also had it bound so that you could lay it flat on a copier and reproduce it to share with your friends much as I have shared with you.

One more thing you'll notice about this book. There is no price on it. You paid nothing for it. These are not my thoughts. To take them, reproduce them, and profit from them would just be wrong. While it would be acceptable to do, I don't want to profit, just share.

So if you own this book, realize that **you are special**. You have been a part of my journey, have shared many of these messages, and hopefully will do the same with people you know and love.

As for me, the addiction continues. While I'm surrounded by a society that favors social networking mindless thoughts about unimportant issues, I can't shake the idea that some of these masters might be able to help me solve a problem, develop a program, or build an idea. Therefore I continue to buy, read, and highlight.

Some day, when the end comes, my kids will be forced to decide what to do with the volumes of books that occupy my office shelves. Hopefully, they would read them. But I know better. They are addicted to technology. But that's their problem.

At least a part of me continues to exist with you.

**Read.**

**Think.**

**Ponder.**

**Enjoy.**



# ABILITY

3

There is something that is much rarer than ability. It is the ability to recognize ability. -Robert Half

The greatest ability is dependability. -Curt Bergwall

You only have control over three things in your life -- the thoughts you think, the images you visualize, and the actions you take (your behavior). How you use these three things determines everything you experience. -Jack Canfield

First say to yourself what you would be, and then do what you have to do. -Epicetus

That which we persist in doing becomes easier -- not that the nature of the task has changed, but our ability has increased. -Ralph Waldo Emerson

We all have ability. The difference is how we use it. -Stevie Wonder

Abilities not used are abilities wasted.

Unused talents give you no advantage whatever over someone who has no talents at all.

Everything should be made as simple as possible, but not one bit simpler.

I never doubted my ability, but when you hear all your life you're inferior, it makes you wonder if all the other guys have something you've never seen before. If they do, I'm still looking for it. -Hank Aaron

Do what you can, with what you have, where you are. -Theodore Roosevelt

Accepting good advice increases your own ability.

If you believe you can, you will. Have confidence in your abilities, then follow through.

You've got to be before you can do, and do before you can have. -Zig Ziglar

## THE BRIDGE BUILDER

An old man, going a lone highway,  
Came at the evening cold and gray,  
To a chasm, vast and deep and wide,  
Through which was flowing a sullen tide.  
The old man crossed in the twilight dim-  
That sullen stream had no fears for him;  
But he turned, when he reached the other  
side,  
And built a bridge to span the tide.

"Old man," said a fellow pilgrim near,  
"You are wasting strength in building here.  
Your journey will end with the ending day;  
You never again must pass this way.  
You have crossed the chasm, deep and wide,  
Why build you the bridge at the eventide?"

The builder lifted his old gray head.  
"Good friend, in the path I have come,"  
he said,  
"There followeth after me today  
A youth whose feet must pass this way.  
This chasm that has been naught to me  
To that fair-haired youth may a pitfall be.  
He, too, must cross in the twilight dim;  
Good friend, I am building the bridge for him."

-Will Allen Dromgoole

## THE MAIN KEYS TO BEING MORE SUCCESSFUL

1. Take personal responsibility.
2. Things change, so be flexible.
3. Work smart and work hard.
4. Serve others well.
5. Be nice to others.
6. Be optimistic.
7. Have goals. Want something big for yourself.
8. Stay focused.
9. Keep learning.
10. Become excellent at what you do.
11. Trust your gut.
12. When in doubt, take action.
13. Earn all you can. Save all you can. Give all you can.
14. Enjoy all you've got.
15. Above all, keep it simple.

How many leadership secrets are there?

**Just one.**

Get out in front of people and give them something to follow. Just lead!

-Larry Winget  
It's Called Work for a Reason

# ACCOMPLISHMENT

Between saying and doing, many a pair of shoes is worn out.  
-Italian Proverb

Don't settle. Seek the best.

You can have anything you want if you want it desperately enough.  
-Sheilah Graham

There is always room at the top.  
-Daniel Webster

Keep score with results.

Nothing happens until someone says, "I will."

In creating, the only hard thing is to begin.  
-Lowell

Nothing is so difficult that it cannot be accomplished by diligence.  
-Seneca

We realize that what we are accomplishing is a drop in the ocean. But if this drop were not in the ocean, it would be missed.  
-Mother Teresa

Every man is entitled to be valued by his best moment.  
-Ralph Waldo Emerson

When day is done, you frequently discover that little else is.

## **It's the Journey that's Important**

By John McLeod

Life, sometimes so wearying  
Is worth its weight in gold  
The experience of traveling  
Lends a wisdom that is old  
Beyond our 'living memory'  
A softly spoken prayer:  
"It's the journey that's important,  
Not the getting there!"

Ins and outs and ups and downs  
Life's road meanders aimlessly?  
Or so it seems, but somehow  
Leads us where we need to be,  
And being simply human  
We oft question and compare....  
"Is the journey so important  
Or the getting there?"

And thus it's always been  
That question pondered down the ages  
By simple men with simple ways  
To wise and ancient sages....  
How sweet then, quietly knowing  
Reaching destination fair:  
"It's the journey that's important,  
Not the getting there!"

The impossible: what nobody can do until somebody does.

God put me on this earth to accomplish a certain number of things. Right now, I'm so far behind that I'll probably never die.

To climb steep hills requires a slow pace at first.  
-William Shakespeare

The greater the difficulty, the more glory in surmounting it.  
-Epicurus

He who awaits can expect little.  
-Gabriel Garcia Marquez

A problem well stated is a problem half solved.  
-Charles Kettering

Well begun is half done.  
-Aristotle

First you say to yourself what you would be; and then you do what you have to do.  
-Epictetus

If you doubt that you can accomplish something, then you can't accomplish it. You have to have confidence in your ability, and then be tough enough to follow through.  
-Rosalynn Carter

It is better to ask some of the questions than to know all the answers.

One of the biggest thrills in life comes from doing a job well.

Don't fight the problem; decide it.  
-General George C. Marshall

Sweat is the cologne of accomplishment.  
-Heywood Hale Brown

All things are possible to him who believes; they are less difficult to him who hopes; they are easy for him who loves; and they are simple to any who do all three.  
-Brother Lawrence

An idealist believes that the short run doesn't count. A cynic believes that the long run doesn't matter. A realist believes that what is done or left undone in the short run determines the long run.  
-Sydney J. Harris

Nothing will ever be attempted is all possible objections must first be overcome.  
-Jules Lederer

Knowledge may give weight, but accomplishments give luster, and many more people see than weigh.  
-Earl of Chesterfield

Accomplishment begins with action.

# ACCOMPLISHMENT

5

Never measure the height of a mountain until you have reached the top. -Dag Hammarskjold

I always wanted to be somebody. If I made it, it's half because I was game enough to take a lot of punishment along the way and half because there were a lot of people who cared enough to help me.

-Althea Gibson

I studied the lives of great men and women, and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm and hard work.

-Harry S. Truman

The highest reward for one's toll is not what one gets for it, but what one becomes by it.

-John Ruskin

The greatest pleasure in life is doing what people say you cannot do.

-Walter Bagehot

The truth of the matter is that there's nothing you can't accomplish if: (1) you clearly decide what it is that you're absolutely committed to achieving; (2) you're willing to take massive action; (3) you notice what's working or not; and (4) you continue to change your approach until you achieve what you want, using whatever life gives you along the way.

-Anthony Robbins

A well-spent day brings happy sleep.

-Leonardo da Vinci

Only if you've been in the deepest valley do you know how it feels to stand on the highest mountain.

-Richard M. Nixon

Well done is better than well said. -Benjamin Franklin

If you have accomplished all that you have planned for yourself, you have not planned enough.

-Edward Everett Hale

In life, there are efforts and results, and the strength of the effort is measured by the result.

When a man boasts of what he'll do tomorrow, we should like to find out what he did yesterday.

-Benjamin Franklin

The art of progress is to preserve order amid change and to preserve change amid order.

-Alfred North Whitehead

Nothing would be done at all if we waited until it could be done so well that no one could find fault with it.

-Cardinal Newman

Twenty years from now, you will be more disappointed by the things you didn't do than by the things you did. So throw off the bowlines. Sail away from the safe harbor. Catch the tradewinds in your sails. Explore. Dream. Discover.

-Mark Twain

Accomplishment, like life, is a journey, not a destination.

The reward of a thing well done is to have done it.

-Ralph Waldo Emerson

Destiny is not a 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

No great genius ever existed without some touch of madness.

-Seneca

If you cannot accomplish one thing, move on to another which you can accomplish.

-Al Kali

***For all your days prepare,  
And treat them ne'er alike;  
When you're the anvil, bear;  
When you're the hammer, strike!***

**-Edwin Markham**

# ACHIEVEMENT

The key to achievement lies in being a *how* thinker, not an *if* thinker.

Achievement comes when you decide to live your possibilities.

Don't be run so much by what you lack as by what you have already achieved. -Marcus Aurelius

What you declare, you will achieve.

Count your achievements at the end of every day.

Only she who attempts the absurd can achieve the impossible. -Sharon Schuster

The greatest achievement is not in never failing, but in rising again after you fall. -Vince Lombardi

## Lose/Win

By Natasha Josefowitz

I have known the pain of  
     failure  
         frustration  
             disappointment  
                 defeat

Because I have taken a chance on  
     winning  
         succeeding  
             achieving

It takes a lot of the first  
     to get some of the second.

Experience tells you what to do; confidence allows you to do it. -Stan Smith

Only those who dare to fail greatly can ever achieve. -Robert F. Kennedy

Nothing will ever be attempted if all possible objections must be first overcome. -Samuel Johnson

Remember that every achievement was once considered impossible.

To achieve all that's possible, we must attempt the impossible.

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

Once you've been Number One, you can never be satisfied with less. -Chris Evert

You cannot hope to build a better world without improving individuals. -Marie Curie

Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary line and adding to one's liberty. -Henri Frederic Amiel

One doesn't discover new lands without consenting to lose sight of the shore. -Gide

We will either find a way, or make one. -Hannibal

When you reach for the stars, you may not quite get one. But you won't come up with a handful of mud either. -Leo Burnett

Achievements often come when we  
 Forget our fears and try;  
 For that's when we accomplish what  
 We're most remembered by.

I don't believe the old statement, "If it ain't broke, don't fix it." If that were the case, then Cadillacs and Jaguars and Mercedes would never make a change. I've always looked for ways to make things better. -Vic Bubas

Never mistake activity for achievement. -John Wooden

If you can conceive it and believe it, you can achieve it. -Rev. Jesse Jackson

You are never so near to victory as when defeated in a good cause. -Henry Ward Beecher

To achieve great things, we must live as though we were never going to die. -Marquis de Vauve-Nargues

We are not creatures of circumstance, we are creators of circumstance. -Benjamin Disraeli

## Always Remember Your Achievements with Pride

In everyone's life there are moments of pride and accomplishment that are remembered forever.

Through the years, you have set goals and met each challenge with enough courage and determination to overcome the many obstacles that you've encountered along the way.

Success is not measured by how well you fulfill the expectations of others, but by how honestly you live up to your own expectations.

Because you have been true to yourself in the pursuit of your dream, you have earned this moment and the right to be proud of your accomplishment.

The greatest hurdle is convincing yourself that what you want is possible.

# ACHIEVEMENT

7

Achievement is 10% inspiration, 90% perspiration.

It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow.  
-Robert H. Goddard

My mother drew a distinction between achievement and success. She said that "achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that's nice too, but not as important or satisfying." Always aim for achievement and forget about success.  
-Helen Hayes

Four steps to achievement:  
Plan purposefully;  
Prepare prayerfully;  
Proceed positively;  
Pursue persistently  
-William A. Ward

The roots of true achievement lie in the will to become the best you can become.  
-Harold Taylor

Nothing great has ever been achieved except by those who dared believe that something inside them was superior to circumstances.  
-Bruce Barton

To achieve, you must believe something and want something with all your might. Then, you must be willing to commit yourself to a course.

For a man to achieve all that is demanded of him, he must regard himself greater than he is.  
-Johann Wolfgang von Goethe

Above all, challenge yourself. You may be surprised by what you can achieve.

Achievers are committed to their goals and driven by determination.

You are the cause of everything that happens to you. Be careful what you cause.

Only people who do things get criticized.

Everybody says they want to be free. Take the train off the tracks, and it's free. But it can't go anywhere.  
-Zig Ziglar

The starting point of all achievement is desire.  
-Napoleon Hill

Don't be run so much by what you lack as by what you have already achieved.  
-Marcus Aurelius

## A WAY FORWARD

*Whatever happens, there is a way forward. Remember that as you welcome each moment and each new development.*

*Out of any circumstance, you can find a positive pathway. In any situation, there is the opportunity to create success and to experience fulfillment.*

*Be unconditionally thankful for the moment you're in, because the moment you're in is filled with real possibilities.*

*Your gratitude will enable you to see the best of those possibilities. Your expectation of finding the best way forward will enable you to begin moving solidly forward.*

*There is much to be gained by planning and preparing, by anticipating what is most likely to happen and being ready for it. Yet there is no reason to be paralyzed by worry or fear, because you have what it takes to handle even the most unexpected setbacks.*

*Know that always, whatever may come, there is a realistic way forward. Have the confidence to find that way, and take yourself to magnificent new heights.*

Ralph Marston

# ACTION

Life is built of the things we do; the only constructive material is positive action.

You cannot cross the sea merely by standing and staring at the water. -R. Tagore

Do not watch the news . . . make the news. -Mamie McCullough

One of the keys is to watch less and do more. -Mamie McCullough

The world is wide, and I will not waste my life in friction when it could be turned into momentum. -Frances Willard

Positive action always brings positive results. -Mamie McCullough

Acting on a good idea is better than just having a good idea. -Robert Half

Between saying and doing, many a pair of shoes is worn out. -Italian Proverb

A superior man is modest in his speech, but exceeds in his actions. -Confucius

Parties who want milk should not seat themselves on a stool in the middle of a field in hope that the cow will back up to them. -Elbert Hubbard

Move. Go forward or backward, whatever it takes; just move.

To do, one must be doing -French Proverb

Actions will be judged according to their results. -Mohammed

Get up, get moving, get going.

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps. -David Lloyd George

It's not so important what you do, just that you do something.

Do it. Do it right. Do it right now.

What we have to learn to do, we learn by doing. -Aristotle

To find the key to your success  
Takes more than intuition;  
It's not the key that's hard to find,  
It's finding the ignition!

Even if you're on the right track, you'll get run over if you just sit there. -Will Rogers

The number of people watching you at any one moment is directly proportional to the stupidity of your action.

It is by acts and not by ideas that people live. -Anatole France

Get action. Do things. Be sane; don't fritter away your time. Take a place wherever you are and be somebody. Get action. -Theodore Roosevelt

Well begun is half done. -Aristotle

A man is the sum of his actions, of what he has done, of what he can do, nothing else. -Mohandas Gandhi

Insanity is defined as continuing the same behavior and expecting different results. -Albert Einstein

The only starting point that works is reality. -Jack Canfield

The shortest answer is doing. -English Proverb

Deliberation is the work of many men. Action, of one alone. -Charles deGaulle

Action may not bring happiness, but there is no happiness without action.

When it comes down to it, you have only your intuition to guide your actions. And you won't know the outcome until you act.

If a man would move the world, he first must move himself. -Socrates

The way to learn is to begin.

You can't build a reputation on the things you are going to do.

We can't do everything at once, but we can do something at once.

The four-letter solution to procrastination:  
**DO**n't wait.

It's not so much what you say  
As the manner in which you say it.  
It's not so much the language you use  
As the tone in which you convey it.

There's no such thing as coulda, shoulda, and woulda. If you coulda and you shoulda, you **woulda**. -Pat Riley

The most important thing in life is to stop saying "I wish" and start saying "I will."

The merit of an action lies in finishing it to the end.  
-Genghis Khan

Doing beats stewing.

Sometimes you can make a more effective statement  
by holding your tongue.

You are responsible for your own actions.

The secret of action is to begin.

You will never stub your toe standing still.  
-Charles Kettering

The important thing in this world is not where we stand,  
but in what direction we move. -Goethe

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

To escape criticism, do nothing, say nothing, be nothing.  
-Elbert Hubbard

Action, to be effective, must be directed to clearly  
conceived ends. -J. Nehru

Hear and forget.  
See and remember.  
Do and understand. -Chinese Proverb

Those on top of the mountain did not fall there.

Standing is still going. -Swahili Proverb

Each step upward makes me feel stronger and fit for  
the next step. -Mohandas Gandhi

Do it now. You become successful the very moment  
you start.

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

Embrace life.  
Have confidence in yourself.  
Take action

Good actions get good results in time.

Nothing is ever achieved that stays in a dream. Take  
action.

Putting off an easy thing makes it hard. Putting off a  
hard thing makes it impossible. -George Lorimer

Make what progress you can on each moment, one  
each day.

Begin where you are, but don't stay where you are.

What we have to learn to do, we learn by doing.  
-Aristotle

Never mistake motion for action.  
-Ernest Hemingway

The expert in anything was once a beginner.

Whatever you can do or dream you can, begin it.  
Boldness has genius, power, and magic in it.  
-Johann Wolfgang von Goethe

In any moment of decision, the best thing you can  
do is the right thing. The worst thing you can do is  
nothing. -Theodore Roosevelt

What you are speaks so loudly that people cannot  
hear what you say.

The smallest deed is better than the grandest inten-  
tion.

To see a sermon means more than to hear one.

Talk less, say more.

Whatever you can do, or dream you can, begin it.  
Boldness has genius, power, and magic in it.  
-Goethe

There is nothing so frightening as ignorance in ac-  
tion. -Johann Wolfgang von Goethe

A good beginning is half the battle.  
-Portuguese Proverb

In our beginning lies our journey's end.  
-Kofi Awoonor

You know the rule. If you are falling, dive.  
-Joseph Campbell

Don't search for inspiration when  
You have a task to do;  
Just start your work and you will see  
That it will soon find you.

Things do not happen. Things are made to happen.  
-John F. Kennedy

We know what happens to people who stay in the  
middle of the road. They get run over.  
-Aneurin Bevan

Apply yourself. Get all the education you can, but  
then, by God, do something. Don't just stand there;  
make something happen. -Lee Iococca

Everyone who got where he is had to begin where he  
was. -Robert Louis Stevenson

# ACTION

It is by acts and not by ideas that people live.  
-Anatole

Hoping and wishing are excuses for not doing.

Walk your talk.

Say little; do much. -Benjamin Franklin

Talking is easy, action is difficult. -Spanish Proverb

If you don't start, it's certain you won't arrive.

## THE PENALTY OF LEADERSHIP

In every field of human endeavor, he that is first must perpetually live in the white light of publicity. Whether the leadership be vested in a man or in a manufactured product, emulation and envy are ever at work. In art, in literature, in music, in industry, the reward and the punishment are always the same. The reward is widespread recognition. The punishment, fierce denial and detraction.

When a man's work becomes a standard for the whole world, it also becomes a target for the shafts of the envious few. If his work is merely mediocre, he will be left severely alone. If he achieves a masterpiece, it will set a million tongues a-wagging.

Jealousy does not protrude its forked tongue at the artist who produces a commonplace painting. Whatsoever you write, or paint, or play, or sing, or build, no one will strive to surpass or to slander you, unless your work be stamped with the seal of genius.

Long, long after a great work or a good work has been done, those who are disappointed or envious continue to cry out that it cannot be done. Spiteful little voices in the domain of art were raised against our own Whistler as a mountebank, long after the big world had acclaimed him its greatest artistic genius. Multitudes flocked to Bayreuth to worship at the musical shrine of Wagner, while the little group of those whom he had dethroned and displaced argued angrily that he was no musician at all. The little world continued to protest that Fulton could never build a steamboat, while the big world flocked to the river banks to see his boat steam by.

The leader is assailed because he is a leader. And the effort to equal him is merely added proof of the leadership. Failing to equal or to excel, the follower seeks to depreciate and to destroy, but only confirms once more the superiority of that which he strives to supplant.

There is nothing new in this. It is as old as the world and as old as the human passions: envy, fear, greed, ambition, and the desire to surpass. And it all avails nothing. If the leader truly leads, he remains - the leader. Master poet, master painter, master workman, each in his turn is assailed. And each holds his laurels through the ages. That which is good or great makes itself known.

No matter how loud the clamor of denial, that which deserves to live - lives.

Written by famous American ad man Theodore MacManus (1872-1940), this essay originally appeared as part of an advertisement for Cadillac automobiles in *The Saturday Evening Post* on January 2, 1915. MacManus felt that the "Penalty" ad was successful because "...almost every man considers himself a leader and secretly suspects that he is a victim of enmity and injustice."



# ADVERSITY

11

In a calm sea, everyone is a pilot. Strength is proven in adversity. -English Proverb

Courage and patience are learned by meeting adversity head-on.

Every adversity is usually a blessing in disguise.

What does not kill me makes me stronger. -Johann Wolfgang von Goethe

Show me someone who has done something worthwhile and I'll show you someone who had to overcome adversity. -Lou Holtz

There is no prosperity without adversity. -Welsh Saying

If there is no wind, row. -Latin Proverb

If everything seems to be coming your way, you're in the wrong lane.

Adversity introduces a man to himself.

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. -Henry Ford

The road to valor is built by adversity. -Ovid

Face adversity promptly and without flinching, and you will reduce its impact. -Winston Churchill

All things at first appear difficult. -Chinese Proverb

It takes both sunshine and rain to make a rainbow.

Adversity creates heroes. -Picabo Street

## IF YOU WORK FOR A MAN. . .

**If you work for a man, in Heaven's name work for him. If he pays wages that supply you your bread and butter, work for him, speak well of him, think well of him, and stand by him, and stand by the institution he represents.**

**I think if I worked for a man, I would work for him. I would not work for him a part of his time, but all of his time. I would give an undivided service or none.**

**If put to the pinch, an ounce of loyalty is worth a pound of cleverness. If you must vilify, condemn, and eternally disparage, why, resign your position, and when you are outside, damn to your heart's content.**

**But, I pray you, so long as you are a part of an institution, do not condemn it. Not that you will injure the institution – not that – but when you disparage the concern of which you are a part, you disparage yourself.**

# APPLAUSE

If you achieve success, you will get applause. And if you get applause, you will hear it. My advice to you concerning applause is this: enjoy it, but never quite believe it.

-Robert Montgomery

The opera ain't over 'till the fat lady sings.

-Dan Cook

Feedback will ground you, keep your ego in check, and help you refine your goals and make improvements.

## Written By Regina Brett, 90 years old, of *The Plain Dealer*, Cleveland, Ohio

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first pay check.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful, or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words, 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative — dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up, and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

## ADVICE FOR A GOOD YEAR

Smile more.  
Listen more intently.  
Tell people who you love that you love them.  
Watch a child discover something new.  
Don't look for someone else to blame when you're unhappy.  
Be free with compliments.  
Encourage someone who is having a difficult day.  
Read for ten minutes a day.  
Call old friends and catch up on their lives.  
Do something totally silly and out of character every so often.  
Be less critical of others.  
Be generous with your money and your time.  
Volunteer for a good cause.  
Be responsible for all your actions.  
Don't fall for peer pressure.  
Buy a really special outfit even if you don't know where you will wear it.  
Pray more and worry less.  
Have a cookout in the middle of winter.  
Be quick to forgive others and learn to forgive yourself.  
Whatever you do, give it your best shot.  
Make room for new friends.  
Live your life this year in a way that you can look back on it fondly without regrets.  
Bury prejudices.  
Accept yourself for who you are and don't try to be someone somebody else wants you to be.  
Don't gossip.  
Treat yourself to something either very expensive or very fattening occasionally.  
Learn a new dance.  
Consider failures as learning opportunities.  
Challenge your body and your brain.  
Accept help.  
Look at the big picture and don't sweat the small stuff.  
Enjoy what you like about someone instead of trying to change what you don't.  
Watch the sunset and realize that just as no two sunsets are alike, so are you a unique and beautiful creation.

Live now. When you are eating - eat. When you are loving - love. When you are talking with someone - talk. When you are looking at the flowers - look. Catch the beauty of the moment. -Leo Buscaglia

Wherever a man or a woman turns, he can find someone who needs him. Even if it is a little thing, do something for which there is no pay, just the privilege of doing it. Remember, you don't live in the world all on your own. -Albert Schweitzer

We can only appreciate the miracle of a sunshine if we have waited in the darkness.

Real adventure begins by visiting familiar places with new eyes.

## Be Thankful

Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times you grow.

Be thankful for your limitations,  
because they give you opportunities for improvement.

Be thankful for each new challenge,  
because it will build your strength and character.

Be thankful for your mistakes.  
They will teach you valuable lessons.

Be thankful when you're tired and weary,  
because it means you've made a difference.

It's easy to be thankful for the good things.  
A life of rich fulfillment comes to those who are also thankful for the setbacks.

Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles,  
and they can become your blessings.

If you can't be thankful for what you've achieved, be thankful for what you escape.

The deepest principle of human nature is the craving to be appreciated. -William James

Every day, tell at least one person something you like, admire, or appreciate about them.

When I first open my eyes upon the morning meadows and look out upon the beautiful world, I thank God I am alive. -Ralph Waldo Emerson

For everything you have missed, you have gained something else. -Ralph Waldo Emerson

While there's always a better way to do something, that doesn't mean you can't enjoy and appreciate the way things already are.

The biggest dog has been a pup.

Anyone who keeps the ability to see beauty never grows old. -Franz Kafka

I have lived to thank God that all my prayers have not been answered. -Jean Ingelow

# ATTITUDE

Your attitude about who you are and what you have is a very little thing that makes a very big difference.

-Theodore Roosevelt

By filling your mind with positive thoughts, books, ideas, foods, and people, negatives are automatically eliminated, because all available space is taken by positives.

-Mamie McCullough

There is no such thing as bad weather; only different kinds of good weather.

-Ruskin

Adjust your attitude and your focus will become sharper.

If God had wanted me otherwise, He would have created me otherwise.

-Johann Wolfgang vonGoethe

Attitude is the mind's paintbrush. It can color any situation.

Our attitude toward the world around us depends upon what we are ourselves. If we are selfish, we will be suspicious of others. If we are of a generous nature, we will be likely to be more trustful. If we are quite honest with ourselves, we won't always be anticipating deceit in others. If we are inclined to be fair, we won't feel that we are being cheated. In a sense, looking at the people around you is like looking in a mirror. You see a reflection of yourself.

Hardening of the attitudes is the most deadly disease on the face of the earth.

-Zig Ziglar

No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.

-Helen Keller

Always think of what you have to do as easy and it will become so.

-Emily Coue

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

-Thomas Edison

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

-Helen Keller

Things cannot always go your way. Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity, and consume your own smoke with an extra draught of hard work, so that those about you may not be annoyed with the dust and soot of your complaints.

-Osler

There is a little difference in people, but the little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.

-W. Clement Stone

There are people who are always anticipating trouble, and, in this way, they manage to enjoy many sorrows that never really happen.

-Josh Billings

Whatever you attempt, go at it with spirit.

-David Starr Jordan

Attitude is everything.

Some days, it's just not worth gnawing through the straps.

I have never seen a monument erected to a pessimist.

-Paul Harvey

The optimist sees opportunity in every danger; the pessimist sees danger in every opportunity.

-Winston Churchill

Success is just a matter of attitude.

-Darcy E. Gibbons

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

-William James

Find the good. It's all around you. Find it, showcase it and you'll start believing in it.

-Jesse Owens

Never doubt what you can do  
No matter what the chore;  
Success comes when we care enough  
To do a little more.

To be happy and successful, develop the idea that every day is going to be a great day.

-Elaine Hibbard

When I hear somebody sigh, "Life is hard," I'm always tempted to ask, "Compared to what?"

-Sydney Harris

Be in an attitude of gratitude.

-Lee Brower

Make the most of all that comes, and the least of all that goes.

-Sara Teasdale

I would not waste my life in friction when it could be turned into momentum.

-Frances Willard

Don't cry because it's over, smile because it happened.

For shadows to exist, there must be light.

I am an optimist. It does not seem too much use being anything else.

-Winston Churchill

Things turn out best for the people who make the best of the way things turn out.

-Art Linkletter

I am never bored anywhere. Being bored is an insult to oneself.  
-Jules Renard

I make the most of all that comes and the least of all that goes.  
-Sara Teasdale

For everything you have missed, you have gained something else.  
-Ralph Waldo Emerson

Nothing can stop the man with the right mental attitude from achieving his goal.  
-Thomas Jefferson

Positive anything is better than negative nothing.  
-Elbert Hubbard

Clear your mind of can't.  
-Samuel Johnson

The sun shines not on us, but in us.  
-John Muir

When you get to the end of your rope, tie a knot, hang on, and swing!  
-Leo Buscaglia

Write it on your heart that every day is the best day of the year.  
-Ralph Waldo Emerson

A relaxed attitude lengthens a man's life.  
-Proverbs 14:30

Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching.  
-Satchel Paige

When life gives you scraps, make quilts.

Wherever you are, be there.  
-Ralph Waldo Emerson

You can only control two things: your attitude and your activity.

A chip on the shoulder is too heavy a piece of baggage to carry through life.  
-John Hancock

Remember that somewhere behind every cloud the sun or moon is always shining.

Some people are always grumbling because roses have thorns. I am thankful that thorns have roses.  
-Alphonse Karr

If you are constantly being mistreated, you're cooperating with the treatment.

Consciously or unconsciously, you always get what you expect.

The control center of your life is your attitude.

Things turn out the best for the people who make the best of the way things turn out.

Maintain an attitude that is open to the opinions of others.

Whatever you attempt, go at it with spirit.

Lord, grant that I might always desire more than I can accomplish.  
-Michaelangelo

We can agree to disagree but we don't need to be disagreeable.  
-John Wooden

Seek out that particular mental attitude which makes you feel most deeply and vitally alive, along with which comes the inner voice that says, "this is the real me."  
-William James

We either make ourselves miserable, or we make ourselves strong. The amount of work is the same.  
-Carlos Casteneda

It is easy to be pleasant when life flows by like a song. But the man worthwhile is the one who will smile when everything else goes dead wrong.  
-Ella Wheeler Wilcox

The control center of your life is your attitude.

He who limps is still walking.  
-Stanislaw Lec

Everyday, in every way, I'm getting better and better.  
-Emile Coue

Things that never happen seem to worry us the most.

## **The Optimist Creed**

By Christian D. Larsen

Be so strong that nothing can disturb your peace of mind.

Talk health, happiness, and prosperity to every person you meet.

Make all your friends feel there is something in them.

Look at the sunny side of everything.

Be as enthusiastic about the success of others as you are about your own.

Forget the mistakes of the past and press on to the greater achievements of the future.

Give everyone a smile.

Spend so much time improving yourself that you have no time left to criticize others.

Be too big for worry and too noble for anger.

Look at life through the windshield, not the rearview mirror.

It's not the load that breaks you down. It's the way you carry it.

# ATTITUDE

## Whether You Think You Can, Or Think You Can't, You're Probably Right

If you think you are beaten, you are;  
If you think that you dare not, you don't;  
If you'd like to win, but you think you can't,  
It's almost certain you won't.

If you think you'll lose, you've lost;  
For out in the world you'll 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 a prize.

Life's battles don't always go  
To the stronger or faster man;  
But sooner or later the man who wins  
Is the fellow who thinks he can.

My attitude is never to be satisfied. Never.  
-Bela Karolyi

Ability is what you're capable of doing.  
Motivation determines what you do.  
Attitude determines how well you do it.  
-Lou Holtz

You measure a player from the head up.  
-Al McGuire

Emotion is your enemy. -John Wooden

Be grateful when you're feeling good, and graceful  
when you're feeling bad.

My advice to defensive players: take the shortest  
route to the ball and arrive in a bad humor.  
-Bowden Wyatt

Our attitude is the primary force that will determine  
whether we succeed or fail. -John C. Maxwell

It takes just a little time to see the positive side of  
life as it does the negative side. -Jimmy Buffet

You're as good as anybody, but you're not better  
than anybody. -John Wooden

Sunshine is delicious, rain is refreshing, wind braces  
us up, snow is exhilarating; there is really no such  
thing as bad weather; only different kinds of good  
weather. -John Ruskin

"I am like that" doesn't help anything. "I can be dif-  
ferent" does.

A different world cannot be built by indifferent people.

Life is grand or life is bland,  
It's all in how it's viewed;  
The way you see the world depends  
Upon your attitude.

Your success, health, happiness, and wealth can be  
attributed to the choice of your attitude.

## Sculptor's Attitude

I woke up early today, excited over all I get to do  
before the clock strikes midnight. I have responsi-  
bilities to fulfill today. I am important. My job is to  
choose what kind of day I am going to have.

**Today** I can complain because the weather is rainy  
or I can be thankful that the grass is getting watered  
for free.

**Today** I can feel sad that I don't have more money  
or I can be glad that my finances encourage me to  
plan my purchases wisely and guide me away from  
waste.

**Today** I can grumble about my health or I can  
rejoice that I am alive.

**Today** I can lament over all that my parents didn't  
give me when I was growing up or I can feel grate-  
ful that they allowed me to be born.

**Today** I can cry because roses have thorns or I can  
celebrate that thorns have roses.

**Today** I can mourn my lack of friends or I can excit-  
edly embark upon a quest to discover new relation-  
ships.

**Today** I can whine because I have to go to work or I  
can shout for joy because I have a job to do.

**Today** I can complain because I have to go to  
school or eagerly open my mind and fill it with rich  
new tidbits of knowledge.

**Today** I can murmur dejectedly because I have to  
do housework or I can feel honored because the  
Lord has provide shelter for my mind, body and  
soul.

**Today** stretches ahead of me, waiting to be  
shaped. And here I am, the sculptor who gets to do  
the shaping.

What **today** will be like is up to me. I get to choose  
what kind of day I will have!

**Have a GREAT DAY** ... unless you have other  
plans.

Anticipate the good so that you may enjoy it.  
-Ethiopian Proverb

# ATTITUDE

17

May I never miss a rainbow or a sunset because I'm looking down.

Take care that the face which looks out from your mirror in the morning is a pleasant face. You may not see it again all day, but others will.

No one really knows enough to be a pessimist.  
-Norman Cousins

How high I am,  
how much I see,  
how far I reach,  
depends on me.

We all need a daily checkup from the neck up to avoid stinking thinking which ultimately leads to hardening of the attitudes.  
Zig Ziglar

I can alter my life by altering the attitude of my mind.

## A Creed to Live By

Don't undermine your worth by comparing yourself with others;  
It is because we are different that each of us is special.

Don't set your goals by what other people deem important;  
Only you know what is best for you.

Don't take for granted the things closest to your heart;  
Cling to that as you would your life, for without them life is meaningless.

Don't let your life slip through your fingers by living in the past or the future.  
By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give;  
Nothing is really over ... until the moment you stop trying.

Don't be afraid to admit that you are less than perfect;  
It is the fragile thread that binds us to each other.

Don't be afraid to encounter risks.  
It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find.  
The quickest way to receive love is to give love.

The fastest way to lose love is to hold on too tightly,  
And the best way to keep love is to give it wings.

Don't dismiss your dreams.  
To be without dreams is to be without hope.  
To be without hope is to be without purpose.

Don't run through life so fast that you forget where you've been,  
But also know where you're going.

Life is not a race, but a journey to be savored every step of the way.

- Author Unknown -

# BELIEVE

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

If you don't believe, you don't belong.

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

-Anatole France

If you believe you can, you will. Have confidence in your abilities and then follow through.

The greatest hurdle is convincing yourself that what you want is possible.

No one will believe in you unless you believe in yourself.

-Liberace

To be a great champion you must first believe you are the best. If you're not, pretend you are.

-Muhammad Ali

Believe big. The size of your success is determined by the size of your belief.

-David Joseph Schwartz

Remember, no one can make you feel inferior without your consent.

-Eleanor Roosevelt

All things are possible to him who believes.

-Jesus

Trust thyself; every heart vibrates to that iron string.

-Ralph Waldo Emerson

Trust yourself. You know more than you think you do.

-Dr. Benjamin Spock

Every time I stepped on the field, I believed my team was going to walk off the winner, somehow, somehow.

-Roger Staubach

Insist on miracles. You can make them come true.

Doubt whom you will, but never yourself.

-Christian Bovee

Believe the best of everybody.

-Rudyard Kipling

Believe that life is exciting, and it will be.

Champions believe in themselves even when others do not.

Always have a plan, and believe in it. Nothing happens by accident.

-Chuck Knox

Believe. No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.

-Helen Keller

Believe that you have it, and you have it.

-Latin Proverb

Believe in your strength and your vision. Learn to repeat to yourself, "it all depends on me."

-Andre Gide

They can because they think they can.

-Virgil

The thing always happens that you really believe in; and the belief in a thing makes it happen.

-Frank Lloyd Wright

I am in earnest - I will not equivocate - I will not excuse - I will not retreat a single inch - and I will be heard!

-William Lloyd Garrison

You cannot give your best when you don't know what your best is.

-Steve Harvey

You get what you expect. Believe in your dreams.

Whether you think you can or think you can't, you are right.

-Henry Ford

I leave this rule for others when I'm dead. Be sure you're right, then go ahead.

-David Crockett

## To Believe

To believe is to know that every day is a new beginning. It is to trust that miracles happen, and dreams really do come true.

To believe is to see angels dancing among the clouds, to know the wonder of a stardust sky and the wisdom of the man in the moon.

To believe is to know the value of a nurturing heart, the innocence of a child's eyes and the beauty of an aging hand, for it is through their teachings we learn to love.

To believe is to find the strength and courage that lies within us when it is time to pick up the pieces and begin again.

To believe is to know we are not alone, that life is a gift and this is our time to cherish it.

To believe is to know that wonderful surprises are just waiting to happen, and all our hopes and dreams are within reach.

If only we believe.



I believe in the sun even when it isn't shining. I believe in love even when I am alone. I believe in God even when He is silent.  
-Jewish refugee

It's lack of faith that makes people afraid of meeting challenges, and I believe in myself.  
-Mohammad Ali

The eyes believe themselves. The ears believe other people.  
-German Proverb

Not everything that is faced can be changed; but nothing can be changed until it is faced.  
-James Baldwin

## I CAN?

Whatever your mind can conceive and believe, it will achieve. Dream great dreams and make them come true. Do it now!

You are unique. In all the history of the world there was never anyone else exactly like you, and in all the infinity to come there will never be another you. Never affirm self-limitations. What you believe yourself to be, you are.

To accomplish great things, you must not only act, but also dream; not only plan, but also believe. If you have built castles in the air, your work need not be lost. Put foundations under them. Yes you can. Believing is magic; you can always better your best. You don't know what you can do until you try.

Nothing will come of nothing. If you don't go out on a limb, you're never going to get the fruit. There is no failure except in no longer trying. Hazy goals produce hazy results. Clearly define your goals. Write them down, make a plan for achieving them, set a deadline, visualize the results and go after them. Just don't look back unless you want to go that way.

Defeat may test you; it need not stop you. If at first you don't succeed, try another way. For every obstacle there is a solution. Nothing in the world can take the place of persistence. The greatest mistake is giving up. Wishing will not bring success, but planning, persistence and burning desire will.

There is a gold mine within you from which you can extract all the necessary ingredients. Success is an attitude. Get yours right. It is astonishing how short a time it takes for very wonderful things to happen.

## YOU CAN!

Believing that you can is half the battle.

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it -- as long as you really believe 100 percent.  
-Arnold Schwarzenegger

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

All kids need is a little help, a little hope, and somebody who believes in them.  
-Magic Johnson

One needs to be slow to form convictions, but once formed they must be defended against the heaviest odds.  
-Mohandas Gandhi

Bravery is believing in yourself, and that is something no one can teach you.  
-El Cordobes

Our belief at the beginning of a doubtful undertaking is the one thing that insures the successful outcome of our venture.  
-William James

## Anything is Possible

If there were ever a time to dare,  
to make a difference,  
to embark on something worth doing,

### IT IS NOW.

Not for any grand cause, necessarily,  
but for something that tugs at your heart,  
something that's your inspiration,  
something that's your dream.  
You owe it to yourself to make your days here count.

**Have fun. Dig deep. Stretch. Dream big.**  
Know, though, that things worth doing seldom come easy.

There will be good days and there will be bad days.  
There will be times when you want to turn around,  
pack it up, and call it quits.  
Those times tell you that you are pushing yourself,  
that you are not afraid to learn by trying.

### PERSIST.

Because with an idea, determination, and the right tools, you can do great things.  
Let your instincts, your intellect, and your heart,  
guide you.

### TRUST.

Believe in the incredible power of the human mind.  
Of doing something that makes a difference.  
Of working hard.  
Of laughing and hoping.  
Of lazy afternoons.  
Of lasting friends.  
Of all the things that will cross your path this year.  
The start of something new brings the hope of something great.

## ANYTHING IS POSSIBLE.

# CHALLENGE

Challenge yourself all the days of your life.

Above all, challenge yourself. You may be surprised at what you can achieve.

It is time for us all to cheer for the doer, the achiever, the one who recognizes the challenge and does something about it.  
-Vince Lombardi

Don't make friends who are comfortable to be with. Make friends who will force you to lever yourself up.  
-Thomas J. Watson

## The Comfort Zone

I used to have a comfort zone where I knew I wouldn't fail.  
The same four walls and busywork were really more like jail.  
I longed so much to do the things I'd never done before,  
But stayed inside my comfort zone and paced the same old floor.  
I said it didn't matter that I wasn't doing much.  
I said I didn't care for things like commission checks and such.  
I claimed to be so busy with the things inside the zone,  
But deep inside I longed for something special of my own.  
I couldn't let my life go by just watching others win.  
I held my breath; I stepped outside and let the change begin.  
I took a step and with new strength I'd never felt before,  
I kissed my comfort zone goodbye and closed and locked the door.  
If you're in a comfort zone, afraid to venture out,  
Remember that all winners were at one time filled with doubt.  
A step or two and words of praise can make your dreams come true.  
Reach for your future with a smile; success is there for you.

When the occasion is piled high with difficulty, that's when we must rise with the occasion.  
-Abraham Lincoln

They sicken of the calm who know the storm.  
-Dorothy Parker

The road to triumph is built by adversity. -Ovid

Whatever you can do or dream you can, begin it.  
-Goethe

## The Challenge

By Jim Rohn

Let others lead small lives,  
but not you.  
Let others argue over small things,  
but not you.  
Let others cry over small hurts,  
but not you.  
Let others leave their future in someone else's hands,  
but not you.

When someone has expectations of you, you disappoint them even when they are not expressed.  
-Dan Rather

Challenges make you discover things about yourself that you never really knew.  
-Cicely Tyson

Never give or take an excuse.  
-Florence Nightengale

Surround yourself with challenging people and ideas.

The great challenge of life is to decide what is important and overlook the rest.

Challenges can be stepping stones or stumbling blocks. It's just a matter of how you view them.

All greatness is performed outside your comfort zone.  
-Greg Arnold

Handle today before you take on the challenges of tomorrow.

What people say you cannot do, you try and find that you can.  
-Henry David Thoreau

Remember, when life's path is steep, keep your mind even.  
-Horace

Don't be afraid to take a big step when one is indicated. You can't cross a chasm in two small jumps.  
-David Lloyd George

The challenge may not be easy, but it is possible.

Accept the challenges so that you may feel the exhilaration of victory.  
-George Patton

Challenges make you discover things about yourself that you never really knew.

Nothing will come of nothing. Dare mighty things.  
-William Shakespeare

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.

We must become the change we want to see.

-Mahatma Gandhi

If you always do what you've always done, you'll change nothing.

One must change one's tactics every ten years if one wishes to maintain one's superiority.

-Napoleon Bonaparte

Progress is what happens when impossibility yields to necessity.

-Arnold Glasgow

Change is the tool of human progress.

-Napoleon Hill

In a progressive country, change is constant; change is inevitable.

-Benjamin Disraeli

Nothing endures but change.

-Herodotus

Life belongs to the living, and he who lives must be prepared to change.

-Johann Wolfgang von Goethe

If you have no will to change it, you have no right to criticize it.

Things do not change. We do.

-Henry David Thoreau

When you're through changing, you're through.

The times change, and we must change with them.

-Lothair I

In the power to change yourself is the power to change the world around you.

-Anwar Sadat

Although there is no progress without change, not all change is progress.

-John Wooden

Remember, change and change for the better are two different things.

The need for change bulldozed a road down the center of my mind.

-Maya Angelou

Think about how hard it is to change yourself. Then you will understand how hard it is to change others.

Remember, there's nothing more constant than change.

Change is not made without inconvenience, even from worse to better.

-Samuel Johnson

Grasp the opportunity to manage change, not avoid it. Change is the very essence of life.

Life is full of chances and changes.

-Aristotle

That's the risk you take if you change; that people you've been involved with won't like the new you. But other people who do will come along.

-Lisa Alther

I wanted to change the world, but I have found that the only thing one can sure of changing is oneself.

-Aldous Huxley

Correct one fault at a time. Concentrate on the one fault you want to overcome.

-Sam Snead

Once you embrace unpleasant news, not as a negative but as evidence of a need for change, you aren't defeated by it. You're learning from it.

-Bill Gates

Technology will continue to march ahead, with or without you.

-Muriel Siebert

The more willing you are to accept change and be a part of change, the more successful you will become.

-Steve Harvey

It is a bad plan that admits of no modification.

-Publilius Syrus

It's never too late to be who you might have been.

-George Eliot

Flexible people never get bent out of shape.

The universe is change; life is understanding

## Change Your World

By Brian Tracy

You cannot change the world, but you can present the world with one improved person: Yourself.

You can go to work on yourself to make yourself into the kind of person you admire and respect.

You can become a role model and set a standard for others.

You can control and discipline yourself to resist acting or speaking in a negative way toward anyone for any reason.

You can insist upon always doing things the loving way, rather than the hurtful way.

By doing these things each day, you can continue on your journey toward becoming an exceptional human being.

# CHANGE

Grasp the opportunity to manage change, not avoid it.

To be successful, one must make change an ongoing process. Quality is a race with no finish line.

-David Kearns

Change is the law of life. And those who look only to the past or present are certain to miss the future.

-John F. Kennedy

The art of life lies in a constant readjustment to our surroundings.

-Kakuzo Okakiwa

Some people grin and bear it. Others smile and change it.

If you want to make enemies, try to change something.

-Woodrow Wilson

One of the greatest pains to human nature is the pain of a new idea.

-Walter Bagehot

If you don't like the way the world is, you change it. You have an obligation to change it. You just do it one step at a time.

-Marian Wright Edelman

When you blame others, you give up your power to change.

A person's age can be measured by the degree of pain one feels as one comes in contact with a new idea.

Everybody thinks of changing humanity and nobody thinks of changing himself.

Life is made up of many changes, and no state, be it bright or clouded, will always continue.

If you don't like it, change it. If you can't change it, change the way you think about it.

-Maya Angelou

To improve is to change. To be perfect is to change often.

-Winston Churchill

Evaluate, improve, adjust. In these continual actions are the seeds of success.

Flexibility is the key to stability.

-John Wooden

## \*ENOUGH\*

*Please give me . . .*

*Enough tears to keep me human,*

*Enough humor to keep me wise,*

*Enough setbacks to keep me humble,*

*Enough accomplishments to keep me confident,*

*Enough waiting to teach me patience,*

*Enough hope to keep me trusting,*

*Enough friends to give me love,*

*Enough memories to give me comfort.*

No man can climb beyond the limitations of his own character.  
-John Morley

You can't make a good deal with a bad person.

Those who stand for nothing will fall for anything.  
-Alexander Hamilton

Habits change into character.  
-Ovid

All men should strive to learn before they die,  
what they are running from, and to, and why.  
-James Thurber

This above all: **to thine own self be true.** And it  
must follow, as the night the day, thou canst not then  
be false to any man.  
-William Shakespeare

What you think of yourself is much more important  
than what others think of you.  
-Seneca

Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.  
-Frank Outlaw

Don't compromise yourself. You are all you've got.  
-Janis Joplin

Live your life so that you don't have to hide your diary.

When wealth is lost, nothing is lost.  
When health is lost, something is lost.  
When character is lost, all is lost.  
-German proverb

What you are speaks so loud that I cannot hear what  
you say.  
-Ralph Waldo Emerson

The shortest and surest way to live with honor in the  
world is to be in reality what we appear to be.  
-Socrates

Character is long-standing habit.  
-Plutarch

Character is that which can do without success.  
-Ralph Waldo Emerson

Character is built each time  
We face up to the test;  
The two most difficult, of course,  
Are failure and success.

What lies behind us and what lies before us are tiny  
matters compared to what lies within us.  
-Ralph Waldo Emerson

If we bestow a gift or favor and expect a return for it,  
it is not a gift but a trade.

Character is defined by what you're willing to do  
when the spotlight has been turned off, when the  
applause has died down, and no one is around to  
give you credit.

Associate yourself with men of good quality if you  
esteem your own reputation.  
-George Washington

## TEN THINGS THAT MATTER TO PEOPLE WHO KNOW YOU

1. Keeping promises
2. Punctuality
3. Ethics and honesty
4. Demeanor
5. Respect
6. Gratitude
7. Sincerity
8. Feedback
9. Enthusiasm
10. Initiative

-Jay Conrad Levinson and Seth Godin

## DIFFICULT THINGS TO DO

- To break a bad habit.
- To love an enemy.
- To think logically.
- To admit ignorance.
- To withhold judgment.
- To grow old gracefully.
- To persevere without haste.
- To wait without impatience.
- To suffer without complaint.
- To know when to keep silent.
- To be indifferent to ridicule.
- To concentrate in the midst of strife.
- To endure hatred without resentment.
- To fraternize without losing individuality.
- To serve without compensation, commendation, or  
recognition.  
-The Christophers

Knowing what's right doesn't mean much unless you  
do what's right.

I have resolved that from this day on, I will do all the  
business I can honestly, have all the fun I can rea-  
sonably, do all the good I can willingly, and save my  
digestion by thinking pleasantly.  
-Robert Louis Stevenson

I care not of what others think of what I do, but I care  
very much about what I think of what I do. That is  
character.  
-Theodore Roosevelt

Be kind, for everyone is fighting a hard battle.  
-Plato

Generally, the things that people gravitate toward are  
things they want.  
-Scott Heiferman

# CHARACTER

When I do good, I feel good. When I do bad, I feel bad. And that's my religion. -Abraham Lincoln

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

People always project on the outside what they feel on the inside. -John C. Maxwell

You have to be honorable and reliable by doing what you say you're going to do when you say you're going to do it. -Steve Harvey

You can outdistance that which is running after you, but not what is running inside of you. -African Proverb

Ability may get you to the top, but it takes character to keep you there. -John Wooden

You can easily judge the character of a man by how he treats those who can do nothing for him. -James D. Miles

You cannot dream yourself into a character. You must hammer and forge yourself one. -James A. Froude

Good values attract good people. -John Wooden

Tact in audacity is knowing how far you can go without going too far. -Jean Cocteau

Be faithful to that which exists within yourself. -Andre Gide

You must be true to yourself. Strong enough to be true to yourself. Brave enough to be strong enough to be true to yourself. Wise enough to be brave enough, to be strong enough to shape yourself from what you actually are. -Sylvia Constance Ashton-Warner

When I am angry at myself, I criticize others.

A measure of a man's real character is what he would do if he knew he would never be found out.

No one will listen to your advice and ignore your example.

If you can't be big, don't belittle.

If we could see ourselves as others see us, we'd probably deny it.

Do not pray for an easy life. Pray to be a strong person.

Your decisions say a lot about what's important to you and what kind of person you are.

We must adjust to changing times and still hold to unchanging principles. -Julia Coleman

Always do what you say you are going to do. -Bill O'Reilly

It's not what happens to you; it's how you react to it. -Bill Clinton

Know your worth.  
Recognize what you deserve.  
Get specific.  
Don't assume anything.  
Communicate your values.  
Recognize that "no" is not a rejection. -Steve Harvey

Associate yourself with people of good quality, for it is better to be alone than in bad company. -George Washington

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

You can't let praise or criticism get to you. It's a weakness to get caught up in either one. -John Wooden

One must not always think so much about what one should do, but rather what one should be. -Meister Eckhart

Talent develops in quiet, alone; character is sharpened in the torrent of the world. -Goethe

Interesting people are people who are interested.

We are many, but are we much? -John Wooden

Habits change into character. -Ovid

Every human being is intended to have a character of his own; to be what no other is; and to do what no other can do. -William Channing

The values that you hold help to determine what you will do and what you will not do.

You have the right to say "no" without feeling guilty.

If I accept sunshine and warmth, then I must also accept the thunder and lightning. -Kahlil Gibran

Character may be manifested in the great moments, but it is made in the small ones. -Phillip Brooks

The time is always right to do what is right. -Martin Luther King, Jr.

# CHARACTER

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## TWO TOUGH QUESTIONS:

### QUESTION ONE:

If you knew a woman who was pregnant, who already had eight children, three who were deaf, two who were blind, one mentally retarded, and she had syphilis, would you recommend that she have an abortion?

### CIRCLE ONE

YES

NO

### QUESTION TWO:

It is time to elect a new world leader, and your vote counts. Here are the facts about the three leading candidates:

**CANDIDATE A:** Associates with crooked politicians and consults with astrologists. He's had two mistresses. He also chain smokes and drinks eight to ten martinis a day.

**CANDIDATE B:** He was kicked out of office twice, sleeps until noon, used opium in college, and drinks a quart of whiskey every evening.

**CANDIDATE C:** He is a decorated war hero. He's a vegetarian, doesn't smoke, drinks an occasional beer, and hasn't had any extramarital affairs.

WHO WOULD YOU CHOOSE?    A    B    C

**CANDIDATE A** is Franklin D. Roosevelt.

**CANDIDATE B** is Winston Churchill.

**CANDIDATE C** is Adolph Hitler.

And by the way, if you said yes to the abortion question, you just killed Ludwig von Beethoven.

Pretty interesting, isn't it?

Makes a person think before judging someone.

Character is doing what's right when nobody's looking.  
-J. C. Watts, Jr.

Personality can open doors, but only character can keep them open.  
-Elmer Leterman

When we lose the right to be different, we lose the privilege to be free.  
-Charles Evans Hughes

Character building begins in infancy and ends in death.  
-Eleanor Roosevelt

The final forming of a person's character lies in their own hands.  
-Anne Frank

Life is a series of experiences, each one of which makes us bigger, even though it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and griefs which we endure help us in our marching forward.  
-Henry Ford

Before passing judgment, first treat others with courtesy, dignity, and respect.  
-Fleming H. Revell

What you want to be eventually, that you must do every day; and by and by, the quality of your deeds will get down into your soul.  
-Frank Crane

He who cannot rest, cannot work; he who cannot let go, cannot hold on; he who cannot find footing, cannot go forward.  
-Henry Emerson Fosdick

Follow the grain in your own wood.  
-Howard Thurman

Sports do not build character. They reveal it.  
-Heywood Broun

The stronger your character, the more stable your success.

The shortest and surest way to live with honor in the world is to be in reality what we appear to be.  
-Socrates

The real test of character is joy. For what you rejoice in, that you love; and what you love, that you are like.  
-Henry van Dyke

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.  
-Dr. Martin Luther King

The longest journey is the journey inward.  
-Dag Hammarskjold

Temper is one thing that never improves with use. You don't have to be positive, you just have to be yourself.

It is better to ask some of the questions than to know all of the answers. Habits change into character.  
-Ovid

Observe all men; thyself most. -Benjamin Franklin

I have generally found that a man who is good at an excuse is good at nothing else. -Benjamin Franklin

# CHARACTER

A man is about as big as the things that make him angry.

Although fate presents the circumstances, how you react depends on your character.

Example is not the main thing in influencing others. It is the only thing.

We forfeit three-fourths of ourselves in order to be like other people.

## MYSELF

I have to live with myself, and so  
I want to be fit for myself to know;  
I want to be able as days go by,  
Always to look myself straight in the eye;  
I don't want to stand with the setting sun  
And hate myself for the things I've done.  
I don't want to keep on a closet shelf  
A lot of secrets about myself  
And fool myself as I come and go  
Into thinking that nobody else will know  
The kind of man I really am;  
I don't want to dress myself up in shame.  
I want to go out with my head erect,  
I want to deserve all men's respect;  
But here in this struggle for fame and pelf,  
I want to be able to like myself.  
I don't want to think as I come and go  
That I'm bluster and bluff and empty show.  
I never can hide myself from me,  
I know what others may never see,  
I know what others may never know,  
I never can fool myself -- and so,  
Whatever happens, I want to be  
Self-respecting and conscience free.

-Edgar Guest

Character, not circumstances, make the person.  
-Booker T. Washington

Character is much easier kept than recovered.  
-Thomas Paine

The most important element in the character make-up of a man who is successful is that of mental toughness.  
-Vince Lombardi

Setting an example is not the main means of influencing another; it is the only means. -Albert Einstein

How a man plays a game shows something of his character; how he loses shows all of it.  
-Frosty Westerling

Character is achieved, not received.

The more things a man is ashamed of, the more respectable he is.  
-George Bernard Shaw

Integrity comes not from words,  
Though spoken near or far;  
It does not come from what we say,  
It comes from who we are.

It's better to be trusted than liked.

Don't let other people tell you what you want.  
-Pat Riley

One's dignity may be assaulted, vandalized and cruelly mocked, but it cannot be taken away unless it is surrendered.  
-Michael J. Fox

A good conscience is a continual Christmas.  
-Benjamin Franklin

Close your eyes and look inside,  
A mirror shines within;  
To find where you are going,  
First see where you have been.

**Do what you said you were going to do it, when you said you were going to do it, the way you said you were going to do it.**  
-Larry Winget

•The circumstances amid which you live determine your reputation; the truth you believe determines your character.

•Reputation is what you are supposed to be; character is what you are.

•Reputation is the photograph; character is the face.

•Reputation comes over one from without; character grows up from within.

•Reputation is what you have when you come to a new community; character is what you have when you go away.

•Your reputation is learned in an hour; your character does not come to light for a year.

•Reputation is made in a moment; character is built in a lifetime.

•Reputation grows like a mushroom; character grows like an oak.

•A single newspaper report gives you your reputation; a life of toil gives you your character.

•Reputation makes you rich or makes you poor; character makes you happy or makes you miserable.

•Reputation is what men say about you on your tombstone; character is what angels say about you before the throne of God.

-William Hersey Davis

The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the light of day. The content of your character is your choice. Day by day, what you do is who you become. Your integrity is your destiny. It is the light that guides your way.  
-Heraclitus



# CHARACTER

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Character consists of what you do on the third and fourth tries.  
-James Michener

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

The four cornerstones of character on which the structure of this nation was built are initiative, imagination, individuality, and independence.  
-Edward Rickenbacker

Every time we are disturbed, no matter what the cause, there is something wrong with us. No matter how unreasonable others may seem, I am responsible for not reacting negatively. Regardless of what is happening around me, I will always have the prerogative, and the responsibility, of choosing what happens within me. I am the creator of my own reality. When I review my day, I know that I must stop judging others. If I judge others, I am probably judging myself. Whoever is upsetting me most is my best teacher. I have much to learn from him or her, and in my heart, I should thank that person.  
-Bill Wilson

If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.  
-Alan Simpson

Laws control the lesser man. Right conduct controls the greater one.  
-Chinese Proverb

Every time I've done something that doesn't feel right, it ends up not being right.  
-Mario Cuomo

The line separating good and evil passes not through states, nor between political parties, but right through every human heart.  
-Alexander Solzhenitsyn

What is right is often forgotten by what is convenient.  
-Bodie Thoene

To measure a man, measure his heart.  
-Malcolm Stevenson Forbes

Character is higher than intellect.  
-Ralph Waldo Emerson

Exploiting an opponent's weaknesses begins with exploring your own.

The true test of character is not how much we know how to do, but how we behave when we don't know what to do.  
-John Holt

I admire men of character and I judge character not by how men deal with their superiors, but mostly how they deal with their subordinates. And that, to me, is where you find out what the character of a man is.  
-General H. Norman Schwarzkopf

Cowardice asks the question "Is it safe?" Expediency asks the question "Is it politic?" Vanity asks the question "Is it popular?" But conscience asks the question "Is it right?" And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but one must take it because one's conscience tells them that it is right.  
-Martin Luther King

Don't try to be different. Just be good. To be good is different enough.  
-Arthur Freed

The right to do something does not mean that doing it is right.  
-William Safire

My goal in life is to be as good of a person as my dog already thinks I am.

I have more trouble with myself than with any other man I have ever met.  
-Dwight Lyman Moody

If a man is not rising upward to be an angel, depend on it, he is sinking downward to be a devil.  
-Samuel Taylor Coleridge

In every human heart are a pig, a tiger, an ass, and a nightgale. Diversity of character is due to their unequal activity.  
-Ambrose Bierce

My initial response was to sue her for defamation of character, but then I realized that I had no character.  
-Charles Barkley

**IF EVERYBODY IS THINKING  
ALIKE, THAN SOMEBODY  
ISN'T THINKING.  
General George S. Patton**

# CHOICES

In the long run, we shape our lives and we shape ourselves. And the choices we make are ultimately our responsibility.  
-Eleanor Roosevelt

Choose well. Your choice is brief, and yet endless.  
-Goethe

The world is full of cactus, but we don't have to sit on it.  
-Will Foley

Do what you feel in your heart to be right, for you will be criticized anyway. You will be damned if you do, and damned if you don't.  
-Eleanor Roosevelt

To decide, to be at the level of choice, is to take responsibility for your life and to be in control of your life.  
-Abbie M. Dale

Life is filled with possibilities.

There is no try. There is either do or don't do. -Yoda

The best way out is always through.  
-Robert Frost

There are two ways of meeting difficulties. You alter the difficulty or you alter yourself to meet them.  
-Phyllis Bottome

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

Make the choice to do something because it engages your heart as well as your mind.  
-Carleton Fiorina

Anger, resentment, envy, and self-pity are wasteful reactions.  
-Ruth Bader Ginsburg

If you find yourself in a situation you don't like, either work to make it better or leave.  
-Jack Canfield

Avoid people who are always having a bad day. Distance yourself from those who have to be right all of the time. They go out of their way to be right but not correct. Procrastinators are going nowhere.  
-Steve Harvey

The will to win means nothing if you don't have the will to pay.  
-Dr. Julian Earls

The world is wide, and I will not waste my life in friction when it could be turned into momentum.  
-Frances Willard

Optimism supplies the basic energy of civilization. Optimism doesn't wait on facts. It deals with prospects. Pessimism is a waste of time.  
-Norman Cousins

Pain is inevitable. Suffering is optional.

Between the great things that we cannot do and the small things that we will not do, the danger is that we will do nothing.  
-Adolph Monod

## BUTT PRINTS IN THE SAND

One night, I had a wondrous dream,  
One set of footprints there was seen,  
The footprints of my precious Lord,  
But mine were not along the shore.

But then some stranger prints appeared,  
And I asked the Lord, "What have we here?  
Those prints are large and round and neat,  
But Lord, they are too big for feet."

**"My child,"** He said in somber tones,  
**"For miles I carried you alone.**  
**I challenged you to walk in faith,**  
**But you refused and made me wait."**

**"You disobeyed, you would not grow,**  
**The walk of faith you would not know,**  
**So I got tired, I got fed up,**  
**And there I dropped you on your butt."**

**"Because in life, there comes a time,**  
**When one must fight, and one must climb,**  
**When one must rise and take a stand,**  
**Or leave their butt prints in the sand."**

-Author Unknown

Either you decide to stay in the shallow end of the pool or you go out into the ocean.

-Christopher Reeve

To live is to choose. But to choose well, you must know who you are, what you stand for, where you want to go, and why you want to get there.

-Kofi Annan

I'd rather be strongly wrong than weakly right.  
-Tallulah Bankhead

The strongest principle of growth lies in the human choice.  
-George Eliot

Great minds discuss ideas.  
Average minds discuss events.  
Small minds discuss people.

-Admiral Hyman Rickover

The pessimist curses the wind; the optimist hopes it will change; the realist adjusts the sails.

The greater part of our happiness or misery depends on our dispositions and not our circumstances.

-Martha Washington

Each man has a choice in life; he may approach it as a creator or a critic, a lover or a hater, a giver or a taker.  
-Anonymous

## PARADOXICAL COMMANDMENTS OF LEADERSHIP

People are illogical, unreasonable, and self-centered. **Love them anyway.**

If you do good, people will accuse you of selfish ulterior motives. **Do good anyway.**

If you are successful, you win false friends and true enemies. **Succeed anyway.**

The good you do today will be forgotten tomorrow. **Do good anyway.**

Honesty and frankness will make you vulnerable. **Be honest and frank anyway.**

The biggest men with the biggest ideas can be shot down by the smallest men with the smallest minds. **Think big anyway.**

People favor underdogs but follow only top dogs. **Fight for a few underdogs anyway.**

What you spend years building may be destroyed overnight. **Build anyway.**

People really need help, but may attack you if you help them. **Help them anyway.**

Give the world the best you have and you'll get kicked in the teeth. **Give the world the best you have anyway.**

Don't be afraid to ask for help if you are under a lot of stress.

You will never be sorry

for thinking before acting,  
for hearing before judging,  
for forgiving your enemies,  
for being candid and frank,  
for helping a fallen brother,  
for being honest in business,  
for thinking before speaking,  
for being loyal to your church,  
for standing by your principles,  
for stopping your ears to gossip,  
for bridling a slanderous tongue,  
for harboring only pure thoughts,  
for sympathizing with the afflicted,  
for being courteous and kind to all.

There is a tendency among many shallow thinkers of our day to teach that every human act is a reflex, over which we do not exercise human control. They would rate a generous deed as no more praiseworthy than a wink, a crime as no more voluntary than a sneeze . . . such a philosophy undercuts all human dignity. . . all of us have the power of choice in action at every moment of our lives. -Bishop Fulton J. Sheen

The truth of the matter is that you always know the right thing to do. The hard part is doing it. -General Norman Schwarzkopf

You will have negative thoughts, but it's what you choose to do with them that counts.

When you have to make a choice and don't make it, that is in itself a choice. -William James

When you come to a fork in the road, take it. -Yogi Berra

Within ourselves are the seeds of triumph or defeat. -Longfellow

You cannot prevent the birds of sorrow from flying over your head, but you can prevent them from building nests in your hair. -Chinese Proverb

The difficulty in life is choice. -George Moore

If a thing is right, it can be done; if wrong, it can be done without.

The expedient thing and the right thing are seldom the same thing.

Destiny is not a matter of chance; it's a matter of choice. -William Jennings Bryan

The difficulty in life is a choice. -George Moore

Learn to differentiate between what is truly important and what can be dealt with at another time. -Mia Hamm

Two roads diverged in a wood, and I,  
I took the one less traveled by,  
And that has made all the difference. -Robert Frost

You can only have two things in life: reasons and results. Reasons don't count.

You cannot control without being controlled.

Pick battles big enough to matter, small enough to win. -Jonathan Kozol

Life can only disappoint you if you let it. -Mark Hopkins

Life is full of choices. Make some.

There are two ways of exerting strength. One is pushing down; the other is lifting up. -Booker T. Washington

I am who I choose to be.

You don't take drugs. Drugs take you.

I discovered I always have choices and sometimes it's only a choice of attitude. -Judith Knowlton

Remember this, the choices you make in life make you. -John Wooden

# CHOICES

## CHOICES

Some people sit,  
 Some people try.  
 Some people laugh,  
 Some people cry.  
 Some people believe and develop a plan.  
 Some people doubt, never think that they can.  
 Some people face hurdles and give it their best.  
 Some people back down when faced with a test.  
 Some people complain of their miserable lot  
 Some people are thankful for all that they've got.  
 And when it's all over, when it comes to an end,  
 Some people lose out, and some people win.  
 We all have a choice  
 We all have a say.  
 We are spectators in life,  
 Or we get in and play.  
 Whatever we choose how we handle life's game,  
 The choices are ours, no one else is to blame.  
 -Tom Krause

There is a choice you have to make, in everything.  
 -John Wooden

Both tears and sweat are salty, but they render a different result. Tears will get you sympathy; sweat will get you change.  
 -Jesse Jackson

**I've got to say no to the good so I can say yes to the best.**  
 -Zig Ziglar

When you choose the lesser of two evils, always remember that it is still evil.  
 -Max Lerner

Success and happiness are not matters of chance but choice.  
 -Zig Ziglar

There is no right or wrong way. Only consequences.

If you don't like the direction the river is flowing, don't jump in.

**The easier we make it for ourselves to quit, the harder we make it to succeed.**

**I cannot always choose what happens to me, but I can always choose what happens in me.**

## THE #1 RULE

**Do what you said you would do,  
 when you said you would do it,  
 the way you said you would do it.**

**Period. Game over.**

**It's how you develop your integrity.**

**--Larry Winget**

Today, we mourn the passing of a beloved old friend by the name of **COMMON SENSE** who has been with us for many years.

No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such value lessons as knowing when to come in out of the rain, why the early bird gets the worm, and that life isn't always fair.

**COMMON SENSE** lived by simple, sound, financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not kids, are in charge).

His health began to rapidly deteriorate when well-intentioned but overbearing regulations were set in place.

Reports of a six-year old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

It declined even further when schools were required to get parental consent to administer aspirin to a student, but could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, **COMMON SENSE** lost the will to live as the Ten Commandments became contraband, churches became businesses, and criminals received better treatment than their victims.

**COMMON SENSE** finally gave up the ghost after a woman failed to realize that a steaming cup of coffee was hot, spilled a bit in her lap, and was awarded a huge settlement.

**COMMON SENSE** was preceded in death by his parents, **TRUTH** and **TRUST**, his wife, **DISCRETION**, his daughter, **RESPONSIBILITY**, and his son, **REASON**.

He is survived by two stepbrothers, **MY RIGHTS** and **IMA WHINER**.

Not many attended his funeral because so few realized he was gone. If you still know him, pass this on. If not, join the majority and do nothing.

No one can give you better advice than yourself.  
-Cicero

Never complain about what you permit. You deserve what you accept.

All right everyone, line up alphabetically according to your height.  
-Casey Stengel

Education without common sense is like a load of books on a jackass.

Nothing astonishes others so much as plain dealing and common sense.  
-Ralph Waldo Emerson

No matter who you are or what you plan to do, learn to type.  
-Liz Smith

We get so much information all day long that we lose our common sense.  
-Getrude Stein

Doing nothing is the most tiresome job in the world because you can't stop and rest.

You cannot get out of something you have never been in.  
-Zig Ziglar

Things that matter most must never be at the mercy of things that matter least.  
-Goethe

Criticizing is like window washing. All the dirt seems to be on the other side.

It's not the load that breaks you down; it's the way you carry it.

Before you put someone in their place, you should first put yourself in theirs.  
-David Denotaris

Often we make a big deal out of something. We blow up scenarios about all the terrible things that are going to happen. Most of the time we are wrong.

Your interpretation of what you see and hear is just that, your interpretation.

What works for you may not work for someone else. So what makes you think your way is so much better?

Do not approach a goat from the front, a horse from the rear, or a fool from any direction.

If you fail to prevent or disclose a crime, you obviously can't complain about the world you live in.

The time to relax is when you don't have time for it.

In any argument, the man with the greater intelligence is always wrong, because he did not use his brains to avoid argument in the first place,

The average man has five senses: touch, taste, sight, smell, and hearing. The successful man has two more: horse and common.

# COURAGE

Courage is believing in yourself, and that is something no one can teach you. -El Cordobes

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

Go forth to meet the shadowy future without fear and with a manly heart. -Henry Wadsworth Longfellow

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen. -Anonymous

Don't be afraid to go out on a limb. That's where the fruit is. -H. Jackson Browne

A journey of a thousand miles begins with one step. -Chinese Proverb

The fishermen know that the sea is dangerous and the storm terrible, but they have never found those dangers sufficient reason for remaining ashore. -Vincent van Gogh

What would life be if we had no courage to attempt anything? -Vincent van Gogh

A great deal of talent is lost in the world for want of a little courage. -Richard Cushing

To see what is right and not do it is want of courage. -Confucius

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

Never yield your courage.

Courage is grace under pressure. -Ernest Hemingway

Standing up for what you believe does make a difference.

Courage is to do without witnesses what one would do before the world. -La Rochefoucauld

A hero is no braver than an ordinary person, he is braver five minutes longer. -Emerson

Courage is the ladder on which all other virtues mount. -Clara Booth Luce

The only courage that matters is the one that gets you from one moment to the next.

More of our problems are caused by good people being weak than evil ones being powerful.

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps. -David Lloyd George

It takes courage to set a course and remain faithful to it.

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them. -Ralph Waldo Emerson

The possibility that we may fail in the struggle should not deter us from supporting a cause we believe to be just. -Abraham Lincoln

As for courage and will -- we cannot measure how much of each lies within us. We can only trust there will be sufficient amounts to carry through trials which may lie ahead. -Andre Norton

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do. -Eleanor Roosevelt

The creator had a purpose in equipping us with a neck. He surely meant us to stick it out. -Arthur Koestler

Act with courage and dignity. Stick to the ideals that give meaning to life. -J. Nehru

To persevere, trusting in what you hope for, is courage. -Euripides

It isn't life that matters, it's the courage you bring to it. -Hugh Walpole

The bravest thing you can do when you are not brave is to profess courage and act accordingly. -Corra Harris

To persevere, trusting in what you hope for, is courage. -Euripides

Our lives begin to end the day we become silent about things that matter. -Martin Luther King

God, grant me the courage not to give up what I think is right even though I think it is hopeless. -Chester W. Nimitz

Before you can be creative, you must be courageous. Creativity is the destination, but courage is the journey.

The only way to discover the limits of the possible is to go beyond them into the impossible.

-Arthur C. Clarke

What saves a man is to take a step. Then another step. It is always the same step, but you have to take it.

-Antoine de St. Exupery

Whenever you are asked if you can do a job, tell 'em "Certainly I can!" Then get busy and find out how to do it.

-Theodore Roosevelt

It's hard to beat a person who never gives up.

-Babe Ruth

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

-Arnold Schwarzenegger

Do not let what you cannot do interfere with what you can do.

-John Wooden

As a final incentive before giving up a difficult task, try to imagine it successfully accomplished by someone you violently dislike.

-K. Zenios

The guts carry the feet, not the feet the guts.

-Cervantes

The great pleasure in life is doing what people say you cannot do.

-Walter Bagehot

If it is to be, it is up to me.

Stay in the game when life throws you a curve. With determination and pluck, anything is possible.

If you really want to do something, you'll find a way. If you don't, you'll find an excuse.

Strength does not come from physical capacity. It comes from an indomitable will.

-Mohandas Gandhi

One ship drives east, and another west  
With the self-same winds that blow:

'Tis the set of the sails

And not the gales,

Which decides the way we go.

Like the winds of the sea are the ways of fate,

As they voyage along through life;

'Tis the will of the soul

That decides its goal,

And not the calm or the strife.

-Ella Wheeler Wilcox

Nothing is impossible. There are ways that lead to everything. If we have sufficient will, we should always have sufficient means. It is often merely for an excuse that we say things are impossible.

-Francois de La Rochefoucauld

Act as if it were impossible to fail.

-Dorothea Brande

It's not whether you get knocked down. It's whether you get up again.

-Vince Lombardi

My motto has always been to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging.

-Hank Aaron

If a person has enough desire, he will acquire the talent, he will build his skills.

-Bobby Unser

The way to learn to do things is to do things.

-Mark Twain

They can conquer who believe they can.

-John Dryden

Give me a place to stand and I can move the earth.

-Archimedes

Little strokes fell great oaks.

-Benjamin Franklin

Don't fight the problem. Decide it.

-George C. Marshall

Nothing is so difficult that it cannot be accomplished by diligence.

-Terence

## D.I.M.I.T.T.

Determination is more important than talent.

Just don't give up trying to do what you really want to do. Where's there's love and inspiration, I don't think you can go wrong.

-Ella Fitzgerald

I will be as harsh as truth, and uncompromising as justice. . . I am in earnest, I will not equivocate, I will not excuse, I will not retreat a single inch, and I will be heard.

-William Lloyd Garrison

When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and the time that the tide will turn.

-Harriet Beecher Stowe

A plan is only good if it  
is one that gets recruited;  
For good intentions soon will die  
Unless they're executed.

# DETERMINATION

The difference between the impossible and the possible lies in a person's determination.

-Tommy Lasorda

I talked to the team a lot about staying power. You never find out if you have that until you've been beaten down a few times.

-Bill Parcells

You've got to get up every morning with determination if you're going to go to bed with satisfaction.

-George Horace Lorimer

You have to motivate yourself through pride. You must push yourself mentally and physically. A lot of people say John Havlicek never gets tired. Well, I get tired, it's just a matter of pushing myself. I say to myself, "He's as tired as I am. Who is going to win the mental battle?"

-John Havlicek

Players with fight never lose a game, they just run out of time.

-John Wooden

If you don't have what you want, you are not committed to it 100%.

If you can do a job a little better each day, you'll one day find that you can do it better than anyone else.

People say, "relax, the game is over." The game is over? The game is never over.

-Red Auerbach

There is in this world no such force as the force of a person determined to rise. The human soul cannot be permanently chained.

-W.E.B. Du Bois

We will either find a way or make one.

-Hannibal

We shall not fail or falter; we shall not weaken or tire. Give us the tools and we will finish the job.

-Winston Churchill

From a certain point onward there is no longer any turning back. That is the point that must be reached.

-Franz Kafka

The slogan "press on" has solved and always will solve the problems of the human race.

-Calvin Coolidge

What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it.

-Alexander Graham Bell

Push yourself again and again. Don't give an inch until the final buzzer sounds.

-Larry Bird

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

-Dale Carnegie

## SEVEN CARDINAL RULES FOR LIFE

1. Make peace with your past so it doesn't spoil your present. Your past does not define your future. Your actions and beliefs do.

2. What others think of you is none of your business. It's how much you value yourself and how important you think you are that matters.

3. Time heals almost anything. Pain will be less hurting. Scars make us who we are. They explain our life and why we are the way we are. Our scars challenge us and force us to be stronger.

4. No one is the reason for your happiness, except yourself. Waste no time and effort searching for peace and contentment in the world outside.

5. Don't compare your life with others. You have no idea what their journey is all about. If we threw all of our problems in a pile and saw everyone else's, we would grab ours back as fast as we could.

6. Stop thinking too much. It is alright not to know all the answers. Sometimes there is **no** answer.

7. Smile. You don't own all the problems in the world. A smile can brighten the darkest day. It is the potential cure to turn a life around.



# DISCIPLINE

35

To move up in the world, we must first move ourselves. -Socrates

No life ever grows great until it is focused, dedicated, and disciplined. -Harry Emerson Fosdick

Triumph lies in discipline.

Never let work drive you. Master it, and keep in complete control. -Booker T. Washington

What you want to be eventually, you must be every day. With practice, the quality of your deeds will get down into your soul. -Frank Crane

Self-discipline is what it takes  
To find a way to win;  
To see if you have what it takes  
Just take a look within.

We must do that which we think we cannot. -Eleanor Roosevelt

Be strong enough to control your anger instead of letting it control you.

Know what's most important and give it all you've got. -Lee Iococca

Sometimes you have to be silent to be heard.

Tact: to make your guests feel at home even when you wish they were.

It is the last step in the race that counts.

Discipline is the bridge between goals and accomplishments.

If you can control yourself, you can control the world. -Chinese Proverb

It is easy to fly into a passion, anyone can do this. But to be angry with the right person to the right extent at the right time in the right way, that is not easy, and not everyone can do it. -Aristotle

In reading the lives of great men, I found that the first victory they won was over themselves. Self-discipline with all of them came first. -Harry S. Truman

The great difference between men is in sacrifice, in self-denial, in love and loyalty, in fearlessness and in humility, in the pursuit of excellence, and in the perfectly disciplined will. -Vince Lombardi

Control your emotion or it will control you. -Samarai Saying

Nothing is often a good thing to do, and almost always a clever thing to say. -Will Durant

Never argue with an angry person.

The hardest victory is victory over self. -Aristotle

You can have anything in the world you want, if you want it badly enough and are willing to pay the price. -Mary Kay Ashe

It's easy to have faith in yourself and have discipline when you're a winner, when you're No. 1. What you've got to have is faith and discipline when you're not yet a winner. -Vince Lombardi

Learn to say no. It will be more use to you than to be able to read Latin. -Charles Haddon Spurgeon

Let us train our minds to desire what the situation demands. -Seneca

Hold tight rein over the 3-T's -- thought, temper, and tongue -- and you will have few regrets.

When angry, count to ten before you speak. When very angry, count a hundred. -Thomas Jefferson

One step, and then another, and soon the longest walk has ended.

The fight is won or lost far away from the witnesses - behind the lines, in the gym and out there on the road, long before I dance under those lights. -Mohammad Ali

The secret of our success is found in our daily agenda. -John C. Maxwell

Without self-discipline, success is impossible. Period. -Lou Holtz

Nothing is more harmful to the service than the neglect of discipline; For that discipline, more than numbers, gives one army superiority over another. -George Washington

Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.

The discipline you learn and character you build from setting and achieving a goal can be more valuable than the achievement of the goal itself. -Bo Bennett

# DISCIPLINE

The really free player in society is the one who is disciplined. Players feel love when they are disciplined.  
-Dean Smith

The champions have the ability to discipline themselves to eliminate everything except what they are trying to accomplish.  
-Dale Brown

Discipline of others isn't punishment. You discipline to help, to improve, to correct, to prevent, not to punish, humiliate, or retaliate.  
-John Wooden

Discipline yourself to do the things you need to do when you need to do them, and the day will come when you will be able to do the things you want to do when you want to do them.  
-Zig Ziglar

## Quotes from Paul "Bear" Bryant

- ◆ You can't treat them all equally, but you can treat them all fairly.
- ◆ I don't hire anybody not brighter than I am. If they're not smarter than me, I don't need them.
- ◆ Lay it on the line on every play. You never know which play is the big play. Try to win on this play.
- ◆ If you're ahead, play like you're behind. And if you're behind, play like you're ahead.
- ◆ What matters is not the size of the dog in the fight, but the size of the fight in the dog.
- ◆ Little things make the difference. Everyone is well-prepared in the big things, but only the winners perfect the little things.
- ◆ It's not the will to win, but the will to prepare to win that makes the difference.
- ◆ My favorite play is the one where the player pitches the ball back to the official after scoring a touchdown.
- ◆ You better know something about work, discipline, and sacrifice in life. You'll need it.
- ◆ I'm not smarter than anybody else, but I may work a little harder.
- ◆ Be good or be gone.

### *What Have I Traded*

(A poem that sat on Bryant's desk that he read every day)

This is the beginning of a new day.  
God has given me this day to use as I will.  
I can waste it or I can use it for good.

What I do today is very important because  
I'm exchanging a day of my life for it.  
When tomorrow comes, this day will be gone, forever,  
Leaving something in its place I have traded for it.

I want it to be gain, not loss, good, not evil,  
Success, not failure, in order that I shall not  
Forget the price I paid for it.

There's a lot of blood, sweat, and guts between dreams and success.

Ask God to bless your work. Do not ask Him to do it for you.

We need men who can dream of things that never were.  
-John F. Kennedy

Our aspirations are our possibilities.  
-Samuel Johnson

What have I done today to make my dream come true?  
-Alan Bean

Nothing happens unless first a dream.

Dreams are works in progress.

Don't be afraid to dream aloud  
The things you want to do;  
Just saying what is in your heart  
Will help your dreams come true.

The moment one definitely commits oneself, then providence moves too. All sorts of things occur to help that would never otherwise have occurred. ... Whatever you can do or dream you can, begin it.  
-Johann Wolfgang von Goethe

See it big; keep it simple  
-Wilferd Peterson

I have had dreams and I have had nightmares, but I have conquered my nightmares because of my dreams.  
-Dr. Jonas Salk

To dream of the person you would like to be is to waste the person you are.  
-Anonymous

You see things and say "Why?" But I dream things that never were and say "Why not?"  
-Robert F. Kennedy

Some look at things that are, and ask why. I dream of things that never were and ask why not?  
-George Bernard Shaw

## Follow Your Dreams

You must follow your dreams;  
You must follow wherever it leads.

Don't be distracted by less worthy leads.  
Shelter it,  
Nourish it,  
Help it grow.  
Hold your dream deep, down deep where dreams grow.

Follow your dreams,  
Pursue it with haste.  
Life is too precious, too precious to waste.

Be faithful,  
Be loyal in all the day through;  
the dream that you follow will ultimately come true.

Your hopes, dreams, and aspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms. If you will only let them  
-Dan Zadra

Dream lofty dreams, and as you dream, so shall you become.  
-James Allen

The greatest masterpieces were once only pigments on a palette.  
-Henry S. Haskins

Follow your dream as long as you live, do not lessen the time of following desire, for wasting time is an abomination of the spirit.  
-Plato

It's never too late to be who you might have been.  
-George Eliot

Go confidently in the direction of your dreams.  
-Henry David Thoreau

Allow yourself to fish each day  
Within life's little streams  
For that is where we often find  
Just how to catch our dreams.

Start with a dream. Dream a bigger dream. Keep dreaming until your dreams seem impossible to achieve.  
-Vance Coffman

We grow great by dreams. All big men are dreamers.  
-Woodrow Wilson

All of our dreams can come true, if we have the courage to pursue them.  
-Walt Disney

Those who lose dreaming are lost.  
-Australian Aboriginal Proverb

Where much is expected from an individual, he may rise to the level of events and make the dream come true.  
-Elbert Hubbard

The key to happiness is having dreams. The key to success is making them come true.  
-James Allen

Dreams aren't a matter of chance, but a matter of choice.

Do extraordinary things, don't just dream them.

To be as much as we can be, we must dream of being more.

The best way to make your dreams come true is to wake up.  
-J.M. Power

If you don't have dream how can you make a dream come true?  
-Oscar Hammerstein

Dreams are often more powerful than facts.

# DREAMS

## Always Keep Your Dreams Alive

Now is a time for you to celebrate the accomplishment of a dream you have worked so hard to realize. You have shown so many people how special you are.

Now is the time to begin to pursue the next path, to reach out for the next star, and to achieve the things that are so important to you.

Always keep your dreams alive.  
And keep them coming true.

If you want to succeed and you prepare to do so, you will achieve your dreams.

We do not regard what is before our feet; we all gaze at the stars. -Quintas Ennius

One person with a dream is equal to ninety-nine who only have an interest.

We need to give ourselves permission to act out our dreams and visions, not look for more sensations, more phenomena, but live our strongest dreams — even if it takes a lifetime. -Vijali Hamilton

Great hopes make everything possible. -Benjamin Franklin

Great hopes make great men. -Thomas Fuller

Dream no small dreams for they have no power to move the hearts of men. -Johann Wolfgang von Goethe

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

Nurture the dreams that inspire you to go beyond your limits.

Those who dream by day are cognizant of many things which escape those who dream only at night. -Edgar Allan Poe

A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world. -Oscar Wilde

Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so. -Belva Davis

Choose your dreams. Leave your doubts behind.

In dreams begin responsibility. -William Butler Yeats

You're the only one who can make the difference. Whatever your dream is, go for it. -Magic Johnson

## Dreams

It is not enough to have a dream unless I am willing to pursue it.

It is not enough to know what is right unless I am strong enough to do it.

It is not enough to join the crowd, to be acknowledged and accepted. I must be true to my ideals, even if am left out and rejected.

It is not enough to learn the truth unless I also learn to live it.

It is not enough to reach for love unless I care enough to give it.

Dream of worthy accomplishments and stay awake to achieve them.

I like the dreams of the future better than the history of the past. -Thomas Jefferson

Dream what you dare to dream. Go where you want to go. Be what you want to be. -Calvin Coolidge

It may be those who do most, dream most. -Stephen Leacock

If you want to succeed and you prepare to do so, you will achieve your dreams.

Only he who can see the invisible can do the impossible. -Frank Gaines

I dream my painting and then paint my dream. -Vincent van Gogh

If your dreams turn to dust, vacuum.

Hold to your dreams with patient heart,  
In time they will abound;  
The mighty oak is just a nut  
That finally held its ground.

The key to happiness and success is to have a dream.

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them. -Henry David Thoreau

It takes a lot of courage to show your dream to someone else. -Erma Bombeck

**We cannot change  
time, only our  
priorities.**

I had six honest serving men, they taught me all I knew. Their names were Where and What and When, and Why and How and Who. -Rudyard Kipling

Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do when it ought to be done, whether you like it or not. -Thomas H. Huxley

## 25 THINGS YOU SHOULD HAVE LEARNED BY MIDDLE AGE

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think; they don't do it very often.
3. Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.
4. It ain't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel so good.
13. Eat well, stay fit, die anyway.
14. Men are from earth. Women are from earth. Deal with it.
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
22. By the time you make ends meet, they move the ends.
23. Thou shalt not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the real world.
25. If you must choose between two evils, pick the one you've never tried before.

It's what you learn after you think you know it all that counts. -Earl Weaver

## SIXTEEN THINGS IT TOOK ME OVER 50 YEARS TO LEARN

by Dave Barry

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
  2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve its full potential, that word would be "meetings."
  3. There is a very fine line between "hobby" and "mental illness."
  4. People who want to share their religious views with you almost never want you to share yours with them.
  5. You should not confuse your career with your life.
  6. Nobody cares if you can't dance well. Just get up and dance.
  7. Never lick a steak knife.
  8. The most destructive force in the universe is gossip.
  9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
  10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
  11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
  12. The one thing that unites all human beings, regardless of age, gender, religion, economic status, or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
  13. A person who is nice to you but rude to a waiter is not a nice person. **(This is very important. Pay attention. It never fails.)**
  14. Your friends love you anyway.
  15. Never be afraid to try something new. Remember that a lone amateur built the ark. A large group of professionals built the Titanic.
- And finally: Men are like fine wine. They start out as grapes. Then it's up to women to stomp the crap out of them until they turn into something acceptable to have dinner with.

What we learn with pleasure we never forget.

Education is when you read the fine print. Experience is what you get when you don't. -Pete Seeger

Learn to be what you are and learn to resign with a good grace all that you are not.

-Henri Frederic Amiel

Learn the fundamentals of the game and stick to them. Band-Aid remedies never work. -Jack Nicklaus

An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you know and what you don't.  
-Anatole France

Don't ever be afraid to put yourself in a lesser position so that you can learn something from someone who knows more.  
-Steve Harvey

Get enough education so that you won't have to look up to anyone, then get more so you won't look down on anyone.  
-Dr. Julian Earls

Who dares to teach must never cease to learn.  
-John Colton Dana

One learns manners from those who have none.

I wish I'd known early what I had to learn late.  
-Richie Ashburn

Those who don't read have no advantage over those who can't.

Here's to the kids who are different,  
the kids who don't always get A's,  
the kids who have ears twice the size of their peers,  
or noses that go on for days.  
Here's to the kids who are just out of step,  
the kids they all tease,  
who have cuts on their knees,  
and whose sneakers who are constantly wet.  
Here's to the kids who are different,  
the kids with the mischievous streak,  
for when they have grown,  
as history has shown,  
it's their difference that makes them unique.  
-Digby Wolfe

We learn by doing things rather than by talking about them.  
-John Dewey

Only the educated are free.  
-Epictetus

Whoever lives is always learning.  
-Giovanni Battista Gelli

Experience is the best teacher, but the tuition is very costly.

It is not the I.Q. but the "I will" that is important in education.

There is no darkness but ignorance.  
-William Shakespeare

To teach someone is to learn twice.

If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest.  
-Benjamin Franklin

I have never met a man so ignorant that I couldn't learn something from him.  
-Galileo Galilei

Universities and asylums are both mental institutions. But you must show progress to get out of a mental institution.  
-Dr. Julian Earls

### **We Learned It All In Kindergarten**

By Robert Fulghum

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sandbox.

These are the things I learned. Save everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Live a balanced life. Learn some and think some, and draw and sing and dance and play and work every day some.

Take a nap in the afternoon. When you go out into the world, watch for traffic, hold hands and stick together. Be aware of wonder. Remember the little seed in the plastic cup? The roots go down and the plant goes up, and nobody really knows why, but we are all like that.

Goldfish and hamsters and white mice — and even the little seed in the plastic cup — they all die. So do we.

And then remember the book about Dick and Jane and the first word you learned, the biggest word of all: LOOK. Everything you need to know is in there somewhere. The golden rule and love and basic sanitation. Ecology and politics and sane living.

Think of what a better world it would be if we all had cookies and milk about three o'clock every afternoon and then laid down with our blankets for a nap. Or if we had a basic policy in our nation and other nations always to put things back where we found them and cleaned up our own messes.

And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

Never seem more learned than the people you are with. Wear your learning like a pocket watch and keep it hidden. Do not pull it out to count the hours, but to give the time when you are asked.  
-Lord Chesterfield

I maintain my edge by staying a student. You always have something to learn.  
-Jackie Joyner-Kersey

Stay alert. What you know today may not apply tomorrow.

It is better to know some of the questions than all the answers.  
-James Thurber

The four laws of learning: explanation, demonstration, correction, and repetition.  
-John Wooden

There is no education like adversity.  
-Benjamin Disraeli

An educated mind has difficulty relating to uneducated people. An educated ear never does.

We are all ignorant about different things.

Don't forget in the darkness what you learned in the light.  
-Joseph Bayly

Your work may be done someday, but your education, never.  
-Alexandre Dumas the Elder

If you have a college degree, you can be absolutely sure of one thing. You have a college degree.

You are the only teacher you will ever have.

I hear and I forget; I see and I remember; I do and I understand.

## FORMULA FOR POSITIVE ATTITUDE ACHIEVEMENT

**DECIDE YOU'RE WILLING TO GO FOR IT.** Know that the lifelong value of a positive attitude is worth it to you. If you can't decide, the rest of the formula is worthless.

**DECIDE IT WILL TAKE A YEAR TO SET A NEW THOUGHT PATTERN.** A year of positive isn't too long, considering that you have had thirty (more or less) negative ones.

**START EACH MORNING WITH SOME POSITIVE EXPOSURE, WISDOM, OR EXPRESSIONS.** First thing. Even if your butt fall offs. Fifteen minutes, every day.

**START YOUR DAY WITH A POSITIVE THOUGHT PROCESS.** *I'm happy. It's gonna be a great day. I'm the greatest.*

**GET RID OF NEGATIVE PEOPLE IN YOUR LIFE.** They waste your time and bring you down. If you can't get rid of them (like a spouse or a boss), reduce your time with them.

**AVOID THE NEGATIVES.** Eliminate negative things and people you come in contact with during your day. Exercise positive choices, and do things that build you up.

**AVOID THE VIOLENCE ON TV AND IN MOVIES.** Violence generates negative and nervous energy. Violence wastes all your positive energy. Violence begets violence.

**IGNORE IDIOTS AND ZEALOTS.** When you're on this journey, it may (at times) seem a little silly. *This is a natural feeling.* Stick with it. Hang in there. Let the idiots and zealots go their own way. You're on a mission. Let nothing or no one get in your way.

**TURN OFF THE TV.** Turn off the news (especially the local news). Turn off the weather. (Just look out the window.)

**MAKE YOUR OWN ENVIRONMENT.** One that makes you happy, gives you peace, and fosters your learning.

**READ BOOKS THAT GET YOU GOING AT THE START OF THE DAY.** Just a few pages each morning to give you a positive direction, thought, or inspiration. Share what you learned.

**LISTEN TO THE RECORDED MESSAGE OF POSITIVE PEOPLE.** Their messages will keep you going during the day and in tough times.

**SURROUND YOURSELF IN THE EXTERNAL ENVIRONMENTS THAT BREED SUCCESS.** Happy, creative, encouraging environments.

**CREATE NEW ASSOCIATIONS THAT WILL BOOST YOUR DESIRE TO BE POSITIVE.** Happy people, successful people, helpful people.

**SMILE ALL THE TIME.** Lead with a smile, and the words will follow. Earn a smile from everyone you talk to.

**RESPOND TO EVERYTHING IN THE POSITIVE.** At first, this requires thought. You **MUST** stop and think **BEFORE** you mouth off.

**START EVERYTHING IN THE POSITIVE.** Tell yourself and others what **CAN** be done. Tell yourself and others what you **WILL** do.

**SELECT ONE POSITIVE MESSAGE OR ONE PASSAGE.** And read it, or listen to it, or watch it every day for a year.

-Jeffrey Gitomer  
*Little Gold Book of Yes Attitude*

# EFFORT

It is effort that makes the inevitable come to pass.  
-Oliver Wendell Holmes

Live every act fully, as if it were your last.  
-Buddha

It is the greatest of all mistakes to do nothing because you can only do a little. Do what you can.  
-Sydney Smith

It's not a question of how much a man knows, but what use he makes of what he knows.  
-J.G. Holland

It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.  
-Lucius Annaeus Seneca

You get more than you give when you give more than you get.

It's not the mountain we conquer but ourselves.  
-Sir Edmund Hillary

Make the little decisions with your head and the big decisions with your heart.

He who plants a tree plants hope. -Lucy Larcom

Everyone starts from scratch, but not everyone keeps scratching.

If you don't scale the mountain, you can't see the view.

The only thing achieved in life without effort is failure.

There are no shortcuts to anyplace worth going.

In this life, we get only those things for which we are willing to sacrifice. -George Matthew Adams

It is better to wear out than to rust out.  
-Richard Cumberland

The problem with doing nothing is not knowing when you are finished. -Benjamin Franklin

The man of genius is he who finds such joy in his art that he will work at it come hell or high water.  
-Stendahl

The man who can drive himself further once the effort gets painful is the man who will win.  
-Roger Bannister

If everything's under control, you're going too slow.  
-Mario Andretti

The man who says it can't be done is usually interrupted by the man who is doing it.

The achievements of an organization are the result of the combined efforts of each individual.  
-Vince Lombardi

Play every game as if your job depended on it. It just might.  
-Casey Stengel

Do more of what is working, do less of what isn't, and try on new behaviors to see if they produce better results.  
-Jack Canfield

Well done is better than well said. -Ben Franklin

Things which matter most must never be at the mercy of things that matter least.  
-Goethe

You're not going to make great improvement in one day. But if you miss out one day, you've lost a little bit. You've got to build up a little each day. It's little things that eventually become big things and make big things happen.  
-John Wooden

We only learn our limits by going beyond them.

If there is no dull and determined effort, there will be no brilliant achievement.  
-Hsun-tzu

Good enough never is. -Debbi Fields

Don't point a finger. Lend a hand.

It takes more effort to discover what is right than to point out what is wrong.

There is a great distance between said and done.  
-Puerto Rican Proverb

If you don't do something, nothing is going to get better.  
-Nathaniel Branden

Make an effort every day to feel good about who you are and what you can be.

The task ahead of us is never as great as the power within us.  
-Ralph Waldo Emerson

One of the greatest discoveries a man makes, one of his greatest surprises, is to find he can do what he was afraid he couldn't do.  
-Henry Ford

It is far easier to start something than it is to finish it.  
-Amelia Earhart

Give all you've got in every game  
Until your games are gone  
For when your final game is played,  
The game of life goes on.

Within ourselves are the seeds of triumph or defeat.  
-Henry Wadsworth Longfellow



Give to the world the best you have and the best will come back to you.

## DO LESS

- DO LESS THINKING,**  
and pay more attention to your heart.
- DO LESS ACQUIRING,**  
and pay more attention to what you already have.
- DO LESS COMPLAINING,**  
and pay more attention to giving.
- DO LESS CONTROLLING,**  
and pay more attention to letting go.
- DO LESS CRITICIZING,**  
and pay more attention to complimenting.
- DO LESS ARGUING,**  
and pay more attention to forgiveness.
- DO LESS RUNNING AROUND,**  
and pay more attention to stillness.
- DO LESS TALKING,**  
and pay more attention to silence.

## Just One

One song can spark a moment,  
One flower can wake the dream.  
One tree can start a forest,  
One bird can herald spring.  
One smile begins a friendship,  
One handclasp lifts a soul.  
One star can guide a ship at sea,  
One word can frame the goal.  
One vote can change a nation,  
One sunbeam lights a room.  
One candle wipes out darkness,  
One laugh will conquer gloom.  
One step must start each journey,  
One word must start each prayer.  
One hope will raise our spirits,  
One touch can show you care.  
One voice can speak with wisdom,  
One heart can know what's true,  
One life can make a difference,  
You see, it's up to you!

About the only thing that comes to us without effort is old age.

Don't wait for your ship to come in; swim out to it.

Knowing is not enough; we must apply. Willing is not enough; we must do. -Vincent van Gogh

Men build too many walls and not enough bridges. -Sir Isaac Newton

Decide what is worthwhile and follow through on it.

## If

By Rudyard Kipling

If you can keep your head when all about you are  
losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you but  
make allowance for their doubting too,  
If you can wait and not be tired by waiting,  
or being lied about, don't deal in lies,  
or being hated, don't give way to hating, and yet  
don't look too good, nor talk too wise;  
If you can dream-and not make dreams your  
master,  
if you can think and not make thoughts your aim;  
If you can meet with Triumph and Disaster and treat  
those two impostors just the same;  
If you can bear to hear the truth you've spoken  
twisted by knaves to make a trap for fools,  
or watch the things you gave your life to, broken,  
and stoop and build 'em up with worn-out tools;  
If you can make one heap of all your winnings  
and risk it on one turn of pitch-and-toss,  
and lose, and start again at your beginnings  
and never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
to serve your turn long after they are gone,  
and so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"  
If you can talk with crowds and keep your virtue,  
or walk with kings, nor lose the common touch,  
If neither foes nor loving friends can hurt you;  
If all men count with you, but none too much,  
If you can fill the unforgiving minute  
with sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And, which is more, you'll be a Man, my son!

If you always do what you always did, you'll always get what you always got. -Verne Hill

You have to make it happen. -"Mean" Joe Greene

Never leave that till tomorrow which you can do today. -Benjamin Franklin

The greatest works are done by the ones. The hundreds do not often do much; it is the units, the single individuals, that are the power and the might. Individual effort is, after all, the grand thing. -Charles Spurgeon

Underpromise. Overperform.

The difference between ordinary and extraordinary is just that little extra.

Aiming isn't hitting.

# EFFORT

It doesn't take an army  
To think what can be done;  
One person with just one idea  
Is more than ten with none.

I have no regrets because I know I did my best - all  
I could do. -Midori Ito

If you don't invest much, then defeat doesn't hurt very  
much and winning is not very exciting.  
-Dick Vermeil

It's not how good you are, but how bad you want it.

The man who moved a mountain was the one who  
began carrying away small stones.  
-Chinese Proverb

Whatever you do today, do it better tomorrow.  
-Robert Schuller

Inches make a champion. -Vince Lombardi

Do it big, do it right, and do it with style.  
-Fred Astaire

Remember this your lifetime through,  
tomorrow there will be more to do,  
and failure waits for all who stay  
with some success made yesterday.  
Tomorrow you must try once more,  
and even harder than before. -John Wooden

We each have only enough strength to complete  
those assignments that we are fully convinced are  
important. -Goethe

"I didn't come to be told I'm burning the candle at  
both ends," said the patient to his doctor. "I came  
for more wax."

Do what you can, with what you have, where you are.

Players need to learn how to play without the ball and  
without the coach. -Pete Carril

The man who rows the boat seldom has time to rock it.

Wherever you go, go with all your heart.  
-Confucius

I never had a policy. I have just tried to do my very  
best each and every day. -Abraham Lincoln

It's not what you've got, it's what you use that makes  
a difference. -Zig Ziglar

I think that the good and the great are only separated  
by the willingness to sacrifice  
-Kareem Abdul-Jabbar

One man practicing sportsmanship is far better than  
50 preaching it. -Knut Rockne

Satisfaction lies in effort, not in the attainment. Full  
effort is full victory.

When I stand before God at the end of my life, I would  
hope that I would not have a single bit of talent left  
and could say, "I used everything You gave me."  
-Erma Bombeck

Insanity is doing the same thing over and over and  
expecting a different result. -Albert Einstein

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 some-  
thing sitting down. -Charles Kettering

When you walk what you talk, people listen.

Do your job and a little bit more, and the future will  
take care of itself. -Andrew Carnegie

Effort is only effort when it begins to hurt.  
-Ortega y Gasset

It isn't what you do, but how you do it.  
-John Wooden

It is better to die on your feet than to live on your  
knees. -Delores Ibarruri

I can accept failure. Everyone fails at something. But  
I can't accept not trying. -Michael Jordan

I go at what I am about as if there was nothing else  
in the world for the time being. -Charles Lingsley

You can be an ordinary athlete by getting away with  
less than your best. But if you want to be great, you  
have to give it all you've got, your everything.  
-Duke Kahanamoku

Pray for a good harvest but continue to hoe.

You never know where your shadow will fall.

We have to be hard sometimes to get the most out of  
people. We have to be tough sometimes to get the  
most out of ourselves. -Vince Lombardi

The only guy I have to get better than is who I am  
right now. -Colonel Potter, M\*A\*S\*H

Don't judge each day by the harvest you reap but by  
the seeds you plant. -Robert Louis Stevenson

It is easy to get to the top after you get through the  
crowd at the bottom. -Zig Ziglar

# ENTHUSIASM

45

The world belongs to the energetic.

-Ralph Waldo Emerson

Be bold. If you're going to make an error, make it a doozy. And don't be afraid to hit the ball.

-Billie Jean King

Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your objective. Nothing great was ever achieved without enthusiasm.

-Ralph Waldo Emerson

Whatever you attempt, go at it with spirit.

-David Starr Jordan

The world belongs to the energetic.

-Ralph Waldo Emerson

Apathy can only be overcome with enthusiasm.

-Arnold Toynbee

The biggest temptation is to settle for too little.

-Thomas Merton

Every man is enthusiastic at times. One man has enthusiasm for thirty minutes, another has it for thirty days. But it's the man who has it for thirty years who makes a success in life.

-The Catholic Layman

Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success.

-Dale Carnegie

Enthusiasm releases the drive to carry you over obstacles and adds significance to all you do.

-Norman Vincent Peale

If you aren't fired with enthusiasm, you will be fired with enthusiasm.

-Vince Lombardi

Wherever you go, go with all your heart.

-Confucius

The real secret of success is enthusiasm. Yes, more than enthusiasm, I would say excitement. I like to see men get excited. When they get excited, they make a success of their lives.

-Walter Chrysler

Think excitement, talk excitement, act out excitement, and you are bound to become an excited person.

-Norman Vincent Peale

Make sure your life is fun. You don't have to be rich or smart, just enthusiastic.

Wherever you go, go with all your heart.

-Confucius

A man can succeed at almost anything for which he has unlimited enthusiasm.

-Charles Schwab

Enthusiasm is the foundation of victory.

**You are never a failure  
if you gave it your all, unless you blame  
others for your  
mistakes. When you place blame, you're  
making excuses.  
When you're making  
excuses, you can't  
evaluate yourself.  
Without self-evaluation, failure is inevitable.**

**John Wooden  
UCLA Basketball Coach**

# EXCELLENCE

People forget how fast you did a job, but they remember how well you did it. -Howard Newton

Do not settle for less than an extraordinary life.

Whatever you are, be a good one.

In character, in manner, in style, in all things, the supreme excellence is simplicity. -Henry Wadsworth Longfellow

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another. -Helen Keller

Only the mediocre are always at their best. -Jean Giraudoux

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

Whatever is worth doing at all is worth doing well. -Lord Chesterfield

We gain nothing by being with such as ourselves; we encourage each other in mediocrity. I am always longing to be with men more excellent than myself. -Charles Lamb

On your best days, be great. On your worst days, be good. Every other day, get better. -Jim Tressel

The race for quality has no finish line.

By asking for the impossible, we attain the best possible. -Armenian Proverb

Exceed expectations. We are not driven to do extraordinary things, but to do ordinary things extraordinarily well. -Bishop Gore

Once a task has begun,  
Never leave it until it's done.  
Though the task be great or small,  
Do it well or not at all.

It is easier to agree to do better tomorrow than to do your best today.

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

It's not enough to get things done; they must be done right. -Arthur Hadley

Every job is a self-portrait of the person who does it. Autograph your work with excellence.

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

If you aren't going all the way, why go at all? -Joe Namath

You do not merely want to be considered just the best of the best. You want to be considered the only one who does what you do. -Jerry Garcia

Excellence is to do a common thing in an uncommon way. -Booker T. Washington

If you refuse to accept anything but the best, you will very often get it. -W. Somerset Maugham

The quest for excellence gives dignity to a person. -Earl Nightengale

Waste no more time arguing what a good man should be. Be one. -Marcus Aurelius

Being average means you're as close to the bottom as you are to the top. -John Wooden

The foundation of excellence lies in self-control. -H.L. Baughner

Do not settle for less than an extraordinary life.

Promise to think only the best, to work only for the best, and to expect only the best from yourself and others. -John Wooden

The foundation of excellence lies in self-control. -H.L. Boughner

Let your heart soar as high as it will. Refuse to be average. -A.W. Tozer

Remember when you were at your best? Now, be there again.

Best is the enemy of better.

Good, better, best  
Never let it rest  
Until your good is better  
And your better best.

Only those who have the patience to do simple things perfectly will acquire the skill to do difficult things easily. -Johann von Schiller

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself. -Henry Ward Beecher

I'm against a homogenized society because I want the cream to rise. -Robert Frost

# EXCELLENCE

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When an archer misses the mark, he turns and looks for the fault within himself. Failure to hit the bulls-eye is never the fault of the target. To improve your aim, improve yourself. -Gilbert Arland

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction, and skillful execution; it represents the wise choice of many alternatives, the cumulative experience of many masters of craftsmanship. Quality also marks the search for an ideal after necessity has been satisfied and mere usefulness achieved. -Willa Foster

To give anything less than your best is to sacrifice the gift. -Steve Prefontaine

Excellence is to do a common thing in an uncommon way. Booker T. Washington

The foundation of excellence lies in self-control. -H.L. Baughner

It is impossible to excel at something you don't enjoy. -Jack Nicklaus

Do what you can do well; do well whatever you do. -Henry Wadsworth Longfellow

The secret of joy in work is contained in one word -- excellence. To know how to do something well is to enjoy it. -Pearl S. Buck

The competition for excellence is only with oneself.

We are never going to create a good society much less a great one until we once more recognize and respect individual excellence. -Vince Lombardi

Doing the best job gets you the most attention.

One machine can do the work of fifty men. No machine can do the work of one extraordinary man. -Elbert Hubbard

Success in life demands that each man make a personal commitment to excellence and to victory. -Vince Lombardi

You're only the best when you're laid to your rest.

1. Focus on accomplishment. Be known as the person who gets things done.
2. Develop a reputation that you are proud of.
3. Be trustworthy. Be the person who can keep a secret, isn't a gossip, and can be counted on in all situations.
4. When you give your word, keep it. Without exception.
5. Be on time. Be where you are supposed to be when you are expected to be there.
6. Don't brag. It's obnoxious and it alienates others.
7. Don't complain. No one cares, and they have problems of their own to deal with.
8. Friendship among co-workers is a bonus. It is not required or to be expected.
9. Don't tolerate abuse, disrespect, or a lack of ethics or integrity from your employer. Life is short; there are other jobs.
10. Find out what the single most important thing is about your job, and then make sure it gets done. If nothing else gets done, make sure that one thing gets done.
11. Serve the customer well whether you call the customer a client, patient, co-worker, or boss. Your rewards in life are in direct proportion to the service you provide.
12. Remember that you work for someone. That person has the right to say what you do, when you do it, and how you do it.

-Larry Winget

# ***EXCUSES***

Excuses are the lies you convince yourself are true to avoid proving you are worthy of the gift you were given.

-Steve Harvey

If God gives you the opportunity to step up to the plate, don't waste your time talking about "I'm not worthy."

-Steve Harvey

**Stop fixing the blame and start fixing the problem.**

**--Larry Winget**

**Good is not good where better is expected.**

**--Thomas Fuller**

**Goals don't work unless you do!**

**Potential means you haven't done anything yet!**

**There's a world of difference between a person who has a big problem and a person who makes a problem big.**

**Show me a thoroughly satisfied man and I'll show you a failure.**

**--Dudly Field Malone**

**STEP UP or STEP ASIDE!**

**We must be the change we wish to see in the world.**

**--Mohandas Gandhi**

# FAILURE

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Make the most of every failure. Fail forward.

Ones who fears limits his activities. Failure is only the opportunity to more intelligently begin again.  
-Henry Ford

You must act as if it is impossible to fail.  
-Ashanti Proverb

A man may fail many times, but he isn't a failure until he begins to blame somebody else.  
-J. Paul Getty

There is no failure except in no longer trying.  
-Elbert Hubbard

Success isn't permanent, and failure isn't fatal.  
-Mike Ditka

A loss becomes a victory  
When you promise not to quit,  
But a failure's just a failure  
Unless you learn from it.

Never let the fear of striking out get in your way.  
-Babe Ruth

Ninety-nine percent of all failures come from people who have a habit of making excuses.  
-George Washington Carver

Show me a thoroughly satisfied man and I will show you a failure.  
-Thomas Alva Edison

Not failure but low aim is a crime.  
-James Russell Lowell

A minute's success pays the failure of years.  
-Robert Browning

Failure is, in a sense, the highway to success, since every discovery of what is false leads us to seek earnestly after what is true.  
-John Keats

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

It takes as much courage to have tried and failed as it does to have tried and succeeded.  
-Anne Morrow Lindbergh

Failures are a normal part of life. They are not disasters.

Failing to plan is planning to fail. -John Wooden

Failure is impossible. -Susan B. Anthony

It isn't the failure you experience that will determine your destiny, but your next step and then the next that will tell the story of your life.

I cannot give you the formula for success, but I can give you the formula for failure. Try to please everybody.  
-Herbert Bayard Swope

You always pass failure on the way to success.  
-Mickey Rooney

We are not interested in the possibility of defeat.  
-Queen Victoria

You never really lose until you stop trying.

Many a man has finally succeeded only because he has failed after repeated efforts. If he had never met defeat, he would never have known any great victory.  
-Orison Swett Marden

An essential aspect of creativity is not being afraid to fail.  
-Andre Agassi

Only those who dare to fail greatly, can ever achieve greatly.  
-Robert Kennedy

A person who does not know failure is a person with a poor sense of reality.  
-Garrison Keillor

What is defeat? Nothing but the first step to something better.  
-Wendell Phillips

There can be no real freedom without the freedom to fail.  
-Eric Hoffer

Do not fear failure. None of us is perfect. If you are afraid to fail, you will never do the things you are capable of doing.  
-John Wooden

You've failed many times, although you may not remember. You fell down the first time you tried to walk. You almost drowned the first time you tried to swim. Did you hit the ball the first time you swung a bat? Heavy hitters, the ones who hit the most home runs, also strike out a lot. R.H. Macy failed seven times before his store in New York caught on. English novelist John Creasey got 753 rejection slips before he published 564 books. Babe Ruth struck out 1,330 times, but he also hit 714 home runs. Don't worry about failure. Worry about the chances you miss when you don't even try.

Never confuse a single defeat with a final defeat.  
-F. Scott Fitzgerald

To have failed is to have striven. To have striven is to have grown.  
-Maltbie Babcock

Fear of failure does not avoid failure. It invites it.

If you learn from defeat, then you really haven't lost.  
-Zig Ziglar

# FAILURE

The gap between enthusiasm and indifference is filled with failures.

No matter how far you have gone on the wrong road, turn back.  
-Turkish Proverb

Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even.  
-Mohammad Ali

If your life is free of failures, you have not taken enough risks.

Failure is impossible.  
-Susan B. Anthony

Failure is good. It's fertilizer. Everything I've learned about coaching I've learned from making mistakes.  
-Rick Pitino

The man who is afraid to risk failure seldom will have to face success.  
-John Wooden

It's what you get from games you lose that is extremely important.  
-Pat Riley

I know fear is an obstacle for some people, but it is an illusion to me. Failure always made me try harder the next time.  
-Michael Jordan

Who bravely dares must sometimes risk a fall.  
-Tobias G. Smollett

Sometimes I even look forward to the next failure. Your true test comes when you hit bottom.  
-Bud Hadfield

Don't be afraid to fail. The greatest failure of all is the failure to act when action is needed. Use the information that you've acquired in the past through the experiences you've had and act with self-control. But act.  
-John Wooden

## Failure

By Tim Connor

Failure. It's only a word.

But it carries with it so much pain and so little concern; so much frustration and so little respect,

So much stress and so little understanding that people spend their lives running through their days in the hope of avoiding the long arm of this little word.

To test our vision, you must risk failure.

To temper your ego, you must attempt the impossible.

To tell your story, you must take a chance.

To see beyond the horizon, you must spread your wings.

To be all you can be, you must stretch, flex, try, and go beyond your proven limits.

To bridge the silence, you must risk rejection.

To advance into the unknown, you must risk the peril of all your previous beliefs and emotions that feel so secure.

Failure is not negative. It is a teacher.

It molds, refines, and polishes you so that one day your light will shine for all to see.

In great attempts, it is glorious even to fail.

-Wilfred Peterson

You don't drown by falling in water; you only drown if you stay there.  
-Zig Ziglar

## Fear Not

Fear not that you might make a mistake in believing your dream. Fear rather that if you don't go for it. You might stand before God and He'll tell you that you could have succeeded had you had a little more faith.

Fear not that you might fail. Fear rather that you will never succeed if you never try and if you are unwilling to take risks.

Fear not that you might get hurt. Fear rather that you will never grow if you wait for painless success.

The old man said to the young man, "Why not go out, on a limb; After all, isn't that where the fruit is."



People who have no faith in themselves seldom have faith in others.

The willingness to take risks is our grasp of faith.  
-George Woodberry

If you think you can win, you have won. Faith is necessary to victory.  
-Hazlitt

Faith is to believe what we do not see. The reward of this faith is to see what we believe.  
-St. Augustine

If God brings you to it, He will bring you through it.

### THE TWENTY-THIRD PSALM

The Lord is my Shepherd, I shall not want.  
He maketh me to lie down in green pastures,  
He leadeth me beside the still waters,  
He restoreth my soul.  
He leadeth me in the paths of righteousness  
For His name sake.  
Yea, though I walk through the valley of the shadow  
of death  
I will fear no evil, For Thou art with me.  
Thy rod and Thy staff they comfort me.  
Thou preparest a table before me in the presence  
of mine enemies  
Thou anointest my head with oil,  
My cup runneth over.  
Surely goodness and mercy shall follow me all the  
days of my life  
And I will dwell in the house of the Lord,  
Forever.

I understand that there is a power greater than myself that rules my life.  
-Oprah Winfrey

Worry looks around; sorry looks back; faith looks up.

May the road rise to meet you,  
May the wind always be at your back,  
May the sun shine warm upon your face,  
May the rain fall soft upon your fields,  
And until we meet again, May God hold you in the  
palm of His hand. -Irish Blessing

Without faith, we are as stained glass windows in the dark.

Blessed is the one who digs a well from which another may draw faith.

Give your troubles to God. He will be up all night anyway.

It is not how troubled the sea is that determines the course of your life; it is who the Pilot is.

Faith is a sounder guide than reason. Reason can go only so far, but faith has no limits.

-Blaise Pascal

All I have seen teaches me to trust the Creator for all I have not seen.  
-Ralph Waldo Emerson

The faith that moves mountains always carries a pick.

### THE ATHLETE'S PRAYER

Lord, please clear my head of all distractions,  
And my heart of burdens I may bear,  
So I may perform my very best,  
Knowing you'll always be there.

Please lift me up before the moment,  
So through your eyes I may see,  
And have a clearer understanding,  
As the game unfolds before me.

With great courage I will meet this challenge,  
As you would have me to,  
But keep me humble and remind me,  
That my strength comes from knowing you.

Then when all eyes are upon me,  
At the end of this big game,  
I will turn their eyes to you, O' Lord,  
And to the glory of your name.

Amen

Danita Page!

Faith moves mountains, but you have to keep pushing while you are praying.  
-Mason Cooley

Without faith, nothing is possible. With faith, nothing is impossible.  
-Mary Mcleod Bethune

Faith makes things possible, not easy.

Two things can fill you with wonder: the stars above you and the soul within you.

I shall grow old, but never lose life's zest,  
Because the road's last turn will be the best.  
-Henry van Dyke

The task ahead of us is never as great as the Power behind us.

Faith sees the invisible, believes the incredible, and receives the impossible.

God works with you, not for you.

I have fought a good fight, I have finished my course.  
I have kept the faith.  
-II Timothy 4: 7

I asked God for strength, that I might achieve;  
I was made weak, that I might humbly obey.

I asked for health, that I might do greater things;  
I was given infirmity, that I might do better things.

I asked for riches, that I might be happy; I was given poverty, that I might be wise.

I asked for power, that I might have the praise of men; I was given weakness, that I might feel the need of God.

I asked for all things, that I might enjoy life; I was given life, that I might enjoy all things.

I got nothing that I asked for, but everything I had hoped for.

Almost despite myself, my unspoken prayers were answered. I am among all men, most richly blessed.

When we trust God, He can make the ordinary extraordinary.  
-John C. Maxwell

It's lack of faith that makes people afraid of meeting challenges, and I believed in myself.  
-Muhammad Ali

If I were ever prosecuted for my religion, I truly hope there would be enough evidence to convict me.  
-John Wooden

Do not pray for a lighter pack; simply ask for a stronger back.

Fear knocked on the door. Faith opened it, and there was no one there.

I have been driven many times to my knees by the overwhelming conviction that I had no where else to go.

If I knew that tomorrow the world would go to pieces, I would still plant an apple tree.

If faith can see every step of the way, it is not faith.

God doesn't come when you want him, but He's right on time.

If your day is hemmed with prayer, it is less likely to ravel.

Seven days without prayer makes one weak.

When the outlook is poor, try the uplook.  
-Zig Ziglar

Our God is an awesome God.

### **Peace Prayer** by St. Francis of Assisi

Lord: Make me an instrument of Your peace.

Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light,  
Where there is sadness, joy.

O, Divine Master,  
Grant that I may not so much seek

To be consoled as to console;  
To be understood as to understand;  
To be loved as to love;

For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
It is in dying that we are born to eternal life.

Know for a fact that you are never alone. A greater someone is always with you.

Never put a question mark where God has put a period.

I have discovered that you can go from nowhere to somewhere, from nothing to something, from a nobody to a somebody, from an empty person to a fulfilled one, if you have faith in God.  
-Robert Schuller

I got up early one morning  
And rushed right into the day.  
I had so much to accomplish  
That I didn't have time to pray.  
Problems just tumbled about me  
And heavier came the task.  
"Why doesn't God help me?" I wondered.  
He answered, "You didn't ask."  
I wanted to see joy and beauty.  
But the day toiled on, gray and bleak.  
I wondered why God didn't show me.  
He said, "But you didn't seek."  
I woke up early this morning  
And paused before entering the day.  
I had so much to accomplish  
That I had to take time to pray.

Do not pray for an easy life. Pray to be a strong person.

I need your help, Lord. Amen

What the mother sings to the cradle goes all the way down to the coffin.

It is a wise father that knows his own child.  
-William Shakespeare

Hold a true friend with both hands.  
-Nigerian Proverb

If I had my child to raise over again, I'd finger paint more and point the finger less. I'd do less correcting and more connecting. I'd take my eyes off my watch and watch with my eyes. I would care to know less and know to care more. I'd take more hikes and fly more kites. I'd stop playing serious and seriously play. I would run through more fields and gaze at more stars. I'd do more hugging and less tugging. I would be firm less often and affirm much more. I'd build self-esteem and the house later. I'd teach less about the love of power and more about the power of love.  
-Diane Loomans

Go off to the house of thy friend, for weeds choke the unused path.  
-Ralph Waldo Emerson

A friend is someone with whom you can be completely honest and who understands you just the way you are.  
-H. V. Rutherford

A friend is someone you can do nothing with and enjoy it.  
-The Optimist

Friends are like gardens. Cherish the flowers and pull the weeds.

You don't have to do everything your friends do in order to stay friends.

Sometimes you have to get to know someone really well to realize you're really strangers.  
-Mary Richards

A real friend is one who overlooks your broken down gate and admires the flowers in your garden.

Be slow in choosing a friend, even slower in changing.  
-Benjamin Franklin

A friend takes an interest in you, but not a controlling interest.

Having someplace to go is home. Having someone to love is family. Having both is a blessing.

Treasure is not always a friend, but a friend is always a treasure.

If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.  
-Winnie-the-Pooh

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, what have you really accomplished?  
-Lee Iacocca

A broken home is not a home with a single parent. It is a home without love.  
-Dr. Julian Earls

Choose friends with care. You become what they are.

We must learn to live together as brothers or perish together as fools.  
-Martin Luther King, Jr.

It's smart to pick your friends, but not to pieces.

A real friend is one who helps us think our best thoughts, do our noblest deeds, and be our finest selves.

To have a good friend is one of the highest delights of life; to be a good friend is one of the noblest and most difficult undertakings.

When a person is down and hurt, being present with compassion does more good than any words.

I never considered a difference of opinion in politics, in religion, in philosophy, as a cause for withdrawing from a friend.  
-Thomas Jefferson

Friendship cannot be negotiated.

A friend is someone who knows all about you and loves you just the same.

## Around the Corner By Charles Hanson Towne

Around the corner I have a friend,  
In this great city that has no end,  
Yet the days go by and weeks rush on,  
And before I know it, a year is gone.  
And I never see my old friend's face,  
For life is a swift and terrible race.

He knows I like him just as well,  
As in the days when I rang his bell.  
And he rang mine but we were younger then,  
And now we are busy, tired men.  
Tired of playing a foolish game,  
Tired of trying to make a name.  
"Tomorrow" I say! "I will call on Jim  
Just to show that I'm thinking of him."

But tomorrow comes and tomorrow goes,  
And distance between us grows and grows.  
Around the corner, yet miles away,  
"Here's a telegram sir," ... "Jim died today."  
And that's what we get, and deserve in the end:  
Around the corner, a vanished friend.

# FAMILY/FRIENDS

Do not use a hatchet to remove a fly from a friend's forehead.

The best way to destroy an enemy is to make him your friend.

Decide to be the kind of friend you want for yourself

I didn't find my friends; the good God gave them to me.  
-Ralph Waldo Emerson

Life is a steep hill, so welcome every opportunity to give your friends a lift.

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

Be the person you would like to have for a friend.

Surround yourself with challenging people and ideas.

I don't know who my grandfather was; I am much more concerned to know what his grandson will be.  
-Abraham Lincoln

Keep company with those who make you better.

In time of test, family is best. -Burmese Proverb

Fate gives us parents; choice gives us friends.

No man can be happy without a friend, nor be sure of his friend until he is unhappy.

There are only two lasting bequests that we can give our children. One is roots; the other is wings.  
-Hodding Carter

Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me and be my friend.  
-Albert Camus

I'll lean on you and you lean on me, and we'll be okay.  
-Dave Matthews Band

*If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting?*  
-Stephen Levine

## An Irish Friendship Wish

May there always be work for your hands to do;

May your purse always hold a coin or two;  
May the sun always shine on your window pane;

May a rainbow be certain to follow each rain;  
May the hand of a friend always be near you;  
May God fill your heart with gladness to cheer you.

True friendship exceeds the bounds of ordinary communication.

The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.

-Ulysses S. Grant

Your children need your presence more than your presents.

In prosperity, our friends know us. In adversity, we know our friends.

Animals are such agreeable friends. They ask no questions. They form no opinions.

If you haven't time to help your children find the right way in life, somebody with more time will help them find the wrong way.

To the world you might be one person, but to one person you might be the world.

Real friends are those who, when you feel you've made a fool of yourself, don't feel you've done a permanent job.

If you should die before me, ask if you could bring a friend.  
-Stone Temple Pilots

Everyone hears what you say. Friends listen to what you say. Best friends listen to what you don't say.

We all take different paths in life, but no matter where we go, we take a little of each other everywhere.  
-Tim McGraw

**Life is what we make it. Always has been; always will be.**  
-Grandma Moses

You gain strength, courage, and confidence by every experience in which you stop to look fear in the face.  
-Eleanor Roosevelt

I can never remember being afraid of an audience. If the audience could do better, they'd be up here on stage and I'd be out there watching them.

-Ethel Merman

Fear causes people to draw back from situations. It brings on mediocrity, it dulls creativity, it sets one up to be a loser in life.

-Fran Tarkenton

Nothing in life is to be feared; only to be understood.

-Marie Curie

He has not learned the first lesson of life who does not every day surmount a fear.

-Ralph Waldo Emerson

The Eleventh Commandment: Don't let them scare you.

Fear knocked at the door. Faith answered it. No one was there.

-Old English Legend

The worries that are the hardest to bear are the ones that never happen.

Feelings of inferiority and superiority are the same. They both come from fear.

-Dr. Robert Anthony

Always do what you are afraid to do.

Don't let the fear of striking out hold you back.

-Babe Ruth

Do not let fear confine your life  
Inside a shell of doubt;  
A turtle never moves until  
His head is sticking out.

The real malady is fear of life, not death.

-Naguib Mahfouz

Gentlemen, it is better to have died a small boy than to fumble this football.

-John Heisman

Some have been thought brave because they were afraid to run away.

-Ralph Waldo Emerson

If you want to conquer fear, don't sit at home and think about it. Go out and get busy.

-Dale Carnegie

I have not ceased being fearful, but I have ceased to let fear control me.

-Erica Jong

What you are afraid to do is a clear indicator of the next thing you need to do.

Do the thing you fear, and the death of fear is certain.

-Ralph Waldo Emerson

Fear is borne of ignorance  
Resulting in despair  
While knowledge can provide us with  
The hope we need to dare.

If you treat every situation as a life-and-death matter, you're going to die a lot of times.

-Dean Smith

Fear of failure is the most paralyzing of all human emotions. It must be confronted.

-Mark Shields

There would be nothing to frighten you if you refused to be afraid.

-Ghandi

A good scare is worth more than good advice.

-Ed Howe

In times of distress, strengthen your heart.

-Samuel ha-Nagid

To combat fear, the best strategy is to learn to bring your attention back to the present.

Any fear we don't defeat will defeat us.

-Mort Krim

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond our measure. It is our light, and not our darkness, that most frightens us.

I have always had a dread of becoming a passenger in life.

-Queen Margreth II of Denmark

If you are afraid to lose anything you have, at some point in your life you will lose it.

Worry comes from the belief that you are powerless.

**If you won't be better tomorrow than you were today, then what do you need tomorrow for?**

--Rabbi Nachman of Bratslav

Remember when life's path is steep to keep your mind even.  
-Horace

Keep your eyes on the mountain and your feet on the ground.

The desire to do well is always the first step, and concentrating on small improvements is the easiest and most effective way to make a difference.  
Mamie McCullough

Stay focused; stay curious; do what you say you will do.

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.  
-Mark Twain

Tell me to what you pay attention and I will tell you who you are.  
-Jose Ortega Gasset

Nature has given us one tongue and two ears, that we may hear twice as much as we speak.  
-Epicetus

The more concerned we become over the things we can't control, the less we will do with the things we can control.  
-John Wooden

Our plans miscarry because they have no aim. When you don't know what harbor you're aiming for, no wind is the right wind.  
-Seneca

When you discover which way you want to go, you are already halfway there.

The main thing is to keep the main thing the main thing.

People often ask me, "What is your secret?" My only secret is that I really want to do it.  
-Mautilio deZolt

Out of the clutter of details, find simplicity and focus.

The successful warrior is the average man, with laser-like focus.  
-Bruce Lee

### **LOU HOLTZ'S LIFE-GUIDING PRINCIPLES**

#### **THREE BASIC RULES**

1. Do what is right.
2. Do your very best
3. Treat others like you'd like to be treated.

#### **THREE BASIC QUESTIONS**

1. Can I trust you?
2. Are you committed?
3. Do you care about me?

By all means, use some time to be alone.  
-George Herbert

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

A person with one watch knows what time it is. A person with two watches is never sure.

Set your course. The important thing is where you want to go from here.

When you are riding, only the race in which you're riding is important.  
-Bill Shoemaker

Wherever you are, be there. When you work, work. When you play, play. Don't mix the two.  
-Jim Rohn

In the long run, men only hit what they aim at.  
-Henry David Thoreau

It is harder to see today when we are looking at tomorrow.

If you stay focused on your work, it will all get done in due time.

Wherever you go, go with all your heart.  
-Confucius

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

Keep your head and your heart going in the right direction and you'll not have to worry about your feet.

Focus beyond the glory on the greatness.

I'm trying to keep my own house from burning down. I can't worry about someone else's house.  
-Bill Parcells

Do not have one foot in yesterday and one foot in tomorrow. Keep both feet in today because that's how you get to tomorrow.  
-John Wooden

Life is like photography. If you don't focus, all you have is the negative.  
-Dan Frisby

Don't become a wandering generality. Be a meaningful specific.  
-Zig Ziglar

Don't look back. Someone might be gaining on you.  
-Satchel Paige

One of the most pervasive and destructive mental tendencies is to focus on what we want instead of what we have.

# FORGIVENESS

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Always forgive your enemies. Nothing annoys them so much.  
-Oscar Wilde

He that cannot forgive others breaks the bridge over which he must pass himself; for every man has the need to be forgiven.  
-Thomas Fuller

One of the secrets of a long and fruitful life is to forgive everybody everything every night before you go to bed.

To be wronged is nothing unless you continue to remember it.  
-Confucius

You have totally forgiven when you forget you forgave.

Always write angry letters to your enemies. Never mail them.  
-James Fallows

If God were not willing to forgive sin, Heaven would be empty.  
-German Proverb

Those who can not forget are worse off than those who can't remember.

One forgives to the degree that one loves.  
-Francois de La Rochefoucauld

God may forgive your sins, but your nervous system won't.  
-Alfred Korzybski

## The Four Way Test

The man was Herbert J. Taylor who surveyed the way the company did its business, which was the sale of aluminum pots and pans. The nature of the industry was fraught with unethical business practices. To bring the business out of bankruptcy, Taylor knew that he had to change the way business was conducted. Ultimately he developed a very simple business philosophy that all employees were to follow in all of their business dealings with customers, suppliers and associates. The philosophy changed the business, turned the business around, and ultimately brought it out of bankruptcy.

The business philosophy is a simple four-step decision making tool. It didn't tell people what to do or how to think, but it did give them a tool to use in all of their business dealings. The tool is now well-known to anyone who has ever associated themselves with Rotary International. It is simple The Four Way Test. The tip is to use this simple decision making tool in your life and see if it doesn't make a difference. As people, we must all stand by our personal honesty and integrity. This is a handy and simple test of what you say, do or think. Give it a try in your life.

### The Four Way Test

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and better friendships?
4. Will it be **BENEFICIAL** to all concerned?

By the way, this tool made Herbert Taylor a multimillionaire in the 1930s. So it's also a very profitable way of doing business.

# GENEROSITY

Generous people are almost always more successful than those who greedily hold on to everything that comes within their grasp. -Mamie McCullough

Do what you can, when you can, wherever you can, to share your blessings with others. -Mamie McCullough

Real generosity is doing something nice for someone who will never find it out. -Frank Clark

If you have talent, use it in every which way possible. Don't hoard it. Don't dole it out like a miser. Spend it lavishly like a millionaire intent on going broke. -Brendan Francis

Giving makes living more loving.

A man there was, they called him mad;  
the more he gave, the more he had. -Bunyon

The world is composed of givers and takers. The takers may eat better, but the givers sleep better.

Give what you have. To someone it may be better than you dare to think. -Henry Wadsworth Longfellow

The only things we ever keep are those we give away.

Do a favor and don't ask for, or expect, one in return.

Giving opens space to receive. These gifts don't have to be material things. By giving, you are focusing on what you have to offer other people, inviting more abundance into your life. Gratitude keeps your heart open. When you give with an open heart expecting nothing in return, you receive the profound gift of humility. -Mwali

## ROBBINS' RULES

**ONE.** Give people more than they expect and do it cheerfully.

**TWO.** Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.

**THREE.** Don't believe all you hear, spend all you have, or sleep all you want.

**FOUR.** When you say, "I love you," mean it.

**FIVE.** When you say, "I'm sorry," look the person in the eye.

**SIX.** Be engaged at least six months before you get married.

**SEVEN.** Believe in love at first sight.

**EIGHT.** Never laugh at anyone's dream. People who don't have dreams don't have much.

**NINE.** Love deeply and passionately. You might get hurt but it's the only way to live life completely.

**TEN.** In disagreements, fight fairly. No name calling.

**ELEVEN.** Don't judge people by their relatives.

**TWELVE.** Talk slowly but think quickly.

**THIRTEEN.** When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"

**FOURTEEN.** Remember that great love and great achievements involve great risk.

**FIFTEEN.** Say "bless you" when you hear someone sneeze.

**SIXTEEN.** When you lose, don't lose the lesson.

**SEVENTEEN.** Remember the three R's: Respect for self; Respect for others; and Responsibility for all your actions.

**EIGHTEEN.** Don't let a little dispute injure a great friendship.

**NINETEEN.** When you realize you've made a mistake, take immediate steps to correct it.

**TWENTY.** Smile when picking up the phone. The caller will hear it in your voice.

**TWENTY-ONE.** Spend some time alone.



People who say that life is not worthwhile are really saying that they themselves have no personal goals which are worthwhile. Always have something ahead of you to look forward to.  
-Maxwell Maltz

Do your best. There is no goal achieved better than that.

You can't catch a fish unless you put a line in the water. You can't reach your goals unless you actually do something.

Exceed expectations.

Without some goal and some effort to reach it, no one can live.  
-Fyodor Dostoyevsky

Achieving goals is difficult  
Without some sacrifice;  
Remember that you can't get rich  
Until you pay the price.

If you can't write it, you don't know it.

The only reason we pursue goals is to cause ourselves to expand and grow.  
-Anthony Robbins

Some goals are so worthy it's glorious even to fail.

In everything, one must consider the end.  
-Jean de La Fontaine

A person who aims at nothing has a target he can't miss.

There are no unmotivated people, only unchallenging goals. Make your goals believable and exciting, and make certain they will challenge you without discouraging you.  
-Eric Jensen

Goals are like the stars; they are always there. Adversity is like the clouds; it is only temporary and will move on. Keep your eyes on the stars.

Goals are funny things. They don't work unless you do.

Goals without deadlines are only wishes.

Many people have a good aim in life, but for some reason, they never pull the trigger.

Goals are like automobiles. They won't run by themselves except downhill.

To achieve happiness, we should make certain that we are never without a goal.  
-Earl Nightengale

If you don't know where you're going, you might miss it when you get there.

Setting goals for your game is an art. The trick is in setting them at the right level, neither too low nor too high.  
-Greg Norman

To reach your greatest dreams in life  
First set a worthy goal;  
Choose one you can embrace each day  
With all your heart and soul.

Concentrate on finding your goal, then concentrate on reaching it.  
-Michael Friedsam

Give me a stock clerk with a goal and I'll give you a man who will make history. Give me a man with no goals and I'll give you a stock clerk.  
-J.C. Penney

Goals are dreams with deadlines.  
-Diana Scharf Hunt

The most important thing is that you see your goal in front of you.  
-Arnold Schwarzenegger

When creating goals, be SMART: specific, measurable, attainable, relevant, and time-sensitive.  
-Steve Harvey

Do not turn back when you are just at the goal.  
-Publius Syrus

Begin at the beginning, and go until you come to the end. Then stop.  
-Lewis Carroll

It must be borne in mind that the tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream. . . It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is a sin.  
-Benjamin Mays

Don't let the distance to your goals  
Keep you from your dreams;  
It's never really quite as far  
As what it often seems.

Your life can't go according to plan if you have no plan.

Some people would rather look backward than forward because it's easier to remember where you've been than to figure out where you're going.

It is not enough to make progress; we must make it in the right direction.

Not failure, but low aim is a crime.  
-James Russell Lowell

A goal properly set is halfway reached.

# GOALS

The world makes way for the man who knows where he is going. -Ralph Waldo Emerson

A person going nowhere can be sure of reaching his destination.

Set positive goals and reasonable expectations. -Steve Strasser

You must have long-range goals to keep you from being frustrated by short-range failures.

-Charles C. Noble

Expect to accomplish what you attempt.

It may be a long way to a goal, but it is never far to the next step toward your goal.

Ah, but a man's reach should exceed his grasp, or what's heaven for? -Robert Browning

We never see the target a man aims at in life; we see only the target he hits.

The first two letters of goal are **go**.

Circumstances may cause interruptions and delays, but never lose sight of your goal. Prepare yourself in every way you can by increasing your knowledge and adding to your experiences, so that you can make the most of an opportunity when it occurs. -Mario Andretti

Where are you going? What are you doing to get there?

Make a success of living by seeing the goal and aiming for it unswervingly. -Cecil B. deMille

The goal you set must be challenging. At the same time, it should be realistic and attainable, not impossible to reach. It should be challenging enough to make you stretch, but not so far that you break. -Rick Hansen

The most important thing to do is to set goals. Training is a waste of time if you don't have goals. -Samantha Riley

What we need are positive, realistic goals and the willingness to work. Hard work and practical goals. -Kareem Abdul-Jabbar

Unless you have definite, precise, clearly set goals, you are not going to realize the maximum potential that lies within you. -Zig Ziglar

You must see your goals clearly and specifically before you can set out for them. Hold them in your mind until they become second nature. -Les Browne

The good man is the man who, no matter how morally unworthy he has been, is moving to become better. -John Dewey

The greatest danger for most of us is not that our aim is too high and we miss it, but that our aim is too low and we reach it.

Big goals can create a fear of failure. Lack of goals guarantees it.

Goal "setting" is important. Goal "doing" is more important.

Don't sit back and take what comes. Go after what you want.

Abe Lincoln was great, not because he once lived in a cabin, but because his goals got him out of it.

Once you say you're going to settle for second, that's what happens to you in life. -John F. Kennedy

Before you begin a thing, remind yourself that difficulties and delays quite impossible to foresee are ahead. If you could see them clearly, you could do a great deal to get rid of them, but you can't. You can only see one thing clearly and that is your goal. Form a mental vision of that and cling to it through thick and thin. -Kathleen Norris

Our plans miscarry because they have no aim. When you don't know what harbor you're aiming for, no wind is the right wind. -Seneca

People with goals succeed because they know where they are going.

In life, as in football, you won't go far unless you know where the goalposts are. -Arnold H. Glasgow

Far away, there in the sunshine, are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and follow where they lead. -Louisa May Alcott

If you are bored with life, if you don't get up every morning with a burning desire to do things, you don't have enough goals. -Lou Holtz

**There's a difference between interest and commitment. When you are interested in doing something, you do it only when it is convenient. When you are committed to something, you accept no excuses. Which are you?  
NO EXCUSES.**

"The kamikaze pilot who was able to fly fifty missions was involved, but never committed."  
-Lou Holtz

Habits are like a cable. We weave a strand every day and soon it cannot be broken. -Horace Mann

Learn to be intense without being tense. Pressure is not tension. -Joe Torres

Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts. -Aristotle

The first time you quit, it's hard. The second time, it gets easier. The third time, you don't even have to think about it. -Paul "Bear" Bryant

Quality is not an act. It is a habit. -Aristotle

Nothing is stronger than habit. -Ovid

The best way to stop a bad habit is never to begin it. -J.C.Penney

To break a bad habit, drop it.

The miracle is this: the more we share, the more we have. -Leonard Nimoy

Form good habits. They're as hard to break as bad ones.

We first make habits, then our habits make us. -John Dryden

Be straightforward with the people who work for you. Keep doors and minds open. Communicate with your colleagues. Be open with them. It is a sign of respect. -Carleton Fiorina

Good habits are the key to success. -Og Mandino

What you want to be eventually, you must be every day. With practice, the quality of your deeds will get down into your soul. -Frank Crane

People do not really decide their future. They decide their habits. Then their habits decide their future.

Steven Covey's 7 Habits of Highly Effective People:

1. Be proactive
2. Begin with the end in mind
3. Put first things first
4. Think win-win
5. Seek first to understand, then to be understood
6. Synergize
7. Sharpen the saw

Winning is not a sometime thing; it's an all time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing. -Vince Lombardi

Take a tip from nature. Your ears aren't made to shut, but your mouth is.

Motivation is what gets you started. Habit is what keeps you going.

Never explain. Your friends do not need it and your enemies will not believe it anyway. -Elbert Hubbard

## Habit

I am your constant companion.  
I am your greatest helper or heaviest burden.  
I will push you onward or drag you down to failure.  
I am completely at your command.  
Half the things you do might just as well turn over to me  
and I will be able to do them quickly and correctly.

I am easily managed;  
you must merely be firm with me.  
Show me exactly how you want something done  
and after a few lessons, I will do it automatically.  
I am the servant of all great people;  
and alas, of all failures as well.  
Those who are great,  
I have made great.  
Those who are failures,  
I have made failures.

I am not a machine,  
though I work with all the precision of a machine  
plus the intelligence of a human.  
You may run me for a profit or run me for ruin;  
it makes no difference to me.

Take me,  
train me,  
be firm with me,  
And I will place the world at your feet.  
Be easy with me,  
and I will destroy you.

WHO AM I?

I AM HABIT.

The chains of habit are too weak to be felt until they are too strong to be broken.

Habit is like a soft bed. Easy to get into but hard to get out of.

A bad habit never disappears miraculously; it's an undo-it-yourself project. -Abigail VanBuren

# HAPPINESS

If you cannot risk, you cannot grow.  
If you cannot grow, you cannot become your best.  
If you cannot become your best, you cannot be  
happy.

If you cannot be happy, what else matters?

-David Viscott

If we only wanted to be happy, it would be easy. But we want to be happier than other people, which is almost always difficult since we think them happier than they are.

-Charles de Montesquieu

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

-Abraham Lincoln

The man who radiates good cheer, who makes life happier whenever he meets it, is always a man of vision and faith.

-Ella Wheeler Wilcox

Don't cry because it's over; smile because it happened.

There can be no happiness if the things we believe in are different from the things we do.

-Freya Madeline Stark

Happy are those whose life is today.

-Ayi Kwei Armah

Some pursue happiness; others create it.

Preparation for something better begins with gratitude for what we have.

-LaVerne Bowles

It's not how much we have, but how much we enjoy, that makes happiness.

-Charles Spurgeon

A person travels the world over in search of what he needs and returns home to find it.

-George Moore

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.

-Helen Keller

Happiness is not absence of conflict; it's the ability to cope with it.

Your success and happiness lie in you.

-Helen Keller

Very little is needed to make life happy. It is all within yourself, in your way of thinking.

-Marcus Aurelius

Joy is not in things; it is in us.

-Wagner

If we cannot have what we like, we can like what we have.

The really happy person is the one who can enjoy the scenery when he has to take a detour.

## I'LL BE HAPPY WHEN . . .

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his/her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire.

The truth is, there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with.

And remember, time waits for no one.

## So stop waiting. . .

Until your car or home is paid off.

Until you get a new car or home.

Until your kids leave the house.

Until you go back to school.

Until you finish school.

Until you lose ten pounds.

Until you gain ten pounds.

Until you get married.

Until you get divorced.

Until you have kids.

Until you retire.

Until summer.

Until spring.

Until winter.

Until fall.

Until you die.

There is no better time than right now to be happy. Happiness is a journey, not a destination.

So work like you don't need money, love like you've never been hurt, and dance like no one's watching.

Happiness isn't something you experience; it is something you remember.

-Oscar Levant

We take our own goals so seriously that we forget to have fun along the way, and we forget to cut ourselves some slack. We take simple preferences and turn them into conditions for our own happiness.

The best way to secure future happiness is to be as happy as it is rightfully possible today.

-Charles W. Eliot

One of the most important questions you can ever ask yourself is: "Do I want to be right or do I want to be happy?" Many times, the two are mutually exclusive.

Regardless of who you are or what you do, remember that nothing is more important than your own sense of happiness and inner peace.

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

Sometimes a smile happens in a flash, but the memory of it can last a lifetime.

Live so that your memories will be a part of your happiness.

It is almost impossible to smile on the outside without feeling better on the inside.

The happiest people are those who are too busy to notice whether or not they are happy.

It's 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 that money can't buy. -G.H. Larimer

Act as if you were already happy and that will tend to make you happy. -Dale Carnegie

It isn't our position but our disposition that makes us happy.

If you don't enjoy what you already have, how could you be happier with more?

It is not doing the thing we like, but liking the thing we have to do that makes us happy.

Every life has its dark and cheerful hours. Happiness comes from choosing which to remember.

The gift of happiness belongs to those who unwrap it.

If you would make a man happy, do not add to his possessions but subtract from the sum of his desire. -Seneca

Happiness, I have discovered, is nearly always a rebound from hard work. -David Grayson

Contentment is not the fulfillment of what you want, but the realization of how much you really have.

Happiness is milk and cookies, then an afternoon nap.

The grand essentials to happiness in this life are something to do, something to love, and something to hope for. -Joseph Addison

If you want to be a more peaceful person, you must understand that being right is almost never more important than allowing yourself to be happy.

The way to be happy is to let go, and reach out. Let other people be right.

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

Is anybody happier because you passed this way?  
Does anyone remember that you spoke to him today?  
The day is almost over and its toiling time is through.  
Is there anyone to utter now a kindly word to you?  
Did you waste the day or lose it?  
Was it well or poorly spent?  
Did you leave a trail of kindness or a scar of discontent?

As you close your eyes in slumber do you think that God would say  
You have earned one more tomorrow by the work you did today.

The three arch-enemies of happiness: hurry, worry, and debt. -Newell Dwight Hills

People who bring sunshine to the lives of others cannot keep it from themselves.

Happiness sneaks in through a door you didn't know you left open. -John Barrymore

The more material things you have, the less freedom you have.

Happy are those whose life is today. -Ayi Kwei Armah

Happiness is found along the way, not at the end of the road. -Sol Gordon

He who laughs, lasts. -Mary Pettibone Poole  
Happiness is the journey, not the destination.

You can be happy without needing others to agree with you.

Happiness is the place between too little and too much.

The greatest happiness is to transform your feelings into actions. -Madame de Stael

Now and then it is good to pause in our pursuit of happiness and just be happy.

The secret of contentment is the realization that life is a gift, not a right.

Happiness is a choice, not a response.

# HAPPINESS

To worry about what you don't have is to waste what you do have.

There is no way to happiness. Happiness is the way.

If we magnified blessings as much as we magnify disappointments, we would all be much happier.  
-John Wooden

To be happy, you must forget yourself.  
-Edward Bulwer-Lytton

Those who would see wonderful things must often be ready to travel alone.  
-Henry Van Dyke

I do not know what your destiny will be, but one thing I know. The only ones among you who will be really happy are those who will have sought and found how to serve.

Make one person happy each day, even if it's yourself.

The secret of happiness is not in doing what we like to do, but liking what we have to do.

-James Barrie

Those who bring sunshine to the lives of others cannot keep it from themselves.  
-Sir James Barrie

If you have to be happy, you will always be unhappy.

Take a little time to do  
Whatever makes a happy you.

The happiness of your life depends on the quality of your thoughts.

The three things that man craves the most - happiness, freedom, peace of mind - cannot be attained without giving them to someone else. True happiness comes from making someone else happy.

Happiness involves working toward meaningful goals.

## ABC's OF HAPPINESS

- A**spire to reach your potential.
- B**elieve in yourself and others.
- C**reate a good life.
- D**ream about what you might become.
- E**xercise frequently.
- F**orgive.
- G**lorify the creative spirit.
- H**umor yourself and others.
- I**magine great things.
- J**oyfully live each day.
- K**indly help others.
- L**ove one another.
- M**editate.
- N**uture the environment.
- O**rganize for harmonious action.
- P**raise performance well done.
- Q**uestion most things.
- R**egulate your own behavior.
- S**mile often.
- T**hink rationally.
- U**nderstand yourself.
- V**alue life.
- W**ork for the common good.
- X**-ray and carefully examine problems.
- Y**earn to improve
- Z**estfully pursue happiness.

## Approaching Each Day

I woke up early today, excited over all I get to do before the clock strikes midnight. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new job relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to go to!

Today I can complain because I have to go to school or eagerly open my mind and fill it with knowledge and adventure.

Today I can dejectedly murmur because I have housework to do or I can feel grateful for shelter for my mind, body and soul.

Today stretches ahead of me, waiting to be shaped, and here I am, the sculptor who gets to do the shaping. What today will be like is up to me. And I shall decide what kind of day I shall have!"

How will you live THIS DAY?

No man can produce great things who is not thoroughly sincere in dealing with himself.

-James Russell Lowell

Keep true; never be ashamed of doing right. Decide on what you think is right, and stick to it.

-George Eliot

Never ask a question you don't want to hear the answer to.

Don't ever be afraid to admit you were wrong. Doing so is like saying you're wiser today than you were yesterday.

The man who complains about the way the ball bounces is likely the one who dropped it.

-Lou Holtz

To be powerful, you need to take the position that you create or allow everything that happens to you.

-Jack Canfield

You have to give up excuses and justifications and come to terms with the results you are producing.

-Jack Canfield

There is no right way to do the wrong thing.

How rarely we weigh our neighbor in the same balance in which we weigh ourselves.

-Thomas Kempis

The main thing is to be honest with yourself, know and recognize your limits, and attain maximum achievement within them. I would, for example, get more satisfaction from climbing Snowdon, which I know I could, than from attempting Everest, which I couldn't.

-Stirling Moss

There is brutality and there is honesty. There is no such thing as brutal honesty.

People concern themselves more with being normal rather than being natural.

Honesty is the first chapter in the book of wisdom.

-Thomas Jefferson

I hate mankind, for I think myself one of the best of them, and I know how bad I am.

-Joseph Baretta

## The Man In the Glass

By Unknown

When you get what you want in your struggle for self

And the world makes you king for a day,  
Just go to the mirror and look at yourself  
And see what that man has to say.

For it isn't your father or mother or wife  
Whose judgment upon you must pass.  
The fellow whose verdict counts most in your life  
Is the one staring back from the glass.

You may be like Jack Horner and chisel a plum  
And think you're a wonderful guy.  
But the man in the glass says you're only a bum  
If you can't look him straight in the eye.

He's the fellow to please - never mind all the rest,  
For he's with you clear to the end.  
And you've passed your most dangerous, difficult  
test  
If the man in the glass is your friend.

You may fool the whole world down the pathway of  
years  
And get pats on the back as you pass.  
But your final reward will be heartache and tears  
If you've cheated the man in the glass.

Be on the level and you won't go downhill.

What you said is exactly what you intended to say.

Whatever you are by nature, keep to it; never desert  
your own line of talent. Be what nature intended you  
for, and you will succeed; be anything else and you  
will be ten thousand times worse than nothing.

-Sydney Smith

I asked Darrell Royal, the coach of the Texas Longhorns, why he didn't recruit me and he said: "Well, Walt, we took a look at you and you weren't any good."

-Walt Garrison

I'm a big believer in the mirror test. All that matters is if you can look in the mirror and honestly tell the person you see there that you've done your best.

-John McKay

Insist on yourself. Never imitate.

-Ralph Waldo Emerson

***"This above all, to thine own self be true,  
and it must follow, as the night the day,  
thou can'st not then be false to any man."***

Polonius's advice to Laertes as he goes off to college.

William Shakespeare, *Hamlet*, Act I, Scene 3

# IMAGINATION

Our imagination is the only limit to what we can hope to have in the future.

-Charles F. Kettering

Make no little plans. They have no magic to stir the blood.

-Daniel Burnham

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

Oliver Wendell Holmes, Jr.

The best way to have a good idea is to have lots of ideas.

-Linus Pauling

Imagination is the highest kite one can fly.

-Lauren Bacall

What is now proved was once only imagined.

-William Blake

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

-Henry David Thoreau

It's kind of fun to do the impossible.

-Walt Disney

Every great advance in science has issued from a new audacity of imagination.

-John Dewey

You can't depend on your judgment when you imagination is out of focus.

-Mark Twain

## THE LITTLE RED HEN

Once upon a time, a cat and a dog and a mouse and a little red hen all lived together in a cozy little house. The cat liked to sleep all day on the soft couch. The dog liked to nap all day on the sunny back porch. And the mouse liked to snooze all day in the warm chair by the fireside. So the little red hen had to do all the housework.

She cooked the meals and washed the dishes and made the beds. She swept the floor and washed the windows and mended the clothes. She raked the leaves and mowed the grass and hoed the garden. One day, when she was hoeing the garden, she found some grains of wheat. "Who will plant this wheat?" cried the little red hen.

"Not I," said the cat. "Not I," said the dog. "Not I," said the mouse. "Then I will," said the little red hen. **And she did.** Each morning the little red hen watered the wheat and pulled the weeds. Soon the wheat pushed through the ground and began to grow tall. When the wheat was ripe, the little red hen asked, "Who will cut this wheat?"

"Not I," said the cat. "Not I," said the dog. "Not I," said the mouse. "Then I will," said the little red hen. **And she did.** When the wheat was all cut, the little red hen asked, "Now, who will take this wheat to the mill to be ground into flour?"

"Not I," said the cat. "Not I," said the dog. "Not I," said the mouse. "Then I will," said the little red hen. **And she did.** The little red hen returned from the mill carrying a small bag of fine white flour. "Who will make a cake from this fine white flour?" asked the little red hen.

"Not I," said the cat. "Not I," said the dog. "Not I," said the mouse. "Then I will," said the little red hen. **And she did.** She gathered sticks and made a fire in the stove. Then she took milk and sugar and eggs and butter and mixed them in a big bowl with the fine white flour. When the oven was hot, she poured the cake batter into a shining pan and put it in the oven. Soon the delicious smell filled the cozy little house. The cat got off the soft couch and strolled into the kitchen. The dog got up from the sunny back porch and came into the kitchen. The mouse jumped up from his warm chair and scampered into the kitchen. The little red hen was just taking a beautiful cake out of the oven.

"Who will eat this cake?" asked the little red hen? "I will," cried the cat. "I will," cried the dog. "I will," cried the mouse. But the little red hen said,

"All by myself I planted the wheat, I tended the wheat, I cut the wheat, I took the wheat to the mill to be ground into flour. All by myself I gathered the sticks, I built the fire, I mixed the cake. **And all by myself I am going to eat it!**" **And she did, to the very last crumb!**

THINK ABOUT IT!

by Paul Galdone



# **INDEPENDENCE**

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Avoid the crowd. Do your own thinking independently.  
Be the chess player, not the chess piece.

-Ralph Charell

If your happiness depends on what somebody else  
says (or does), I guess you do have a problem.

-Richard Bach

It is easy to live for others; everyone does. I call on  
you to live for yourself.

-Ralph Waldo Emerson

You don't get harmony when everyone sings the same  
note.

-Doug Floyd

## **Live a Life That Matters**

Ready or not, someday it will all come to an end.

There will be no more sunrises, no minutes, no hours, no days.

All the things you collected, whether treasured or forgotten, will pass to someone  
else.

Your wealth, fame, and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you were owed.

Your grudges, resentments, frustrations, and jealousies will finally disappear.

So, too, your hopes, ambitions, plans, and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from, or on what side of the tracks you lived, at  
the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin color will be irrelevant.

So what will matter?

How will the value of your days be measured?

What will matter is not what you bought, but what you built; not what you got but  
what you gave.

What will matter is not your success, but your significance.

What will matter is not what you learned, but what you taught.

What will matter is every act of integrity, compassion, courage, or sacrifice that  
enriched, empowered, or encouraged others to emulate your example.

What will matter is not your competence, but your character.

What will matter is not how many people you knew, but the memories that live in  
those who loved you.

What will matter is how long you will be remembered, by whom and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstances but of choice.

Choose a life that matters.

-Michael Josephson

# KINDNESS

Three things in human life are important: The first is to be kind. The second is to be kind. And the third is to be kind.  
-Henry James

A thoughtful word, a thoughtful deed,  
We never lose the knack,  
For kindness is a boomerang  
That always comes right back.

Never close your lips to whom you have opened your heart.  
-Charles Dickens

The music that can deepest reach, and cure all ill, is cordial speech.  
-Ralph Waldo Emerson

Never lose a chance of saying a kind word.  
-William Thackeray

Be kind. Everyone you meet has worries.

Kind hearts are the garden.  
Kind thoughts are the roots.  
Kind words are the blossom.  
Kind deeds are the fruit.

Kindness is the ability to love people more than they deserve.

With a sweet tongue and kindness, you can drag an elephant by a hair.  
-Persian Proverb

To the world you might be one person, but to one person, you might be the world.

While all acts of kindness are inherently wonderful, there is something even more magical about doing something thoughtful but mentioning it to no one. Ever.

Wherever there is a human being, there is an opportunity for kindness.  
-Seneca

One kind word can warm three winter months.  
-Japanese Proverb

The decision made with kindness is usually the right one.

Civilization is the slow process of learning to be kind.

Doing nothing for others is the undoing of ourselves.  
-Horace Mann

I have wept in the night  
For the shortness of sight  
That to somebody's need made me blind;  
But I never have yet  
Felt a tinge of regret  
For being a little too kind.

If you wish to be anonymous, realize the recipients of your kindness will not recognize you.

## Lessons for a Good Life

Make up your mind to be happy. Learn how to find pleasure in simple things.

Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with gladness of life. The trick is to make the laughter outweigh the tears.

Don't take yourself too seriously. Don't think that somehow you should be protected from misfortune that befalls other people.

You can't please everybody. Don't let criticism worry you.

Don't let your neighbor set your standards. Be yourself.

Do the things you enjoy doing, but stay out of debt.

Never borrow trouble. Imaginary things are harder to bear than real ones.

Since hate poisons the soul, do not cherish jealousy. Avoid people who make you unhappy.

Have many interests. If you can't travel, read about new places.

Don't hold postmortems. Don't spend your time brooding over sorrows or mistakes.

Don't be one who never gets over things!!

Do what you can for those less fortunate than yourself.

Keep busy at something. A busy person never has time to be unhappy.

# LAUGHTER

69

Baseball is 90% physical - the other half is mental.  
How did I like school? Well, I liked it closed.  
I really didn't say everything I said.  
If the people don't want to come out to the park,  
nobody's gonna stop them.  
If you can't imitate him, don't copy him.  
If you don't know where you are going, you might  
wind up somewhere else.  
It's like deja-vu, all over again.  
No one goes there anymore — it's too crowded.  
We have deep depth.  
We made too many wrong mistakes.  
When you come to a fork in the road, take it.  
Why buy good luggage? You only use it when you  
travel.

-Yogi Berra

The most thoroughly wasted of all days is that on  
which one has not laughed. -Chamfort

You grow up the day you have the first real laugh at  
yourself. -Ethel Barrymore

A thing derided is a thing dead. A laughing man is  
stronger than a suffering man.

-Gustave Flaubert

No lot is so hard, no aspect of things so grim, but it  
relaxes before a hearty laugh.

-G.S. Merriam

Take time to laugh. It is the music of the soul.

A sense of humor reduces people and problems to  
their proper proportions. -Arnold H. Glasgow

## HOW DUMB CAN YOU GET?

He's about as sharp as a marble.

He's a few clowns short of a circus.

He's a few fries short of a Happy Meal.

He's an experiment in Artificial Stupidity.

She's not the brightest bulb on the Christmas tree.

She's dumber than a box of hair.

She's a few peas short of a casserole.

She doesn't have all her Cornflakes in one box.

He's all foam, no beer.

The cheese slid off his cracker.

Body by Fisher; brains by Mattel.

He's as smart as bait.

His elevator doesn't go all the way to the top floor.

She forgot to pay her brain bill.

His antenna doesn't pick up all the channels.

He's missing a few buttons off his remote control.

Her receiver is off the hook.

He's not the sharpest knife in the drawer.

The lights are on but nobody's home.

The wheel's spinning but the hamster's dead.

He has a photographic memory but no film.

He took an IQ test and the results were negative.

She's missing a few sunflower seeds from her trail mix.

He has the brains of a grape.

He's dumber than a bag of hammers.

She's about as sharp as a bowling ball.

His monitor is on but the CPU isn't running.

His wheels are spinning but the tires are off the ground,

# LEADERSHIP

Lead wisely and others will follow cheerfully and with purpose.

Great people are those who can make others feel that they, too, can become great. -Mark Twain

Leadership is action, not position.

Innovate, develop, motivate, inspire, trust: be a leader.

Do not go where the path may lead. Go instead where there is no path, and leave a trail. -Ralph Waldo Emerson

To be great is to be misunderstood. -Ralph Waldo Emerson

To me, a leader is a visionary who energizes others. This definition of leadership has two new dimensions: a) creating the vision of the future, and b) inspiring others to make the vision a reality. -Vince Lombardi

A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say, "we did it ourselves." -Lao Tzu

You manage things; you lead people. -Rear Admiral Grace Murray Hopper

The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant. -Max DePree

Before you are a leader, success is all about growing yourself. When you become a leader, success is about growing others. -Jack Welch

A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be. -Rosalynn Carter

Leadership is the art of getting someone else to do something you want done because he wants to do it. -General Dwight Eisenhower

A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent. -Douglas MacArthur

In the simplest terms, a leader is one who knows where he wants to go and gets up and goes. -John Erskine

Leadership is to be both a speaker of words and a doer of deeds.

There are no shortcuts to preparing for leadership. -Max Depree

It is easy to be popular. It is not easy to be just. -Rose Elizabeth Bird

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity. -George S. Patton

Treat people as if they were what they ought to be, and you help them to become what they are capable of being. -Johann Wolfgang von Goethe

Leadership rests not only on outstanding ability. It also rests on commitment, loyalty, and pride. It rests on followers who are ready to accept guidance. Leadership is the ability to direct people, and - more important - to have those people accept that direction. --Vince Lombardi

The art of leadership is saying no, not yes. It is very easy to say yes. -Tony Blair

I must follow the people. Am I not their leader? Benjamin Disraeli

Leadership is the capacity to translate vision into reality. -Warren Bennis

Lead, follow, or get out of my way. -General George Patton

A leader is one who knows the way, goes the way, and shows the way. -John Maxwell

The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly. -Jim Rohn

Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish. -Sam Walton

Great leaders are not defined by the absence of weakness, but rather by the presence of clear strengths. -John Zenger

Be not afraid of greatness. Some are born great, some achieve greatness, and some have greatness thrust upon them. -Shakespeare

Without followers, there can be no leaders. -Peter Drucker

The difference between the great and the mediocre is one thing: the willingness to make a decision. -Danny Cox

He who has learned how to obey will know how to command.  
-Solon

It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. The people will appreciate your leadership.  
-Nelson Mandela

Leaders must be close enough to relate to others, but far enough ahead to motivate them.  
-John C. Maxwell

The final test of a leader is that he leaves behind him in other men, the conviction and the will to carry on.  
-Walter Lippman

The growth and development of people is the highest calling of leadership.  
-Harvey Firestone

Three guards can watch over one hundred inmates in an asylum. Lunatics never unite.  
-Dr. Julian Earls

You do not lead people by hitting them over the head. That is assault, not leadership.  
-Dwight D. Eisenhower

It's not by whining that one carries out the job of a leader.  
-Napoleon

If you would be a leader, you must lead your own generation, not the next one.  
-Woodrow Wilson

The measure of a man is what he does with power.  
-Pittacus

Leadership has a harder job to do than just choose sides. It must bring sides together.  
-Jesse Jackson

A president's hardest job is not to do what is right, but to know what is right.  
-Lyndon B. Johnson

Leadership is not a one day thing. It is a constant commitment to excellence, a habit, a daily price.

The higher you want to climb, the more you need leadership. The greater the impact you want to make, the greater your influence needs to be. Whatever you will accomplish is restricted by your ability to lead others.  
-John C. Maxwell

To lead people, walk behind them.

Anyone can hold the helm when the sea is calm.  
-Publius Syrus

A good banker isn't careless with pennies; a good leader isn't sloppy with details.  
-John Wooden

If your actions inspire others to dream more, learn more, do more, and become more, you are a leader.  
-John Quincy Adams

Lead and inspire people. Don't try to manage and manipulate people. Inventories can be managed, but people must be lead.  
-Ross Perot

Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price you have to pay to achieve that goal, or any goal.  
-Vince Lombardi

True leadership lies in guiding other to success, in ensuring that everyone is performing at their best, doing the work they are pledged to do, and doing it well.  
-Bill Owens

We live in a society obsessed with public opinion. But leadership has never been about popularity.  
-Marco Rubio

Whatever you are, be a good one.  
-Abraham Lincoln

A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit.  
-John Maxwell

Knowledge is not enough to get desired results. You must have the more elusive ability to teach and to motivate. This defines a leader. If you can't teach and you can't motivate, you can't lead.  
-John Wooden

Popularity is not leadership. Results are.  
-Peter Drucker

It is not worth an intelligent man's time to be in the majority. By definition, there are already enough people to do that.  
-G.H Hardy

In the simplest terms, a leader is one who knows where he wants to go and gets up and goes.  
-John Erskine

Personnel determines the potential of a team. Vision determines the direction of a team. Work ethic determines the preparation of the team. Leadership determines the success of the team.  
-John C. Maxwell

Before you can lead, you must first follow.  
-John Wooden

Administration plans the route to success; the working people get you there.

When you speak about success then you speak about leadership, because they are synonymous.  
-Vince Lombardi

# LEADERSHIP

One of the tests of leadership is the ability to recognize a problem before it becomes an emergency.

He who would be a leader must be a bridge.  
-Welsh Proverb

Leadership is getting others to believe in you.  
-Larry Bird

Use your good judgment in all situations. There will be no additional rules.  
-Nordstrom's Employee Handbook

The ability to keep a cool head in an emergency, maintain poise in the midst of excitement, and to refuse to be stampeded are true marks of leadership.  
-R. Shannon

What makes a good follower? The single most important characteristic may well be the willingness to tell the truth. In a world of growing complexity, leaders are increasingly dependent on their subordinates for good information, whether the leaders want to hear it or not. Followers who tell the truth and leaders who listen to it are an unbeatable combination. -Albert Einstein

A leader is one who sees more than others see, who sees farther than others see, and who sees before others see.  
-Leroy Eimes

All these boundaries are set by men. But you don't have to look at boundaries when you are looking at a man, at the character of a man. The question is, What do you stand for? Are you a follower, or are you a leader?  
-Hakeem Olajuwon

You must manage yourself before you can lead someone else.  
-Zig Ziglar

**Leaders are made, not born. They are made by hard effort, which is the price all of us must pay to achieve any goal that is worthwhile.**

Vince Lombardi, Green Bay Packers

**Coming together is a beginning. Keeping together is progress. Working together is success.**

Henry Ford

**You are never a failure if you gave it your all, unless you blame others for your mistakes. When you place blame, you're making excuses.**

**When you're making excuses, you can't evaluate yourself. Without self-evaluation, failure is inevitable.**

John Wooden, UCLA Basketball Coach

You make a living by what you get; you make a life by what you give.

If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you.  
-Winnie the Pooh

When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice.  
-Old Indian Saying

It is not the years in your life but the life in your years that counts.  
-Adlai Stevenson

We are not human beings going through a temporary spiritual experience. We are spiritual beings going through a temporary human experience.

It is a funny thing about life. If you refuse to accept anything but the best, you very often get it.  
-W. Somerset Maugham

Life has only the meaning and value that we give it.

Life moves forward resembling a revolving wheel. No person is ever always up or always down.

Try not to become a person of success, but rather a person of value.  
-Albert Einstein

Life isn't an emergency.

Who said life was going to be fair, or that it was even meant to be fair?

## TWELVE GOLDEN RULES FOR LIVING

1. If you open it, close it.
2. If you turn it on, turn it off.
3. If you unlock it, lock it up.
4. If you break it, admit it.
5. If you can't fix it, call in someone who can.
6. If you borrow it, return it.
7. If you value it, take care of it.
8. If you make a mess, clean it up.
9. If you move it, put it back.
10. If it belongs to someone else, get permission to use it.
11. If you don't know how to operate it, leave it alone.
12. If it's none of your business, don't ask questions.  
-Miriam Hamilton Keare

Life is full of ups and downs. The trick is to enjoy the ups and have courage during the downs.

When someone gets something for nothing, someone gets nothing for something.

Believe that life is worth living and it will be.

Drive with care. Life has no spare.

Our purpose in life is not to get ahead of other people, but to get ahead of ourselves.

-M.J. Babcock

Fifty years from now, it will not matter what kind of car you drove, what kind of house you lived in, how much you had in your bank account, or what your clothes looked like. But the world may be a little better because you were important in the life of a child.

Don't walk behind me, I may not lead. Walk beside me and be my friend.  
-Albert Camus

If you should die before me, ask if you can bring a friend.  
-Stone Temple Pilots

What we anticipate seldom occurs; what we least expect generally happens.  
-Benjamin Disraeli

Fear not that your life shall come to an end, but rather fear that it never has a beginning.  
-Cardinal Newman

Life is 10% what you make it and 90% how you take it.

To exist is to change; to change is to mature; to mature is to create oneself endlessly.  
-Henri Bergson

Above all, life should be fun.

The business of life is to go forward.  
-Samuel Johnson

You don't stop playing because you are old; you grow old because you stop playing.

What counts most in life is what we do for others.  
-Brian Cavanaugh

Live every act fully, as if it were your last.  
-Buddha

When shall we live, if not now?

It is easy to live for others, everybody does. I call on you to live for yourself.  
-Ralph Waldo Emerson

We must leave our mark on life, while we have it in our power.  
-Isak Dinesen

Everything that happens, happens as it should. There are no accidents.

The greatest discovery is that a human being can alter his life by altering his attitudes of mind.  
-William James

If someone says something unkind about you, live so that no one will believe it.

We know nothing of tomorrow. Our business is to be good and happy today. -Sydney Smith

**\*ENOUGH\***

*Please give me . . .*

*Enough tears to keep me human,  
Enough humor to keep me wise,  
Enough setbacks to keep me humble,  
Enough accomplishments to keep me confident,  
Enough waiting to teach me patience,  
Enough hope to keep me trusting,  
Enough friends to give me love,  
Enough memories to give me comfort.*

There is more to life than increasing its speed. -Mohandas Ghandi

We are always getting ready to live, but never living. -Ralph Waldo Emerson

Life is a long lesson in humility. -James Barrie

Live all you can. It's a mistake not to. It doesn't so much matter what you do in particular, so long as you have your life. If you haven't had that, what have you had? -Henry James

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

The game of life is the game of boomerangs. Our thoughts, our deeds, and our words return to us, sooner or later, with astounding accuracy. -Florence Shinn

Life is a great big canvas. Throw all the paint on it you can. -Danny Kaye

Do not fear death so much, but rather the inadequate life. -Bertolt Brecht

Be civil to all; sociable to many; familiar with few; friend to one; enemy to no one. -Benjamin Franklin

To be what we are, and to become what we are capable of becoming, is the only end in life. -Robert Louis Stevenson

Taking a moment to take it easy is being a friend to yourself.

It's not how old you are, but how you are old. -Marie Dressler

Life isn't about finding yourself. It's about creating yourself. -George Bernard Shaw

**BILL GATE'S RULES TO YOUNG PEOPLE**

To anyone with kids of any age or anyone who has ever been a kid, here's some advice Bill Gates recently dished out about eleven things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept sets them up for failure in the real world.

**RULE 1:** Life is not fair. Get used to it.

**RULE 2:** The world won't care about your self-esteem. The world will expect you to accomplish something **BEFORE** you feel good about yourself.

**RULE 3:** You will **NOT** make \$40,000 a year right out of high school. You won't be a vice-president with a car phone until you **EARN** both.

**RULE 4:** If you think your teacher is tough, wait till you get a boss.

**RULE 5:** Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping. . . they called it **OPPORTUNITY!**

**RULE 6:** If you mess up, it's not your parents' fault. So don't whine about your mistakes. Learn from them.

**RULE 7:** Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes, and listening to you talk about how cool you are. So before you save the rain forest from the parasites of your parents' generation, try delousing the closet in your own room.

**RULE 8:** Your school may have done away with winners and losers, but life has not. In some schools they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to **ANYTHING** in real life.

**RULE 9:** Life is not divided into semesters. You don't get summers off, and very few employers are interested in helping you find yourself. Do that on your own time.

**RULE 10:** Television is **NOT** real life. In real life, people actually have to leave the coffee shop and go to work.

**RULE 11:** Be nice to nerds. Chances are you'll end up working for one.

Every day is a gift. Treat it kindly. Share it with joy.

We all die in the end, but there's no reason to die in the middle. -David Mamet



No lot is so hard, no aspect of things so grim, but it relaxes before a hearty laugh. -G.S. Merriam

The bitterest tears shed over graves are for words left unsaid and deeds left undone. -Harriet Beecher Stowe

You cannot live a perfect day without doing something for someone who will never be able to repay you. -John Wooden

The average human heart beats 100,000 times a day. Make those beats count.

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

If all I'm remembered for is being a good basketball player, then I've done a bad job with the rest of my life. -Isiah Thomas

### Somebody

Somebody did a golden deed;  
 Somebody proved a friend in need;  
 Somebody sang a beautiful song;  
 Somebody smiled the whole day long;  
 Somebody thought, "Tis sweet to live";  
 Somebody said, "I'm glad to give";  
 Somebody fought a valiant fight;  
 Somebody lived to shield the right;  
 Was the "somebody" you?

Don't be sharp or flat; just be natural. -Willie Stargell

The trick is growing up without growing old. -Casey Stengel

I don't believe in looking back. If you make a decision that you think is the proper one at a time, then that's the correct decision. -John Wooden

If the lion didn't bite the tamer every once in awhile, it wouldn't be exciting. -Darrell Waltrip

One of the things that my parents have taught me is never listen to other people's expectations. You should live your own life and live it up to your own expectations, and those are the only things I really care about. -Tiger Woods

You can preach a better sermon with your life than with your lips. -Oliver Goldsmith

All life is an experiment. The more experiments you make, the better. -Ralph Waldo Emerson

Nothing is worth more than this day. -Johann Wolfgang von Goethe

### LIFE JUST ISN'T . . .

Life isn't about keeping score.  
 It's not about how many friends you have  
 Or how accepted you are.  
 Not about if you have plans this weekend or if you're alone.

It isn't about who you have kissed,  
 It isn't about who your family is or  
 how much money they have  
 Or what kind of car you drive.

Or where you are sent to school.  
 It's not about how beautiful or ugly you are.  
 Or what clothes you wear,  
 what shoes you have on,  
 Or what kind of music you listen to.

It's not about if your hair is blonde, red, black, or brown,  
 Or if your skin is too light or too dark.  
 Not about what grades you get, how smart you are,  
 how smart everybody thinks you are,  
 or how smart standardized tests say you are.

### LIFE JUST ISN'T

Life is about who you love and who you hurt.  
 It's about who you make happy or unhappy purposely.  
 It's about keeping or betraying trust.  
 It's about friendship, used as a sanctity or as a weapon.

It's about what you say and mean, maybe hurtful, maybe heartening.  
 It's about starting rumors and contributing to petty gossip.

It's about what judgments you pass on and why.  
 And who your judgments are spread to.

It's about who you've ignored with full control and intention.

It's about jealousy, fear, ignorance, and revenge.  
 It's about carrying inner hate and love,  
 letting it grow and spreading it.

But most of all, it's about using your life to touch or poison other people's hearts in such a way that could have never occurred alone.  
 Only you choose the way those hearts are affected, and those choices are what life's about.

There comes a time in every man's life at least once, and I've had plenty of them. -Casey Stengel

The two hardest things to handle in life are failure and success.

The life which is unexamined is not worth living.  
-Plato

Life is filled with possibilities.

Man, unlike the animals, has never learned that the sole purpose of life is to enjoy it. -Samuel Butler

Sometimes I lie awake at night and ask, "Why me?" Then a voice answers, "Nothing personal. Your name just happened to come up." -Charles Schultz

Anyone who dares to waste one hour of life has not discovered the value of life. -Charles Darwin

Resolved: to live with all my might while I do live, and as I will wished I had lived ten thousand years from now. -Jonathon Edwards

Selfishness is not living as one wishes to live it, it is asking others to live as one wishes to live.  
-Oscar Wilde

We can do anything for one day. So, just for today, let us be unafraid of life, unafraid of death which is the shadow of life; unafraid to be happy, to enjoy the beautiful, to believe the best.

Just for today, let us live one day only, forgetting yesterday and tomorrow and not trying to solve the whole problem of life at once.

-Joseph Fort Newton

Life is a grindstone. Whether it grinds a man down or polishes him up depends on the stuff he's made of.  
-Josh Billings

Life must be lived forward. -Soren Kierkegaard

May you live all the days of your life.  
-Jonathan Swift

Example is not the main thing in life; it is the only thing.  
-Albert Schweitzer

Life is what happens to you while you are making other plans.  
-Alfred Marshall

There are two things to aim for in life. First, to get what you wanted, and after that, to enjoy it. Only the wisest of mankind achieve the second.  
-Logan Pearsall Smith

When life kicks you, let it kick you forward.  
-Kay Yow

Life is a no deposit/no return endeavor.

Death is not the greatest loss in life. The greatest loss is what dies inside us while we live.  
-Norman Cousins

What matters most is how we respond to what we experience in life.  
-Stephen R. Covey

There are only two ways to approach life: as a victim or as a gallant fighter. You must decide if you want to act or react, deal your own cards or play with a stacked deck. If you don't decide which way to play with life, it plays with you.  
-Merle Shain

#### 25 THINGS YOU SHOULD HAVE LEARNED BY MIDDLE AGE

1. If you're too open-minded, your brains will fall out.
2. Don't worry about what people think; they don't do it very often.
3. Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.
4. It ain't the jeans that make your butt look fat.
5. Artificial intelligence is no match for natural stupidity.
6. My idea of housework is to sweep the room with a glance.
7. Not one shred of evidence supports the notion that life is serious.
8. It is easier to get forgiveness than permission.
9. For every action, there is an equal and opposite government program.
10. If you look like your passport picture, you probably need the trip.
11. Bills travel through the mail at twice the speed of checks.
12. A conscience is what hurts when all your other parts feel so good.
13. Eat well, stay fit, die anyway.
14. Men are from earth. Women are from earth. Deal with it.
15. No man has ever been shot while doing the dishes.
16. A balanced diet is a cookie in each hand.
17. Middle age is when broadness of the mind and narrowness of the waist change places.
18. Opportunities always look bigger going than coming.
19. Junk is something you've kept for years and throw away three weeks before you need it.
20. There is always one more imbecile than you counted on.
21. Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
22. By the time you make ends meet, they move the ends.
23. Thou shalt not weigh more than thy refrigerator.
24. Someone who thinks logically provides a nice contrast to the real world.
25. If you must choose between two evils, pick the one you've never tried before.

Life picks on everyone. . .do not take it personally.

Youth is not entirely a time of life. It is a state of mind. Nobody grows old by merely living a number of years. People grow old only by deserting their ideals.  
-Douglas MacArthur

Live to make the world less difficult for each other.  
-George Eliot

Live each day as if it were Friday.

You have to do your own growing up, no matter how tall your grandpa was.

Begin each morning by resolving to find something in the day to enjoy. Look into each experience which comes to you for some grain of happiness.

Little by little, life goes by.  
Short if you sing it,  
Long if you sigh.

Manifest plainness.  
Embrace simplicity.  
Reduce selfishness.  
Have few desires.  
-Lao-tzu

The business of life is to go forward.  
-Samuel Johnson

Let difficult times make you a better person, not a bitter one.

We must take care to live not merely a long life, but a full one. For living a long life requires only good fortune, but living a full life requires character.  
-Seneca

Life isn't a dress rehearsal.

**Four things I would teach children:**  
**Think** about the values and principles that are important to you.  
**Believe** in yourself based on the thinking you have done.  
**Dream** about what you want to become, based on your belief in yourself.  
**Dare** to make your dream a reality.

I asked God for all things that I might enjoy life. He gave me life that I might enjoy all things.

I meant to do my work today  
But a brown bird sang in the apple tree,  
And a butterfly flitted across the field,  
And all the leaves were calling me;  
And the wind went sighing over the land,  
Tossing the grasses to and fro,  
And a rainbow held out its shining hand --  
So what could I do but laugh and go?  
-Richard Le Gallienne

Making a living is different than making a life.

In every encounter, no matter how brief, we leave something behind.

Life is remembered by the special moments, not the days.

In three words I can sum up everything I've learned about life. It goes on.  
-Robert Frost

The truly wise live simply, love much, and pause to smell flowers along the way.

Life is what happens while you are making other plans.

If you love life, it will love you back.

Don't wait for a crisis to discover what is important in your life.

In life, it's the rebounds that make the difference.

The real malady is fear of life, not death.  
-Naguib Mahfouz

People who like people are people other people like.

### Life is.... by Mother Theresa

Life is an opportunity, benefit from it.  
Life is beauty, admire it.  
Life is a dream, realize it.  
Life is a challenge, meet it.  
Life is a duty, complete it.  
Life is a game, play it.  
Life is a promise, fulfill it.  
Life is sorrow, overcome it.  
Life is a song, sing it.  
Life is a struggle, accept it.  
Life is a tragedy, confront it.  
Life is an adventure, dare it.  
Life is luck, make it.  
Life is too precious, do not destroy it.  
Life is life, fight for it.

Dream as if you'll live forever; live as if you'll die tomorrow.  
-James Dean

Cherish your yesterdays, dream your tomorrows, and live your todays.

Living is not a matter of counting years, but making the years count.

Life is more fun when you don't keep score.

Live so that your friends can defend you, but never have to.  
-Arnold Glasgow

**As You Travel Through Life**

As you travel through life there are always those  
times  
When decisions just have to be made,  
When the choices are hard, and solutions seem  
scarce,  
And the rain seems to soak your parade.

There are some situations where all you can do  
Is simply let go and move on,  
Gather your courage and choose a direction  
That carries you toward a new dawn.

So pack up your troubles and take a step forward -  
The process of change can be tough,  
But think about all the excitement ahead.

There might be adventures you never imagined  
Just waiting around the next bend,  
And wishes and dreams just about to come true  
In ways you can't yet comprehend!

Perhaps you'll find friendships that spring from new  
things  
As you challenge your status quo,  
And learn there are so many options in life.

Perhaps you'll go places you never expected  
And see things that you've never seen,  
Or travel to fabulous, faraway worlds  
And wonderful spots in between!

Perhaps you'll find warmth and affection and caring  
And somebody special who's there  
To help you stay centered and listen with interest  
To stories and feelings you share.

Perhaps you'll find comfort in knowing your friends  
Are supportive of all that you do,  
And believe that whatever decisions you make,  
They'll be the right choices for you.

So keep putting one foot in front of the other,  
And taking your life day by day,  
There's a brighter tomorrow that's just down the  
road,  
Don't look back! You're not going that way!

Live every act fully, as if it were your last.  
-Buddha

Everything that happens, happens as it should.  
There are no accidents. -Marcus Aurelius

Lord, when we are wrong, make us willing to change.  
And when we are right, make us easy to live with.  
-Peter Marshall

Misfortunes tell us what fortune is. -Thomas Fuller

**My A to Z of Life**

by M. K. Soni

Life is like a multifaceted prism, which gives different colored images when viewed from different angles. Look how it appears to different people:

- A** - Life is a struggle; face it.
- B** - Life is a brief intermission between birth and death; enjoy it.
- C** - Life is a lesson; learn it.
- D** - Life is not a joke; take it seriously.
- E** - Life is work; work is life.
- F** - Life is a dream to be realized.
- G** - Life is to be lived; enjoy it.
- H** - Life, without a wife, is no life.
- I** - Life is not a bed of roses.
- J** - Life is an ocean; fathom it.
- K** - Life is an opportunity; don't miss it.
- L** - Life without love is desolate.
- M** - Life is a goldmine; exploit it.
- N** - Life is what you make it.
- O** - Life lies in optimism. Be a positive thinker.
- P** - Life is like a game of snakes and ladders; one faces many pitfalls before one reaches the top.
- Q** - Life will be a pleasure if you love your work.
- R** - Life without goals is groping in darkness.
- S** - Life without trust is a life in turmoil.
- T** - Life is a journey; make it as pleasant as possible.
- U** - Life doesn't mean bread alone.
- V** - Life is meaningful, only if there is a mission.
- W** - Life is enriched by good friendship.
- X** - Life doesn't mean years alone. "IT IS THE LIFE IN THOSE YEARS"
- Y** - Life is useful, if you contribute something, that will outlive it.
- Z** - Life lies in diversity, not in monotony.

We are not here merely to make a living. We are here to enrich the world, and we impoverish ourselves if we forget this errand. -Woodrow Wilson

One should count each day as a separate life. -Seneca

Your ship is equal to the load of today; but when you're carrying yesterday's worry and tomorrow's anxiety, you must lighten your load or you will sink.

The best things in life aren't things.

Time to live is what we want most, but often use the worst.

Training means learning the rules. Experience means learning the exceptions.

Life is like a buffet line. There aren't any waiters so you have to help yourself.

Live life with a fire that is never extinguished.

Life is a no deposit, no return endeavor.

Being on a tightrope is living; everything else is waiting.  
-Karl Wallenda

The purpose of life is to live it, to reach out eagerly and without fear for a newer and richer experience.  
-Eleanor Roosevelt

To change one's life, start immediately and do it flamboyantly. No exceptions.  
-William James

Life is truly wonderful. Do your best not to miss it.

Wash what is dirty.  
Water what is dry.  
Heal what is wounded.  
Warm what is cold.  
Guide what goes off the road.  
Love those who are least lovable because they need it most.

Only a life lived for others is a life worthwhile.  
-Albert Einstein

Live your life in such a way that when your feet hit the floor in the morning Satan shudders and says, "Oh shit. . .he's awake!"

He who does not get fun and enjoyment out of every day needs to reorganize his life.  
-George Matthew Adams

Learn from yesterday; live for today; hope for tomorrow.  
-Albert Einstein

To me, there are three things we should do every day of our lives. Number one is laugh. Number two is think. You should spend some time in thought. Number three is you should have your emotions moved to tears, could be happiness or joy.  
-Jim Valvano

Youth is not entirely a time of life; it is a state of mind. Nobody grows old by merely living a number of years. People grow old by deserting their ideals. You are as young as your faith, as old as your doubts; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.  
-General Douglas MacArthur

The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life.  
-Muhammad Ali

Some people come into our lives and quietly go. Others stay for awhile and leave footprints and we are never the same.

The greatest use of life is to spend it on something that will outlast it.  
-William James

If you think things improve with age, attend a class reunion.

A life is not important except in the impact it has on other lives.  
-Jackie Robinson

I wouldn't give one iota to make a trip from the cradle to the grave unless I could live in a competitive world.  
-Adolph Rupp

Life is what you make of it,  
However great or small;  
It can be used to take up time  
Or used to have a ball.

One man cannot do right in one department of life while he is occupied doing wrong in another department. Life is one indivisible whole.  
-Ghandi

Consistency is contrary to nature, contrary to life. The only consistent people are dead.  
-Aldous Huxley

Life isn't a matter of milestones, but moments.  
-Rose Kennedy

If I can leave a single message with the younger generation, it is to lash yourself to the mast, like Ulysses if you must, to escape the siren calls of complacency and indifference.  
-Edward M. Kennedy

Life is the art of drawing sufficient conclusions from insufficient premises.  
-Samuel Butler

We forget that life isn't as bad as we're making it out to be. We also forget that when we're blowing things out of proportion, we are the ones doing the blowing.

After you retire, there's only one big event left. And I ain't ready for that.  
-Bobby Bowden

Life is like riding a bicycle. You don't fall off unless you quit pedaling.

We will be known by the tracks we leave behind.  
-Dakota Proverb

Life has to be lived. That's all there is to it.  
-Eleanor Roosevelt

Whatever comes, this too shall pass away.  
-Ella Wheeler Wilcox

The way you see people is the way you treat them, and the way you treat them is what they become.  
-Goethe

When you stop giving and offering something to the rest of the world, it's time to turn out the lights.  
-George Burns

Life can only disappoint you if you let it.  
-Mark Hopkins

Sometimes we meet a person along life's way and walk together, if only for a little while, and it makes all the difference.

**The best things in life:**

Falling in love  
 Laughing so hard your face hurts  
 A hot shower  
 No lines at Walmart  
 Getting mail that's not bills  
 Lying in bed listening to the rain outside  
 Hot towels out of the dryer  
 Finding the sweater you want at half-price  
 Chocolate milkshake  
 A bubble bath  
 Having someone tell you you're beautiful  
 A long conversation with an old friend  
 A massage or back scratch  
 Waking up and realizing you still have a few hours to sleep  
 Finding a \$20 bill in your coat from last year  
 Your first kiss  
 Playing with a new puppy  
 Sweet dreams  
 Swinging on swings  
 Watching a good movie with someone you love  
 Watching the expression on someone's face as they open a much desired gift  
 Winning a competition  
 Making chocolate chip cookies  
 Holding hands  
 Riding the best roller coasters over and over  
 Being tickled  
 Watching a sunset by the ocean  
 A pat on the back  
 An ice cold drink on a really hot day  
 Having someone give you that special look  
 Having someone play with your hair  
 Hot chocolate when it's snowing  
 A walk in the park  
 A surprise  
 Getting out of bed each morning and thanking God for another beautiful day.

Take as a gift whatever the day brings forth.  
 -Horace

Life is not so short but that there is always time enough for courtesy.  
 -Ralph Waldo Emerson

May you live all the days of your life.  
 -Jonathan Swift

Be careful how you live. You might be the only Bible some people read.

In making a living today, many no longer leave any room for life.

It's easy to earn a living. It's more difficult to make a difference.

When I look into the future, it's so bright it burns my eyes.  
 -Oprah Winfrey

**INSTRUCTIONS FOR LIFE**

Remember that the best relationship is one where your love for each other is greater than your need for each other.

Smile when you answer the phone. The caller will hear it in your voice.

When you realize you made a mistake, correct it.

Don't let a little dispute injure a great friendship.

Talk slowly, but think quickly.

Never laugh at anyone's dream.

When you say "I love you," mean it.

Don't believe all you hear, spend all you have, or sleep all you want.

Give people more than they expect, and do it cheerfully.

When you lose, don't lose the lesson.

Remember the three R's: respect for self, respect for others, and responsibility for your actions.

Remember that silence is sometimes the better answer.

Trust in God, but lock your car.

Never interrupt when you're being flattered.

Mind your own business.

Remember that not getting what you want is sometimes a stroke of luck.

Judge your success by what you had to give up in order to get it.

Remember that great love and great achievements involve great risks.

Believe in love at first sight.

As long as you have a window, life is exciting.

Life can only be understood backwards, but it must be lived forwards.

Life is the art of drawing without an eraser.

### If I had my life to live over. . .

I'd dare to make more mistakes next time.  
I would limber up.  
I would be sillier than I have been on this trip.  
I would take fewer things seriously.  
I would take more chances.  
I would take more trips.  
I would climb more mountains and swim more rivers.  
I would eat more ice cream and less beans.  
I would have perhaps have more actual troubles but fewer imaginary ones.  
You see, I'm one of those people who live sensibly and sanely hour after hour, day after day.  
Oh, I've had my moments.  
If I had to do it over again, I'd have more of them.  
In fact, I'd try to have nothing else.  
Just moments, one after another, instead of living so many years ahead of each day.  
I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat, and a parachute.  
If I could do it again, I would travel lighter than I have.  
If I had my life to live over, 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 & Elizabeth Lucas

Do not pray for an easy life. Pray to be a strong person.

It's easy to cry that you're beaten and die,  
It's easy to crawlfish and crawl,  
But to fight and to fight when hope's out of sight,  
Why, that's the best game of them all;  
And tho' you come out of each grueling bout  
All broken and beaten and scarred  
Just have one more try. It's dead easy to die.  
It's the keeping on living that's hard.

Expect the best. Prepare for the worst. Capitalize on what comes. -Zig Ziglar

Life asks of every individual a contribution. It's up to the individual to discover what that contribution will be.

**YOU DESERVE  
WHAT YOU  
ACCEPT.**

### SUMMARY OF LIFE

#### GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

1. No matter how hard you try, you can't baptize cats.
2. When your Mom is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the second person.
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka-dot underwear under white shorts.
10. The best place to be when you're sad is Grandma's lap.

#### GREAT TRUTHS THAT ADULTS HAVE LEARNED:

1. Raising teenagers is like nailing jello to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge . . . mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.
6. Old age is when you choose your cereal for the fiber, not the toy.

#### THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.

#### SUCCESS:

At age 4 success is . . . . Not piddling in your pants.  
At age 12 success is . . . Having friends.  
At age 17 success is . . . Having a driver's license.  
At age 35 success is . . . . .Having money.  
At age 50 success is . . . Having money.  
At age 70 success is . . . Having a driver's license.  
At age 75 success is . . . . Having friends.  
At age 80 success is . . . . Not piddling in your pants.

Always remember to forget the troubles that pass your way; **BUT NEVER** forget the blessings that come each day.

Have a wonderful day with many \*smiles\*

# LOVE

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

-Franklin P. Jones

To love and be loved is to feel the sun from both sides.

-David Viscott

Kindness is the ability to love people more than they deserve.

We all need love the most when we deserve it the least.

The opposite of love is not hate, it is indifference.

Love is true when you don't see eye to eye but can still walk hand in hand.

We like someone because of;  
We love someone in spite of.

Money will buy a pet, but only love can make him wag his tail.

When someone does you wrong, don't do what comes naturally; do what comes supernaturally -- love him.

Trouble is part of your life and if you don't share it, you don't give the person who loves you a chance to love you enough.

If you have love, let others light their candle by it.

You can give without loving, but you cannot love without giving.

-Amy Carmichael

Love is not a matter of counting the years, it's making the years count.

-William Smith

Love at first sight is easy to understand. It's when two people have been looking at each other for years that it becomes a miracle.

The most difficult and important task of life is to love ourselves and others unconditionally.

If there is anything better than being loved, it is loving.

If you love something, let it go. If it comes back to you, it is yours. If not, it was not meant to be.

You never really leave a place you love. Part of it you take with you, leaving a part behind.

Love your enemies, for they tell you your faults.

-Benjamin Franklin

I have an everyday religion that works for me. Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

-Lucille Ball

There is strength in loving. If you love someone, you must be strong enough to allow them to be.

## I LOVE YA!

One day a woman's husband died, and on that clear, cold morning, in the warmth of their bedroom, the wife was struck with the pain of learning that sometimes there isn't anymore. No more hugs, no more special moments to celebrate together, no more phone calls just to chat, no more "just one minute." Sometimes, what we care about the most gets all used up and goes away, never to return before we can say good-bye, or say "I love you."

So while we have it, it's best we love it, care for it, fix it when it's broken and heal it when it's sick. This is true for marriage, and old cars, and children with bad report cards, and dogs with bad hips, and aging parents and grandparents. We keep them because they are worth it, because we are worth it.

Some things we keep — like a best friend who moved away or a classmate we grew up with. There are just some things that make us happy no matter what.

Life is important, like people we know who are special. And so, we keep them close!

Suppose one morning you never wake up; do all your friends know you love them? I was thinking.....I could die today, tomorrow or next week, and I wondered if I had any wounds needing to be healed, friendships that needed rekindling or three words needing to be said.

Let every one of your friends know you love them. Even if you think they don't love you back, you would be amazed at what those three little words and a smile can do.

And just in case GOD calls me home, I LOVE YA!!!

Live today to the fullest because tomorrow is not promised. If you don't like something, change it. If you can't change it, change the way you think about it.



The harder I work, the luckier I get.  
-Stephen Leacock

When I work fourteen hours a day, seven days a week,  
I get lucky. -Armand Hammer

Luck? I don't know anything about luck. I've never  
banked on it, and I'm afraid of people who do. Luck  
to me is something else: hard work. And realizing  
what is opportunity and what isn't. -Lucille Ball

Yet today I consider myself the luckiest man on the  
face of the earth. -Lou Gehrig

Luck may sometimes help; work always helps.

Chance is always powerful. Let your hook be always  
cast. In the pool where you least expect it, there will  
be fish. -Ovid

Luck is an even better thing is you put a "P" before it.  
You can always tell luck from ability by its duration.

## Old Farmer's Advice

- "Your fences need to be horse-high, pig-tight and bull-strong."
- "Keep skunks and bankers at a distance."
- "Life is simpler when you plow around the stump."
- "A bumble bee is considerably faster than a John Deere tractor."
- "Words that soak into your ears are whispered.....not yelled."
- "Meanness don't just happen overnight."
- "Forgive your enemies; it messes up their heads."
- "Do not corner something that you know is meaner than you."
- "It don't take a very big person to carry a grudge."
- "You cannot unsay a cruel word."
- "Every path has a few puddles."
- "When you wallow with pigs, expect to get dirty."
- "The best sermons are lived, not preached."
- "Most of the stuff people worry about, ain't never gonna happen anyway."
- "Don 't judge folks by their relatives."
- "Remember that silence is sometimes the best answer."
- "Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time."
- "Don 't interfere with somethin' that ain't bothering you none."
- "Timing has a lot to do with the outcome of a rain dance."
- "If you find yourself in a hole, the first thing to do is stop diggin'."
- "Sometimes you get, and sometimes you get got."
- "The biggest troublemaker you'll probably ever have to deal with watches you from the mirror every mornin'."
- "Always drink upstream from the herd."
- "Good judgment comes from experience, and a lotta that comes from bad judgment."
- "Lettin' the cat outta the bag is a whole lot easier than puttin' it back in."
- "If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around."
- "Live simply, love generously, care deeply, speak kindly, and leave the rest to God."
- "Don't pick a fight with an old man. If he is too old to fight, he'll just kill you."
- "Some days all you can do is smile and wait for some kind soul to come pull your ass out of the bind you've gotten yourself into."

Success is hollow without pleasant memories along the way. The best memories are made with other people and cost very little.

Mamie McCullough

Never let your memories be greater than your dreams.

-Doug Ivester

## REMEMBER:

Somebody is very proud of you;  
Somebody is thinking of you;  
Somebody is caring about you;  
Somebody misses you;  
Somebody wants to talk to you;  
Somebody wants to be with you;  
Somebody hopes you are not in trouble;  
Somebody is thankful for the support you have provided;  
Somebody wants to hold your hand;  
Somebody hopes everything turns out all right;  
Somebody wants you to be happy;  
Somebody wants you to find him/her;  
Somebody wants to give you a gift;  
Somebody wants to hug you;  
Somebody thinks you **ARE** a gift;  
Somebody admires your strength;  
Somebody wants to protect you;  
Somebody can't wait to see you;  
Somebody loves you for who you are;  
Somebody treasures your spirit;  
Somebody is glad that you are their friend;  
Somebody wants to get to know you better;  
Somebody wants to be near you;  
Somebody wants you to know that you are there for them;  
Somebody would do anything for you;  
Somebody wants to share their dreams with you;  
Somebody is alive because of you;  
Somebody needs your support;  
Somebody will cry when they read this;  
Somebody needs you to have faith in them;  
Somebody trusts you;  
Somebody needs a song that reminds them of you.

*"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."*

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

-Elbert Hubbard

Advice is least heeded when most needed.

We may make mistakes, but they must never be mistakes which result from faintness of heart or abandonment of moral principle. -Franklin D. Roosevelt

No man ever became great except through many and great mistakes. -William E. Gladstone

One mistake will never kill you. The same mistake over and over again will. -Harvey Mackay

Never make excuses. Your friends don't need them and your foes won't believe them. -John Wooden

There is nothing wrong with making mistakes. Just don't respond with encores.

The man who makes no mistakes does not usually make anything. -Edward Phelps

If you've done something wrong, learn from it.

It is better to ask what you think is a dumb question than to make a serious mistake.

Learn from the mistakes made by others. You won't live long enough to make them all yourself.

An error doesn't become a mistake until you refuse to correct it. -Orlanda Battista

Assert your right to make a few mistakes. Mistakes are the lessons of wisdom.

Don't always follow the crowd because nobody goes there anymore. -Yogi Berra

The longer we dwell on our misfortunes, the greater is their power to harm us. -Voltaire

A just cause is not ruined by a few mistakes. -Fyodor Dostoyevsky

The fact that you can profit from your mistakes does not mean the more mistakes, the more profit.

More people would learn from their mistakes if they weren't so busy denying that they made them.

No matter how far you have gone on the wrong road, turn back. -Turkish proverb

Have confidence in your decisions. Make them expeditiously, and stay with them as long as you believe you are correct, no matter what others may say. However, when you conclude you were in error, do not hesitate to announce the error publicly and change course. -Edward J. Koch

The great use of life is to spend it for something that will outlast it. -William James

Pay attention to your enemies, for they are the first to discover your mistakes. -Antisthenes

Try to fix the mistake -- never the blame.

No man ever became great except through many and great mistakes. -William E. Gladstone

Experience is the way we refer to our past mistakes.

Every great mistake has a halfway moment, a split second, when it can be recalled and, perhaps, remedied. -Pearl S. Buck

While one person hesitates because he feels inferior, another is busy making mistakes and becoming superior. -Henry Link

A life spent in making mistakes is not only more honorable but more useful than a life spent doing nothing. -George Bernard Shaw

If you accept the expectations of others, especially negative ones, then you never will change the outcome. -Michael Jordan

**The easier we make it  
for ourselves to quit, the harder  
we make it to succeed.**

# MOTIVATION

Strong lives are motivated by dynamic purposes.  
-Kenneth Hildrbrand

Nothing is particularly hard if you divide it into small jobs.  
-Henry Ford

It is only the first step that is difficult.  
-Marie De Vichy-Chaconne

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

Money motivates neither the best people nor the best in people.

You take people as far as they will go, not as far as you would like them to go.  
-Jeanette Rankin

You can't hire someone else to do your push-ups for you.  
-Jim Rohn

To move the world, we must first move ourselves.  
-Socrates

If it is to be, it's up to me.

Motivation is simple. You eliminate those who are not motivated.  
-Lou Holtz

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion."  
-Muhammad Ali

Coaches who can outline plays on a blackboard are a dime a dozen. The ones who win get inside their players and motivate.  
-Vince Lombardi

Motivation must come from the belief that ultimate success lies in giving your personal best.  
-John Wooden

My body could stand the crutches, but my mind couldn't stand the sidelines.  
-Michael Jordan

A word of encouragement during a failure is worth more than a whole book of praise after a success.

Start by doing what's necessary, then do what's possible, and suddenly, you are doing the impossible.  
-Saint Francis of Assisi

It is not the mountain that we conquer but ourselves.  
-Sir Edmund Hilary

There are two ways of exerting one's strength: one is pushing down; the other is pulling up.  
-Booker T. Washington

A champion needs a motivation above and beyond winning.  
-Pat Riley

As a coach, your high standards of performance, attention to detail and - above all - how hard you work set the stage for how your players perform.  
-Don Shula

Have you got a problem? Do what you can where you are with what you've got.  
-Theodore Roosevelt

Motivation is when your dreams put on work clothes.

When I played with Michael Jordan on the Olympic team, there was a huge gap between his ability and the ability of the other great players on the team. But what impressed me was that he was always the first one on the floor and the last one to leave.  
-Steve Alford

One of the greatest sources of energy is pride in what you are doing.  
-Spokes

People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily.  
-Zig Ziglar

My attitude is that if you push me toward something you think is a weakness, then I will turn that perceived weakness into a strength.  
-Michael Jordan

**A man is a success if he gets up in the morning,  
gets to bed at night,  
and in between he does what he wants to do.**

**-Bob Dylan**

Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have.  
-Norman Vincent Peale

Success is to be measured not so much by the position one has reached in life as by the obstacles one has overcome while trying to succeed.  
-Booker T. Washington

If it were easy, it would have been done before.  
-Jeanne Yaeger

The greater the obstacle, the more joy in overcoming it.  
-Moliere

There is no shortcut. Victory lies in overcoming obstacles every day.

Don't let what you cannot do interfere with what you can.  
-John Wooden

Obstacles cannot crush me. Every obstacle yields to stern resolve. He who is fixed to a star does not change his mind.  
-Leonardo da Vinci

You carry on no matter what are the obstacles. You simply refuse to give up. When the going gets tough, you get tougher. And you win.  
-Vince Lombardi

A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could, and could go no further. So to help the butterfly, he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to support the body, which would contract in time. Neither happened. In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man, in his kindness and haste, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes struggles are exactly what we need in our lives. If God allowed us to go through our lives without any obstacles, it would cripple us. We would not be as strong as what we could have been. What we struggle with makes us strong.

Don't find a fault; find a remedy.  
-Henry Ford

Impossible things are happening every day.

Every obstacle presents an opportunity to improve one's condition.

Nothing will ever be attempted if all possible objections must first be overcome.  
-Samuel Johnson

The block of granite, which was an obstacle in the path of the weak, becomes a stepping stone in the path of the strong.  
-Thomas Carlyle

If you really want to do something, you'll find a way; if you don't, you'll find an excuse.

Flexible people never get bent out of shape.

Every problem contains the seeds to its own solution.  
-Stanley Arnold

A problem is a chance for you to do your best.  
-Duke Ellington

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.  
-Orison Swett Marden

The most rewarding things you do in life are often the ones that look like they cannot be done.  
-Arnold Palmer

The big five attitude obstacles everybody faces are discouragement, change, problems, fear, and failure.  
-John C. Maxwell

You don't have the time, nor can you expend the energy, to address the opposition. They have no power over you unless you give it to them. A man can't ride your back unless it's bent. Don't bend over. Stay tall. Keep climbing.  
-Steve Harvey

If I were asked to give what I consider the single most useful bit of advice for all humanity, it would be this. Expect trouble as an inevitable part of life, and when it comes, hold your head high. Look it squarely in the eye and say, "I am bigger than you. You cannot defeat me."  
-Ann Landers

Obstacles are those frightful things you see when you take your eyes off your goal.  
-Henry Ford

An inconvenience is only an adventure wrongly considered; an adventure is an inconvenience rightly considered.  
-G.K. Chesterton

Victory lies in overcoming obstacles every day.

A smooth sea never made a skillful maneuver.  
-English Proverb

Storms make oaks take deeper root.  
-George Herbert

# OBSTACLES

When things go wrong, don't go with them.

What on earth would we do with ourselves if something did not stand in our way? -H.G. Wells

There is no progress without some discontent and discomfort.

### The Seven Deadly Sins

Truth, if it becomes a weapon against persons.

Beauty, if it becomes vanity.

Love, if it becomes possessive.

Loyalty, if it becomes blind, careless trust.

Tolerance, if it becomes indifference.

Self-confidence, if it becomes arrogance.

Faith, if it becomes self-righteous.

-Ashley Cooper

Sometimes the only way around a mountain is to climb it.

Every path has its puddle.

Most of the shadows of this life are caused by standing in one's own sunshine. -Ralph Waldo Emerson

Difficulties are things that show what men are. -Epicetus

Shortcuts always cause problems. -Philip Crosby

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

All things at first appear difficult. -Chinese Proverb

You have to admit problems before you can correct them.

A stumble may prevent a fall. -Thomas Fuller

When you stick your head above the crowd, you can expect a few tomatoes thrown your way. -Jean Paul Getty

Great spirits have always encountered violent opposition from mediocre minds. -Albert Einstein

If you want the rainbow, you gotta put up with the rain.

Don't think there are no crocodiles just because the water is calm.

The enemy of the best is often the good.

Whatever you are trying to avoid won't go away until you confront it.

If you find a good solution and become attached to it, the solution may become your next problem.

The galleries are full of critics. They play no ball. They fight no fights. They make no mistakes because they attempt nothing. Down in the arena are the doers. They make mistakes because they try many things. The man who makes no mistakes lacks boldness and the spirit of adventure. He is the one who never tries anything. He is the break in the wheel of progress. And yet it cannot be truly said that he makes no mistakes, because the biggest mistake is the very fact that he tries nothing, does nothing, except criticize those who do things. -General David M. Shoup

A certain amount of opposition is a great help to a man. Kites rise against and not with the wind.

Temptation is sure to ring your doorbell, but do not ask it to stay for dinner.

The difficulties of life are intended to make us better, not bitter.

There are always two ways to deal with problems. Solve them, or change your perception of them.

Trouble will come soon enough, and when he does come, receive him as pleasantly as possible. The more amiably you greet him, the sooner he will go away. -Artemus Ward

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict. -William Ellery Channing

Take heart. Get out of your own way.

To get out of difficulty, one usually must go through it. -Samuel Easton

There are no great people in this world, only great challenges which ordinary people rise to meet. -William Frederick Halsey

Difficulties mastered are opportunities won. -Winston Churchill

This season isn't going to be without several crises. There's no doubt about it. They're coming. -Bill Parcells

Adversity is what it takes  
To see our goals ascend;  
In order for the kite to rise,  
It flies against the wind.

In this age, which believes that there is a short cut to everything, the greatest lesson to be learned is that the most difficult way is, in the long run, the easiest. -Henry Miller

Our greatest glory is not in never failing but in rising every time we fall. -Confucius

Nothing will ever be attempted if all possible obstacles must be first overcome.

-Samuel Johnson

If it were easy, it would have been done before.

-Jeanne Yaeger

If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

-Michael Jordan

## What is Real Success?

*By Tim Conner*

Everyone wants success, and yet they often don't know when they have it.

For most, it is the maddening chase toward a better way of life or more of something. More fame, power, recognition, money, or material stuff.

For some, it is the understanding of a loving partner, the love of their child, or the people that they can count on when life throws them a curve.

I am coming to believe that success is not more material wealth, but peace, happiness, contentment, and love.

Most of all love.

Real success is not to be sought after in the outer world, but discovered in your inner world. I am not condemning the stuff of life. We all want the things that life offers.

But we don't need as much as we think we do.

Sooner or later you will discover that real success is friends, strangers, and anyone who crosses our path.

It is kindness shared, support given and received, listening, giving, and caring.

These will endure while your car rusts, your toys break, and you tire of the temporary gratifications that bring you what you think is real.

What matters is people.

What lasts is love. What counts are true friends, and if you treasure these you can count yourself a success.

# OPPORTUNITY

Opportunities are usually disguised as hard work, so most people don't recognize them. -Ann Landers

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

Problems are opportunities in work clothes. -Henry J. Kaiser

In the middle of difficulty lies opportunity. -Einstein

Things do not happen. Things are made to happen. -John F. Kennedy

The world is moving so fast these days that the man who says it can't be done is generally interrupted by someone doing it. -Harry Emerson Fosdick

The average human heart beats 100,000 times a day. Make those beats count.

The Chinese use two brush strokes to write the word "crisis." One brush stroke stands for danger; the other for opportunity. In a crisis, be aware of the danger, but recognize the opportunity -Richard M. Nixon

There always has to be a what's next. -Steve Harvey

There is no security on this earth; there is only opportunity. -Douglas MacArthur

The follies which a man regrets most in his life are those which he didn't commit when he had the opportunity. -Helen Rowland

When we stop to think, we often miss our opportunity. -Publius Syrus

Take what is given and make it over your way. -Robert Frost

The secret of success in life is for a man to be ready for his opportunity when it comes. -Benjamin Disraeli

There's a saying among prospectors: "Go out looking for one thing and that's all you'll ever find." -Robert Flaherty

I feel the greatest reward for doing is the opportunity to do more. -Jonas Salk

Opportunity is missed by most people because it is dressed in overalls and looks like work. -Thomas Edison

Ability is nothing without opportunity. -Napoleon Bonaparte

Each one of us has an opportunity, by our words and our deeds, to "make or break" someone else. -Judi Smith Robbins

We must open the doors of opportunity. But we must also equip our people to walk through those doors. -Lyndon B. Johnson

Whenever you are asked if you can do a job, tell them, "Certainly I can." Then get busy and find out how to do it. -Theodore Roosevelt

Difficulties mastered are opportunities won. -Winston Churchill

Opportunities multiply as they are seized. -Sun Tzu

We have a lot of players in their first year. Some of them also are in their last year. -Bill Walsh

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

A wise man will make more opportunities than he finds. -Francis Bacon

Small opportunities are often the beginnings of great enterprises. -Demosthenes

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this 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

Opportunities are seldom labeled. -John Shedd

Opportunities multiply as they are seized. -Sun Tzu

For everything you have missed, you have gained something else. -Ralph Waldo Emerson

Do not wait for extraordinary opportunities. Use ordinary situations to achieve great results.

Always keep a window open in your mind for new ideas.

Every successful business in the world is in existence because its founder recognized in a problem or need an opportunity to be of service to others. Every problem or need in your life is, in reality, an opportunity to call forth inner resources of wisdom, love, strength, and ability. -J. Sig Paulson



# OPPORTUNITY

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With every problem there is an opportunity.

When there are no fish in one spot, cast your net in another.  
-Chinese Proverb

Killing time murders opportunities.

May you never miss a rainbow or a sunset because you are looking down.

When the pupil is ready, a teacher will appear.

The greatest reward for doing is the opportunity to do more.  
-Jonas Salk

Four things come not back: the spoken word, the sped arrow, the past life, the neglected opportunity.  
-Arab Proverb

To every disadvantage, there is a corresponding advantage.  
-W. Clement Stone

I do not like crisis, but I do like the opportunities they bring.

Every day is a new opportunity. -Bob Adams

There is no such thing as a problem that doesn't have a gift in it.

The optimist sees opportunity in every difficulty instead of difficulty in every opportunity.

Temptation will give you many second chances. Opportunities won't always do that.

A wise man will make more opportunities than he finds.  
-Francis Bacon

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

The secret of success is to be ready when your opportunity comes.  
-Benjamin Disraeli

Always look at what you have left. Never look at what you have lost.  
-Robert Schuller

The door of opportunity will not open unless you do some pushing.

If you don't think America is the land of opportunity, just ask the Japanese.

**The real progress in life comes from recognizing opportunities.**

**If it's right and no one else is doing it, it's still right.  
If it's wrong and everyone else is doing it, it's still wrong.**

**If we always do what we've always done,  
we'll always get what we've always got.**

**If what you have done yesterday still looks big to you,  
you haven't done much today.**

-Mikhail Gorbachev

**Leaders are made, not born. They are made by hard effort, which is the price all of us must pay to achieve any goal that is worthwhile.**

-Vince Lombardi, Green Bay Packers

# PATIENCE

Hold on; hold fast; hold out; Patience is genius.  
-Comte de Buffon

All things are difficult before they are easy.  
-English Proverb

God provides all of us with the right steps to get to the right place at the right time. -Steve Harvey

Everything comes in time to those who can wait.  
-Francois Rabelais

Have patience with most things, but mostly with yourself.  
-St. Francis de Sales

Patience is the ability to idle your motor when you feel like stripping your gears.

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.  
-Arnold H. Glasgow

Patience is the ability to put up with people you'd like to put down.

Our patience will achieve more than our force.  
-Edmund Burke

Often, genius is nothing more than a greater aptitude for patience. -Benjamin Franklin

In any contest between power and patience, bet on patience. -W.B. Prescott

The difficult we do immediately. The impossible takes a little longer.

Wait it out. Sometimes victory goes to the one left standing.

### The Patience Prayer

God grant me patience.  
And I want it right now!

The secret of patience is doing something else in the meanwhile.

The promise of our dreams comes true  
When patience minds our goal;  
Remember that the diamond once  
Was just a piece of coal.

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

### A POEM TO LIVE BY

I was shocked, confused, bewildered as I entered Heaven's door,  
Not by the beauty of it all, nor the lights or its decor.  
But it was the folks in Heaven who made me sputter and gasp;  
The thieves, the liars, the sinners, the alcoholics, and the trash.  
There stood the kid from seventh grade who swiped my lunch money twice.  
Next to him was my old neighbor who never said anything nice.  
Herb, who I always thought was rotting away in hell,  
Was sitting pretty on cloud nine, looking incredibly well.  
I nudged Jesus, 'What's the deal? I would love to hear Your take.  
How'd all these sinners get up here? God must've made a mistake.'  
'And why is everyone so quiet, so somber. Give me a clue.'  
'Hush, child,' He said, 'they're all in shock. No one thought they'd be seeing you.'  
JUDGE NOT!!

Remember: Going to church doesn't make you a Christian any more than standing in your garage makes you a car.

Every saint has a PAST...

Every sinner has a FUTURE.

Life is too short to wake up with regrets.

So love the people who treat you right. Forget about those who don't.

Believe everything happens for a reason.

If you get a chance, take it. If it changes your life, let it.

Nobody said life would be easy, they just promised it would most likely be worth it.

# PERFECTION

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The man who makes no mistakes does not usually make anything. -Edward Phelps

Nothing would be done at all if we waited until we could do it so well that no one could find fault with it. -Cardinal Newman

I prefer to do right and receive no thanks than to do wrong and receive no punishment. -Marcus Cato

I've always tried to step past where people expected me to end up. -Beverly Sills

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself. -Ann Quindlen

You don't win once in a while; you don't do things right once in a while; you do them right all the time. -Vince Lombardi

If there's a way to do it better, find it. -Thomas Edison

You cannot live a perfect day without doing something for someone who will never be able to repay you. -John Wooden

I am not what I ought to be, not what I want to be, not what I'm going to be, but thankful that I am not what I used to be. -John Wooden

As you begin to eliminate your need for perfection in all areas of your life, you'll begin to discover the perfection in life itself.

Don't wish it were easier, wish you were better. -Jim Rohn

Strive to be better than your previous self, not others.

The safest principle through life, instead of reforming others, is to set about perfecting yourself. -B.R. Haydon

The great doing of little things makes the great life. -Eugenia Price

Trifles make perfection, but perfection is no trifle. -Michelangelo

Do not wish to be anything but what you are, and to be that perfectly. -St. Francis de Sales

Learn to do things right, and then do them right every time. -Bobby Knight

Doing your best is more important than being the best.

When we look for the good in others, we discover the best in ourselves. -Martin Walsh

An original is not one who imitates nobody, but one whom nobody can imitate. -Vicomte de Chateaubriand

The man who insists upon seeing with perfect clearness before he decides, never decides. -Henri Frederic Amiel

The minute you settle for less than you deserve, you get even less than you settled for. -Maureen Dowd

Practice does not make perfect. Perfect practice makes perfect. -Vince Lombardi

Little things make the difference. Everyone is well prepared in the big things, but only the winners perfect the little things. -Paul "Bear" Bryant

What is once well done is done forever. -Henry David Thoreau

Only the mediocre are always at their best. -Jean Giraudoux

Don't try to be better than somebody else, but never cease trying to be the best you can be. -John Wooden

I've yet to meet an absolute perfectionist whose life was filled with inner peace. The need for perfection and the desire for inner tranquility conflict with each other.

The way to be safe is never to be secure. Each one of us requires the spur of insecurity to force us to do our best. -Harold Dodds

Little things don't mean a lot; they mean everything. -Harvey MacKay

I haven't changed my style in 20 years... and that style is to get mad when things go wrong. -Alexander Haig

The fact that you'll never reach perfection is no excuse for aiming at less.

When you aim for perfection, you discover it's a moving target. -George Fisher

Beware of the man who won't be bothered with details. -William Feathers Sr.

# PERFECTION

## If 99.9% is good enough, then. . .

Two million documents will be lost by the IRS this year.

811,000 faulty rolls of 35mm film will be loaded this year.

22,000 checks will be deducted from the wrong bank accounts in the next sixty minutes.

1,314 phone calls will be misplaced by telecommunication services every minute.

12 babies will be given to the wrong parents each day.

268,500 defective tires will be shipped this year.

14,208 defective personal computers will be shipped this year.

103,260 income tax returns will be processed incorrectly this year.

2,488,200 books will be shipped in the next twelve months with the wrong cover.

5,517,200 cases of soft drinks produced in the next twelve months will be flatter than a bad tire.

two plane landings daily at O'Hare International Airport in Chicago will be unsafe.

3,056 copies of tomorrow's Wall Street Journal will be missing one of the three sections.

18,322 pieces of mail will be mishandled in the next hour.

291 pacemaker operations will be performed incorrectly this year.

880,000 credit cards in circulation will turn out to have incorrect cardholder information on their magnetic strips.

\$9,690 will be spent today, tomorrow, next Thursday, and every day in the future on defective, often unsafe sporting equipment.

55 malfunctioning automatic teller machines will be installed in the next twelve months.

20,000 incorrect drug prescriptions will be written in the next twelve months.

114,500 mismatched pairs of shoes will be shipped this year.

\$761,900 will be spent in the next twelve months on tapes and compact discs that won't play.

107 incorrect medical procedures will be performed by the end of the day today.

315 entries in *Webster's New International Dictionary of the English Language* will turn out to be misspelled.

### STRIVE FOR PERFECTION!

**You will never "find" time for anything. If you want time, you must make it.**

-Charles Buxton

## The Optimist's Creed

By Christian D. Larsen

Be so strong that nothing can disturb your peace of mind.

Talk health, happiness, and prosperity to every person you meet.

Make all your friends feel there is something in them.

Look at the sunny side of everything.

Be as enthusiastic about the success of others as you are about your own.

Forget the mistakes of the past and press on to the greater achievements of the future.

Give everyone you meet a smile.

Spend so much time improving yourself that you have no time left to criticize others.

Be too big for worry and too noble for anger.

**Decide what your priorities are and how much time you'll spend on them.**

**If you don't, someone else will.**  
-Harvey Mackay

# PERSISTENCE

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Keep on going, and the chances are you will stumble upon something, perhaps when you are least expecting it. I have never heard of anyone stumbling upon something while sitting down. -Charles F. Kettering

Victory belongs to the most persistent.

The merit in action lies in finishing it to the end.  
-Genghis Khan

All things are difficult before they are easy.  
-English Proverb

With the lift of his chin and a bit of a grin  
Without any doubting or "quit it,"  
He started to sing, as he tackled the thing  
That couldn't be done, and he did it.  
-Edgar A. Guest

I don't think that once you get to one level, you can relax. You've got to keep pushing. -Larry Bird

Half of what separates the successful people from the unsuccessful ones is pure persistence. -Steve Jobs

It's 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 the 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 course; who at the best, knows in the end the triumph of high achievement, and who, at 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

It does not matter how slowly you go, as long as you do not stop. -Confucius

The secret is this: strength lies solely in tenacity.  
-Louis Pasteur

Perservance is a great element of success. If you knock long enough and loud enough at the gate, you're sure to awaken someone.  
-Henry Wadsworth Longfellow

If you fell down yesterday, stand up today.  
-H.G. Wells

If you should put even a little on a little and should do this often, soon this too would become big.  
-Hesoid

Those on top of the mountain did not fall there.

The thing to try when all else fails is again.

Positive results may be delayed, but ultimately, they will always occur. -Mamie McCullough

Be like a postage stamp; stick to one thing until you get there. -Josh Billings

There is no shortcut to winning and success. There is only getting started and sticking with it.

If a door slams shut, it means that God is pointing to an open door further down. -Anna Delaney Peale

Victory belongs to the most persevering.  
-Napoleon Bonaparte

To finish first, you must first finish. -Rick Mears

Giving it  
Another try  
Is better than  
An alibi.

Fight one more round. When your arms are so tired that you can hardly lift your hands to come on guard, fight one more round. When your nose is bleeding and your eyes are black and you are so tired that you wish your opponent would crack you one on the jaw and put you to sleep, fight one more round - remembering that the man who always fights one more round is never whipped.  
-James J. Corbett

Never, never, never quit. -Winston Churchill

God is with those who persevere. -Koran

My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was to keep swinging.  
-Hank Aaron

All great masters are chiefly distinguished by the power of adding a second, a third, and perhaps a fourth step in a continuous line. Many a man has taken the first step. With every additional step you enhance immensely the value of your first.  
-Ralph Waldo Emerson

Energy and persistence conquer all things.  
-Benjamin Franklin

The road to real achievement is usually bumpy and long, but you do not give up. You may have setbacks. You may have to start over. You may have to change your method. You may have to go around, or over, or under. You may have to back up and get another start. But you do not quit. You stay the course.  
-John Wooden

The persistent winner is not discouraged by a problem. He is challenged by it.

# PERSISTENCE

We can do anything we want if we stick to it long enough.  
-Helen Keller

The faith to move mountains is the reward of those who have moved little hills.

By perseverance, the snail reached the ark.  
-Charles Spurgeon

We are made to persist. That's how we find out who we are.  
-Tobias Wolff

Nothing takes 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 and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race.  
-Calvin Coolidge

One only gets to the top rung on the ladder by steadily climbing up one at a time, and suddenly, all sorts of powers, all sorts of abilities which you thought never belonged to you -- suddenly become within your own possibility and you think, "Well, I'll have a go too."  
-Margaret Thatcher

You got to say, "I think that if I keep working at this and want it badly enough, I can have it." It's called perseverance.  
-Lee Iacocca

Diligence is the mother of good luck  
And God gives all things to industry.  
So plow deep while sluggards sleep  
And you shall have corn to sell and to keep.  
-Benjamin Franklin

Diligence overcomes difficulties; sloth makes them.  
-Benjamin Franklin

In the confrontation between the stream and the rock, the stream always wins. Not through strength but by perseverance.  
-H. Jackson Brown

Persistence is the twin sister of excellence. One is a matter of quality; the other, a matter of time.  
-Marabel Morgan

Whoever knocks persistently ends by entering.  
-Ali

The race is not always to the swift but to those who keep on running.

If you have talent, you receive some measure of success, but only if you persist.  
-Isaac Asimov

Great works are performed not by strength, but by perseverance.  
-Samuel Johnson

## Carry On!!

By Robert W. Service.

It's easy to fight when everything's right,  
And you're mad with the thrill and the glory;  
It's easy to cheer when victory's near,  
And wallow in fields that are gory.  
It's a different song when everything's wrong.  
When you're feeling infernally mortal;  
When it's ten against one, and hope there is none,  
Buck up, little soldier, and chortle:

Carry on! Carry on!  
There isn't much punch in your blow.  
You're glaring and staring and hitting out blind;  
You're muddy and bloody, but never mind.  
Carry on! Carry on!  
You haven't the ghost of a show.  
It's looking like death, but while you've a breath,  
Carry on, my son! Carry on!

And so in the strife of the battle of life  
It's easy to fight when you're winning;  
It's easy to slave, and starve and be brave,  
When the dawn of success is beginning.  
But the man who can meet despair and defeat  
With a cheer, there's a man of God's choosing;  
The man who can fight to Heaven's own height  
Is the man who can fight when he's losing.

Carry on! Carry on!  
Things never were looming so black.  
But show that you haven't a cowardly streak,  
And though you're unlucky you never are weak.  
Carry on! Carry on!  
Brace up for another attack.  
It's looking like hell, but - you never can tell;  
Carry on, old man! Carry on!

There are some who drift out in the deserts of  
doubt,  
And some who in brutishness wallow;  
There are others, I know, who in piety go  
Because of a Heaven to follow.  
But to labor with zest, and to give of your best,  
For the sweetness and joy of the giving;  
To help folks along with a hand and a song;  
Why, there's the real sunshine of living.

Carry on! Carry on!  
Fight the good fight and true;  
Believe in your mission, greet life with a cheer;  
There's big work to do, and that's why you are here.  
Carry on! Carry on!  
Let the world be the better for you;  
And at last when you die, let this be your cry:  
Carry on, my soul! Carry on!

Success is not final, failure is not fatal. It is the courage to continue that counts.

Let each become all that he was created capable of being.  
-Thomas Carlyle

Your circle of associates must constantly expand if you are to reach your full potential.  
-Marnie McCullough

Potential means you haven't done anything yet.  
--Rich Garza

If we did all the things we are capable of doing, we would literally astound ourselves.  
-Thomas Edison

Our only limitations are those which we set up in our minds or permit others to establish for us.  
-Napoleon Hill

A ship in the harbour is safe, but that's not what ships are built for.  
-William Shedd

Decide what you want, believe you can have it, believe you deserve it, and believe it's possible for you.  
-Jack Canfield

No one knows what he can do until he tries.  
-Publilius Syrus

The greatest of work is inside man.  
-Pope John Paul II

The important thing is this: to be able at any moment to sacrifice what we are for what we could become.  
-Charles du Bois

We see possibilities in others, but do we ever dream of the possibilities within ourselves?

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.  
-Henry Ward Beecher

I'm not a has been. I'm a will be. -Lauren Bacall

Do not compare yourself to the best others can do, but to the best you can do.

Don't think about how good you are. Think about how great you can be.

We all have the gift of potential.

There is a great deal of unmapped country within us.  
-George Eliot

You are trying not only to reach your potential but to move beyond it. If you are not in the best shape you can be, these things simply become more difficult to achieve.  
-Rick Pitino

All the resources we need are in the mind.  
-Theodore Roosevelt

We write our own destiny. We become what we do.  
-Madame Chiang Kai-Shek

Make the most of yourself, for that is all there is of you.  
-Ralph Waldo Emerson

Think not about frustrations but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what is still possible for you to do.  
-Pope John XXIII

Every man, in reality, is two men. The man he is, and the man he could be.  
-Earl Nightingale

You don't have the potential to create. You are always creating.  
-Jack Canfield

You can have, do, and be anything you want.  
-Dr. Joe Vitale

Don't let what you cannot due interfere with what you can do.  
-John Wooden

What small potatoes we are, compared to what we might be.  
-Charles Dudley Warner

You are not your mistakes, you are your possibilities.

What you can become, you are already.  
-Freidrich Hebbel

The actual is limited; the possible immense.  
-LaMartine

It is never too late to be what you might have been.  
-George Eliot

To wish you were someone else is to waste the person you are.

Use what talents you possess. The woods would be very silent if no birds sang there except those who sang best.  
-Henry van Dyke

We do not see things as they are, we see things as we are.  
-Arabic Proverb

Before proceding, one must reach.  
-West African Proverb

A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be.  
-Tom Landry

You take people as far as they will go, not as far as you would like them to go.  
-Jeannette Rankin

# POTENTIAL

In the end, it is important to remember that we cannot become what we need to be by remaining what we are.  
-Max DePree

Be at your best when your best is needed.  
-John Wooden

Man's main task is to give birth to himself, to become what he potentially is.  
-Erich Fromm

What we are is God's gift to us. What we become is our gift to God.

Anybody can do just about anything with himself that he really wants to and makes up his mind to do. We are all capable of greater things than we realize.  
-Norman Vincent Peale

All the wonders you seek are within yourself.  
-Sir Thomas Brown

When a man has put a limit on what he will do, he has put a limit on what he can do.

No matter how fine a person is at anything, he can always improve. No one ever reaches maximum potential.  
-John Wooden

Deep within man dwell forces that would revolutionize his life if aroused and put into action.  
-Orison Swett Marden

You have to expect things of yourself before you can do them.  
-Michael Jordan

If we did all the things we are capable of doing, we would literally astound ourselves.  
-Thomas A. Edison

Far too many people have no idea of what they can do because all they have been told is what they can't do. They don't know what they want because they don't know what's available to them.  
-Zig Ziglar

## SEVEN SECRETS OF SUCCESS

*There is no secret of success.*

*Success is for everyone.*

*Your life becomes better only when you become better.*

*There is no success without sacrifice.*

*Success is achieved in inches, not miles.*

*The greatest enemy of tomorrow's success is today's success.*

*No advice on success works unless you do.*



# PREPARATION

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The future belongs to those who prepare for it today.  
-Malcolm X

Today is the best preparation for what tomorrow may bring.

The future belongs to those who prepare for it.  
-Emerson

In the field of observation, chance favors the prepared mind.  
-Louis Pasteur

We are not in a position where we have nothing to work with. We already have capacities, talents, direction, missions, callings.  
-Abraham Maslow

Remember that someone, somewhere, is practicing, and when you meet him, he will win.  
-Edward Macauley

People always told me that my natural ability and good eyesight were the reasons for my success as a hitter. They never talk about the practice, practice, practice.  
-Ted Williams

You win not by chance, but by preparation.  
-Roger Maris

The will to win is important, but the will to prepare is vital.  
-Joe Paterno

Winners practice everyday,  
They do not quit or yield;  
Before they win it in the game,  
They win it on the field.

When you're prepared, you're more confident.  
When you have a strategy, you're more comfortable.  
-Fred Couples

If you want to play a game, go to where it's played.  
The important thing is to get your seat at the table.  
-Christopher Matthews

Yesterday is a cancelled check; tomorrow is a promissory note; today is the only cash you have.  
-Kay Lyons

Never try to be better than someone else. Learn from others and try to be the best you can be. Success is the by-product of that preparation.  
-John Wooden

For all your days prepare  
And meet them ever alike.  
When you're the anvil, bear.  
When you're the hammer, strike.  
-Edwin Markham

Worrying about what's right is always more important than worrying about who's right.

It is better to look ahead and prepare than to look back and regret.

Always expect the best. Then, if you have to hurdle a few tough problems, you will have generated the strength and courage to do so.  
-George Matthew Adams

Spectacular achievements are always preceded by unspectacular preparation.  
-Roger Staubach

If you are not ready today, you will be even less so tomorrow.  
-Ovid

He who would leap far must first take a long run.  
-Danish Proverb

One important key to success is self-confidence. An important key to self-confidence is preparation.  
-Arthur Ashe

One never knows what each day is going to bring. The important thing is to be open and ready for it.  
-Henry Moore

Winning can be defined as the science of being totally prepared.  
--George Allen

If you are prepared, you will be confident, and will do the job.  
-Tom Landry

Losing doesn't eat at me the way it used to. I just get ready for the next play, the next game, the next season.  
-Troy Aikman

If you want to coach you have three rules to follow to win. One, surround yourself with people who can't live without football. I've had a lot of them. Two, be able to recognize winners. They come in all forms. And, three, have a plan for everything. A plan for practice, a plan for the game. A plan for being ahead, and a plan for being behind 20-0 at half, with your quarterback hurt and the phones dead, with it raining cats and dogs and no rain gear because the equipment man left it at home.  
-Paul "Bear" Bryant

Live your best, act your best, and think your best today; for today is the sure preparation for tomorrow.  
-Harriet Martineau

Are we willing to give up some things we like to do to move on to those things we must do?  
-Satenig St. Marie

Decide what you want.  
Decide what you are willing to exchange for it.  
Establish your priorities.  
Go to work.  
-H.L. Hunt

The best preparation for good work tomorrow is to do good work today.  
-Elbert Hubbard

Act like you expect to get into the end zone.  
-Joe Paterno

# PREPARATION

Today is the best preparation we have for what tomorrow may bring.

The time to worry is before you place the bet - not after the wheel is spinning. Once it spins, you forget about it.  
-Bill Parcells

Cervantes said the journey's better than the end. Practices, to me, were the journey. -John Wooden

It's not what you do once in a while, it's what you do day in and day out that makes the difference.  
-Jenny Craig

We don't control what the other team does to prepare. We only control what we do to prepare.  
-John Wooden

Good luck is not a random act  
Of probability;  
It's when your preparation meets  
An opportunity.

Regardless of what you do put in, every game boils down to doing the things you do best and doing them over and over again. -Vince Lombardi

Winning is the science of being totally prepared.  
-George Allen

Confidence comes from being prepared.  
-John Wooden

You've got to think about big things while you're doing small things, so that all the small things go in the right direction.  
-Alvin Toffler

**When people face adversity,  
they make one of four decisions:**

**Flee it  
Forget it  
Fight it  
Face it.**

**Having done my best today, it will be easier to do  
better tomorrow. -Mason Roberts**

**The reason most goals are not achieved is  
that we spend our time doing  
second things first.  
-Robert J. McKain**

**You don't have to be great to get started,  
but you have to get started to be great.  
-Les Browne**

# **PROCRASTINATION**

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The way to get ahead is to start now.  
-William Feather

Many things can be done in a day if you don't make that day tomorrow.

Whatever you want to do, do it now. There are only so many tomorrows.  
-Michael Landon

The less one has to do, the less time one finds to do it in.  
-Lord Chesterfield

Winners outrun defeat by not stopping; losers give in to defeat by not starting.

Procrastination is the thief of time. -Edward Young

Someday is not a day of the week.

## **WALL QUOTES:**

**We cannot become what we need by remaining what we are. If you desire growth, then you must embrace change.**

**You can look at others to place the blame or you can look at yourself to discover your opportunities. The choice is yours.**

**There's a great difference between worry and concern.  
A worried person sees a problem.  
A concerned person solves the problem.**

**Two natures beat within my breast,  
The one is foul, the other blessed.  
The one I love, the other I hate;  
The one I feed will dominate.**

**There are three kinds of people in our society:  
those who can't see or refuse to see the problems;  
those who see the problems and because they didn't personally  
create them are content to blame someone else,  
and those who see the problems and though they didn't create them  
are willing to assume personal responsibility for solving them.  
-John Perkins**

**There is a time in the life of every problem when it is big enough to see, yet small enough to solve.  
-George W. Bush**

# PURPOSE

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

-Woodrow Wilson

Strong lives are motivated by dynamic purposes.

-Kenneth Hildrbrand

Good luck is another name for tenacity of purpose.

What would we live for if not to make the world less difficult for each other.

-George Eliot

In the time we have, it is surely our duty to do all the good we can to all the people we can in all the ways we can.

-William Barclay

I am the master of my fate; I am the captain of my soul.

-William Ernest Henley

Great minds have purpose; others have wishes.

-Washington Irving

The secret of success is constancy of purpose.

-Benjamin Disraeli

If all I'm remembered for is being a good basketball player, then I've done a bad job with the rest of my life.

-Isiah Thomas

Be life long or short, its completeness depends on what it was lived for.

-David Star Jordan

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

-Sarah Bernhardt

Make your life a mission, not an intermission.

-Arnold H. Glasgow

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

-Edith Wharton

Decide upon your major definite purpose in life. Then organize all your activities around it.

-Brian Tracy

There has to be a reason to get up tomorrow.

-Steve Harvey

Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon.

-Susan Ertz

You either have to be first, best, or different.

-Loretta Lynn

The greatest good we can do for others is not to just share our riches with them but to reveal their riches to themselves.

## DESIDERATA

Go placidly amid the noise and haste.  
And remember what peace there may be in silence.

And as far as possible without surrender, be on good terms with all persons.

Speak your truth quietly and clearly and listen to others, even the dull and the ignorant; they too have their stories.

Avoid loud and aggressive people; they are vexations to the spirit.

If you compare yourself with others, you may become vain and bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble. It is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery.

Let this not blind you to what virtue there is. Many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself, especially do not feign affection, neither be cynical about love. In the face of all aridity and disenchantment, it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortunes. But do not distress yourself with imaginings.

Many fears are born of fatigue and loneliness beyond a wholesome discipline. Be gentle with yourself.

You are a child of the universe. No less than the trees and the stars, you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God. And whatever your labors and aspirations, and the noisy confusion of life, keep peace with your soul.

With all its sham, drudgery, and broken dreams, strive to be happy.

-written in the 15th Century, author unknown

Our grand business undoubtedly is not to see what lies dimly at a distance but to do what lies clearly at hand.

-Thomas Carlyle

Make yourself necessary to somebody.

-Ralph Waldo Emerson

If you are still waking up every day, it's because God has a greater plan for you and it's not yet completed.

-Steve Harvey

Are you going places or just being taken?

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 you ever can.  
-John Wesley

It is not enough to be busy. The question is, what are we busy about?  
-Henry David Thoreau

I may not amount to much, but at least I am unique.  
-Jean-Jacques Rousseau

The greatest use of life is to spend it for something that will outlast it.  
-William James

Being listened to and heard is one of the greatest desires of the human heart.

On making it to the summit, your first move should be to turn around and offer a hand up to the person behind you.

No man should be ashamed of what he does, no matter what it is, so long as it is useful and honorable.  
-Harry S. Truman

We are not here merely to make a living. We are here to enrich the world, and we impoverish ourselves if we forget this errand.  
-Woodrow Wilson

A person wrapped up in himself makes a pretty small package.

I watched them tearing a building down,  
A gang of men in a busy town.  
With a ho-heave-ho and a lusty yell  
They swung a beam and the side wall fell.  
I asked the foremen, "Are these men skilled,  
And the men you'd hire if you had to build?"  
He gave a laugh and said, "No indeed  
Just common labor is all I need.  
I can easily wreck in a day or two  
What builders have taken a year to do."  
I thought to myself as I went on my way,  
Which of these roles have I tried to play?  
Am I a builder who works with care,  
Measuring life by the rule and the square?  
Am I shaping my deeds to a well-laid plan,  
Patiently doing the best I can?  
Or am I a wrecker who walks the town,  
Content with the business of tearing down?

Don't follow trends; start trends. -Frank Capra

It is better to wear out than to rust out.  
-Bishop Richard Cumberland

If you really want something, and really work hard, and take advantage of opportunities, and never give up, you will find a way.  
-Jane Goodall

Every day the world turns over on somebody who just had been sitting on top of it.

Learn to be what you are, and lean to resign with a good grace all that you are not.

-Henri Frederic Amiel

My first business is to so live that at least a few will thank God that I lived when my little day is done.

When you help someone up a hill, you're that much nearer the top yourself.

One should not notice what has been done. One should only see what has to be done,

The only way to help people is to give them a chance to help themselves.  
-Elbert Hubbard

Nothing is more terrible than activity without insight.  
-Thomas Carlyle

You never really leave a place you love. Part of it you take with you, leaving a part of yourself behind.

It is better to fail in originality than to succeed in imitation.  
-Herman Melville

My life is my message. -Ghandi

Do not simply be good. Be good for something.

Does your employer consider you profit or overhead?

Never look down on someone unless you are helping them up.

Freedom is not the right to do as you please, but the liberty to do as you ought.

I am only one, but still I am one; I cannot do everything, but I can still do something; and because I cannot do everything I will not refuse to do something that I can do.  
-Edward Everett Hale

To love what you do and feel that it matters— how could anything be more fun.  
-Katherine Graham

The world stands aside and lets anyone pass who knows where he is going.  
-David Starr Gordon

Be a first rate version of yourself, not a second rate version of someone else.  
-Judy Garland

To be what we are, and to become what we are capable of becoming, is the only end in life.  
-Robert Louis Stevenson

You don't just stumble into the future. You create your own future.  
-Roger Smith

You realize you can't change the world, but it shouldn't stop you from trying.  
-Kevin Johnson

**Remembering You**

By Catherine Pulsifer

If something were to happen to you tomorrow, what would people remember about you?

Would they remember the hours you worked?  
 Would they remember the material things you own?  
 Would they remember how much money you had in the bank?  
 Would they remember the number of vacations you took?

Would they remember the love you showed?  
 Would they remember your caring and your sharing?  
 Would they remember the help you gave them?  
 Would they remember your smile, your laugh?

What will they remember?

Your actions today will determine what they will remember.

**Somebody. . .**

By Jeff Yalden

- is very proud of you.
- is thinking of you.
- is caring about you.
- misses you.
- wants to talk to you.
- wants to be with you.
- hopes you aren't in trouble.
- is thankful for the support you have provided.
- wants to hold your hand.
- hopes everything turns out all right.
- wants you to be happy.
- wants you to find him/her.
- is celebrating your successes.
- wants to give you a gift.
- thinks that you ARE a gift.
- hopes you're not too cold, or too hot.
- wants to hug you.
- loves you.
- admires your strength.
- is thinking of you and smiling.
- wants to be your shoulder to cry on.
- wants to go out with you and have a lot of fun.
- thinks the world of you.
- wants to protect you.
- would do anything for you.
- wants to be forgiven.
- is grateful for your forgiveness.
- wants to laugh with you.
- remembers you and wishes that you were there.
- is praising God for you.
- needs to know that your love is unconditional.
- values your advice.
- wants to tell you how much they care.

- wants to share their dreams with you.
- wants to hold you in their arms.
- wants YOU to hold them in your arms.
- treasures your spirit.
- wishes they could STOP time because of you.
- praises God for your friendship and love.
- can't wait to see you.
- loves you for who you are.
- loves the way you make them feel.
- wants to be with you.
- wants you to know they are there for you.
- is glad that you're his/her friend.
- wants to be your friend.
- stayed up all night thinking about you.
- is alive because of you.
- is wishing that you noticed him/her.
- wants to get to know you better.
- wants to be near you.
- misses your advice and guidance.
- has faith in you.
- trusts you.
- needs you to send them this letter.
- needs your support.
- needs you to have faith in them.
- will cry when they read this.
- needs you to let them be your friend.
- hears a song that reminds them of you.

**YOU ARE SPECIAL!****You Can Do It**

by Jerry Aragon, Ph. D.

Peer pressure is not just for teenagers!  
 The ugly face of peer pressure will follow us all to the grave, by those who would have us go in a different direction with our lives!  
 So, decide what you want in life, and don't let anyone distract you from reaching your goals and your dreams!

You Can Do It!

Our grand business is not to see what lies dimly at a distance, but to do what clearly lies at hand.

-Thomas Carlyle

Courage and initiative come when you understand your purpose in life.

-John C. Maxwell

Don't judge each day by the harvest you reap, but by the seeds you plant.

-Robert Louis Stevenson

The greatest thing in this world is not so much where we are, but in which direction we are heading.

-Oliver Wendell Holmes

He who has a why to live for can bear almost any how.

-Friedrich Nietzsche

Refusing to ask for help when you need it is refusing someone a chance to be helpful.

# REPUTATION

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You can't build a reputation on what you are going to do.  
-Henry Ford

The time to worry about your reputation is before you have one.  
-William Raspberry

The easiest thing to get, but the most difficult thing to get rid of, is a bad reputation.

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

Glass, china, and reputations are easily cracked, and never mended well.  
-Benjamin Franklin

When you die, the only thing you're going to die with is the reputation you created as a person when you lived.  
-William Rosenberg

It is only at the tree loaded with fruit that men throw stones.  
-Charles Spurgeon

Reputation is character minus what you've been caught doing.  
-Michael Iapoco

## **RICHARD CORY** by Edwin Arlington Robinson

Whenever Richard Cory went downtown,  
We people on the pavement looked at him:  
He was a gentleman from sole to crown,  
Clean favored, and imperially slim.

And he was always quietly arrayed,  
And he was always human when he talked;  
But still he fluttered pulses when he said,  
"Good morning," and he glittered when he walked.

And he was rich - yes, richer than a king -  
And admirably schooled in every grace;  
In fine we thought that he was everything  
To make us wish that we were in his place.

So on we worked, and waited for the light,  
And went without the meat, and cursed the bread;  
And Richard Cory, one calm summer night,  
Went home and put a bullet through his head.

# RESPONSIBILITY

Not only are you responsible for your life, but doing your best at this moment puts you in the best place for the next moment  
-Oprah Winfrey

In everything you do, give a little extra effort. Often there is very little difference between a win and a loss.  
-Mamie McCullough

Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.  
-Booker T. Washington

To whom much is given, much will be required.

Greatness lies not in being strong but in the right using of strength.  
-Henry Ward Beecher

Responsibility is the other side of privilege.

Be willing to be responsible for your actions and reactions.

It's easy to dodge responsibility, but not the trouble dodging responsibility causes.

Take your life in your own hands and what happens? A terrible thing. There's no one to blame.  
-Erica Jong

Responsibility is the thing that people dread the most.

No man was ever endowed with a right without being at the same time saddled with a responsibility.  
-Gerald White Johnson

I am here. I must do the best I can, and bear the responsibility of taking the course which I feel I ought to take.  
-Abraham Lincoln

Responsibility is our  
Most favored point of view;  
Responding with ability  
To what we say and do.

Someone has to stand up and be accountable for the final decision.  
-Albert Dunlap

The indispensable first step to getting the things you want out of life is this: decide what you want.  
-Ben Stein

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.  
-Henry Ward Beecher

You got to do your own growing, no matter how tall your grandfather was.  
-Irish Proverb

Responsibility educates.

Be willing to face the music now, and one day you may be chosen to lead the band.

Responsibility is the one thing in the world that develops us.  
-Frank Crane

We have not passed that subtle line between childhood and adulthood until we move from the passive voice to the active voice - that is, until we have stopped saying 'It got lost' and say 'I lost it.' -Sydney J. Harris

Before we can embrace freedom, we first have to embrace those things which underline freedom: duty, respect for authority, and the development of a mental discipline.  
-Vince Lombardi

The measure of a man is what he does with power.  
-Pittacus

## *Peace Prayer by St. Francis of Assisi*

Lord: Make me an instrument of Your peace.

Where there is hatred, let me sow love;  
Where there is doubt, faith;  
Where there is darkness, light, and

Where there is injury, pardon;  
Where there is despair, hope;  
Where there is sadness, joy.

O, Divine Master, Grant that I may not so much seek

To be consoled as to console;  
To be loved as to love

To be understood as to understand;

For it is in giving that we receive;

It is in pardoning that we are pardoned; and

It is in dying that we are born to eternal life.



Only by great risks can great results be achieved.  
-Xerxes

Look up and not down. Look forward and not back.  
Look out and not in. Lend a hand.  
-Edward Everett Hale

Risk anything! Do the hardest thing on earth for you.  
Act for yourself. -Katherine Mansfield

Great deeds are usually wrought at great risk.  
-Herodotus

One doesn't discover new lands without consenting  
to lose sight of the shore for a very long time.  
-Andre Gide

What makes something special is not just what  
you have to gain, but what you feel there is to lose.  
-Andre Agassi

However impenetrable it seems, if you don't try it,  
then you can never do it. -Andrew Wiles

The young do not know enough to be prudent, and  
therefore attempt the impossible. And achieve it,  
generation after generation. -Pearl S. Buck

Admire those who attempt great things, even if they  
fail. -Seneca

Take risks. If you win, you will be happy. If you lose,  
you will be wise.

The greatest risk is not taking one.

To win, you have to risk loss. -Jean-Claude Killy

A stumble may prevent a fall.

It does not take much strength to do things, but it  
requires great strength to decide on what to do.  
-Elbert Hubbard

Who bravely dares must sometimes risk a fall.

Nothing noble is done without risk. -Andre Gide

If your life is free of failures, you aren't taking enough  
risks.

Take calculated risks. That is quite different from  
being rash. -George S. Patton

Wherever you see a successful business, someone  
once made a courageous decision.  
-Peter Drucker

Dare to risk public criticism. -Mary Kay Ash

Do not go where the path may lead. Go instead where  
there is no path and leave a trail.  
-Ralph Waldo Emerson

Only those who risk going too far can possibly know  
how far they can really go. -T.S. Eliot

To gain that which is worth having, it may be neces-  
sary to lose everything else. -Bernadette Devlin

Eliminate something superfluous from your life.  
Break a habit. Do something that makes you feel  
insecure. -Piero Ferrucci

The biggest risk in life is not risking.

## I wish for you . . .

Comfort on difficult days,  
Smiles when sadness intrudes,  
Rainbows to follow the clouds,  
Laughter to kiss your lips,

Sunsets to warm your heart,  
Gentle hugs when spirits sag,  
Friendships to brighten your being,  
Beauty for your eyes to see,

Confidence for when you doubt,  
Faith so that you can believe,  
Courage to know yourself,  
Patience to accept the truth,  
And love to complete your life.

# SELF-CONFIDENCE

One important key to success is self-confidence.  
An important key to self-confidence is preparation.  
-Arthur Ashe

If you overcome the enemy within, the enemy without  
can do you no harm.  
-Dr. Julian Earls

Keep away from people who try to belittle your ambi-  
tions. Small people always do that, but the really great  
make you feel that you, too, can become great.  
-Mark Twain

The confidence we have in others stems directly from  
our confidence in ourselves.  
-Francois Duc de la Rochefoucauld

If you believe you can, you will. Have confidence in  
your abilities, then follow through.

Champions believe in themselves, even when others  
do not.

Self-confidence is the only road to true freedom, and  
being one's own person is its ultimate reward.  
-Patricia Sampson

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.  
-Madame Curie

Confidence never comes from having all the answers;  
it comes from being open to all the questions.

One must be something in order to do something.  
-Goethe

I am, indeed, a king, because I know how to rule  
myself.  
-Pietro Aretino

I leave this rule for others when I'm dead,  
Be sure you're right, then go ahead.  
-Davy Crockett

Self-confidence is the first requisite to great undertak-  
ings.  
-Samuel Johnson

What you think of yourself is much more important  
than what others think of you.  
-Seneca

Confidence is the inner voice that says you are be-  
coming what you are capable of being.

Have confidence that if you have done a little thing  
well, you can do a bigger thing well too.  
-Storey

The first thing of importance is to have confidence in  
yourself, in your abilities.  
-Katharine Gibbs

You cannot value others unless you learn to value  
yourself.

Being grateful for what you have builds confidence.

If you can command yourself, you can command the  
world.  
-Chinese Proverb

It is what a man thinks of himself that really determines  
his fate.  
-Henry David Thoreau

All the wonders you seek are within yourself.  
-Sir Thomas Brown

If you doubt if you can accomplish something, then  
you can't accomplish it. You have to have confidence  
in your ability, and then be tough enough to follow  
through.  
-Rosalynn Carter

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

Having once decided to achieve a certain task,  
achieve it at all costs of tedium and distaste. The gain  
in self-confidence of having accomplished a tiresome  
labor is immense.  
-Thomas Arnold Bennett

**Every morning, in Africa, a gazelle wakes up and knows that today, it must outrun  
the fastest lion or it will die.**

**Every morning, in Africa, a lion wakes up and knows that today, it must outrun the  
slowest gazelle or it will starve to death.**

**So it doesn't matter if you're a gazelle  
or a lion. When the sun comes up, your feet better hit the ground running.**

The common traits among all successful people are desire, determination, and confidence.

No one gets an iron-clad guarantee of success. Certainly, factors like opportunity, luck, and timing are important. But the backbone of success is usually found in old fashioned, basic concepts like hard work, determination, good planning, and perseverance.  
-Merlin Olson

Success isn't permanent, and failure isn't fatal.  
-Mike Ditka

Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to becoming the best you are capable of becoming.  
-John Wooden

The toughest thing about success is that you've got to keep on being a success.  
-Irving Berlin

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 the skill and the will. But the will must be stronger than the skill.  
1-Mohammad Ali

Success demands singleness of purpose.  
-Vince Lombardi

Success begins the moment that  
You set your goal in place;  
Take time to savor every step  
For life is not a race.

If you are going to be a successful duck hunter, you must go where the ducks are.  
-Paul "Bear" Bryant

The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move.  
-John Wooden

To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a little better, whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is the meaning of success.  
-Ralph Waldo Emerson

There is a close connection between getting up in the world and getting up in the morning.

A man is a success if he gets up in the morning, goes to bed at night, and in between he does what he wants to do.  
-Bob Dylan

To succeed, proceed.

Pray that success will not come any faster than you are able to endure it.  
-Elbert Hubbard

Six essential qualities that are the key to success: sincerity, personal integrity, humility, courtesy, wisdom, charity.  
-Dr. William Menninger

Order shapes success.

Always bear in mind that your own resolution to succeed is more important than any one thing.  
-Abraham Lincoln

I can give you a six-word formula for success: "think things through; then follow through."  
-Eddie Rickenbacker

Success is to be measured not so much by the position one has reached in life as by the obstacles which he has overcome while trying to succeed.  
-Booker T. Washington

Success is a journey, not a destination. The doing is often more important than the outcome.  
-Arthur Ashe

Success is not an easy road,  
It's riddled with resistance;  
While failure on the other hand—  
The path of least persistence.

Success is a lousy teacher. It seduces smart people into thinking they can't lose.  
-Bill Gates

The secret of success is clear,  
It's simple and it's true;  
It's not in doing what you like,  
But liking what you do.

If I've got correct goals, and if I keep pursuing them the best way I know how, everything falls into line. If I do the right thing right, I'm going to succeed.  
-Dan Dierdorf

The elevator to success is out of order. You'll have to use the stairs...one step at a time.  
-Joe Girard

The secret of success is making your vocation your vacation.  
-Mark Twain

Success depends on what's in your mind.  
-George Foreman

Triumph. Umph added to try.

Success is never measured by  
The things we try to do;  
It only comes when we have seen  
A task completely through.  
-Charles Ghigna

**The Road to Success is Always Under Construction**

- ♦Diplomacy is the art of letting someone else get your way.
- ♦Life is not so much a matter of position as of disposition.
- ♦The best vitamin for making friends, B-1.
- ♦If you don't care where you're going, any road will get you there.
- ♦A pint of example is worth a gallon of advice.
- ♦He who throws mud loses ground.
- ♦Nobody raises his own reputation by lowering others.
- ♦Nothing ruins the truth like stretching it.
- ♦A smile is an inexpensive way to improve your looks.
- ♦Ideas won't work unless you do.
- ♦The future is purchased by the present.
- ♦One thing you can't recycle is wasted time.
- ♦Lost time is never found again.
- ♦A hard thing about business is minding your own.
- ♦Triumph is just "umph" added to try.
- ♦Caution is not cowardly; carelessness is not courage.
- ♦He who forgives ends the quarrel.
- ♦Children need more models than critics.
- ♦Frogs have it easy, They can eat what bugs them.
- ♦The pursuit of happiness is the chase of a lifetime.
- ♦If the going gets easy you may be going downhill.
- ♦Dieters: People that are thick and tired of it.
- ♦Jumping to conclusions can be bad exercise.
- ♦The best labor saving device is doing it tomorrow.
- ♦A turtle makes progress when it sticks its neck out.
- ♦Failure is the path of least persistence.
- ♦Hard work is the yeast that raises the dough.
- ♦Patience is counting down without blasting off.
- ♦Have a backbone, not a wishbone.
- ♦Some folks won't look up until they are flat on their backs.
- ♦If you want your dreams to come true, don't over sleep.
- ♦Friend: One who knows all about you and likes you just the same.
- ♦Money talks and often just says, "Good-bye."
- ♦Birds have bills too and they keep on singing.
- ♦Forbidden fruit is responsible for many a bad jam.
- ♦God's retirement plan is out of this world.
- ♦A good example is the best sermon.
- ♦The Ten Commandments are not multiple choice.
- ♦Well done! is better than, Well said!
- ♦Minds are like parachutes; they function only when open.
- ♦Live as you wish your kids would.
- ♦Swallowing your pride seldom leads to indigestion.
- ♦If you can laugh at it, then you can live with it.
- ♦People don't fail, they give up.
- ♦Smile, it takes only 13 muscles; a frown takes 64.
- ♦Kindness, a language deaf people can hear and blind can see.
- ♦Heaviest thing to carry: A grudge.
- ♦A smooth sea never made a skillful sailor.
- ♦You can't direct the wind, but you can adjust your sails.
- ♦We lie loudest when we lie to ourselves.
- ♦Tact is the ability to see others as they wish to be seen.
- ♦A bad conscience has a very good memory.
- ♦Hug your kids at home; belt them in the car.
- ♦One thing you can give and still keep is your word.
- ♦A friend walks in when everyone else walks out.
- ♦If you must cry over spilled milk, then please try to condense it.
- ♦Behavior is the mirror in which everyone shows their image.
- ♦Make friends before you need them.
- ♦It's not the load that breaks you down, it's the way you carry it.
- ♦The smallest good deed is better than the grandest intention.
- ♦Success is more attitude than aptitude.
- ♦Our favorite attitude should be gratitude.
- ♦The greatest of all faults is to imagine you have none.
- ♦Too many of us speak twice before we think.
- ♦Some people develop eye strain looking for trouble.
- ♦Everyone has 20/20 hindsight.
- ♦The happiness of your life depends on the quality of your thoughts.
- ♦It is much easier to be critical than to be correct.
- ♦Feed your faith and doubt will starve to death.
- ♦It is no crime not to be perfect.
- ♦If others have sinned you need not mention it.
- ♦No man knows less than the man who knows it all.
- ♦Patience carries a lot of wait.
- ♦One who lacks courage to start has already finished.
- ♦A quitter never wins, a winner never quits.
- ♦Action speaks louder than words but not nearly as often.
- ♦Break a bad habit. Drop it.
- ♦Don't learn safety rules simply by accident.
- ♦Failing to prepare, we prepare to fail.
- ♦Past failures are guideposts for future success.
- ♦There is no right way to do a wrong thing.
- ♦There can be no rainbow without a cloud and a storm.
- ♦If your dreams turn to dust...vacuum.
- ♦Seek joy in what you give not in what you get.
- ♦Procrastination is the thief of time.
- ♦Success comes in cans. Failure comes in can'ts.
- ♦Anger is one letter short of danger.
- ♦Greatest remedy for anger is delay.
- ♦2/3 of promotion is motion.
- ♦Having a sharp tongue can cut your own throat.
- ♦Of all the things you wear, your expression is the most important.

There is only one success: to be able to spend your life in your own way. -Christopher Morley

The secret of success is constancy to purpose. -Benjamin Disraeli

Success is knowing that because of you, the world is a little better. -Michael Sneyd

It is hard to fail, but it is worse never to have tried to succeed. -Theodore Roosevelt

You must act as if it is impossible to fail. -Ashanti Proverb

There are no secrets to success. Don't waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence. -General Colin Powell

The four surefire rules for success:

1. Show up
2. Pay attention
3. Ask questions
4. Don't quit. -Rob Gilbert

## **SUCCESS SECRETS FROM A GREAT COACH**

Fear no opponent. Respect every opponent. Remember, it's the perfection of the smallest details that makes big things happen. Keep in mind that hustle makes up for many a mistake.

Be more interested in character than reputation.

Be quick, but don't hurry. Understand that the harder you work, the more luck you will have.

Know that valid self-analysis is crucial for improvement.

Remember that there is no substitute for hard work and careful planning. Failing to prepare is preparing to fail. -John Wooden

Keep your eyes on the stars and your feet on the ground. -Theodore Roosevelt

The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose. -E. M. Gray

The secret to success is to start from scratch and keep on scratching. -Dennis Green

Everybody is looking for instant success, but it doesn't work that way. You build a successful life one day at a time. -Lou Holtz

The most important single ingredient in the formula of success is knowing how to get along with people. -Theodore Roosevelt

Three keys to business success: test fast, fail fast, adjust fast. -Tom Peters

We must never be afraid to go too far, for success lies just beyond. -Marcel Proust

Success is when . . .  
you do more than you need to do  
before you're asked to do it,  
not because you're asked to do it,  
but because you want to do it.

Realize that you, not others, ultimately control your success. -Bob Adams

One of the rules of caution is not to be too cautious. -Bahya ibn Paquda

To succeed, do the best you can, where you are, with what you have.

If you want to be successful, look for work after you get a job.

I wish, I can, I will. These are the three trumpet notes to victory.

The secret of success is to be ready when opportunity comes. -Benjamin Disraeli

You can use most any measure  
When you're speaking of success.  
You can measure it in fancy home,  
Expensive car, or dress.  
But the measure of your real success  
Is the one you cannot spend.  
It's the way your kids describe you  
When they're talking to a friend. -Martin Buxbaum

Success depends on your backbone, not your wishbone.

For unto whomsoever much is given, of him much will be required. -Luke 12:48

If at first you don't succeed, try to hide your astonishment.

When you can think of yesterday without regret and tomorrow without fear, then you are on the road to success.

I couldn't wait for success, so I went ahead without it. -Jonathan Winters

Success is not a sometime thing; it's an all-the-time thing. -Vince Lombardi

**What is Real Success?**

By Tim Conner

Everyone wants success, and yet they often don't know when they have it.

For most, it is the maddening chase toward a better way of life or more of something. More fame, power, recognition, money, or material stuff.

For some, it is the understanding of a loving partner, the love of their child, or the people that they can count on when life throws them a curve.

I am coming to believe that success is not more material wealth, but peace, happiness, contentment, and love.

Most of all love.

Real success is not to be sought after in the outer world, but discovered in your inner world. I am not condemning the stuff of life. We all want the things that life offers.

But we don't need as much as we think we do.

Sooner or later you will discover that real success is friends, strangers, and anyone who crosses our path.

It is kindness shared, support given and received, listening, giving, and caring.

These will endure while your car rusts, your toys break, and you tire of the temporary gratifications that bring you what you think is real.

What matters is people.

What lasts is love. What counts are true friends, and if you treasure these you can count yourself a success.

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The important thing is not to stop questioning.  
-Albert Einstein

For every person who climbs the ladder of success, there are a dozen waiting for the elevator.

Success: Don't do what you like; like what you do.

The move from failure to success  
Takes more than simply grit;  
It starts when you first realize  
You know you'll never quit.

Success is a laboratory. Experiment.

The secret to success is not  
To do as everyone;  
Success is often measured by  
What others haven't done.

There are two kinds of success. One is the very rare kind that comes to a person who has the power to do what no one else has the power to do. That is genius. But the average person who wins what we call success is not a genius. That person is a man or woman who has merely the ordinary qualities that they share with their fellows, but who has developed those ordinary qualities to a more than ordinary degree.

-Theodore Roosevelt

If you should dare to try success  
Consider this prerequisite;  
First study unsuccessful deeds—  
Then go and do the opposite.

Whenever I hear "It can't be done," I know I'm close to success.  
-Michael Flatley

People become really quite remarkable when they start thinking that they can do things. When they believe in themselves, they have the first secret of success.  
-Norman Vincent Peale

Success without honor is an unseasoned dish. It will satisfy your hunger, but it won't taste good.  
-Joe Paterno

Success is often measured best  
Not by how high or far,  
But what you had to sacrifice  
To get to where you are.

Those who succeed are the efficient few. They are the few who have the ambition and will power to develop themselves.

Success is counted sweetest by those who never succeed.  
-Emily Dickinson

Most people do what they are required to do. Successful people do more.

Failure isn't too bad if it doesn't attack the heart. Success is all right if it doesn't go to the head.  
-Grantland Rice

Success is the ability to go from one failure to another with no loss of enthusiasm.  
-Sir Winston Churchill

The key to happiness is having dreams. The key to success is making them come true. -James Allen

The line between failure and success is so fine that we are often on the line and do not know it.

You don't pay the price for success. You pay the price for failure.  
-Zig Ziglar

The price of success is hard work, dedication to the job, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.  
-Vince Lombardi

You've got to pay the price for anything that's worthwhile, and success is paying the price.  
-Vince Lombardi

When you're the top dog, everyone wants to put you in the pound.  
-Charles Barkley

It takes twenty years to become an overnight success.  
-Eddie Cantor

The real opportunity for success lies within the person, and not the job.  
-Zig Ziglar

Each of us has two ends: a sitting end and a thinking end. Success depends on which we use.

The difference between a successful person and an unsuccessful one is not a lack of strength, not a lack of knowledge, but rather a lack of will.  
-Vince Lombardi

The secret of successful people lies in their ability to discover their strengths and to organize their life so that these strengths can be applied.  
-John C. Maxwell

Success in life is a matter not so much of talent and not so much of opportunity, but rather of concentration and perseverance.  
-Vince Lombardi

When you really take a good look at your life, success is all you've ever had.

Success rests not upon ability but upon commitment, loyalty, and pride.  
-Vince Lombardi

## Wisdom for the Road

Cherish things while you still have them, before they're gone, and you realize how precious they really are.

Life can only be understood backwards, but it must be lived forwards.

Everything in life is temporary.

So if things are going good, enjoy it because it won't last forever.

And if things are going bad, don't worry because it won't last forever either.

Destiny is not a 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.

A journey of a thousand miles begins with a single step.

Never cross a bridge without knowing how to swim the tides.

If you can not add years to your life, add life to your years

# TEAMWORK

Alone we can do so little; together we can do so much.  
-Helen Keller

We cannot hold a torch to light another's path without brightening our own.  
-Ben Sweetland

Only from the alliance of everyone working with each other are great things born.

Talent wins games, but teamwork and intelligence wins championships.  
-Michael Jordan

Help others get ahead. You will always stand taller with someone else on your shoulders.  
-Bob Moawad

If you are the smartest person in your group, you need to get a new group.  
-Steve Harvey

No man will work for your interests unless they are his.  
-David Seabury

If I have seen farther than others, it is because I have stood on the shoulders of giants.  
-Sir Isaac Newton

One man can be a crucial ingredient on a team, but one man cannot make a team.  
-Kareem Abdul Jabbar

A person must be interested in finding the best way, not in having their own way.  
-John Wooden

Everyone needs to ask for help sometime.

Be kind, for everyone you meet is fighting a hard battle.  
-Plato

Hire the best. Pay them fairly. Provide challenges and rewards. Believe in them. Get out of their way and they'll knock your socks off.  
-Mary Ann Allison

The strength of the pack is the wolf, and the strength of the wolf is the pack.  
-Rudyard Kipling

Behind an able man there are always other able men.  
-Chinese Proverb

The coach is the team, and the team is the coach. You reflect each other.  
-Darrell Royal

Everything we do in life that's worthy of note requires gifts that are beyond our own. . . . You don't know everything, you don't know everyone, and you can't do it all alone.  
-Steve Harvey

Praise loudly. Blame Softly

A different world cannot be built by indifferent people.

When two people exchange dollar bills, each still has only one dollar. When they exchange ideas, each then has two ideas.

A boat doesn't go forward if each is rowing his own way.  
-African proverb

In union, there is strength.  
-Aesop

## The Men on the Bench

It takes more than five players to make a winning team. The starting five may win the game, but it takes the whole team to win the championship, to go all the way. The team is really like an iceberg. You see the starting five, but underneath it all is that big, wide, strong base, the rest of the team. This is the part of the team that builds the character of a lasting winner. The more dedicated the man on the bench, the harder he works, the more he strengthens and pushes the starting player, the higher he pushes this iceberg out of the water. The bigger it gets, the better the team.

If he quits, doesn't give it his all, or becomes complacent in his position, he erodes that strong base and erodes the character of the team. He contributes to the error in a tense, one-point game, he is partly to blame for that mental lapse with four minutes to play in that big rivalry, he undermines the total effort necessary for the team to come back from a ten-point deficit in a championship game.

And yet this player on the bench must be there, watching, waiting, and hoping, sometimes agonizing, for that chance to use his special skill to better the team effort, to make the base of the iceberg stronger, to help build the character of the team. Yes, agonizingly because he knows there is a chance he won't play because he may be the smallest man waiting to break open a press, or he may be the big man called in an instant to shut down the unusually big center who is hurting the team inside. He may even be the man that's hurt, but working twice as hard to be physically fit in time to play in the playoffs. He may be the man on the bench who demonstrates to the fans that this team really has character from the bench to the basket. But more important, he may be the whole bench that the player looks to late in the game when he is hurting, out of breath, and burning inside for that spirit, that push, and that enthusiasm, and that love necessary to make the big play and win the game for the whole team.

When the game is over, when the season ends, and all the fans and sportswriters are talking about the top of the iceberg, the stars and the heroes, the players will know that the real winner is the team, the whole iceberg, especially the base, the men on the bench who build the character to make the team a lasting winner.

-Louisiana State University Basketball



No man is an island, entire of itself; every man is a piece of the continent, a part of the main.

-John Donne

You don't get the breaks unless you play with the team instead of against it.

-Lou Gehrig

Look, when you are starting to put something together, you want the pudding to come out good. You're trying to put in the right ingredients.

-Bill Parcells

No one can play whatever position he chooses. If that happened in baseball, there'd be nine pitchers.

-Billy Martin

We can't all be heroes because somebody has to sit on the curb and clap as they go by.

-Will Rogers

Sometimes a player's greatest challenge is coming to grips with his role on the team.

-Scottie Pippen

Commitment to the team. There is no such thing as in-between. You are either in or out.

-Pat Riley

A player who makes the team great is much more valuable than a great player.

-John Wooden

A community is like a ship; everyone ought to be prepared to take the helm.

-Henrik Ibsen

I think anytime you have a group collectively supporting each other, that is when success is made.

-Kevin Johnson

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

-Vince Lombardi

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

We're not playing solitaire out here.

-Bill Parcells

If anything goes bad, I did it. If anything goes semi-good, we did it. If anything goes really good, then you did it. That's all it takes to get people to win football games for you.

-Paul "Bear" Bryant

The best teams have chemistry. They communicate with each other and they sacrifice personal glory for the common goal.

-Dave DeBusschere

Individual commitment to a group effort. That is what makes a team work, a company work, a society work, a civilization work.

-Vince Lombardi

A little less of you, a little less of me, and a lot more of us.

When you help someone up a hill, you're that much nearer the top yourself.

A team will always appreciate a great individual if he's willing to sacrifice for the group.

-Kareem Abdul-Jabbar

**Teamwork divides  
the task and  
multiplies  
the success.**

I recommend you take care of the minutes, for the hours will take care of themselves.

-Lord Chesterfield

No matter how hard the past, you can always begin again today.

-Buddha

The years teach much which the days never know.

-Ralph Waldo Emerson

### A New Day

This is the beginning of a new day. I have been given this day to use as I will.

I can waste it, or use it. I can make it a day long to be remembered for its joy, its beauty and its achievements, or it can be filled with pettiness. What I do today is important because I am exchanging a day of my life for it.

When tomorrow comes this day will be gone forever, but I shall hold something which I have traded for it.

It may be no more than a memory, but if it is a worthy one I shall not regret the price.

I want it to be gain not loss, good not evil, success not failure.

Age is not important unless you're a cheese.

-Helen Hays

The real problem of your leisure time is how to keep other people from using it.

Lost yesterday, somewhere between sunrise and sunset, two golden hours, each set with sixty diamond minutes. No reward is offered, for they are gone forever.

-Horace Mann

All the flowers of tomorrow are in the seeds of today.

Time flies whether you are having fun or not.

On this day, I want to:  
Express my gratitude,  
Overcome an old fear,  
Take two minutes to appreciate the beauty of nature,  
Tell someone I love them,  
Tell them again and again.

Time is everything. Anything you want, anything you accomplish - pleasure, success, fortune - is measured in time.

-Joyce Clyde Hall

The future is made of the same stuff as the present.

-Simone Weil

No gift is ever worth more than this day.

**Ecclesiastes 3:1-8**

Take time to think-  
It is the source of all power.  
Take time to read-  
It is the fountain of wisdom.  
Take time to play-  
It is the source of perpetual youth.  
Take time to be quiet-  
It is the opportunity to seek God.  
Take time to be aware-  
It is the opportunity to help others.  
Take time to love and be loved-  
It is God's greatest gift.  
Take time to laugh-  
It is the music of the soul.  
Take time to be friendly-  
It is the road to happiness.  
Take time to dream-  
It is what the future is made of.  
Take time to pray-  
It is the greatest power on earth.  
Take time to give-  
It is too short a day to be selfish.  
Take time to work-  
It is the price of success.  
There is a time for everything.

Tomorrow is now. -Eleanor Roosevelt

One cannot change the past, but one can ruin the present by worrying over the future.

Take enough time. Great haste makes great waste.

The best thing about the future is that it comes only one day at a time. -Abraham Lincoln

One cannot change the past, but one can ruin the present by worrying about the future.

Nothing is more highly prized than the value of each day. -Goethe

The farther backward you look, the farther forward you are likely to see. -Winston Churchill

Tomorrow's life is too late. Live today -Martial

We kill time; time buries us. -Machado de Assis

Many spend half the time wishing for things they could have if they didn't spend half the time wishing.

It takes time to be a success, but time is all it takes.

When the time to perform arrives, the time to prepare has past.

Time is everything. Anything you want, anything you accomplish -- pleasure, success, fortune -- is measured in time.  
-Joyce C. Hall

Life is lived in the present. Yesterday has gone, tomorrow is yet to be, today is the miracle.  
-Anonymous

### **IMAGINE. . .**

There is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do?

### **DRAW IT ALL OUT OF COURSE.**

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night, it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow."

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success. The clock is running. Make the most of today. And remember, that time waits for no one.

Yesterday is history.  
Tomorrow is a mystery.  
Today is a gift.  
That's why it's called the present.

Nothing should be prized more highly than the value of each day.  
-Johann Wolfgang von Goethe

Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination. Never put off till tomorrow what you can do today.  
-Lord Chesterfield

Anyone who dares wastes one hour of life has not discovered the value of life.  
-Charles Darwin

Add value to every day. Sharpen your skills, your understanding.

You always have time for the things you put first.

Let me tell thee, time is a very precious of God, so precious that it's only given to us moment by moment.  
-Amelia Barr

This is no time for ease and comfort. It is the time to dare and endure.  
-Winston Churchill

Time is the most valuable thing a man can spend.  
-Diogenes

Never is a long, unpredictable time, and life is too full of rich possibilities to have restrictions placed upon it.  
-Gloria Swanson

I would rather sleep only five hours and wake up at 5 or 5:30 a.m. and be in control of my time than to sleep later and spend the entire day controlled by time.  
-Dan Bouchard

If you really want to do it, you make the time.  
-David Sedaris

Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back.  
-Harvey Mackay

The word "no" is a great time saver. Say no to anything that is not the highest and best use of your time.  
-Brian Tracy

We always have time enough if we will but use it aright.  
-Goethe

The clock of life is wound but once,  
And no man has the power,  
To tell just when the hands will stop,  
At late or early hour.  
Now is the only time you have,  
Live, love, toil with a will,  
Place no faith in time,  
For the clock may soon be still.

This time, like all times, is a very good one, if we but know what to do with it.  
-Ralph Waldo Emerson

When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain, and not loss, good, and not evil, success, and not failure, in order that I shall not regret the price I have paid for it.

Enjoy yourself. These are the "good old days" you're going to miss in the years ahead.

The time is always right to do what is right.  
-Martin Luther King

For every minute you are angry, you lose sixty seconds of happiness.  
-Ralph Waldo Emerson

The secret lies in how we handle today, not yesterday or tomorrow. Today. That special block of time holding the keys that lock out yesterday's nightmares and unlocks tomorrow's dreams.  
-Charles Swindoll

Tomorrow will be a new day.  
-Miquel de Cervantes

If you do the best and the most you can today, don't worry about tomorrow.  
-B.C. Forbes

Life is lived in the present. Yesterday has gone, tomorrow is yet to be. Today is the miracle.

Many people live as if life were a dress rehearsal for some later date. It isn't. Now is the only time we have, and the only time we have any control over.

Imagine that whatever circumstance you are dealing with isn't happening right now, but a year from now. Then simply ask yourself, "Is this situation really as important as I'm making it out to be?"

Time and energy applied to the past is time and energy taken away from the present.  
-Susan Wilson

Even a stopped clock is right twice a day.  
-Ebner-Eschenbach

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.  
-John Burroughs

One of the illusions of life is that the present hour is not the critical, decisive hour. Write it on your heart that every day is the best day of the year.  
-Ralph Waldo Emerson

The darkest hour is only sixty minutes long.

One today is worth two tomorrows.  
-Benjamin Franklin

It is harder to see today when we are looking at tomorrow.

Your future depends on many things, but mostly you.  
-Frank Tiger

If we fill our hours with regrets of yesterday and with the worries of tomorrow, we have no today in which to be thankful.

If you are not ready today, you will be even less ready tomorrow.  
-Ovid

You know you're getting older when the happy hour is a nap.

If it weren't for the last minute, nothing would ever get done.

Those who spent today boasting about the wonderful things they will do tomorrow probably spent yesterday doing the same thing.

The only limit to our realization of tomorrow will be our doubts of today.  
-Franklin D. Roosevelt

We do not remember time; we remember moments.

Spend a moment each day thinking of someone to thank.

Irrespective of what happened yesterday or last year, and what may or may not happen tomorrow, the present moment is where you are. ALWAYS!

Remember that when you die, there will still be unfinished business to take care of. And you know what? Someone else will do it for you.

Drop the question of what tomorrow may bring, and count as profit every day that fate allows you.  
-Horace

Tomorrow is now.  
-Eleanor Roosevelt

One must never be in haste to end a day; there are too few of them in a lifetime.  
-Dale Coman

We need time to dream, time to remember, and time to reach the infinite. Time to be.  
-Gladys Taber

The best time to do something worthwhile is between yesterday and tomorrow.

The way to have a better tomorrow is to start working on it today.

Consider that this day ne'er dawns again.  
-Dante

It's not how much time you put in, it's what you put into the time.

Finish every day and be done with it. You have done what you could; some blunders and absurdities have crept in. Forget them as soon as you can. Tomorrow is a new day. You shall begin it well and serenely, and with you too high a spirit to be encumbered with your old mistakes and nonsense.  
-Ralph Waldo Emerson

When you have a lot to do, it is always best to take your nap first.

Keep appointments or else you are wasting someone else's time.

Never let yesterday use up today.

There is always time for the things we put first.

The older I get, the better I used to be.

You've reached middle age when all you exercise is caution.

Well-arranged time is the surest mark of a well-arranged mind.  
-Sir Isaac Pittman

The strongest of all warriors are these two: Time and Patience.  
-Leo Tolstoy

To realize the value of a year, ask a student who has failed his final exam.

To realize the value of one month, ask a mother who has given birth to a premature baby.

To realize the value of one week, ask the editor of a weekly newspaper.

To realize the value of one day, ask a daily wage laborer who has five kids to feed.

To realize the value of one hour, ask the lovers who are waiting to meet.

To realize the value of one minute, ask a person who has missed the train, the plane, or the bus.

To realize the value of one second, ask a person who has survived an accident.

To realize the value of a millisecond, ask the person who won the silver medal at the Olympics.

*Time waits for no one. Treasure every moment you have.*

Time flies, but remember, you are the navigator.

Yesterday is not ours to recover, but tomorrow is ours to win or lose.  
-Lyndon B. Johnson

It's never too late to be what you might have been.  
-George Eliot

If you prepare for old age, old age comes sooner.

Our best preparation for tomorrow is the proper use of today.

Time, like a snowflake, disappears while we're trying to decide what to do with it.

I take one day at a time, but sometimes several days attack me at once.  
-Ashleigh Brilliant

Nine-tenths of wisdom is being wise with time.  
-Theodore Roosevelt

What we love to do we find time to do.  
-John Lancaster Spalding

Today is, tomorrow is not. -Hindustan Proverb

**Time lost is time lost.  
It's gone forever.  
Sometimes people tell themselves that they will work  
twice as hard  
tomorrow to make up for what they did not do today.  
People should always do their best.  
If they can work twice as hard  
tomorrow, then they should have  
also worked twice as hard today.  
That would have been their best.  
Catching up leaves no room for  
them to do their best tomorrow.  
People with the philosophy of  
putting off and then working twice as hard cheat  
themselves.**

**John Wooden  
UCLA Basketball Coach**

Pursue truth, and people will be true to you.  
-Arthur Twining Hadley

Truth always resides in every human heart, and one has to search for it there, and be guided by the truth as one sees it.  
-Ghandi

The truth will set you free. But before it does, it might make you angry.  
-Jerry Joiner

The truth doesn't hurt unless it ought to.

Try to be conspicuously accurate in everything, pictures as well as text. Truth is not only stronger than fiction, it is more interesting.  
-William Randolph Hearst

When in doubt, tell the truth.  
-Mark Twain

This above all, to thine own self be true. And it must follow, as the night the day, thou canst then be false to any man.  
-Shakespeare

Alie may take care of the present, but it has no future.

Whoever gossips to you will gossip about you.  
-Spanish Proverb

All that is essential for the triumph of evil is for good men to do nothing.  
-Edmund Burke

You have to admit to problems before you can correct them.

If you tell the truth, sooner or later somebody's going to find out.

When our temper gets the best of us, it reveals the worst of us.

Today is the Very First Day of the Rest of My Life

**This is the beginning of a new day.**

I can waste it ... or use it for good.  
But what I do today is important,  
Because I am exchanging a day of my life for it.  
When tomorrow comes, this day will be gone forever,  
Leaving in its place something that I have traded for it.  
I want it to be gain and not loss, good and not evil, success and not failure,  
in order that I not regret the price I have paid for it.  
I will give 100% of myself just for today, for you never fail until you stop trying.  
I will be the kind of person I have always wanted to be.  
I have been given this day to use as I will.

A liar needs a good memory.

When you tell the truth, you don't have to remember anything.  
-Mark Twain

Every truth has two sides. Look at both sides before committing yourself to either.  
-Aesop

There's nothing gray about the truth,  
It's simply wrong or right;  
For shadows disappear from view  
When we stand in the light.

If you believe you have the forces of truth on your side, then you have the strength of ten.  
-David Seabury

If you do not tell the truth about yourself, you cannot tell it about other people.  
-Virginia Woolf

When you have eliminated the impossible, whatever remains, however improbable, must be the truth.  
-Arthur Conan Doyle

Men build too many walls and not enough bridges.  
-Sir Isaac Newton

Digging for facts is smarter exercise than jumping to conclusions.

Every story has three sides: yours, mine, and the facts.

You don't have to explain something you haven't said.

We would worry less about what others think of us if we knew how little they do.

Truth is the most valuable thing we have.  
-Mark Twain

The truth is rarely pure and never simple.

Trust everybody, but be sure to cut the cards.

It's kind of hard to rally around a math class.  
-Bear Bryant

There are many things I want, but few things I need.

A half truth is hardly that.

How often we are offended by not being offered something we do not want.

The only reason some people listen to reason is to gain time for rebuttal.

In the end, we will remember not the words of our enemies but the silence of our friends.  
-Martin Luther King, Jr.t

Fight for your opinions, but do not believe that they contain the whole truth or the only truth.

The trouble with the world is that the stupid are cocksure and the intelligent are full of doubt.

-Bertrand Russell

Life's most persistent and urgent question is, "What are you doing for others?" -Martin Luther King, Jr..

Truth is the only safe ground to stand upon.

On the mountain of truth you can never climb in vain; either you will reach a point higher up today, or you will be training your powers so that you will be able to climb higher tomorrow. -Friedrich Nietzsche

Before you break out of prison, you must first realize that you are locked up.

Things are not what they seem; they are what they are.

## If Tomorrow Never Comes

If I knew it would be the last time that I'd see you fall asleep, I would tuck you in more tightly and pray the Lord, your soul to keep.

If I knew it would be the last time that I see you walk out the door, I would give you a hug and kiss and call you back for one more.

If I knew it would be the last time I'd hear your voice lifted up in praise, I would video tape each action and word, so I could play them back day after day.

If I knew it would be the last time, I could spare an extra minute or two to stop and say "I love you," instead of assuming, you would know I do.

If I knew it would be the last time I would be there to share your day, well I'm sure you'll have so many more, so I can let just this one slip away.

For surely there's always tomorrow to make up for an oversight, and we always get a second chance to make everything right.

There will always be another day to say our "I love you's", and certainly there's another chance to say our "Anything I can do's?"

But just in case I might be wrong, and today is all I get, I'd like to say how much I love you and I hope we never forget. Tomorrow is not promised to anyone, young or old alike, and today may be the last chance you get to hold your loved one tight.

So if you're waiting for tomorrow, why not do it today?

For if tomorrow never comes, you'll surely regret the day that you didn't take that extra time for a smile, a hug, or a kiss, and you were too busy to grant someone, what turned out to be their one last wish.

So hold your loved ones close today, whisper in their ear. Tell them how much you love them and that you'll always hold them dear. Take time to say "I'm sorry," "please forgive me," "thank you" or "it's okay".

And if tomorrow never comes, you'll have no regrets about today.

# VISION

Every moment is a golden one for him who has the vision to recognize it as such. -Henry Miller

We go where our vision is. -Joseph Murphy

Our plans miscarry because we have no aim. When you don't know what harbor you're aiming for, no wind is the right wind. -Seneca

Vision is the art of seeing things invisible. -Jonathan Swift

Either control your own destiny or someone else will. -John F. Welch Jr.

If you don't know where you're going, then any road will get you there. -Dr. Julian Earls

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

The farther back you can look, the farther forward you are likely to see. -Winston Churchill

The beginnings of all things are small. -Cicero

A genius is someone who shoots at a target no one else sees and hits it.

Let us not look back in anger, or forward with fear, but around in awareness. -James Thurber

Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road. -Dag Hammarskjold

It is always wise to look ahead, but difficult to look farther than you can see. -Winston Churchill

Your world is as big as you make it.

I had a clear vision of myself winning the Mr. Universe contest. It was a very spiritual thing, in a way, because I had such faith in the route, the path, that there was never a question in my mind that I would make it. -Arnold Schwarzenegger

Unless you have some goals, I don't think there's anyway to get above the pack. My vision was always well beyond what I had any reason to expect. -John Fuqua

One of the main reasons why most people don't get what they want is that they haven't decided what they want. -Jack Canfield

Where there is no vision, people perish. Proverbs 29: 18

When you visualize, then you materialize. If you've been there in your mind, you'll go there in the body. -Denis Waitley

Tomorrow belongs to those who have vision today.

The important thing is not to stop questioning. -Albert Einstein

We all live under the same sky, but we don't all have the same horizon. -Konrad Adenauer

The very essence of leadership is having vision. -Father Theodore Hesburg

Look to today. Procrastination is the art of keeping up with yesterday. -Don Marquis

Success is rooted in vision. Always affirm that you will succeed.

A visionary is one who can find his way by moonlight, and see the dawn before the rest of the world. -Oscar Wilde

**One day Alice came to a fork in the road and saw a Cheshire cat in a tree. "Which road do I take," she asked. "Where do you want to go" was his response. "I don't know," Alice answered. "Then" said the cat "it doesn't matter."**

**--Lewis Carroll**



## *Slim Margin of Success*

The difference between winning and losing is sometimes very slight.

There were eight finalists in the men's 100-meter dash at the 1976 Olympics. The Gold Medal winner beat the eighth man by less than half a second

There are five million people engaged in selling in America. Can you imagine what our Gross National Product would be if each of them had made just one more sale last year?

In sports, in business, in politics, in romance, winning isn't everything. But it sure beats losing.

The reward of a thing well done is to have done it.  
-Ralph Waldo Emerson

Victory at all costs, victory in spite of all terror, victory however long and hard the road may be, for without victory there is no survival.  
-Winston Churchill

Let me win. But if I cannot win, let me be brave in the attempt.  
-Special Olympics Motto

When you win, nothing hurts.  
-Joe Namath

All right Mister, let me tell you what winning means... you're willing to go longer, work harder, give more than anyone else.  
-Vince Lombardi

Losers let it happen. Winners make it happen.

Remember that someone, somewhere, is practicing, and when you meet him, he will win.  
-Edward Macauley

You may have to fight a battle more than once to win.  
-Margaret Thatcher

There's nothing that cleanses your soul like getting the hell kicked out of you.  
-Woody Hayes

What distinguishes winners from losers is that winners concentrate at all times on what they can do, not on what they can't do. If a guy is a great shooter but not a great skater, we tell him to think only about the shot, the shot, the shot. Never about some other guy outskating him. The idea is to remember your successes.  
-Bob Butera

If you don't win, lose hard.

Without winners, there would be civilization.  
-Woody Hayes

No man, no matter how great he may be, can long continue to be successful unless he wins the battle because the battle decides all.  
-Vince Lombardi

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

It's not the will to win that matters; everyone has that. It's the will to prepare to win that matters.  
-Paul "Bear" Bryant

It's not so important who starts the game but who finishes it.  
-John Wooden

If you win the rat race, you're still a rat.

If you are going to be a winner, you have to acknowledge the truth. It is you who took the actions, thought the thoughts, created the feelings, and made the choices that got you where you now are. It was you!  
--Jack Canfield

Refuse to join the cautious crowd that plays not to lose. Play to win.  
-David J. Mahoney

## **The Difference Between Winning and Losing** by Catherine Pulsifer

Some of the significant differences between winning and losing are:

Hanging on, persevering,  
**WINNING**

Letting go, giving up easily,  
**LOSING**

Accepting responsibility for your actions,  
**WINNING**

Always having an excuse for your actions,  
**LOSING**

Taking the initiative,  
**WINNING**

Waiting to be told what to do,  
**LOSING**

Knowing what you want and setting goals to achieve it,  
**WINNING**

Wishing for things, but taking no action,  
**LOSING**

Seeing the big picture, and setting your goals accordingly,  
**WINNING**

Seeing only where you are today,  
**LOSING**

If you had a good time playing the game, you're a winner even if you lose.  
-Malcolm Forbes

Winning is beginning. And just by beginning, your game is half won.  
-Denis Waitley

Regardless of how you feel inside, always try to look like a winner.  
-Arthur Ashe

**Winners Are People Like You**

**Winners** take chances. Like everyone else, they fear failing, but they refuse to let fear control them.

**Winners** don't give up. When life gets rough, they hang in until the going gets better.

**Winners** are flexible. They realize there is more than one way and are willing to try others.

**Winners** know they are not perfect. They respect their weaknesses while making the most of their strengths.

**Winners** fall but they don't stay down. They stubbornly refuse to let a fall keep them from climbing.

**Winners** don't blame fate for their failures, nor luck for their successes.

**Winners** accept responsibility for their lives.

**Winners** are positive thinkers who see good in all things. From the ordinary, they make the extraordinary.

**Winners** believe in the path they have chosen even when it is hard; even when others can't see where they are going.

**Winners** are patient. They know a goal is only worthy as the effort that is required to achieve it.

**Winners** are people who believe in themselves. They make this world a better place to be.

**The Will to Win**

By Berton Braley

If you want a thing bad enough  
To go out and fight for it,  
Work day and night for it,  
Give up your time and your peace and your sleep  
for it,

If only desire of it  
Makes you quite mad enough  
Never to tire of it,  
Makes you hold all other things tawdry and cheap  
for it,

If life seems all empty and useless without it  
And all that you scheme and you dream is about it,  
If gladly you'll sweat for it,

Fret for it,  
Plan for it,  
Lose all your terror of God or man for it,  
If you'll simply go after that thing that you want  
With all your capacity,

Strength, and sagacity,  
Faith, hope, and confidence, stern pertinacity,  
If neither cold, poverty, famished and gaunt,  
Nor sickness nor pain  
Of body and brain

Can turn you away from the thing that you want,  
If dogged and grim you besiege and beset it,  
You'll get it.

The objective is to win: fairly, squarely, decently. Win  
by the rules, but still win. -Vince Lombardi

If you don't see yourself as a winner, then you cannot  
perform as a winner. -Zig Ziglar

**Two natures beat within my breast, the one is foul, the other blessed.  
The one I love, the other I hate; the one I feed will dominate.**

**TWO WOLVES**

One evening, an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two 'wolves' inside us all.

"One is Evil. It is anger, jealousy, envy, resentment, sorrow, regret, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought for it about a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee smiled and simply replied, "The one you feed."

## DILBERT'S WORDS OF WISDOM

I can please only one person per day. Today is not your day. Tomorrow isn't looking good either.

I love deadlines. I especially love the whooshing sounds they make as they go flying by.

Am I getting smart with you? How would you know?

I'd explain it to you, but your brain would explode.

Someday we'll look back on all this and plow into a parked car.

There are very few personal problems that cannot be solved through a suitable application of high explosives.

Tell me what you need, and I'll tell you how to get along without it.

Accept the fact that some days you're the pigeon, and some days you're the statue.

Needing someone is like needing a parachute. If he isn't there the first time you need him, chances are you won't be needing him again.

I don't have an attitude problem. You have a perception problem.

Last night I lay in bed looking up at the stars in the sky and I thought to myself, "Where the heck is the ceiling?"

My Reality Check bounced.

On the keyboard of life, always keep one finger on the escape key.

I don't suffer from stress. I'm a carrier.

You're slower than a herd of turtles stampeding through peanut butter.

Everybody is somebody else's weirdo.

Never argue with an idiot. They drag you down to their level then beat you with experience.

-----  
A wise man will desire no more than what he may get justly, use soberly, distribute cheerfully, and leave contentedly.  
-Benjamin Franklin

Wise men say nothing in dangerous times.

Wisdom begins when you realize that there are other points of view.

Whatever advice you give, be brief. -Horace

### **THE SERENITY PRAYER**

*God, grant me the serenity to accept the things I cannot change,*

*The courage to change the things I can,*

*And the wisdom to know the difference.*

Wise men say nothing in dangerous times.

Wisdom is knowing what to do next; skill is knowing how to do it; and virtue is doing it.

-David Starr Jordan

## **NOW THAT I'M OLDER, here's what I've discovered:**

I started out with nothing, and I still have most of it.

My wild oats have turned to prunes and All-Bran.

I finally got my head together. Now my body is falling apart.

Funny, I don't remember being absent-minded.

All reports are in. Life is now officially unfair.

If all is not lost, where is it?

It is easier to get older than it is to get wiser.

Some days you're the dog; some days you're the hydrant.

I wish the buck stopped here. I could use a few.

Kids in the back seats cause accidents; accidents in the back seats cause kids.

It's hard to make a comeback when you haven't been anywhere.

The only time the world beats a path to your door is if you're in the bathroom.

When I'm finally holding all the cards, why does everyone decide to play chess?

It's not hard to meet expenses. . . they're everywhere.

The only difference between a rut and a grave is the depth.

If God wanted me to touch my toes, He would have put them on my knees.

-----  
When you find yourself stressed, ask yourself one question: "Will this matter five years from now?"

-Catherine Pulsifer

If you can't fight and you can't flee, flow.

-Robert Eliot

Decide what's right before you decide what's possible.

-Brian Tracy

It is better to ask some questions than to know all the answers.

-James Thurber

There is so much good in the worst of us and so much bad in the best of us that it behooves all of us not to talk about the rest of us.

**OVER THE YEARS, I'VE LEARNED . . .**

That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

That we should be glad that God doesn't give us everything we ask for.

That money doesn't buy class.

That it's those small daily happenings that make life so spectacular.

That under everyone's hard shell is someone who wants to be appreciated and loved.

That the Lord didn't do it all in one day. What makes me think I can?

That to ignore the facts does not change the facts.

That when you plan to get even with someone, you are only letting that person continue to hurt you.

That love, not time, heals all wounds.

That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

That everyone you meet deserves to be greeted with a smile.

That no one is perfect until you fall in love with them.

That life is tough, but I'm tougher.

That opportunities are never lost. Someone will take the ones you miss.

That when you harbor bitterness, happiness will dock elsewhere.

That one should keep his words both soft and tender, because tomorrow he may have to eat them.

That a smile is an inexpensive way to improve your looks.

That I can't choose how I feel, but I can choose what to do about it.

That it is best to give advice in only two circumstances: when it is requested, and when it is a life-threatening situation.

That the less time I have to work with, the more I get things done.

Fool me once, shame on you; fool me twice, shame on me.  
-Chinese Proverb

**AS I'VE MATURED . . .**

I've learned that you cannot make someone love you. All you can do is stalk them and hope they panic and give in.

I've learned that one good turn gets most of the blankets.

I've learned that no matter how much I care, some people are just jackasses.

I've learned that it takes years to build up trust, and it only takes suspicion, not proof, to destroy it.

I've learned that whatever hits the fan will not be distributed evenly.

I've learned that you shouldn't compare yourself to others. They are more screwed up than you think.

I've learned that depression is merely anger without enthusiasm.

I've learned not to sweat the petty things and not to pet the sweaty things.

I've learned that you can keep vomiting long after you think you're finished.

I've learned that ex's are like fungus and keep coming back.

I've learned that age is a very high price to pay for maturity.

I've learned that I don't suffer from insanity. I enjoy it.

I've learned that we are responsible for what we do, unless we are celebrities.

I've learned that artificial intelligence is no match for natural stupidity.

I've learned that 99% of the time something isn't working in my house, one of my kids did it.

I've learned that there is a fine line between genius and insanity.

I've learned that the people you care most about in life are taken away from you too soon, and all the less important ones never go away.

And the real pains in the ass are permanent.

-----  
Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of nonessentials.

-Lin Yu Tang

Nothing is a waste of time if you use the experience wisely.  
-Rodin

Let us never negotiate out of fear, but let us never fear to negotiate.  
-John F. Kennedy

The world is round and the place which may seem like the end might also be the beginning.

-Ivy Baker Priest

Knowledge comes, but wisdom lingers.  
-Alfred Lord Tennyson

A fool may talk, but a wise man speaks.  
-Ben Johnson

If you wish to reach the highest, begin at the lowest.  
-Publius Syrus

If the horse dies, dismount.

The greatest remedy for anger is delay. -Seneca

He who can take advice is sometimes superior to him  
who can give it. -Karl von Knebel

The highest wisdom is kindness. -Talmud

A bit of advice: Say nothing often.

If you want to be listened to, you should put in time  
listening. -Margie Piercy

Make the most of the best and the least of the worst.

It is hard to sling mud at someone without getting  
some on yourself.

Hear and forget.  
See and remember.  
Do and understand. -Chinese Proverb

Everybody knows how to say no, but it takes judgment  
to know when.

No matter where you go, what you do, or who you  
know, there you are.

Be willing to listen to things about which you already  
know.

If fifty million people say a foolish thing, it is still a  
foolish thing. -Anatole France

Talk when you have something to say, not just be-  
cause you have to say something.

I'd rather see a sermon  
Than to hear one every day;  
I'd rather one should walk with me  
Than merely tell the way. -Edgar Guest

One cannot tell what passes through the heart of a  
man by the look on his face. -Japanese Proverb

The secret is to become wise before you get old.

There's a mighty big difference between good, sound  
reasons and reasons that sound good.

No needle is sharp on both ends. -Chinese Proverb

Blessed is the man who, having nothing to say, ab-  
stains from giving in words evidence of the fact.  
-George Eliot

No matter how far you have gone on a wrong road,  
turn back. -Turkish Proverb

Knowledge speaks, but wisdom listens.  
-Oliver Wendell Holmes

If you do what you should, you won't do what you  
shouldn't.

Virtue is the roughest way, but proves at night a bed  
of down. -Henry Wotton

Don't find fault with what you don't understand.

Daily wisdom is knowing what to do and what to  
leave undone.

Never take to heart the opinions of people you don't  
respect.

Stay alert. You can learn a lot by watching.  
-Yogi Berra

The trouble with using experience as a guide is that  
the final exam often comes first and then the lesson.

Never argue with a fool. Bystanders may not know  
which is which.

Wisdom is what's left over after we smarten up.

What I gave, I have;  
What I spent, I had;  
What I kept, I lost. -Old Epitaph

Anxiety doesn't remove problems from tomorrow, it  
just saps today of its strength.

It is alright to hold a conversation, but you need to let  
go of it now and then.

Advice is like mushrooms. The wrong kind could  
prove fatal.

It is better to do a little well than a lot poorly.

Use it up.  
Wear it out.  
Make it do,  
or do without.

Never mistake knowledge for wisdom. One helps you  
make a living; the other helps you make a life.  
-Sandra Carey

I have made a pact with my tongue, not to speak when  
my heart is disturbed. -St. Francis de Sales

**TEXAS WISDOM**

1. Never slap a man who's chewing tobacco.
2. Good judgment comes from experience, and a lot of that comes from bad judgment.
3. Lettin' the cat out of the bag is a whole lot easier 'n puttin' it back in.
4. If you're riding ahead of the herd, take a look back every now and then and make sure it's still there.
5. If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
6. Never kick a cow chip on a hot day.
7. There's two theories to arguin' with a woman. Neither one works.
8. If you find yourself in a hole, the first thing to do is to stop diggin'.
9. Don't squat with your spurs on.
10. It don't take a genius to spot a goat in a flock of sheep.
11. Always drink upstream from the herd.
12. Never miss a good chance to shut up.
13. There are three kinds of people. The ones that learn by reading, the few who learn by observation, and the rest of them who have to touch the fire to see for themselves if it's really hot.

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You can't take more out of a bag than what's in it.  
-Irish Proverb

He that can't endure the bad will not live to see the good.  
-Jewish Proverb

Don't talk unless you can improve the silence.  
-Proverb

Whatever you are willing to put up with is exactly what you will have.

Most of the time we don't communicate, we just take turns talking.

You grow wise by associating with wise people.

Advice is like snow. The softer it falls, the longer it dwells upon and the deeper it sinks into our mind.

An apology is a good way to have the last word.

Funny how a dollar can look so big when you take it to church, and so small when you take it to the store.

I realize that stupidity is here to stay, but must one wear it as a badge of honor?

If we learn from our failures, we have not failed. If we get understanding from our defeats, we have not been defeated. If we gain wisdom from our losses, we have not lost.

I would say to all, use your gentlest voice at home.  
-Elihu Burritt

Let a man behave in his own house as a guest.  
-Ralph Waldo Emerson

Be wiser than other people if you can.

Never insult a crocodile until you've crossed the river.

If you fell down yesterday, stand up today.  
-H.G. Wells

Money and women. They're two of the strongest things in the world. The things you do for a woman you wouldn't do for anything else. Same with money.  
-Satchel Paige

It takes two to make a quarrel, but only one to end it.  
-Spanish Proverb

Never cut what you can untie. -Joseph Joubert

We live one day at a time and scratch where it itches.  
-Darrell Royal

To conquer fear is the beginning of wisdom.  
-Bertrand Russell

The first key to wisdom is constant and frequent questioning, for by doubting we are led to question and by questioning we arrive at the truth.  
-Peter Abelard

The quieter we become, the more we hear.

Never say more than is necessary.  
-Richard Brinsley Sheridan

There's wisdom in taking time to care;  
There's wisdom in giving, and wanting to share;  
There's wisdom in grace and making amends;  
There's wisdom in having and keeping good friends.

For peace of mind, resign as general manager of the Universe.

Consider the rights of others before your own feelings, and the feelings of others before your own rights.  
-John Wooden

Listen if you want to be heard. -John Wooden

When you dig another out of his troubles, you find a space to bury your own.

May the most you wish for be the least you get.  
-Old Celtic Blessing

Wealth is not what we have, but what we are.

## TEN CANNOTS

You cannot bring about prosperity by discouraging thrift.

You cannot help small men by tearing down big men.

You cannot strengthen the weak by weakening the strong.

You cannot lift the wage earner by pulling down the wage payer.

You cannot help the poor man by destroying the rich.

You cannot keep out of trouble by spending more than your income.

You cannot further the brotherhood of man by inciting class hatred.

You cannot establish security on borrowed money.

You cannot build character and courage by taking away men's initiative and independence.

You cannot help men permanently by doing for them what they could and should do for themselves.

-Abraham Lincoln

If you want to keep out of debt, you must earn more than you yearn.

Sometimes the majority only means that all the fools are on the same side.

I don't have to attend every argument I'm invited to.

There are two things I've learned. There is a God. And, I'm not Him.

If at first you don't succeed, do it like your mother told you.

If everyone gives one thread, the poor man will have a shirt.  
-Russian Proverb

Pick battles big enough to matter, small enough to win.  
-Jonathan Kozol

## WORDS OF WISDOM ON HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight, and height. Let the doctors worry about them. That is why you pay them.

2. Keep only cheerful friends. The grouches pull you down.

3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. An idle mind is the devil's workshop. And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him/her.

6. The tears happen. Endure, grieve, and move on. The only person who is with you your entire life is yourself. Live while you are alive.

7. Surround yourself with what you love. Whether it's family, pets, keepsakes, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but not to where the guilt is.

10. Tell the people who you love that you love them, at every opportunity.

# WOODENISMS

*The following is a collection of thoughts and sayings from UCLA Coach John Wooden. While one could debate that someone else said some of these quotes, Wooden also fine-tuned them to fit his philosophy.*

You don't have to do things the way other people do. If you go out and do it a different way, you'll become a leader.

Talent is God-given; be humble.  
Fame is man-given; be thankful.  
Conceit is self-given; be careful.

It's the things you learn after you know it all that count.

### Seven Life Principles

from Joshua Hugh Wooden

1. Be true to yourself.
2. Help others.
3. Make each day your masterpiece.
4. Drink deeply from good books, especially the Bible.
5. Make friendship a fine art.
6. Build a shelter against a rainy day by the life you live.
7. Pray for guidance and counsel, and give thanks for your blessings each day.

Each day, once gone, is gone forever.

Four things a man must learn to do  
If he would make his life more true:  
To think without confusion clearly,  
To love his fellow-man sincerely,  
To act from honest motives purely,  
To trust in God and Heaven securely.

### Two Sets of Threes:

Never lie, never cheat, never steal.  
Don't whine, don't complain, don't make excuses.

You can fool anyone, but you should never fool yourself. As soon as you fool yourself, you are done.

Success is never final. Failure is never fatal.

Your character is what you really are, while your reputation is merely what others think you are.

Discipline yourself and others won't need to.

All you can control is today.

If you don't have time to do it right, when will you have time to do it over?

There are only two things you can control -- your effort and your attitude.

What you do is more important than what you say you do.

*Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.*

Things turn out best for the people who make the best of the way things turn out.

Learn as if you were to live forever. Live as if you were to die tomorrow.

Don't ever stop being yourself.

Integrity means doing the right thing when no one is looking.

Remain true to the best that is within you.

Don't try to be better than somebody else, but never cease trying to be the best you can be. You have control over that. The other you don't.

Don't let making a living prevent you from making a life.

It's a lot easier to shave in the morning if you don't mind looking at the face in the mirror.

You have not lived a perfect day until you've done something for somebody who cannot repay you.

Gentleness can fix in a moment what an hour of shouting fails to achieve.

Time is life. When you kill time, you kill yourself, moment by moment, second by second, a little bit at a time.

Don't think you can make up for it by working twice as hard tomorrow. If you have it within your power to work twice as hard, why aren't you doing it now?

So often we fail to acknowledge what we have because we're so concerned about what we want.

If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes.

Never mistake activity for achievement.

Failure is not fatal, but failure to change might be.

Don't let what you cannot do interfere with what you can do.

from the book Coach Wooden  
by Pat Williams



In a word, I am always busy, which is perhaps the chief reason why I am always well.

-Elizabeth Cady Stanton

The only place where success comes before hard work is in the dictionary.

-Vince Lombardi

How do you go from where you are to where you want to be? I think you have to have enthusiasm for life. You have to have a dream, a goal, and you have to be willing to work for it.

-Jim Valvano

Nothing will work unless you do.

-John Wooden

Your job, always, is to make that person above you look good at the same time that you get what you need from the job.

-Helen Gurley Brown

I'm a slow walker, but I never walk backward.

-Abraham Lincoln

The biggest mistake you can make is to believe that you work for someone else.

The beginning is the most important part of work.

-Plato

Work while you have the light. You are responsible for the talent that has been entrusted to you.

-Henri Amiel

The big secret in life is that there is no big secret. Whatever your goal, you can get there, if you're willing to work.

-Oprah Winfrey

Nothing is particularly hard if you divide it into small jobs.

-Henry Ford

When I was young, I observed that nine out of every ten things I did failed. So I did ten times more work.

-George Bernard Shaw

The secret of getting ahead is getting started.

-Sally Berger

One thing that keeps a lot of people from being a success is work.

If we played all the time, then holidays would become as tedious as work.

Blessed is the man who is too busy to worry in the daytime and too sleepy to worry at night.

If you want to leave footprints in the sand, wear workboots.

Busy souls have no time to be busybodies.

-Austin O'Malley

One thing that keeps a lot of people from being a success is work.

The harder you work, the harder it is to surrender.

-Vince Lombardi

There's a lot of blood, sweat, and guts between dreams and success.

-Paul "Bear" Bryant

If you keep thinking about what you want to do or what you hope will happen, you don't do it, and it won't happen.

-Joe DiMaggio

The reason that worry kills more people than work is that more people worry than work.

-Robert Frost

Principles only work if you work the principles.

-Jack Canfield

The victory of success is half won when one gains the habit of work.

-Sarah Boulton

Hard work without talent is a shame, but talent without hard work is tragedy.

-Robert Half

I was made to work. If you are equally industrious, you will be equally successful.

-Johann Sebastian Bach

I don't like work, no one does. But I like what is in the work, the chance to find yourself, your own reality, for yourself, not for others, what no other man can ever know.

-Joseph Conrad

Never let your work drive you. Master it and keep it in complete control.

-Booker T. Washington

The busy have no time for tears.

-Lord Byron

There is no substitute for work. None. Worthwhile things come only from real work.

-John Wooden

If you're obsessed with getting everything done, you'll never have a sense of well being. In reality, almost everything can wait.

If you love your work, you'll never have to work a day in your life.

If you're not enjoying your work, you should either change your attitude or change your job.

When it comes to work ethic, there can be no compromises.

-Rick Pitino

Always do right. This will gratify some people and astonish the rest.

-Mark Twain

Worry is more stressful than work.

The only thing that separates successful people from the ones who aren't is the willingness to work very, very hard.

-Helen Gurley Brown

Without labor, nothing prospers. -Sophocles

Choose a job you love, and you will never have to work a day in your life. -Confucius

Do what you love. The rest will come.

Do the little things well now. In time, great things will be presented to you, waiting to be done. -Persian Proverb

The rooster crows, but the hen delivers the goods.

Do you ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants over 100%. How about achieving 103%? Here's a little math that might prove helpful. What makes life 100%?

If the following letters are assigned numerical counterparts, then A=1, B=2, C=3, D=4, E=5, F=6, G=7, H=8, I=9, J=10, K=11, L=12, M=13, N=14, O=15, P=16, Q=17, R=18, S=19, T=20, U=21, V=22, W=23, X=24, Y=26, and Z=26. If this is true, then:

<b>H</b>	<b>A</b>	<b>R</b>	<b>D</b>	<b>W</b>	<b>O</b>	<b>R</b>	<b>K</b>	
8	1	18	4	23	15	18	11	98%

<b>K</b>	<b>N</b>	<b>O</b>	<b>W</b>	<b>L</b>	<b>E</b>	<b>D</b>	<b>G</b>	<b>E</b>	
11	14	15	23	12	5	4	7	5	96%

But

<b>A</b>	<b>T</b>	<b>T</b>	<b>I</b>	<b>T</b>	<b>U</b>	<b>D</b>	<b>E</b>	
1	20	20	9	20	21	4	5	100%

And

<b>B</b>	<b>U</b>	<b>L</b>	<b>L</b>	<b>S</b>	<b>H</b>	<b>I</b>	<b>T</b>	
2	21	12	12	19	8	9	20	103%

So, it stands to reason that hardwork and knowledge will get you close, attitude will get you there, but bullshit will put you over the top!

What we hope ever to do with ease, we must first do with diligence. -Samuel Johnson

Far and away, the best prize that life offers is the chance to work hard at work worth doing. -Theodore Roosevelt

So little done, so much to do. -Cecil Rhodes

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

### RULES OF THE OFFICE

If it rings, put it on hold.  
 If it clanks, call the repairman.  
 If it whistles, ignore it.  
 If it's a friend, take a break.  
 if it's the boss, look busy.  
 If it talks, take notes.  
 If it's handwritten, type it.  
 If it's typed, copy it.  
 If it's copied, file it.  
 If it's Friday, forget it!

-David Broome

Small deeds done are better than great deeds planned.

The best preparation for tomorrow is to do today's work superbly well. -SirWilliam Osler

When you finally master a tough job, you make it look easy.

To do two things at once is to do neither.

If you pay a person less than he earns, he will soon be earning less than he's paid.

-David L. Westlake

Tears will get you sympathy.  
 Sweat will get you results.

Grunt work is not demeaning.

I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete, or a businessman, there is no getting around it. If you do, you'll win. If you don't, you won't. -Bruce Jenner

He who labors diligently need never despair; for all things are accomplished by diligence and labor. -Menander of Athens

Thunder is good; thunder is impressive. But it is the lightning that does the work. -Mark Twain

Nothing can substitute for just plain hard work. I had to put in the time to get back. And it was a grind. It meant training and sweating every-day. But I was completely committed to working out to prove to myself that I could still do it. -Andre Agassi

Many people quit looking for work when they finally get a job.

There is no substitute for hard work. If you're looking for the easy way, if you're looking for the trick, you might get by for a while, but you will not be developing the talents that lie within you. There is simply no substitute for work. -John Wooden

This is a story of four working people: Everybody, Somebody, Anybody, and Nobody. There was an important job to be done, and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry because it was Everybody's job. Everybody thought that Somebody would do it. But Nobody asked Anybody. It ended up the job wasn't done, and Everybody blamed Somebody, when actually, Nobody asked Anybody.

Work banishes those three great evils: boredom, vice, and poverty. -Voltaire

Decide what your priorities are and how much time you'll spend on them. If you don't, someone else will. -Harvey Mackay

My grandfather once told me that there are two kinds of people: those who work and those who take the credit. He told me to try to be in the first group; there was less competition there. -Indira Gandhi

A lot of people quit looking for work as soon as they find a job. -Zig Ziglar

All play and no work, does not work.

The harder I work, the more I live. -George Bernard Shaw

Let us run the risk of wearing out rather than rusting out. -Theodore Roosevelt

Without labor, nothing prospers. -Sophocles

Work expands to fill the time we allow for it.

Work is good, provided you do not forget to live. -Bantu Proverb

The lesson that some fail to get,  
Though all of us should learn it:  
Don't think that you deserve your share  
Unless you work to earn it.

If you want to be successful in the gym, in the classroom, in college or when you get out and go into the world of work, that is going to be determined by how hard you are willing to work. -Robert Hughes

The man of genius is he who finds such joy in his art that he will work at it come hell or high water. -Stendahl

When you play, play hard; when you work, don't play at all. -Theodore Roosevelt

The man who rows the boat usually doesn't have time to rock it.

My hobby is my work. I love it so much, it is not work. -Dick Vermeil

Work is either fun or drudgery. It depends on your attitude. I like fun. -Colleen Barrett

There's a great difference between worry and concern.  
A worried person sees a problem. A concerned person solves the problem.

Coming together is a beginning.  
Keeping together is progress.  
Working together is success.  
--Henry Ford

You can't save time, lose time, turn back the hands of time, or have more time tomorrow than today. Time is unemotional, uncontrolled, unencumbered.

You will never "find" time for anything. If you want time, you must make it. -Charles Buxton

You can't do **EVERYTHING** in one day but you can do **SOMETHING** every day to move you closer to where you want to be.



*The object of all high school athletic directors should be to thoroughly analyze all situations, anticipate all problems prior to their occurrence, have answers to those problems, and move swiftly to solve those problems when called upon.*

## ***HOWEVER...***

*when you're up to your rear in alligators, it is difficult to remind yourself that your initial objective was to drain the swamp.*



## *Approaching Each Day*

I woke up early today, excited over all I get to do before the clock strikes midnight. My job is to choose what kind of day I am going to have.

Today I can complain because the weather is rainy or I can be thankful that the grass is getting watered for free.

Today I can feel sad that I don't have more money or I can be glad that my finances encourage me to plan my purchases wisely and guide me away from waste.

Today I can grumble about my health or I can rejoice that I am alive.

Today I can lament over all that my parents didn't give me when I was growing up or I can feel grateful that they allowed me to be born.

Today I can cry because roses have thorns or I can celebrate that thorns have roses.

Today I can mourn my lack of friends or I can excitedly embark upon a quest to discover new job relationships.

Today I can whine because I have to go to work or I can shout for joy because I have a job to go to.

Today I can complain because I have to go to school or eagerly open my mind and fill it with knowledge and adventure.

Today I can dejectedly murmur because I have housework to do or I can feel grateful for shelter for my mind, body and soul.

Today stretches ahead of me, waiting to be shaped, and here I am, the sculptor who gets to do the shaping. What today will be like is up to me. And I shall decide what kind of day I shall have!

How will you live THIS DAY?

Ever wonder about the abbreviation A.S.A.P.? Generally we think of it in terms of even more hurry and stress in our lives. Maybe if we think of this abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way.

There's work to do, deadlines to meet;  
You've got no time to spare,  
But as you hurry and scurry-  
**ASAP - ALWAYS SAY A PRAYER.**

In the midst of family chaos,  
"Quality time" is rare.  
Do your best; let God do the rest-  
**ASAP - ALWAYS SAY A PRAYER.**

It may seem like your worries  
Are more than you can bear.  
Slow down and take a breather-  
**ASAP - ALWAYS SAY A PRAYER.**

God knows how stressful life is;  
He wants to ease our cares,  
And He'll respond to all your needs  
**A.S.A.P. - ALWAYS SAY A PRAYER.**

# BANK ACCOUNT

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A 92-year-old, petite, well-poised, and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

'I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

'Mr. Jones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it,' he replied. Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged; it's how I arrange my mind. I already decided to love it.

'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life.'

Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

Thank you for your part in filling my Memory Bank. I am still depositing.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Have a nice day, unless you already have other plans.

## ASSORTED WALL POSTERS

Be willing to make decisions.  
That is the most important quality of a leader.  
-General George S. Patton

One must change one's tactics every ten years if one wishes  
to maintain one's superiority. -Napoleon Bonaparte

And those who were seen dancing were thought to be insane  
by those who could not hear the music.  
-Friedrich Nietzsche

"Do or do not. There is no try." -Yoda

Do what you say you are going to do, when you say you are going to do it,  
in the way you said you are going to do it. -Larry Winget

We cannot become what we need by remaining what we are.  
If you desire growth, then you must embrace change.

The reason most goals are not achieved is that we spend our  
time doing second things first. -Robert J. McKain

I fear the day when the technology overlaps with our humanity.  
The world will only have a generation of idiots. -Albert Einstein

Having done my best today, it will be easier to do  
better tomorrow. -Mason Roberts

I have never in my life learned anything from any man who agreed with me.  
-Dudly Field Malone

There is a time in the life of every problem when it is big enough to see,  
yet small enough to solve. -George W. Bush

There are three kinds of people in our society: those who can't see or refuse to see  
the problems; those who see the problems and because they didn't personally  
create them are content to blame someone else, and those who see the problems  
and though they didn't create them are willing to assume personal  
responsibility for solving them. -John Perkins

Stand for something, even if you stand alone.

What is popular is not always right.  
What is right is not always popular.



## THE ATHLETE'S PRAYER

Lord, please clear my head of all distractions,  
And my heart of burdens I may bear,  
So I may perform my very best,  
Knowing you'll always be there.

Please lift me up before the moment,  
So through your eyes I may see,  
And have a clearer understanding,  
As the game unfolds before me.

With great courage I will meet this challenge,  
As you would have me to,  
But keep me humble and remind me,  
That my strength comes from knowing you.

Then when all eyes are upon me,  
At the end of this big game,  
I will turn their eyes to you, O' Lord,  
And to the glory of your name.

Amen

Danita Pagel

## ***The “Better Than Good” Life***

Zig Ziglar

I am doing “better than good” because I understand that failure is an event, not a person; that yesterday ended last night; and that today is my brand-new day.

I am doing “better than good” because I have made friends with my past, I am focused on the present, and I am optimistic about the future.

I am doing “better than good” because I know that success (a win) doesn’t make me, and failure (a loss) doesn’t break me.

I am doing “better than good” because I am filled with faith, hope, and love and I live without anger, greed, guilt, envy, or thoughts of revenge.

I am doing “better than good” because I am mature enough to delay gratification and shift my focus from my rights to my responsibilities.

I am doing “better than good” because I know that failure to stand for what is morally right is the prelude to being the victim of what is criminally wrong.

I am doing “better than good” because I am secure in who and Whose I am, so I am at peace with God and in fellowship with man.

I am doing “better than good” because I have made friends of my adversaries and have gained the love and respect of those who know me best.

I am doing “better than good” because I understand that others can give me pleasure, but genuine happiness comes when I do things for others.

I am doing “better than good” because I am pleasant to the grouchy, courteous to the rude, and generous to the needy.

I am doing “better than good” because I love the unlovable and give hope to the helpless, friendship to the friendless, and encouragement to the discouraged.

I am doing “better than good” because I can look back in forgiveness, forward in hope, down in compassion, and up with gratitude.

I am doing “better than good” because I know that “he who would be the greatest among you must become the servant of all.”

I am doing “better than good” because I recognize, confess, develop, and use my God-given physical, mental, and spiritual abilities to the glory of God and for the benefit of humankind.

I am doing “better than good” because my faith assures me that when I stand in front of the Creator of the universe, He will say to me, “Well done, thou good and faithful servant.”

## THE BUZZARD

If you put a buzzard in a pen that is six feet by eight feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner.

The reason is that a buzzard always begins a flight from the ground with a run of ten to twelve feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top.

## THE BAT

The ordinary bat that flies around at night, a remarkable nimble creature in the air, cannot take off from a level place.

If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and, no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air.

Then, at once, it takes off like a flash.

## THE BUMBLEBEE

A bumblebee, if dropped into an open tumbler, will be there until it dies, unless it is taken out. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself.

## PEOPLE

In many ways, we are like the buzzard, the bat, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up!

That's the answer, the escape route and the solution to any problem: just look up!

Sorrow looks back,  
 Worry looks around,  
 But faith looks up!

Live simply,  
 Love generously,  
 Care deeply,  
 Speak kindly, and  
 Trust in our Creator,  
 who loves us.

## Greatest George Carlin Quotes

I don't have pet peeves — I have major psychotic hatreds!

Think of how stupid the average person is, and realize half of them are stupider than that.

Swimming is not a sport. Swimming is a way to keep from drowning. That's just common sense!

A house is just a place to keep your stuff while you go out and get more stuff.

I wanna live. I don't wanna die. That's the whole meaning of life: Not dying! I figured that out by myself in the third grade.

I used to be Irish Catholic. Now I'm an American — you know, you grow.

You can't fight City Hall, but you can sure blow it up.

If the Cincinnati Reds were really the first major league baseball team, who did they play?

Honesty may be the best policy, but it's important to remember that apparently, by elimination, dishonesty is the second-best policy.

If it's true that our species is alone in the universe, then I'd have to say that the universe aimed rather low and settled for very little.

No one knows what's next, but everybody does it.

The very existence of flamethrowers proves that sometime, somewhere, someone said to themselves, "You know, I want to set those people over there on fire, but I'm just not close enough to get the job done."

The reason I talk to myself is because I'm the only one whose answers I accept.

Just when I discovered the meaning of life, they changed it.

Religion has convinced people that there's an invisible man ... living in the sky, who watches everything you do every minute of every day. And the invisible man has a list of ten specific things he doesn't want you to do. And if you do any of these things, he will send you to a special place, of burning and fire and smoke and torture and anguish for you to live forever, and suffer and burn and scream until the end of time. But he loves you. He loves you and he needs money.

Weather forecast for tonight: Dark. Continued dark overnight, with widely scattered light by morning.

If it requires a uniform, it's a worthless endeavor.

If you live long enough, sooner or later everybody you know has cancer.

Soft rock music isn't rock, and it ain't music. It's just soft.

As soon as someone is identified as an unsung hero, he no longer is.

If a movie is described as a romantic comedy, you can usually find me next door playing pinball.

The IQ and the life expectancy of the average American recently passed each other in opposite directions.

I knew a transsexual guy whose only ambition is to eat, drink, and be Mary.

I put a dollar in a change machine. Nothing changed.

By and large, language is a tool for concealing the truth.

Ever notice that anyone going slower than you is an idiot, but anyone going faster is a maniac?

Isn't it a bit unnerving that doctors call what they do "practice"?

I don't like to think of laws as rules you have to follow, but more as suggestions.

I think it's the duty of the comedian to find out where the line is drawn and cross it deliberately.

The reason they call it the American Dream is because you have to be asleep to believe it.

If all our national holidays were observed on Wednesdays, we could wind up with nine-day weekends.

"Meow" means "woof" in cat.

Most people with low self-esteem have earned it.

Most people work just hard enough not to get fired and get paid just enough money not to quit.

"No comment" is a comment.

If a man smiles all the time, he's probably selling something that doesn't work.

Most of the time people feel okay. Probably it's because at the moment they're not actually dying.

So far, this is the oldest I've been.

Do you think Sammy Davis ate Junior Mints?

When you think about it, attention-deficit order makes a lot of sense. In this country there isn't a lot worth paying attention to.

The Golden Gate Bridge should have a long bungee cord for people who aren't quite ready to commit suicide but want to get in a little practice.

I think I am, therefore, I am. I think.

If the cops didn't see it, I didn't do it!

Hooray for most things!

Capitalism tries for a delicate balance: It attempts to work things out so that everyone gets just enough stuff to keep them from getting violent and trying to take other people's stuff.

I don't have a fear of heights. I do, however, have a fear of falling from heights.

What was the best thing before sliced bread?

May the forces of evil become confused on the way to your house.

Life is a zero sum game.

Somehow I enjoy watching people suffer.

I have as much authority as the Pope. I just don't have as many people who believe it.

It isn't fair: the caterpillar does all the work, and the butterfly gets all the glory.

*Isn't it amazing that George Carlin - gross and mouthy comedian of the 70's and 80's - could write something so very eloquent. . .and so very appropriate.*

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints.

We spend more, but have less; we buy more, but enjoy less.

We have bigger houses and smaller families; more conveniences, but less time.

We have more degrees but less sense; more knowledge, but less judgment; more experts, yet more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values.

We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life.

We've added years to life not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space.

We've done larger things, but not better things. We've cleaned up the air, but polluted the soul.

We've conquered the atom, but not our prejudice. We write more, but learn less.

We plan more, but accomplish less. We've learned to rush, but not to wait.

We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom.

A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember; spend some time with your loved ones, because they are not going to be around forever.

Remember to say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

**AND ALWAYS REMEMBER:**

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

## **DILBERT'S WORDS OF WISDOM**

*I can please only one person per day. Today is not your day. Tomorrow isn't looking good either.*

*I love deadlines. I especially love the whoosing sounds they make as they go flying by.*

*Am I getting smart with you? How would you know?*

*I'd explain it to you, but your brain would explode.*

*Someday we'll look back on all this and plow into a parked car.*

*There are very few personal problems that cannot be solved through a suitable application of high explosives.*

*Tell me what you need, and I'll tell you how to get along without it.*

*Accept the fact that some days you're the pigeon, and some days you're the statue.*

*Needing someone is like needing a parachute. If he isn't there the first time you need him, chances are you won't be needing him again.*

*I don't have an attitude problem. You have a perception problem.*

*Last night I lay in bed looking up at the stars in the sky and I thought to myself, "Where the heck is the ceiling?"*

*My Reality Check bounced.*

*On the keyboard of life, always keep one finger on the escape key.*

*I don't suffer from stress. I'm a carrier.*

*You're slower than a herd of turtles stampeding through peanut butter.*

*Everybody is somebody else's weirdo.*

*Never argue with an idiot. They drag you down to their level then beat you with experience.*

## ***THE DASH BETWEEN THE DATES***

Memorial Day was over now.  
All had left and I was alone  
And began to read the names and dates  
Chiseled there on every stone.  
The dates which showed whether it was Mom or Dad,  
Or daughter, or baby son.  
The dates were different, but the amount the same. . .  
There were two on every one.

It was then I noticed something,  
It was but a simple line.  
It was the dash between the dates,  
Placed there, it stood for time.  
All at once it dawned on me  
How important that little line.  
The dates there belonged to God,  
But that line is ***yours*** and ***mine***.

It's God who gives this precious life,  
And God who takes away.  
But that line between He gives to us  
To do with what we may.  
We know God's written the first date down  
Of each and every one.  
And we know those hands will write again,  
For the last date has to come.

We know He'll write the last date down,  
And soon, we know for some.  
But upon the line between ***my*** dates,  
I hope He'll write "***Well Done!***"

--Lucille Britt

## **EVERYTHING I NEED TO KNOW ABOUT LIFE, I LEARNED FROM NOAH'S ARK**

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan Ahead. It wasn't raining when Noah built the ark.
4. Stay fit. When you're six hundred years old, someone may ask you to do something really big.
5. Don't listen to critics. Just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float a while.
10. Remember, the ark was built by amateurs. The Titanic was built by professionals.
11. No matter the storm, when you are with God, there's always a rainbow waiting.



## 15 Things You Probably Never Knew or Thought About

1. At least 5 people in this world love you so much they would die for you.
2. At least 15 people in this world love you in some way.
3. The only reason anyone would ever hate you is because they want to be just like you.
4. A smile from you can bring happiness to anyone, even if they don't like you.
5. Every night, SOMEONE thinks about you before they go to sleep.
6. You mean the world to someone.
7. If not for you, someone may not be living.
8. You are special and unique.
9. Someone that you don't even know exists loves you.
10. When you make the biggest mistake ever, something good comes from it.
11. When you think the world has turned its back on you, take a look. You most likely turned your back on the world.
12. When you think you have no chance of getting what you want, you probably won't get it; but if you believe in yourself, probably sooner or later, you will get it.
13. Always remember the compliments you received. Forget about the rude remarks.
14. Always tell someone how you feel about them; you will feel much better when they know.
15. If you have a great friend, take the time to let them know that they are great.

**A Minute:** They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them. Take the time. . . to live and love.

## FOOD FOR THOUGHT

The greatest sin: Fear

The best day: Today

The biggest loser: The boy or girl who will not go to school

The best town: Where you succeed

The most agreeable companion: One who would not have you any different than what you are.

The great bore: One who will not come to a point

A still greater bore: One who keeps on talking after he has made his point

The greatest deceiver: One who deceives himself

The greatest secret of production: Saving waste

The best work: What you like

The best play: Work

The greatest comfort: The knowledge that you have done your work well

The greatest mistake: Giving up

The most expensive indulgence: Hate

The cheapest, stupidest, and easiest thing: Finding fault

The greatest trouble maker: One who talks too much

The greatest stumbling block: Egotism

The most ridiculous asset: Pride

The worst bankrupt: The soul who has lost his enthusiasm

The cleverest man: One who always does what he thinks is right

The most dangerous person: The liar

The most disagreeable person: The complainer

The best teacher: One who makes you want to learn

The meanest feeling of which any human being is capable: Feeling bad at another's success

The greatest need: Common Sense

The greatest puzzle: Life

The greatest mystery: Death

The greatest thing, bar none, in the world: Love

# IT'S TIME FOR FOOTBALL

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1. ***"Football is only a game. Spiritual things are eternal. Nevertheless, Beat Texas."***  
Seen on a church sign in Arkansas prior to the 1969 game.
2. ***"After you retire, there's only one big event left... and I ain't ready for that."*** - Bobby Bowden / Florida State
3. ***"The man who complains about the way the ball bounces is likely to be the one who dropped it."*** - Lou Holtz / Arkansas
4. ***"When you win, nothing hurts."*** - Joe Namath / Alabama
5. ***"Motivation is simple. You eliminate those who are not motivated."*** - Lou Holtz / Arkansas
6. ***"If you want to walk the heavenly streets of gold, you gotta know the password, 'Roll, Tide, Roll!'"*** - Bear Bryant / Alabama
7. ***"A school without football is in danger of deteriorating into a medieval study hall."*** - Frank Leahy / Notre Dame
8. ***"There's nothing that cleanses your soul like getting the hell kicked out of you."***  
- Woody Hayes / Ohio State
9. ***"I don't expect to win enough games to be put on NCAA probation. I just want to win enough to warrant an investigation."*** - Bob Devaney / Nebraska
10. ***"In Alabama, an atheist is someone who doesn't believe in Bear Bryant."*** - Wally Butts / Georgia
11. ***"You can learn more character on the two-yard line than anywhere else in life."***  
- Paul Dietzel / LSU
12. ***"It's kind of hard to rally around a math class."*** - Bear Bryant / Alabama
13. ***When asked if Fayetteville was the end of the world. "No, but you can see it from here."*** - Lou Holtz / Arkansas
14. ***"I make my practices real hard because if a player is a quitter, I want him to quit in practice, not in a game."*** - Bear Bryant / Alabama
15. ***"There's one sure way to stop us from scoring; give us the ball near the goal line."*** - Matty Bell / SMU
16. ***"Lads, you're not to miss practice unless your parents died or you died."*** - Frank Leahy / Notre Dame
17. ***"I never graduated from Iowa, but I was only there for two terms - Truman's and Eisenhower's."*** - Alex Karras / Iowa

18. ***"My advice to defensive players: Take the shortest route to the ball and arrive in a bad humor."*** -Bowden Wyatt / Tennessee

19. ***"I could have been a Rhodes Scholar, except for my grades."*** - Duffy Daugherty / Michigan State

20. ***"Always remember, Goliath was a 40-point favorite over David."*** - Shug Jordan / Auburn

21. ***"They cut us up like boarding house pie. And that's real small pieces."*** - Darrell Royal / Texas

22. ***"Show me a good and gracious loser, and I'll show you a failure."*** - Knute Rockne / Notre Dame

23. ***"They whipped us like a tied up goat."*** - Spike Dykes / Texas Tech

24. ***"I asked Darrell Royal, the coach of the Texas Longhorns, why he didn't recruit me and he said: 'Well, Walt, we took a look at you and you weren't any good.'"*** - Walt Garrison / Oklahoma State

25. ***"Son, you've got a good engine, but your hands aren't on the steering wheel."*** - Bobby Bowden / Florida State

26. ***"Football is not a contact sport, it is a collision sport. Dancing is a contact sport."*** - Duffy Daugherty / Michigan State

27. ***After USC lost 51-0 to Notre Dame, his postgame message to his team: "All those who need showers, take them."*** - John McKay / USC

28. ***"If lessons are learned in defeat, our team is getting a great education."*** - Murray Warmath / Minnesota

29. ***"The only qualifications for a lineman are to be big and dumb. To be a back, you only have to be dumb."*** - Knute Rockne / Notre Dame

30. ***"Oh, we played about like three tons of buzzard puke this afternoon."*** - Spike Dykes / Texas Tech

31. ***"It isn't necessary to see a good tackle. You can hear it."*** - Knute Rockne / Notre Dame

32. ***"We live one day at a time and scratch where it itches."*** - Darrell Royal / Texas

33. ***"We didn't tackle well today but we made up for it by not blocking."*** - Wilson Matthews / Little Rock Central High School

34. ***"Three things can happen when you throw the ball, and two of them are bad."*** - Darrell Royal / University of Texas

35. ***"I've found that prayers work best when you have big players."*** - Knute Rockne / Notre Dame

36. ***"Gentlemen, it is better to have died a small boy than to fumble this football."*** - John Heisman

## 40 Things To Do Daily To Improve Your Day:

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate antidepressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
5. Live with the 3 E's: Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2014.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds, and walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead, invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class, but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Life isn't fair, but it's still good.

19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. Time heals everything.
29. However good or bad a situation is, it will change.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful, or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up, and show up.
35. Do the right thing.
36. Call your family often. (Or email them to death!!!) Hey I'm thinking of ya!
37. Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.
38. Remember that you are too blessed to be stressed.
39. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.
40. Smile. It makes you, and everyone around you, feel better.

## GREAT TRUTHS

1. In my many years, I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress. -- John Adams
2. If you don't read the newspaper you are uninformed; if you do read the newspaper you are misinformed. -- Mark Twain
3. Suppose you were an idiot. And suppose you were a member of Congress. But then I repeat myself. -- Mark Twain
4. I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. -- Winston Churchill
5. A government which robs Peter to pay Paul can always depend on the support of Paul. -- George Bernard Shaw
6. A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay off with your money. -- G. Gordon Liddy
7. Democracy must be something more than two wolves and a sheep voting on what to have for dinner. -- James Bovard, Civil Libertarian (1994)
8. Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries. -- Douglas Casey, Classmate of Bill Clinton at Georgetown University
9. Giving money and power to government is like giving whiskey and car keys to teenage boys. -- P.J. O'Rourke, Civil Libertarian
10. Government is the great fiction, through which everybody endeavors to live at the expense of everybody else. -- Frederic Bastiat, French economist(1801-1850)
11. Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it. -- Ronald Reagan (1986)
12. I don't make jokes. I just watch the government and report the facts. - Will Rogers
13. If you think health care is expensive now, wait until you see what it costs when it's free! -- P.J. O'Rourke
14. In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other. -- Voltaire (1764)

15. Just because you do not take an interest in politics doesn't mean politics won't take an interest in you. -- Pericles (430 B.C.)

16. No man's life, liberty, or property is safe while the legislature is in session. -- Mark Twain (1866)

17. Talk is cheap...except when Congress does it. -- Anonymous

18. The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other. -- Ronald Reagan

19. The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery. -- Winston Churchill

20. The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin. -- Mark Twain

21. The ultimate result of shielding men from the effects of folly is to fill the world with fools. -- Herbert Spencer, English Philosopher (1820-1903)

22. There is no distinctly Native American criminal class...save Congress. -- Mark Twain

23. What this country needs are more unemployed politicians. -- Edward Langley, Artist (1928-1995)

24. A government big enough to give you everything you want, is strong enough to take everything you have. -- Thomas Jefferson

25. We hang the petty thieves and appoint the great ones to public office. -- Aesop

### **FIVE BEST SENTENCES**

1. You cannot legislate the poor into prosperity, by legislating the wealth out of prosperity.

2. What one person receives without working for, another person must work for without receiving.

3. The government cannot give to anybody anything that the government does not first take from somebody else.

4. You cannot multiply wealth by dividing it.

5. When half of the people get the idea that they do not have to work, because the other half is going to take care of them, and when the other half gets the idea that it does no good to work, because somebody else is going to get what they work for, that is the beginning of the end of any nation.



## ***I'LL BE HAPPY WHEN. . .***

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his/her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire. The truth is, there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with. And remember, time waits for no one.

### **So stop waiting. . .**

Until your car or home is paid off.

Until you get a new car or home.

Until your kids leave the house.

Until you go back to school.

Until you finish school.

Until you lose ten pounds.

Until you gain ten pounds.

Until you get married.

Until you get divorced.

Until you have kids.

Until you retire.

Until summer.

Until spring.

Until winter.

Until fall.

Until you die.

There is no better time than right now to be happy. Happiness is a journey, not a destination.

So work like you don't need money, love like you've never been hurt, and dance like no one's watching.

If you want to brighten someone's day, share this with them. I just did

## ***INSTRUCTIONS FOR LIFE***

● Remember that the best relationship is one where your love for each other is greater than your need for each other.

● Smile when you answer the phone. The caller will hear it in your voice.

● When you realize you made a mistake, correct it.

● Don't let a little dispute injure a great friendship.

● Talk slowly, but think quickly.

● Never laugh at anyone's dreams.

● When you say "I love you," mean it.

● Don't believe all you hear, spend all you have, or sleep all you want.

● Give people more than they expect, and do it cheerfully.

● When you lose, don't lose the lesson.

● Remember the Three R's: respect for self, respect for others, responsibility for your actions.

● Remember that silence is sometimes the better answer.

● Trust in God, but lock your car.

● Never interrupt when you're being flattered.

● Mind your own business.

● Remember that not getting what you want is sometimes a stroke of luck.

● Judge your success but what you had to give up in order to get it.

● Remember that great love and great achievements involve great risk.

● Believe in love at first sight.

## Instructions for Life #2

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1. Take into account that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the three R's: Respect for self; Respect for others; and Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.
20. Find something positive in this message and pass it on to all your friends.

## IT'S REALLY QUITE SIMPLE

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say no to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time. Don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups: an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the kid in you everyday.
16. Carry a spiritually enlightening book with you to read while waiting in line.
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good 'Thank you Jesus.'
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before. **GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.**

'If God is for us, who can be against us?'

## JUST FOR TODAY. . .

Just for today, I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt I had to keep it up for a lifetime.

Just for today, I will be happy. This assumes to be true what Abraham Lincoln said, that "Most people are as happy as they make up their minds to be."

Just for today, I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and consideration.

Just for today, I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes and fit myself to it.

Just for today, I will exercise my soul in three ways: I will do somebody a good turn and not get found out. I will do at least two things I don't want to do, just for exercise. I will not show anyone that my feelings are hurt. They may be hurt, but today, I will not show it.

Just for today, I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anyone except myself.

Just for today, I will have a program. I am not sure I will follow it exactly, but I will have it. I will save myself from two pests: hurry and decision.

Just for today, I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today, I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

**and**

Just for today, I will try to remember that this is **NOT** just for today

## THE LITTLE ENGINE THAT COULD

A little steam engine had a long train of cars to pull.

She went along very well till she came to a steep hill. But then, no matter how hard she tried, she could not move the long train of cars.

She pulled and she pulled. She puffed and she puffed. She backed and started off again. Choo! Choo!

But no! the cars would not go up the hill.

At last she left the train and started up the track alone. Do you think she had stopped working? No, indeed! She was going for help.

"Surely I can find someone to help me," she thought.

Over the hill and up the track went the little steam engine. Choo, choo! Choo, choo! Choo, choo! Choo!

Pretty soon she saw a big steam engine standing on a side track. He looked very big and strong. Running alongside, she looked up and said:

"Will you help me over the hill with my train of cars? It is so long and heavy I can't get it over."

The big steam engine looked down at the little steam engine. Then he said:

"Don't you see that I am through my day's work? I have been rubbed and scoured ready for my next run. No, I cannot help you,"

The little steam engine was sorry, but she went on, Choo, choo! Choo, choo! Choo, choo! Choo, choo!

Soon she came to a second big steam engine standing on a side track. He was puffing and puffing, as if he were tired.

"That big steam engine may help me," thought the little steam engine. She ran alongside and asked:

"Will you help me bring my train of cars over the hill? It is so long and so heavy that I can't get it over."

The second big steam engine answered:

"I have just come in from a long, long run. Don't you see how tired I am? Can't you get some other engine to help you this time?"

"I'll try," said the little steam engine, and off she went. Choo, choo! Choo, choo! Choo, choo!

After a while she came to a little steam engine just like herself. She ran alongside and said:

"Will you help me over the hill with my train of cars? It is so long and so heavy that I can't get it over."

"Yes, indeed!" said this little steam engine. "I'll be glad to help you, if I can."

So the little steam engines started back to where the train of cars had been standing. Both little steam engines went to the head of the train, one behind the other.

Puff, puff! Chug, choo! Off they started!

Slowly the cars began to move. Slowly they climbed the steep hill. As they climbed, each little steam engine began to sing:

"I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can! I-think-I-can! I think I can - I think I can - I think I can I think I can--"

And they did! Very soon they were over the hill and going down the other side.

Now they were on the plain again; and the little steam engine could pull her train herself. So she thanked the little engine who had come to help her, and said good-by.

And she went merrily on her way, singing:

"I-thought-I-could! I-thought-I-could! I-thought-I-could! I-thought-I-could! I thought I could - I thought I could - I thought I could - I thought I could - I thought I could I thought I could --"

THE END

## JOB PERFORMANCE EVALUATION SCALE

- Average:** not too bright
- Active Socially:** drinks heavily
- Zealous Attitude:** opinionated
- Character Above Reproach:** still one step ahead of the law
- Unlimited Potential:** will stick with us until retirement
- Quick Thinking:** offers plausible excuses for errors
- Takes Pride In Work:** conceited
- Takes Advantage of Every Opportunity to Progress:** buys drinks for superiors
- Indifferent to Instruction:** knows more than superiors
- Stern Disciplinarian:** a real jerk
- Tactful in Dealing With Superiors:** knows when to keep mouth shut
- Approaches Difficult Problems With Logic:** finds someone else to do the job
- A Keen Analyst:** thoroughly confused
- Expresses Self Well:** can string two sentences together
- Spends Extra Hours on the Job:** miserable home life
- Meticulous Attention to Detail:** a nitpicker
- Judgment Is Usually Sound:** lucky
- Maintains Professional Attitude:** a snob
- Keen Sense Of Humor:** knows lots of dirty jokes
- Strong Adherence To Principles:** stubborn
- Slightly Below Average:** stupid
- Of Great Value To The Organization:** turns in work on time
- Is Unusually Loyal:** wanted by no one else
- Alert To Company Developments:** an office gossip
- Requires Work-Value Attitudinal Readjustment:** lazy and hard-headed
- Hard Worker:** usually does it the hard way
- Enjoys Job:** needs more to do
- Competent:** is still able to get work done if supervisor helps
- Consults With Supervisor Often:** annoying
- Will Go Far:** relative of management
- Uses Resources Well:** delegates everything
- Deserves Promotion:** create new title to make him/her feel appreciated

## OVER THE YEARS, I'VE LEARNED. . .

That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

That we should be glad that God doesn't give us everything we ask for.

That money doesn't buy class.

That it's those small daily happenings that make life so spectacular.

That under everyone's hard shell is someone who wants to be appreciated and loved.

That the Lord didn't do it all in one day. What makes me think I can?

That to ignore the facts does not change the facts.

That when you plan to get even with someone, you are only letting that person continue to hurt you.

That love, not time, heals all wounds.

That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

That everyone you meet deserves to be greeted with a smile.

That no one is perfect until you fall in love with them.

That life is tough, but I'm tougher.

That opportunities are never lost. Someone will take the ones you miss.

That when you harbor bitterness, happiness will dock elsewhere.

That one should keep his words both soft and tender, because tomorrow he may have to eat them.

That a smile is an inexpensive way to improve your looks.

That I can't choose how I feel, but I can choose what to do about it.

That it is best to give advice in only two circumstances: when it is requested, and when it is a life-threatening situation.

That the less time I have to work with, the more I get things done.



## A STATE OF MIND

If you think you are beaten, you are;  
If you think you dare not, you don't;  
If you'd like to win, but you think you can't,  
It's almost certain you won't.

If you think you'll lose, you've lost;  
For out in the world you'll 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 a prize.

Life's battles don't always go  
to the stronger or faster man;  
but sooner or later the man who wins  
is the fellow who thinks he can.

**Sayings you'd like to see on those office inspirational posters...**

If you do a good job and work hard, you may get a job with a better company someday.

The light at the end of the tunnel has been turned off due to budget cuts.

Sure, you may not like working here, but we pay your rent.

If you think we're a bad firm, you should see our rivals.

Rome did not create a great empire by having meetings; they did it by killing all those who opposed them.

A person who smiles in the face of adversity probably has a scapegoat.

Abandon all hope, ye who enter here!

We make great money! We have great benefits! We do no work! We are union members!

Two days without a Human Rights Violation!

If at first you don't succeed, try management.

It's only unethical if you get caught.

Never put off until tomorrow what you can avoid altogether.

Never quit until you have another job.

Work harder slaves!

The beatings will continue until morale improves.

If you can read this, you're not working!

Hang in there; retirement is only thirty years away!

Go the extra mile, it makes your boss look like an incompetent slacker.

Pride, commitment, teamwork - words we use to get you to work for free.

Succeed in spite of management.

Work - it isn't just for sleeping anymore.

There are two kinds of people in life: people who like their jobs, and people who don't work here anymore.

## *Serenity Prayer*

*God grant me the serenity to accept  
the things I cannot change,*

*The courage to change the things  
I can,*

*And the wisdom to know  
the difference.*

## “7%”

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio. "To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short - enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye, but don't worry, God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words, 'In five years, will this matter?'
27. Always choose life.
28. Forgive
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative of dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have, not what you need
42. The best is yet to come.
43. No matter how you feel, get up, dress up, and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

# SHORT, HARD, EXPENSIVE LESSONS

from Larry Winget

Do what you know is the right thing to do. And don't kid yourself; you always know the right thing to do. The right thing is rarely the easy thing to do.

People will usually lie to protect themselves.

Individuals overpromise and underdeliver. It is a fact of life. Knowing that will save you time, money, and disappointment.

Everything takes longer than you originally thought it would.

When someone says "I'm a people person," that means he will spend more time socializing than working.

When someone says "I don't really like working with others," hire them, give them an office with a door and a lot of work to do and then watch it get done.

Prove you are smarter than everyone by hiring people who are smarter than you.

People are selfish. Understand it, and manage it as best you can.

**Never tolerate mediocrity.**

Don't expect others to make you rich by keeping them broke.

The more successful you become, the fewer friends you will have.

Take your job seriously, not yourself.

Everyone wants you to be successful, just not more successful than they are.

When someone says they will try, bet your money it won't happen.

Stress comes from knowing what is right and doing what is wrong.

Implement now, perfect later.

There is no such thing as giving 110%. A hundred percent is all there is. You can't give more than all there is. That's why it's called all there is.

People motivate themselves.

Be on time. There is never an excuse for being late.

Look at the numbers, look at the facts, then trust your gut.

Disrespect is the number one grounds for dismissal.

Knowledge is not power; the implementation of knowledge is power.

Few people will take responsibility for their results until they have exhausted all opportunities to blame someone else.

It is impossible to grow without risk.

Don't worry too much about making the right decision. Just make the decision, and then make the decision right.

Inspect what you expect. Stuff doesn't just happen. You have to make sure it happens.

Change is inevitable; growth is optional.

When you screw up, admit it, ask forgiveness, and get back to work.

What you resist persists.

You can't get a good deal from a bad guy.

Question everything.

Sometimes the best thing you can do is walk away.

Not all problems can be fixed.

Trust, once destroyed, can never be fully regained.

If it starts to become complicated, then stop, regroup, and start over. Success is always simple.

The activity that you reward will get done.

People treat you the way you teach them to treat you.

Praise in public and critique in private.

Don't expect respect if you don't show respect.

Everything has a price, including success and failure. Choose either one and be expected to pay the price.

Do the right thing. No matter what. Even when it's the unpopular thing. Even when it's the most expensive thing. Even when it's embarrassing. And if you have to ask if it's the right thing, it isn't. You never have to ask if it's the right thing. You always know. So do it.

## SIXTEEN THINGS IT TOOK ME OVER 50 YEARS TO LEARN

by Dave Barry

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should not confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status, or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.
13. A person who is nice to you but rude to a waiter is not a nice person. **(This is very important. Pay attention. It never fails.)**
14. Your friends love you anyway.
15. Never be afraid to try something new. Remember that a lone amateur built the ark. A large group of professionals built the Titanic.

And finally: Men are like fine wine. They start out as grapes. Then it's up to women to stomp the crap out of them until they turn into something acceptable to have dinner with.

## TEN RULES FOR LIVING

1. Speak to people. There is nothing as nice as a cheerful word of greeting.
2. Smile at people. It takes 72 muscles to frown, but only four to smile.
3. Call people by name. The sweetest music to anyone's ear is the sound of one's own name.
4. Be friendly and helpful. If you would have friends, be friendly.
5. Be genuinely interested in people. You can like almost anybody if you try.
6. Be generous with praise and cautious with criticism.
7. Be considerate with the feelings of others. There are usually three sides to a controversy: yours, the other person's, and the right one.
8. Be alert to give service. What counts most in life is what we do for others.
9. Learn to trust people. That trust builds relationships.
10. Have a sense of humor. If you add to the above a good sense of humor, a big dose of patience, and a dash of humility, you will be rewarded manyfold.

Brian Cavanaugh,  
*Apple Seeds*



## THE SEED

A successful business man was growing old and knew it was time to choose a successor to take over the business. Instead of choosing one of his Directors or his children, he decided to do something different. He called all the young executives in his company together.

He said, "It is time for me to step down and choose the next CEO. I have decided to choose one of you."

The young executives were shocked, but the boss continued. "I am going to give each one of you a SEED today - one very special SEED. I want you to plant the seed, water it, and come back here one year from today with what you have grown from the seed I have given you. I will then judge the plants that you bring, and the one I choose will be the next CEO."

One man, named Jim, was there that day and he, like the others, received a seed. He went home and excitedly told his wife the story. She helped him get a pot, soil and compost and he planted the seed. Everyday, he would water it and watch to see if it had grown. After about three weeks, some of the other executives began to talk about their seeds and the plants that were beginning to grow.

Jim kept checking his seed, but nothing ever grew. Three weeks, four weeks, five weeks went by, still nothing. By now, others were talking about their plants, but Jim didn't have a plant and he felt like a failure. Six months went by -- still nothing in Jim's pot. He just knew he had killed his seed. Everyone else had trees and tall plants, but he had nothing.

Jim didn't say anything to his colleagues, however, he just kept watering and fertilizing the soil. He so wanted the seed to grow.

A year finally went by and all the young executives of the company brought their plants to the CEO for inspection. Jim told his wife that he wasn't going to take an empty pot. But she asked him to be honest about what happened. Jim felt sick to his stomach. It was going to be the most embarrassing moment of his life, but he knew his wife was right. He took his empty pot to the board room.

When Jim arrived, he was amazed at the variety of plants grown by the other executives. They were beautiful - in all shapes and sizes. Jim put his empty pot on the floor and many of his colleagues laughed; a few felt sorry for him. When the CEO arrived, he surveyed the room and greeted his young executives. Jim just tried to hide in the back.

"My, what great plants, trees, and flowers you have grown," said the CEO. "Today one of you will be appointed the next CEO!"

All of a sudden, the CEO spotted Jim at the back of the room with his empty pot. He ordered the Financial Director to bring him to the front. Jim was terrified. He thought, "The CEO knows I'm a failure! Maybe he will have me fired!"

When Jim got to the front, the CEO asked him what had happened to his seed. Jim told him the story. The CEO asked everyone to sit down except Jim. He looked at Jim, and then announced to the young executives, "Behold your next Chief Executive Officer! His name is Jim!"

Jim couldn't believe it. Jim couldn't even grow his seed.

"How could he be the new CEO?" the others said.

Then the CEO said, "One year ago today, I gave everyone in this room a seed. I told you to take the seed, plant it, water it, and bring it back to me today. But I gave you all boiled seeds; they were dead. It was not possible for them to grow. All of you, except Jim, have brought me trees and plants and flowers. When you found that the seed would not grow, you substituted another seed for the one I gave you. Jim was the only one with the courage and honesty to bring me a pot with my seed in it. Therefore, he is the one who will be the new Chief Executive Officer!"

If you plant honesty, you will reap trust.  
If you plant goodness, you will reap friends.  
If you plant humility, you will reap greatness.  
If you plant perseverance, you will reap contentment.  
If you plant consideration, you will reap perspective.  
If you plant hard work, you will reap success.  
If you plant forgiveness, you will reap reconciliation.

So, be careful what you plant now; it will determine what you will reap later. Think about this for a minute. If I happened to show up on your door step crying, would you care? If I called you and asked you to pick me up because something happened, would you come? If I had one day left to live my life, would you be part of that last day? If I needed a shoulder to cry on, would you give me yours? This is a test to see who your real friends are or if you are just someone to talk to you when they are bored.

Do you know what the relationship is between your two eyes? They blink together, they move together, they cry together, they see things together, and they sleep together, but they never see each other; that's what friendship is. Your aspiration is your motivation, your motivation is your belief, your belief is your peace, your peace is your target, your target is heaven, and life is like hard core torture without it!

## Three Things

Three things in life that, once gone, never come back:

1. Time
2. Words
3. Opportunity

Three things in life that can destroy a person:

1. Anger
2. Pride
3. Unforgiveness

Three things in life that you should never lose:

1. Hope
2. Peace
3. Honesty

Three things in life that are most valuable:

1. Love
2. Family & Friends
3. Kindness

Three things in life that are never certain:

1. Fortune
2. Success
3. Dreams

Three things that make a person:

1. Commitment
2. Sincerity
3. Hard work

Three things that are truly constant:

1. Father
2. Son
3. Holy Spirit

## The Woman and the Fork

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things 'in order,' she contacted her Pastor and had him come to her house to discuss certain aspects of her final wishes.

She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her.

'There's one more thing,' she said excitedly.

'What's that?' came the Pastor's reply?

'This is very important,' the young woman continued. 'I want to be buried with a fork in my right hand.'

The Pastor stood looking at the young woman, not knowing quite what to say.

'That surprises you, doesn't it?' the young woman asked.

'Well, to be honest, I'm puzzled by the request,' said the Pastor.

The young woman explained. 'My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement. In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!'

So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork ..the best is yet to come.'

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of heaven than he did. She had a better grasp of what heaven would be like than many people twice her age, with twice as much experience and knowledge. She KNEW that something better was coming.

At the funeral people were walking by the young woman's casket and they saw the cloak she was wearing and the fork placed in her right hand. Over and over, the Pastor heard the question, 'What's with the fork?' And over and over he smiled.

During his message, the Pastor told the people of the conversation he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her. He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork, let it remind you, ever so gently, that the best is yet to come. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. Cherish the time you have, and the memories you share. Being friends with someone is not an opportunity, but a sweet responsibility.

Share this with everyone you consider a FRIEND...and I'll bet they do remember, every time they pick up a fork!

And just remember...keep your fork! The BEST is yet to come!

God Bless You

## ***Winners Are People Like You***

***Winners*** take chances. Like everyone else, they fear failing, but they refuse to let fear control them.

***Winners*** don't give up. When life gets rough, they hang in until the going gets better.

***Winners*** are flexible. They realize there is more than one way and are willing to try others.

***Winners*** know they are not perfect. They respect their weaknesses while making the most of their strengths.

***Winners*** fall but they don't stay down. They stubbornly refuse to let a fall keep them from climbing.

***Winners*** don't blame fate for their failures, nor luck for their successes.

***Winners*** accept responsibility for their lives.

***Winners*** are positive thinkers who see good in all things. From the ordinary, they make the extraordinary.

***Winners*** believe in the path they have chosen even when it is hard; even when others can't see where they are going.

***Winners*** are patient. They know a goal is only worthy as the effort that is required to achieve it.

***Winners*** are people who believe in themselves. They make this world a better place to be.

## **WORDS OF WISDOM ON HOW TO STAY YOUNG**

1. Throw out nonessential numbers. This includes age, weight, and height. Let the doctors worry about them. That is why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. An idle mind is the devil's workshop. And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him/her.
6. The tears happen. Endure, grieve, and move on. The only person who is with you your entire life is yourself. Live while you are alive.
7. Surround yourself with what you love. Whether it's family, pets, keepsakes, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but not to where the guilt is.
10. Tell the people who you love that you love them, at every opportunity.

## **You Are A Success. . .**

You are a success when you clearly understand that failure is an event, not a person. That yesterday ended last night, and today is a brand-new day.

You are a success when you know that a success (a win) doesn't make you and that a failure (a loss) doesn't break you.

You are a success when you have made friends with your past, are focused on the present, and are optimistic about your future.

You are a success when you are filled with faith, hope, and love, and live without anger, greed, guilt, envy, or thoughts of revenge.

You are a success when you are mature enough to delay gratification and shift your focus from your rights to your responsibilities.

You are a success when you know that failure to stand for what is morally right is the prelude to becoming a victim of what is criminally wrong.

You are a success when you are secure in who you are, so you are at peace with your Creator and in fellowship with others.

You are a success when you have made friends of your adversaries and have gained the love and respect of those who know you best.

You are a success when you understand that others can give you pleasure, but genuine happiness comes when you do things for others.

You are a success when you give hope to the hopeless, love the unlovable, and are pleasant to the grouchy, courteous to the rude, and generous to the needy.

You are a success when you can look back in forgiveness, forward in hope, down in compassion, and up with gratitude.

You are a success when you know that the greatest are those who choose to be the servants of all.

You are a success when you recognize, confess, develop, and use your physical, mental, and spiritual abilities for the benefit of others.

You are a success when you know that you have been a good and faithful servant of the Creator of the universe.

-Zig Ziglar  
***Over the Top***

## YOUR NAME

You got it from your parents  
    It was all they had to give.  
It is yours to use and cherish  
    For as long as you shall live.  
If you lose the watch they gave you  
    It can always be replaced.  
But a bad mark on your name, son  
    Can never be erased.  
It was clean the day you took it  
    And a worthy name to bear.  
When you got it from your parents  
    There was no dishonor there.  
So be sure to use it wisely  
    For after all is said and done,  
You'll be glad the name is spotless  
    When you give it to your son.







## ABOUT THE AUTHOR

Thomas E. Rataiczak was born in 1946, the son of Zygmunt and Doreen Hemsley Rataiczak. He grew up on Breezy Point Farm, just outside of Bellaire, Ohio, and, with the exception of a half dozen years, has spent his entire life there.

He was educated in the Bellaire City Schools, being exposed to some of the finest teachers he ever encountered. His father also taught twenty-seven years in the same system, and his daughter currently is in her twenty-fifth year, making three generations in the same system. Zyg retired from Bellaire in 1967 to join the State Department of Education, missing teaching with his son by one year. Otherwise there has been a Rataiczak on the faculty since 1938.

Upon graduation, he went to Lake Forest College (Illinois), then returned to West Liberty State College (West Virginia) to receive his BA Degree. In 1967, he began his teaching career at Bridgeport High School and, at the same time, married his high school sweetheart, Linda Sue Kahl.

In 1968, he returned to Bellaire High School where he spent the next thirty-one years until he retired in 1999. During this time he taught every subject in the English and social studies departments, advised the yearbook and newspaper, developed the school archives, started the sports foundation, established school records for all sports, and began keeping score for the boys' basketball team where he has worked over 1,800 consecutive reserve and varsity games.

Also during this time, he worked as a painter, ran a Christmas tree farm, and operated a print shop.

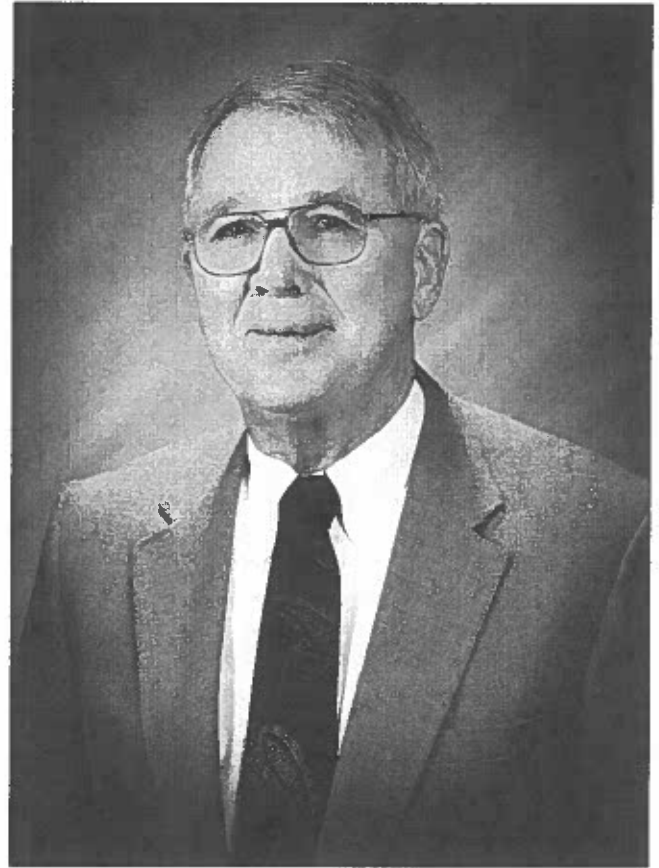
In 1976, he received his Masters Degree in administration from West Virginia University, and built his first home on Breezy Point.

Upon retiring in 1999, he built his retirement home and became the Executive Secretary of the Ohio Valley Athletic Conference (OVAC), the largest functional high school conference in the United States.

Under his leadership, the Conference grew to 52 member schools, covering over five and a half thousand square miles in Ohio and West Virginia. Highlighting his tenure was the development of the OVAC Hall of Fame and the OVAC Sports Museum, located at WesBanco Arena in Wheeling, WV.

He has been inducted into the Bellaire High School Wall of Fame, the Bellaire Alumni Association Outstanding Service Award, and the OVAC Hall of Fame.

He also serves as a member of the Bellaire Local School Board of Education and is an elder in the Rock Hill Presbyterian Church.



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