

The Book of Readings:

Inspirational Quotes to Live and Lead by



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.”

-Nelson Mandela



Compiled by Greg Giesen
Author of *Mondays At 3* & *Creating Authenticity*

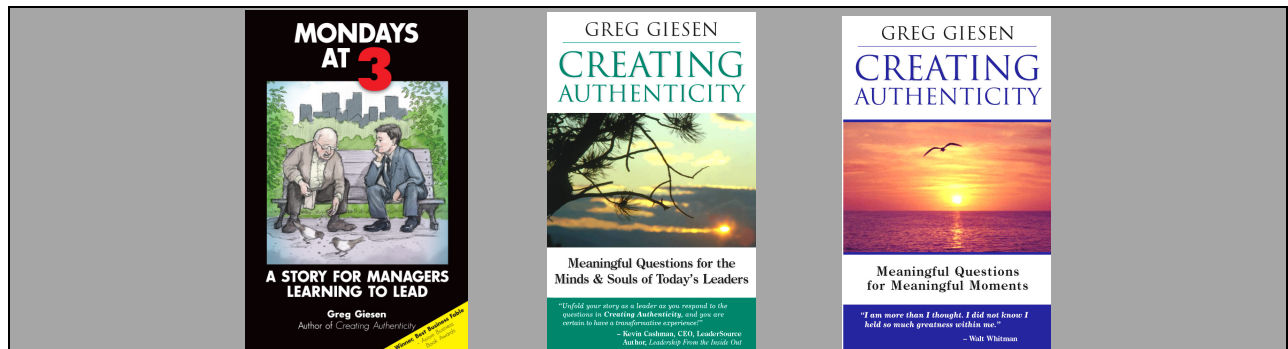
Also by Greg Giesen

Creating Authenticity: Meaningful Questions
for the Minds & Souls of Today's Leaders

Creating Authenticity: Meaningful Questions
to Ask at Year-End

Mondays At 3: A Story for Managers Learning to Lead

Mondays At 3 Study Guide



THE BOOK OF READINGS

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Greg Giesen

First Edition



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I dedicate this book to all past and present
Leading From Within participants. I also dedicate this book to Tim Lane,
the man who turned me on to the value of quotes.

The Book of Readings

"I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all."

~Leo Rosten~

Dear Friends,

Each one of us contains more wisdom than we know. Often it takes reading the ideas and thoughts of others to find that out; thus, this collection. Herein you will find writings that span many centuries and arise from many walks of life. You may at times find yourself smiling, feeling inspired, or applauding in agreement. At other times, you could find yourself feeling challenged, offended, indifferent, or frowning in disagreement. Each of us will respond differently - because each of us is unique.

Our hope is that these readings will help you clarify your own vision of life and work and affirm that "authentic self" within yourself.

Now go and enjoy, you have a lot of inspirational reading to do!

Authentically,

-Greg Giesen

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P.S. The inspirational quotes you are about to read have come from multiple sources. As a result, some quotes have unknown authors while other only offer us a name.

BOOK OF READINGS

1. "I told myself that I have to just keep on breathing...for tomorrow the sun will rise...and who knows what the tide will bring in." -Tom Hanks in the movie, *Cast Away*
2. "From a centered state, there is no need to exaggerate who you are and what you are doing in order to get approval. You recognize very clearly that who you are is enough." - Thomas Crum, *Journey to Center*
3. "Leaders not only manage change, they must be comfortable with it in their own lives... Resisting change is as futile as resisting weather, and change is our weather now. It is that constant and that unpredictable. Leaders live in it, and so do organizations." - Warren Bennis, *On Becoming A Leader*
4. "Never, never, never, never, never give up!" - Winston Churchill, Prime Minister, Great Britain
5. "If you let cloudy water settle, it will become clear. If you let your cloudy mind settle, your course will also become clear." - John McKay
6. "Finding the center of strength within ourselves is in the long run the best contribution we can make for our fellow men.... One person with indigenous inner strength exercises a great calming effect on panic among people around him." - Rollo May, *Man's Search for Himself*
7. "We cannot become what we need to be by remaining what we are." - Max DePree
8. "The first order of things to be changed is me, the leader. After I consider how hard it is to change myself, then I will understand the challenge of trying to change others. This is the ultimate test of leadership." - John Maxwell
9. "You don't get to control any outcome, only every choice you make along the way." - Stephen Paul
10. "It's not so much that we're afraid of change or so in love with the old ways, but it's that place in between that we fear.... It's like being between trapezes. It's Linus when his blanket is in the dryer. There's nothing to hold on to." - Marilyn Ferguson, American futurist
11. "You cannot discover new oceans unless you have the courage to lose site of the shore."
-Unknown
12. Definition of Insanity: Doing the same thing over and over again and expecting different results.
- Dante Alighieri, *The Divine Comedy*, 13th century
13. "It's a mistake to think we listen only with our ears. It's much more important to listen with the mind, the eyes, the body and the heart. Unless you truly *want* to understand the other person, you'll never be able to listen." - Mark Herndon
14. "Chaos often breeds life, while order breeds habit." - Henry Adams, American historian
15. "Accept people for who *they* are instead of judging them from who *we* are." -Greg Giesen
16. "Purpose is the still point---the peaceful center around which all dynamic leadership revolves."
-Rob Hawthorne

17. “Just because everything is different doesn’t mean anything has changed.” - Irene Peter, American epigrammatist
18. “The more centered you are, the more aware you are. The more aware you are, the more deeply you connect to another. The more deeply you connect, the more you appreciate another. The more you appreciate, the more joyful you become. The more joyful you become, the more willing you are to deepen that relationship. And the cycle begins anew, with more depth.” -Tom Crum, *Journey to Center*
19. “Being a leader might be a role you’re given or a position that has been handed to you. You might be extremely well paid to lead or manage people. However, I believe that the more connected you are to yourself and the more comfortable you are, the better you will lead and inspire others. I have seen leadership in a person who is not recognized by title or salary. Leadership occurs where there is inspiration from within, when you have self-worth and are at peace.” - Excerpted from “*Pocket Guide to Your Heart*” by Colleen Hoffman Smith
20. “If you tell the truth, you don’t have to remember anything.” - Mark Twain, American writer
21. “Seek first to understand, then to be understood...The root cause of almost all people problems is the basic communication problem - people do not listen with empathy.” - Stephen Covey, *Principle-Centered Leadership*
22. **Destiny**
 “Watch your thoughts, they become words
 Watch your words, they become actions
 Watch your actions, they become habit
 Watch your habits, they become character
 Watch your character, it becomes your destiny.”
 - Frank Outlaw
23. “When I ask you to listen to me and you start giving advice, you have not done what I asked. When I ask you to listen to me and you begin to tell me why I shouldn’t feel that way, you are trampling on my feelings. When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem. So listen and just hear me. And, if you want to talk, wait a minute for your turn, and I’ll listen to you.” - Unknown
24. “Be kind, for everyone you meet is fighting a hard battle.” - Plato, 5th century B.C.
25. “All great players know there are days when, no matter what they do, the game wins.” – Dr. Richard Coop
26. “All that matters is if you can look in the mirror and tell the person you see there that you’ve done your best.” - John McKay
27. “People do not care how much you know until they know how much you care.” - John Maxwell
28. “I know very few things for certain, but I know this: those of you who live a life of love in the service of others will be happy. Those who do not will be unhappy.”
 - Albert Schweitzer (the last statement to come from Schweitzer’s medical station in the jungle, just before he died)
29. “True freedom means having the ability to choose the best response to a situation without being unfairly influenced by past histories.” -Greg Giesen

30. “Wherever I go today, and whoever I encounter, I will bring them a gift. The gift may be a compliment, a flower, or a prayer. Today, I will give something to everyone I come into contact with.... Each time I meet someone, I will silently wish them happiness, joy, and laughter.”
- Deepak Chopra, *The Seven Spiritual Laws of Success*
31. “We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.”
- e.e. cummings, American poet
32. “The problem with you is you think you have time!” –Don Juan
33. “Each of us is totally selfish in the sense that we are always doing what some part of us wants to. Generosity feels at least as rewarding as greed. Selfishness is neither inherently good nor bad - it depends on the way we are selfish as to whether it nourishes or injures.” - Hugh Prather, *Notes To Myself*
34. “There is no such thing as a weird human being. It’s just that some people require more understanding than others.” - Tom Robbins, *Another Roadside Attraction*
35. “The worst sin toward our fellow creatures is not to hate them, but to be indifferent to them. That is the essence of inhumanity.” - George Bernard Shaw, Irish playwright
36. “No one can see for another, not one.
No one can feel for another, not one.
No one can hear for another, not one.
No one can experience for another, not one.
No one can achieve for another, not one.
No one can grow for another, not one.
No one can live for another, not one.
But...
You can help another interpret what they see.
You can help another gain sensitivity in touch.
You can help another understand what they hear.
You can set the stage for experience.
You can help another make the most of what they have.
You can help create a climate for growth.
You can help make life more worth living. “ - Unknown
37. “The most difficult relationship will be the most profound transformation.” - Evan Hodkins
38. “You can learn more about a person in one hour of play than a lifetime of conversation.” - Plato
39. “The people who push our buttons most can be our best teachers - they can show us where we are not finished with our own work. It means that all the jerks who show up in my life are there to teach me something. If we don’t welcome the people who push our buttons as an opportunity to learn about ourselves, we are stuck with the belief that our lives would be fine if only they would straighten up. There is an enormous trap in that, because it means that we’ve decided that we can’t live our lives the way we want until someone else changes.” - Ron Luyet
40. “How often we forget that the very task we are doing may have more effect upon us than we have upon it. In our self-centeredness, we see ourselves acting upon our world and we lose the awareness that we are participating in a universe that is acting in partnership with us. What a burden we put on ourselves when we see ourselves as the only or the primary actor.

- It is through participation—through acting with—that we learn that the house builds itself. That as we build it, we are built by it in return. When we open ourselves to be taught what the house can teach us, we are open to invaluable learning. When I participate in the fullness around me, I become a greater me.” - Maori Elder
41. “Learning is finding out what you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers, and teachers.” - Richard Bach, *Illusions*
42. “A mind stretched by a new experience can never go back to its old dimensions.”
- Oliver Wendell Holmes, American author & physician, 1809-94
43. “It’s not the experience, but what you do with it that counts.” - Aldous Huxley, English author
44. One famous man's life...
1831 He failed in business.
1832 He was defeated in legislature.
1833 He again failed in business
1834 He was elected to the legislature.
1835 His wife to be died.
1836 He had a nervous breakdown.
1838 He was defeated for Speaker of the House.
1840 He was defeated for Elector.
1850 His son died.
1855 He was defeated for the Senate.
1856 He was defeated for Vice President.
1858 He was defeated for the Senate.
1860 This man was elected President - Abraham Lincoln.
45. “You cannot teach a person anything. You can only help him discover it within himself.”
- Galilei Galileo, Italian astronomer, 1564-1642
46. “Every single problem that you have in your life is the seed of an opportunity for some greater benefit. Once you have that perception, you open up to a whole range of possibilities - and this keeps the mystery, the wonder, the excitement, the adventure alive.” - Deepak Chopra
47. Mickey Mantle’s response to critics who pointed out that he struck out 1,710 times in his baseball career: “They may be strikeouts to some people, but to me, every one of them was nearly a home run.”
48. “What matters most is what we learn from living...” - Doris Lessing
49. An old Cherokee is teaching his grandson about life...
"A fight is going on inside me," he said to the boy. "It is a terrible fight between two wolves. One is Evil -- he is anger, envy, sorry, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good -- he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. This same fight is going on inside you and inside every other person, too."

The grandson thought about it for a minute and then asked, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed." -Unknown

50. “When someone is in your life for a REASON, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally, or spiritually. They may seem like a Godsend, and they are! They are there for the reason you need them to be. Then, without any wrong doing on your part, or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered, and now it is time to move on.

Some people come into your life for a SEASON, because your turn has come to share, grow, or learn. They bring you an experience of peace, or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it! It is real! But, only for a season.

LIFETIME relationships teach you lifetime lessons: things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person, and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant. Thank you for being a part of my life!” -Unknown

51. “Has any person ever obtained harmony by simply reading about the experiences of others? Not since the world began has it ever happened. Each person must go through the fire himself.”
- Norman Douglas
52. “One of the primary ways we learn is through metaphors. Learning is the process of making new associations in our minds, creating new meanings, and metaphors are ideally suited for this. When we don’t understand something, a metaphor provides a way of seeing how what we don’t understand is like something we do understand.” - Anthony Robbins, *Awaken The Giant Within*
53. “If we all did the things we are capable of doing, we would literally astound ourselves.”
- Thomas Edison
54. “Behold the turtle. He makes progress only when he sticks his neck out.” - James Conant
55. “You know, we can’t get out of life alive! We can either die in the bleachers or die in the field. We might as well come down on the field and go for it!” - Les Brown
56. “On the day of judgment, we shall not be asked what we have read, but what we have done.”
- Thomas Kempis
57. “I’ve learned to see happiness not as something that happens to me, but as something I do; not as something I get out of life, but as something I bring to life.” - Dan Millman
58. “Accept the challenges...that you may know the exhilaration of victory.” - General George Patton
59. **The Rules For Being Human**
- You Will Receive A Body.
You may like it or hate it, but it will be yours for the entire period this time around.
 - You Will Learn Lessons.
You are enrolled in a full-time school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
 - There Are No Mistakes, Only Lessons.
Growth is a process of trial and error experimentation. The “failed” experiments are as much a part of the process as the experiment that ultimately “works”.

- A Lesson Is Repeated Until Learned.
A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
 - Learning Lessons Does Not End.
There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
 - “There” Is No Better Than “Here”.
When your “there” has become a “here”, you will simply obtain another “there” that will again look better than “here”.
 - Others Are Merely Mirrors Of You.
You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
 - What You Make Of Your Life Is Up To You.
You have all the tools and resources you need. What you do with them is up to you.
 - Your Answers Lie Inside You.
The answers to life’s questions lie inside you. All you need to do is look, listen & trust.
 - You Will Forget All This.... -Unknown
60. “The only place where success comes before work is in the dictionary.” - Vidal Sassoon
61. Over fifty people over the age 95 were asked, “If you could live your life over again, what would you do differently?” Three answers constantly reemerged and dominated the results of the study:
- If I had it to do over again, I would reflect more.
 - If I had it to do over again, I would risk more.
 - If I had it to do over again, I would do more things that would live on after I am dead.
- Dale Carnegie, in *The Leader In You*
62. “There was a man hanging from a cliff two thousand feet above the valley floor. The terrified man looked to the top of the cliff and screamed, ‘Is there anyone up there who can help me?’ A deep, booming reply came from above, ‘Yes, I’ll help you. I’m the Lord. Just relax and let go!’ A long pause. ‘Is there anybody else up there who can help me?’” - Thomas Crum’s *Journey to Center*
63. “It is no use walking anywhere to preach unless our walking is our preaching.” - St. Francis of Assisi
64. “Tell me the weight of a snowflake,” a coal-mouse (a small bird) asked a wild dove. “Nothing more than nothing,” was the answer. “In that case, I must tell you a marvelous story,” the coal-mouse said. “I sat on the branch of a fir, close to its trunk, when it began to snow—not heavily, not in a raging blizzard—no, just like in a dream, without a wind, without any violence. Since I did not have anything better to do, I counted the snowflakes settling on the twigs and needles of my branch. Their number was exactly 3,741,952. When the 3,741,953rd dropped onto the branch, nothing more than nothing as you say, the branch broke off.” Having said that, the coal-mouse flew away. The dove, since Noah’s time an authority on the matter, thought about the story for a while, and finally said to herself, perhaps there is only one person’s voice lacking for peace to come to the world.” – Kurt Kauter in *A Tale for all Seasons*
65. “If you think you are too small to be effective, you have never been in a bed with a mosquito.”
- Bette Reese
66. “We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”
- Charles Swindall
67. “Most of us go to our graves with our music still in us.”
- Oliver Wendell Holmes, Associate Justice of the U.S. Supreme Court (1902-32)

68. “If every man and woman were to take the meaning of their life and pursue it passionately, they would alter the social landscape overnight. In fact, that’s how lasting revolutions are made - not by the raised arm of the masses, not by the military seizure of power, not by the political coup d’etat, but by individuals asserting who they are one at a time.” - Richard Bode, *First You Have To Row A Little Boat*
69. “Shoot for the moon. Even if you miss it you will land among the stars.” - Les Brown
70. “Strong people make as many and as ghastly mistakes as weak people. The difference is that strong people admit them, laugh at them, and learn from them. That is how they become strong.”
-Alan Loy McGinnis
71. “There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts.” - Richard Bach, *Illusions*
72. "I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all." –Leo Rosten
73. **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 or 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.
- 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 10 lbs.
Until you get married.
Until you get a divorce.
Until you have kids.
Until you retire.
Until summer.
Until winter.
Until you die.
- There is no better time than right now to be happy. Happiness is a journey, not a destination.
-Unknown
74. “You are led through your lifetime by the inner learning creature, the playful spiritual being that is your real self. Don't turn away from possible futures before you're certain you don't have anything to learn from them.” - Richard Bach, *Illusions*
75. “Courage is resistance to fear, mastery of fear - not absence of fear. Except a creature be part coward it is not a compliment to say it is brave...” - Mark Twain, *Puddin'head Wilson*
76. “Conditional love is not love at all, but merely approval for meeting someone else's standards.”
– Greg Giesen

77. "To accomplish great things, we must not only act but dream, not only plan but believe."
- Anatole France, French author, Nobel Prize Winner 1921
78. "If you define cowardice as running away at the first sign of danger, screaming and tripping and begging for mercy, then yes, Mister Brave Man, I guess I am a coward!" - Jack Handey, *Deep Thoughts*
79. "When we kill the dream within us, we kill ourselves, even though the blood continues to flow within our veins." - Richard Bode, *First You Have To Row A Little Boat*
80. "Feel The Fear And Do It Anyway!" - Susan Jeffers, Ph.D. (book title)
81. "It's time to change your life or your work the moment you stop having butterflies in your stomach." - Barbara Corday, Former VP, CBS Entertainment
82. "If your life is ever going to get better, you'll have to take risks. To risk is to loosen your grip on the known and the certain and to reach for something you are not entirely sure of but believe is better than what you now have.... Taking a risk is central to everything worthwhile in life."
- David Viscott , M.D. , *Risking*
83. "To laugh is to risk appearing the fool
To weep is to risk appearing sentimental
To reach out for another is to risk involvement
To expose feelings is to risk exposing your true self
To place your ideas, your dreams before the crowd is to risk their loss
To love is to risk not being loved in return
To live is to risk dying
To hope is to risk despair
To try is to risk failure
But risks must be taken - because the greatest hazard in life is to risk nothing.
The person who risks nothing may avoid suffering and sorrow, but he cannot learn, feel, change, grow, love, live...Only a person who risks is free." - Anon.
84. "If men could only know each other, they would neither idolize nor hate." -Elbert Hubbard
85. "The leader who is centered and grounded can work with erratic people and critical group situations without harm. Being centered means having the ability to recover one's balance, even in the midst of action. A centered person is not subject to passing whims or sudden excitements. Being grounded means being down-to-earth...I know where I stand, and I know what I stand for, that is ground. The centered and grounded leader has stability and a sense of self. One who is not stable can easily get carried away by the intensity of leadership and make mistakes of judgment or even become ill." - Lao Tzu, Ancient Chinese Sage, *The Tao of Leadership*
86. "Come to the edge, he said.
They said: We are afraid.
Come to the edge, he said.
They came.
He pushed them...and they flew.
Those who love us may well push us when we're ready to fly."
- Guillaume Apollinaire, French poet & critic, 1880-1918
87. "Whatever you can do or believe you can do,
Begin it...
Boldness has genius, power and magic in it." - Goethe, German writer & scientist, 1749-1832

88. “It doesn’t work to leap a twenty-foot chasm in two ten-foot jumps.” - American proverb
89. “I am more than I thought. I did not know I held so much greatness within me.”
- Walt Whitman, American poet, 1819-92
90. “The unexamined life is not worth living...and the un-lived life is not worth examining.” -Unknown
91. “Fear not that your life shall come to an end, but rather that it shall never have a beginning.”
- John Henry Newman, Roman Catholic Cardinal, 1801-90
92. “People can be divided into three groups: those who make things happen, those who watch things happen, and those who wonder what happened. Showing up is 80% of life.” - Woody Allen
93. “There are really only two ways to approach life - as victim or as gallant fighter - and you must decide if you want to act or react, deal your own cards or play with a stacked deck. And if you don’t decide which way to play with life, it always plays with you.” - Merle Shain
94. “It is so much easier to live placidly and complacently. Of course, to live placidly and complacently is not to live at all.” - Jack London, American author, 1876-1916
95. “Whatever your present environment may be, you will fall, remain or rise with...your vision.”
- James Allen
96. “If you can dream it, you can do it.” - Walt Disney
97. “One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses that are blooming outside our windows today.” - Dale Carnegie
98. “Our greatest glory is not in never falling, but in rising every time we fall.” - Confucius, 6th century BC
99. “When you get into a tight place and everything goes against you till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.” - Harriet Beecher Stowe, American writer, 19th century
100. “You must live in the present, launch yourself on every wave, find your eternity in every moment...Take any other course, and life will be a series of regrets.” - Thoreau, *Journals*
101. “We must do the things we think we cannot do. The future belongs to those who believe in the beauty of their dreams.” -Eleanor Roosevelt
102. “Do more than exist, live.
Do more than touch, feel.
Do more than look, observe.
Do more than read, absorb.
Do more than hear, listen.
Do more than listen, understand.
Do more than think, ponder.
Do more than talk, say something.”
- John H. Rhoades
103. “You must be the change you wish to see.” -Gandhi

104. “Let the world know you as you are, not as you think you should be, because sooner or later, if you are posing, you will forget the pose, and then where are you?” -Fanny Brice
105. “Aerodynamically, the bumble bee shouldn’t be able to fly, but the bumble bee doesn’t know it so it goes on flying anyways.” -Mary Kay Ash
106. “Do not wait for ideal circumstances, nor for the best opportunities; they will never come.” -Janet Erskine Stuart
107. “Struggle precedes growth.” -Don Coyhis
108. “Three brick layers were asked what they were doing. One said, ‘I’m laying bricks.’ The second replied, ‘I’m building a wall.’ The third stated, ‘I’m constructing a temple.’” -Unknown
109. “Pay attention to the questions you need to ask, not the answers you want to hear.” -Leonard Hirsch
110. “To love what you do and feel that it matters—how could anything be more fun.” -Katherine Graham
111. “All paths lead to the same goal: to convey to others what we are. And we must pass through solitude and difficulty, isolation and silence, in order to reach forth to the enchanted place.” -Pablo Neruda
112. “There are no problems—only opportunities to be creative.” -Dorothy Roettger
113. “You don’t truly know something yourself until you can take it from your own mind and put it into somebody else’s.” -Milt Hinton
114. “We must look for ways to be an active force in our own lives. We must take charge of our own destinies, design a life of substance and truly begin to live our dreams.” -Les Brown
115. “The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.” -Albert Ellis
116. “Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.” -John R. Wooden
117. “The best way to predict the future is to invent it.” -Alan Kay
118. “The art of being yourself at your best is the art of unfolding your personality into the person you want to be . . . Be gentle with yourself, learn to love yourself, to forgive yourself, for only as we have the right attitude toward ourselves can we have the right attitude toward others.” -Wilfred Peterson
119. “The basis for leadership is learning, and principally learning from experience. Reflection is a major way in which leaders learn. Consider some of the ways of reflecting: looking back, thinking back, dreaming, journaling, talking it out, watching last week’s game, asking for critiques, going on retreats.... Reflection is a way of making learning conscious.” - Warren Bennis, *On Becoming A Leader*
120. “To be nobody but yourself - in a world which is doing its best night and day to make you everybody else - means to fight the hardest battle which any human being can fight, and never stop fighting.” - e. e. cummings

121. “Man is troubled not by events, but by the meaning he gives them. “ -Epictetus (AD 55-135)
122. “Always dream and shoot higher than you know you can do. Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.” -William Faulkner
123. “Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life.” -Herbert Otto
124. **It Doesn't Interest Me What You Do For A Living**
 I want to know what you ache for,
 and if you dare to dream of meeting your heart's longing.
 It doesn't interest me how old you are.
 I want to know if you will risk looking like a fool for love,
 for your dreams, for the adventure of being alive.
 It doesn't interest me what planets are squaring your moon.
 I want to know if you have touched the center of your own sorrow,
 if you have been opened by life's betrayals or
 have become shriveled and closed from fear of further pain!
 I want to know if you can sit with pain, mine or your own,
 without moving to hide it or fade it or fix it.
 I want to know if you can be with joy, mine or your own,
 if you can dance with wildness and let the ecstasy fill you
 to the tips of your fingers and toes without cautioning us to be careful,
 be realistic, or to remember the limitations of being human.
 It doesn't interest me if the story you are telling is true,
 I want to know if you can disappoint another to be true to yourself,
 if you can bear the accusation of betrayal and not betray your own soul.
 I want to know if you can be faithful and therefore be trustworthy.
 I want to know if you can see beauty
 even when it is not pretty every day,
 and if you can source your life from God's presence.
 I want to know if you can live with failure, your and mine,
 and still stand on the edge of a lake and shout to the silver of the full moon, “YES!”
 It doesn't interest me to know where you live or how much money you have.
 I want to know if you can get up after the night of grief and despair,
 weary and bruised to the bone, and do what needs to be done for the children.
 It doesn't interest me where or what or with whom you have studied,
 I want to know what sustains you from the inside when all else falls away.
 I want to know if you can be alone all by yourself,
 and if you truly like the company you keep in the empty moments.
 - Oriah Mountain Dreamer, Indian Elder
125. “A smooth sea never made a skilled mariner.” -English proverb
126. “Your only obligation in any lifetime is to be true to yourself.” -Richard Bach
127. “I shall pass thru this world but once; any good thing therefore I can do, or any kindness I can show to any human being, let me do it now, let me not defer it or neglect it, for I shall not pass this way again.” -Stephen Grellet, 1773-1855, French Quaker Missionary
128. “The greater part of our happiness or misery depends on our dispositions, and not on our circumstances.” -Martha Washington
129. “Perseverance is not a long race. It is many short races one after another.” -Walter Elliott

130. “Excellence can be attained if you...
Care more than others think is wise.
Risk more than others think is safe.
Dream more than others think is practical.
Expect more than others think is possible.”
-Unknown
131. **Instructions for Life in the new millennium from the Dalai Lama:**
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 Rs: 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.
132. “Security is mostly a superstition. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing.” -Helen Keller
133. “Our bodies, our hearts, and our spirits must be totally concentrated upon what we want. Only by uniting all our inner elements can we have full devotion.” --Deng Ming-Dao
134. “We are all apt to believe what the world believes about us.” –George Eliot
135. “We ourselves are the battleground for good and evil. There is no need to look beyond our world. Everything to be understood is within us. All that must be transcended—the pains and scars of the past—is within us. All the power of transcendence is also within us. Tap into it and you tap into the divine itself.” -Deng Ming-Dao
136. “Authenticity is the single most important quality of leadership. You cannot get authentic by delivering a great speech. It is demonstrated day-to-day through thousands of micro-behaviors.”
-Bob Kidder
137. “When you empty yourself of the illusions of who and what you think you are, there is less to lose than you had feared.” -Carol Orsborn
138. “The best way for a person to have happy thoughts is to count his blessings and not his cash.”
– Unknown
139. “When we are no longer able to change a situation, we are challenged to change ourselves.”
– Viktor Frankl, 1905-1997, Austrian Neurologist and Psychiatrist

140. “In order to be masterful in the outside world, it is necessary to start the practice of mastery deep within oneself.” - Charlotte Roberts, *The Fifth Discipline Fieldbook*
141. “Do you want to know who you are? Don't ask. Act! Action will delineate and define you.” - Thomas Jefferson, 1743-1826, 3rd President of the United States
142. “The new age of leadership demands leaders who are forever renewing and reinventing themselves. They are expected to be lifelong learners, driven by dreams, opportunities, and challenges always to be more so that they can do more.” - Burt Nanus, *The Leader's Edge*
143. “A leader is best when people barely know he exists. Not so good when people obey and acclaim him. Worse when they despise him. Fail to honor people and they fail to honor you. But of a good leader who talks little, when his work is done, his aim fulfilled, the people will say, ‘We did this ourselves.’” - Lao Tzu, Ancient Chinese Sage
144. “Without dreams the world stands still.” -Unknown
145. “We are most comfortable with the thoughts we have lived with the most. It makes no difference if those thoughts aren't the best for us—it's what we know, it's what we are most secure in keeping at our side.” - Shad Helmstetter
146. The *Center for Creative Leadership* studied 105 successful executives and discovered the following:
- They admitted their mistakes and accepted the consequences, rather than trying to blame others.
 - They were able to get along with a wide variety of people.
 - They had strong interpersonal skills, sensitivity to others, and tact.
 - They were calm and confident, rather than moody and volatile.
 - Unsuccessful executives tended to be too tough, abusive, sarcastic, aloof, or unpredictable. Their worst fault was being insensitive to others.
147. “Our leaders commit to doing the deeply personal work of cutting through the layers of ego, they begin to clarify how to make an authentic contribution in all their spheres of influence.” -Tom Gegax
148. “The first order of things to be changed is me, the leader. After I consider how hard it is to change myself, then I will understand the challenge of trying to change others. This is the ultimate test of leadership.” - John Maxwell, *Developing The Leader Within You*
149. “All the world's a stage,
And all the men and women merely players.
They have their exits and their entrances;
And one man in his time plays many parts...”
- William Shakespeare
150. **To Realize**
To realize the value of a sister
Ask someone who does not have one.
- To realize the value of 10 years:
Ask a newly divorced couple.
- To realize the value of four years:
Ask a graduate.

To realize the value of one year:
Ask a student who has failed a final exam.

To realize the value of nine months:
Ask a mother who has given birth to a still born.

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 an editor of a weekly newspaper.

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, bus or plane.

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 has won a silver medal in the Olympics.

To realize the value of a friend:
Lose one.

Time waits For no one.
Treasure every moment you have.
You will treasure it even more when you can share it with someone special.

-Stephen Grellet, 1773-1855

151. **Natural Highs**

- Falling in love
- Laughing so hard your face hurts
- A hot shower
- No lines at the Super Wal-Mart
- A special glance
- Getting mail
- Taking a drive on a pretty road
- Hearing your favorite song on the radio
- Lying in bed listening to the rain outside
- Hot towels out of the dryer
- Finding the sweater you want is on sale for half price
- Chocolate milkshakes
- A long distance phone call
- A bubble bath
- Giggling
- A good conversation
- The beach
- Finding a \$20 bill in your coat from last winter
- Laughing at yourself
- Midnight phone calls that last for hours
- Running through sprinklers
- Laughing for absolutely no reason at all
- Having someone tell you that you're beautiful

- Laughing at an inside joke
 - Accidentally overhearing someone say something nice about you
 - Waking up and realizing you still have a few hours left to sleep
 - Making new friends or spending time with old ones
 - Playing with a new puppy
 - Having someone play with your hair
 - Sweet dreams
 - Winning a really competitive game
 - Swinging on swings
 - Hot chocolate
 - Wrapping presents under the Christmas tree while eating cookies and drinking eggnog
 - Seeing smiles and hearing laughter from our friends
 - Riding the best roller coaster over and over
 - Running into an old friend and realizing that some things never change
 - Watching the sunrise
 - Watching the expression on someone's face as they open a much-desired present from you
 - Getting out of bed every morning and thanking God for the existence of another beautiful day
- Unknown
152. "Our first task is to become leaders of our own lives, heroes of our own stories." - China Galland
153. "Example is not the main thing in influencing others, it's the only thing." - Albert Schweitzer, French philosopher
154. "I am convinced that life is 10% what happens to me and 90% how I react to it." - Charles Swindoll
155. "Seek progress, not perfection. The perfect swing doesn't exist." - Leonard Finkel
156. "We don't see things as they are, we see them as we are." - Anais Nin
157. "Personal leadership grows out of trustworthiness. To lead others effectively, individuals must first be able to lead themselves effectively. As individuals demonstrate trustworthiness, other people will begin to trust them as leaders." - Stephen Covey, *Principle-Centered Leadership*
158. "People hear what we say, but they see what we do. And seeing is believing." - Unknown
159. "A leader is not an administrator who loves to run others, but someone who carries water for his people so they can get on with their jobs." - Robert Townsend, former CEO, Avis
160. "It is a terrible thing to look over your shoulder when you are trying to lead - and find no one there." - Franklin Delano Roosevelt, 32nd U.S. President
161. "Do not follow where the path may lead. Go instead where there is no path and leave a trail."
- Ralph Waldo Emerson
162. "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." - R. Niebuhr, *The Serenity Prayer*
163. "To accomplish great things we must not only act but dream, not only plan but believe."
- Anatole France, Nobel Prize winner in literature, 1921
164. "Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity." - General George Patton

165. “No one can give you better advice than yourself.” - Cicero, Greatest Roman Orator, 106 B.C.- 43 B.C.
166. **Some Signs and Signals of Inner Peace**
- A tendency to think and act spontaneously rather than on fears based on past experience.
 - An unmistakable ability to enjoy each moment.
 - A loss of interest in judging other people.
 - A loss in interest of interpreting the actions of others.
 - A loss of interest in conflict.
 - A loss of the ability to worry.
 - Frequent overwhelming episodes of appreciation.
 - Contented feelings of connectedness with others and nature.
 - Frequent attacks of smiling.
 - An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it. -Peace Pilgrim
167. “Truly great leaders spend as much time collecting and acting on feedback as they do providing it.” - Alexander Lucia
168. “Integrity is the basis of trust, which is not as much an ingredient of leadership as it is a product. It is the one quality that cannot be acquired, but must be earned. It is given by co-workers and followers, and without it, the leader cannot function.” - Warren Bennis, *On Becoming A Leader*
169. “I hope if dogs ever take over the world, and they choose a king, they don’t just go by size, because I bet there are some Chihuahuas with some good ideas.” - Jack Handy, *Deep Thoughts*
170. “Vision without action is meaningless.” - Unknown
171. “If leaders are careless about basic things—telling the truth, respecting moral codes, proper professional conduct—who can believe them on other issues.” - James Hayes
172. “There are two things that people want more than sex and money—recognition and praise.” - Mary Kay Ash of Mary Kay Cosmetics
173. “Before determining what it is your want, you need to determine what it is you have to offer.” - Unknown
174. “Effective leadership is more than doing: it is also about being – the expression of the essence of the whole of the individual, including one’s mind, heart, body, and spirit. In other words, to be successful at “doing” (providing direction, leading change, clarifying vision and strategy, etc.), leaders must have a profound sense of who they are at the core of their being. Thus, there is interdependency between personal growth and leadership effectiveness.” -Marcia Ruben & Lori Silverman
175. What gets measured gets done.
What gets measured and fed back gets done well.
What gets rewarded gets repeated.
- Unknown
176. “Being in power is like being a lady. If you have to tell people you are, you aren’t.” - Margaret Thatcher
177. “You teach best what you most need to learn.” - Richard Bach, *Illusions*

178. “Retreats and so-called off-site exercises aren’t worth much unless people can see changes back in the office as well.” - Jeremy Main
179. “Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances.” - Victor Frankl
180. “One reason for the scarcity of managerial greatness is that in educating and training managers, we focus too much on technical proficiency and too little on character.” - Thomas Teal
181. “It is only with the heart that one can see rightly; what is essential is invisible to the eye.” - Antoine de St.-Exupery, French author & aviator, 1900-44
182. “Image is what people think we are. Integrity is what we really are.” - John Maxwell
183. “Good players are good because they come to wisdom through failure.” - William Saroyan
184. “Whether you think you can or you can’t, you’re right.” -Unknown
185. “Only by opening our mind to the possibility that we’re not seeing everything will we be able to see what we’re missing.” - Stephen Covey
186. “In time we become what we most believed about ourselves.” - Shad Helmstetter
187. “Self-examination is nearly always the first step to change.” - Thomas Mann, Nobel Prize Winner, Literature
188. “The most we can do is trust that our experiences have our best interests in tow. I’ll remember—today I am a student, and my experiences are my teachers.” -Unknown
189. “Everywhere people ask, ‘What can I actually do?’ The answer is as simple as it is disconcerting: We can, each of us, work to put our own inner house in order.” - E.F. Schumacher, Economist
190. **The Green, Green Grass of Home**

When Mike was 2, he wanted a sandbox, and his father said, “There goes the yard. We’ll have kids over here day and night, and they’ll throw sand into the flower beds, and cats will make a mess in it, and it’ll kill the grass for sure.”

And Mike’s mother said, “It’ll come back.”

When Mike was 5, he wanted a jungle gym set with swings that would take his breath away and bars to take him to the summit, and his father said, “Good grief, I’ve seen those things in back yards, and do you know what they look like? Mud holes in a pasture. Kids digging their gym shoes in the ground. It’ll kill the grass.”

And Mike’s mother said, “It’ll come back.”

Between breaths, when Daddy was blowing up the plastic swimming pool, he warned, “You know what they’re going to do to this place? They’re going to condemn it and use it for a missile site. I hope you know what you’re doing. they’ll track water everywhere and have a million water fights, and you won’t be able to take out the garbage without stepping in mud up to your neck. When we take this down, we’ll have the only brown lawn on the block.”

It’ll come back,” Mike’s mother said.

When Mike was 12, he volunteered his yard for a campout. As they hoisted the tents and drove in the spikes, his father stood at the window and observed, “Why don’t I just put the grass seed out in cereal bowls for the birds and save myself the trouble of spreading it around? You know for a fact that those tents and all those big feet are going to trample down every single blade of grass, don’t you. Don’t bother to answer. I know what you’re going to say. ‘It’ll come back.’”

The basketball hoop on the side of the garage attracted more crowds than the Olympics. And a small patch of lawn that started out with a barren spot the size of a garbage can lid soon drew to encompass the entire side yard.

Just when it looked as if the new seed might take root, the winter came and the sled runners beat it into ridges. Mike’s father shook his head and said, “I never asked for much in this life – only a patch of grass.”

And his wife smiled and said, “It’ll come back.”

The lawn this fall was beautiful. It was green and alive and rolled out like a sponge carpet along the drive where gym shoes had trod . . . along the garage where bicycles used to fall . . . and around the flower beds where little boys used to dig with iced-tea spoons. But Mike’s father never saw it. He anxiously looked beyond the yard and asked with a catch in his voice, “He will come back, won’t he?” - By Erma Bombeck

191. “Today’s mighty oak is just yesterday’s nut that held its ground.” -Unknown
192. “Sit down before fact as a little child, be prepared to give up every preconceived notion, follow humbly wherever and to whatever abyss nature leads, or you shall learn nothing.” - Aldous Huxley
193. “Pain nourishes courage. You can’t be brave if you’ve only had wonderful things happen to you.” - Mary Tyler Moore
194. “It is not how much we have, but how much we enjoy, that makes happiness.” -Charles Haddon Spurgeon
195. “Too much caution is bad for you. By avoiding things you fear, you may let yourself in for unhappy consequences. It is usually wiser to stand up to a scary-seeming experience and walk right into it, risking the bruises and hard knocks. You are likely to find it is not as tough as you had thought. Or you may find it plenty tough, but also discover you have what it takes to handle it.” - Norman Vincent Pearle
196. “I do not think much of a man who is not wiser today than he was yesterday.” - Abraham Lincoln
197. “To be a champion, you have to believe in yourself when nobody else will.” - Sugar Ray Robinson
198. “Sharpen The Saw.... This is the habit of self-renewal, which has four elements. The first is mental, which includes reading, visualizing, planning and writing. The second is spiritual, which means value clarification and commitment, study and meditation. Third is social / emotional, which involves service, empathy, synergy and intrinsic security. Finally, the physical element includes exercise, nutrition and stress management.” - Stephen Covey, *The Seven Habits of Highly Effective People*
199. “Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life.” - Herbert Otto
200. “He does not dwell in dreams of what he wants to be...He has listened to, explored, and loved what he actually is.” - Alvin No Horse, Sioux Indian

201. “It is better to be hated for what one is, than loved for what one is not.” – Unknown
202. “I don’t know the key to success, but the key to failure is trying to please everybody.”
- Bill Cosby, Comedian
203. “Self-discovery is the end product of a great challenge mastered, when the mind commands the body to do the seemingly impossible, when strength and courage are summoned to extraordinary limits for the sake of something outside the self - a principle, an onerous task, another human life....” - Charles Froelicher, *Outward Bound*
204. “Those who cannot remember the past are condemned to repeat it.” - George Santayana, American philosopher
205. “As we come to understand and accept ourselves as we are, we discover that what we perceive as other people’s coolness toward us only reflects the harsh judgments we make about our own actions. When we come to accept and respect others’ rights to their own feelings for their own reasons, we find that the coolness we once perceived from them dissolves.” - Dan Millman, Author, *The Way of the Peaceful Warrior*
206. “Kindness is the golden chain by which society is bound together.” – Johann Wolfgang von Goethe, 1749-1832, German Poet/Dramatist/Novelist
207. “If you don’t know where you’re going, you can’t get there. And you can’t get there until you know who you are.” - Seneca, Roman philosopher, 1st century
208. “The talent for being happy is appreciating and liking what you have, instead of what you don't have.” – Woody Allen, American Film Director/Writer/Comedian
209. “Everybody thinks of changing humanity and nobody thinks of changing himself.”
- Leo Tolstoy, Russian novelist & philosopher, 1828-1910
210. “In time we became what we most believed about ourselves. Unless the programming we received is erased or replaced with different programming, it will stay with us permanently and affect and direct everything we do for the rest of our lives...” - Shad Helmstetter
211. “If we really want something, we will do whatever it takes in order to get it. If we don’t do the necessary work, then we don’t really want it enough to do what is necessary to achieve it; we only think we want it.” - Dan Millman, Author, *The Way of the Peaceful Warrior*
212. “Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.”
- Claudia Black
213. “Only the heart knows the correct answer. Most people think the heart is mushy and sentimental. But it’s not. The heart is intuitive; it’s holistic, it’s contextual, it’s relational. At times it may not even seem rational, but the heart has a computing ability that is far more accurate and far more precise than anything within the limits of rational thought.” - Deepak Chopra, MD
214. “Your life is a learning process – you can become wiser only from learning. Sometimes you might have to attract making a painful mistake to learn something important, but after the mistake you have far greater wisdom. Wisdom cannot be bought with money - it can only be acquired through living life. With wisdom comes strength, courage, knowing, and an ever increasing peace .”
- Rhonda Byrne, author of *The Secret*
215. “True guilt is precisely the failure to dare to be oneself.” - Paul Tournier, *Swiss Psychiatrist*

216. “Whether you like it or not, everything that is happening at this moment is a result of the choices you’ve made in the past...If you step back for a moment and witness the choices you are making as you make those choices, then in just this act of witnessing, you take the whole process from the unconscious realm into the conscious realm. When you make any choice - any choice at all - you can ask yourself two things: First of all, ‘What are the consequences of this choice that I’m making?’ In your heart you will immediately know what these are. Secondly, ‘Will this choice that I’m making now bring happiness to me and those around me?’ If the answer is yes, then go ahead with that choice. If the answer is no, if that choice brings distress either to you or to those around you, then don’t make that choice. It’s as simple as that.” - Deepak Chopra, MD
217. “A man wrapped up in himself makes a very small bundle.” Benjamin Franklin
218. “For it is one thing to see the land of peace from a wooded ridge....and quite another to tread the road that leads to it.” - St. Augustine, *Confessions*
219. “Too many people overvalue what they are not and undervalue what they are.” - Malcom Forbes
220. “To reach the place of stillness deep within oneself is to be at home; to fail to reach it is to be forever restless.” -Gordon Cosby
221. “Solitude is a silent storm that breaks down all our dead branches...Man struggles to find life outside himself, unaware that the life he is seeking is within him.” - Kahil Gibran, *The Prophet*
222. **The Four Agreements** (by Don Miguel Ruiz)
1. Be Impeccable With Your Word
 Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
2. Don’t Take Anything Personally
 Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering.
3. Don’t Make Assumptions
 Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.
4. Always Do Your Best
 Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.
223. “A group of people becomes a team when each member is sure enough of herself and her contribution to praise the skills of others.” - Norman Shidle
224. And the Lord said to the Rabbi, “Come, I will show you Hell.” They entered a room where a group of people sat around a huge pot of stew. Everyone was famished and desperate. Each held a spoon that reached the pot but had a handle so long that it could not be used to reach their mouths. The suffering was terrible. “Come, now I will show you Heaven,” the Lord said after a while. They entered another room, identical to the first—the pot of stew, the group of people, the same long spoons. But, there, everyone was happy and nourished. “I don’t understand,” said the Rabbi. “Why are they happy here when they were miserable in the other room?” The Lord smiled, “Ah, but don’t you see?” he asked. “Here they have learned to feed each other.” - Merle Shain, *Hearts That We Broke Long Ago*
225. “Most brilliance arises from ordinary people working together in extraordinary ways.”
 - Roger Von Oech

226. “It is difficult today to leave one’s friends and family and deliberately practice the art of solitude for an hour or a day or a week. And yet, when it is done, I find there is a quality to being alone that is incredibly precious. Life rushes back into the void, richer, more vivid, fuller than before...Only when one is connected to one’s own core is one connected to others, I am beginning to discover. And for me, the core, the inner spring, can best be re-found through solitude.” - Anne Morrow Lindbergh, *Gift From The Sea*
227. “No one can see for another; not one.
No one can feel for another; not one.
No one can hear for another; not one.
No one can experience for another; not one.
No one can achieve for another; not one.
No one can grow for another; not one.
No one can live for another; not one.
But,
You can help another interpret what they see.
You can help another gain sensitivity in touch.
You can help another understand what they hear.
You can set the stage for experience.
You can help another make the most of what they have.
You can help create a climate for growth.
You can help make life more worth living.”
228. “Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.” - Margaret Mead, American anthropologist, 1901-78
229. “At the heart of all that civilization has meant and developed is ‘community’ - the mutually cooperative and voluntary venture of man to assume a semblance of responsibility for his brother.” - Martin Luther King, Jr.
230. “If there is little or no trust, there is no foundation for permanent success...When trust is high, we communicate easily, effortlessly, instantaneously. We can make mistakes and others will still capture our meaning. But when trust is low, communication is exhausting, time-consuming, ineffective, and inordinately difficult...Trust - or the lack of it - is at the root of success or failure in relationships and in the bottom-line results of business, industry, education, and government.” - Stephen Covey, *Principle-Centered Leadership*
231. “You are free to do whatever you like. You need only face the consequences.” - Sheldon Kopp, M.D.
232. “Managing is like holding a dove. Squeeze it too tight, and you kill it. Open your hand too much, and you lose it. My responsibility is to get 25 guys playing for the name on the front of their shirts and not the one on the back.” - Tommy Lasorda
233. “The 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room just wait." "That doesn't have anything to do with it," she 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.
- Unknown

234. "Failure is not the worst thing in the world. The very worst is not to try." - Unknown
235. "Live as if you were going to die tomorrow. Learn as if you were to live forever." - Gandhi
236. "Why does the thrill of soaring have to have to begin with the fear of falling?" - David McNally
237. "Life can only be understood backwards: but it must be lived forwards." - Soren Kirkegaard
238. "Do not stand at my grave and weep; I am not there; I do not sleep.
I am a thousand winds that blow; I am the diamond glints of snow.
I am the sunlight ripened on grain; I am the gentle autumn rain.
When you awaken in the morning's hush,
I am the swift uplifting rush of quiet birds in circled flight,
I am the soft stars that shine at night.
Do not stand at my grave and cry; I am not there; I did not die."
- Unknown
239. "It is during our darkest moments that we must focus to see the light." - Unknown
240. "Are you aware that if we died tomorrow, the company that we are working for could easily replace us in a matter of days? But the family we left behind will feel the loss for the rest of their lives. And come to think of it, we pour ourselves more into work than into our own family, an unwise investment indeed, don't you think?" -Author Unknown
241. **Winners vs. Losers**
The winner is always a part of the answer; the loser is always a part of the problem.
The winner always has a program; the loser always has an excuse.
The winner says, "let me do it for you"; the loser says "that's not my job."
The winner sees an answer for every problem; the loser sees a problem for every answer.
The winner sees a green near every sand trap; the loser sees two or three sand traps near every green.
The winner says, "it may be difficult, but it's possible"; the loser says "it may be possible, but it's too difficult." -Unknown
242. "Success in life comes not from holding a good hand, but in playing a poor hand well." - Dennis Waitley
243. "Unless we change our direction, we are likely to end up where we are headed." - Unknown

244. “Expecting ourselves to be perfect at something we are only now learning is a familiar affliction. Allow the mistakes that are the normal part of the processes of living and learning – a process we all call progress.” -Marie Curie
245. “Most of us find something frightening about surpassing our own or others’ expectations, and thus fear usually keeps us from doing it. We identify with these expectations and don’t like to rock the boat by exceeding them.” -Timothy Galloway
246. “A diamond is a chunk of coal that made good under pressure.” - Unknown
247. “If we want carrots, we need to plant carrots. If we want radishes, we need to plant radishes. If we want love, we need to plant love. If we want understanding, we need to become understanding. If we want to feel appreciated, we need to appreciate others. If we want to feel love, we need to give love.” - Unknown
248. **The Builder**
 An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by. The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career. When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. “This is your house,” he said, “my gift to you.” What a shock! What a shame! If he had only known he was building his own house, he would have done it also differently. Now he had to live in the home he had built none too well.
- So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort. Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently. Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for one day more, that day deserves to be lived graciously and with dignity. Your life tomorrow will be the result of your attitudes and the choices you make today. – Unknown
249. “The world always looks brighter from behind a smile.” – Unknown
250. “What do we live for if not to make the world less difficult for each other?”- George Eliot, English novelist, 19th c.
251. “It is preoccupation with possessions, more than anything else, that prevents us from living freely and nobly.” - Bertrand Russel, British philosopher
252. “Each time a man stands up for an idea, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance. Few are willing to brave the disapproval of their fellows, the censure of their colleagues, the wrath of their society. Moral courage is a rarer commodity than bravery in battle or great intelligence. Yet it is the one essential, vital quality for those who seek to change a world that yields most painfully to change.” - Robert F. Kennedy, 1925-68, U.S. Attorney General & N.Y. Senator
253. “It is so much easier to live placidly and complacently. Of course, to live placidly and complacently is not to live at all.” - Jack London, American author

254. “Happiness is not something we can seek or possess directly for its own sake. The happy person is one who, without seeking it directly, inevitably finds joy as a by-product of the continuing process of achieving the fullness of his own possibilities.” - Teilhard de Chardin
255. “Use every letter you write...Every conversation you have...Every meeting you attend...To express your fundamental beliefs and dreams. Affirm to others the vision of the world you want. You are a free, immensely powerful source of life and goodness. Affirm it. Spread it. Radiate it. Think day and night about it. And you will see a miracle happen: The greatness of your own life.” - Robert Muller, Former Ass’t Secretary General of the United Nations
256. “Put your heart, mind, intellect and soul even into your smallest acts. This is the secret of success.” - Swami Sivananda
257. “Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment, and the view from the summit will serve as a fitting climax for the journey.” - Harold Melchert
258. “The pessimist complains about the wind.
The optimist expects it to change.
The leader adjusts the sails.” - John Maxwell, *Developing The Leader Within You*
259. “Too much caution is bad for you. By avoiding things you fear, you may let yourself in for unhappy consequences. It is usually wiser to stand up to a scary-seeming experience and walk right into it, risking the bruises and hard knocks. You are likely to find it is not as tough as you had thought. Or you might find it plenty tough, but also discover you have what it takes to handle it.” - N.V. Peale
260. “If a person sweeps streets for a living, he should sweep them as Michelangelo painted, as Beethoven composed, as Shakespeare wrote.” - Martin Luther King, Jr.
261. “The highest reward for a person’s toil is not what they get for it, but what they become by it.” - John Ruskin, English critic & social theorist, 1819-1900
262. “Let everything you do be done as if it makes a difference.” – William James, 1842-1910, American Philosopher and Psychologist
263. “If you observe a really happy person you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be striving for it as a goal itself. He will have become aware that he is happy in course of living life twenty-four crowded hours of the day.” - W. Beran Wolfe
264. “Happiness? It is an illusion to think that more comfort means more happiness. Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.” - Storm Jameson
265. “Be patient toward all that is unsolved in your heart. And try to love the questions themselves. Do not seek the answers that cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps you will then, gradually, without noticing it, live along some distant day into the answer.” - Rainer Maria Rilke, German poet, 1875-1926
266. “Where the needs of the world and your talents cross, there lies your vocation.” - Aristotle, Greek philosopher, 384-322 B.C.

267. “I went to the woods because I wished to live - deliberately. To front only the essential facts of life, and see if I could not learn what it had to teach. And not, when I came to die, discover that I had not lived....
I left the woods for as good a reason as I went there....It seemed to me that I had several more lives to lead, and could not spare any more time for that one.” - Thoreau, *Walden Pond*
268. “There is a part of me that wants to write, a part that wants to theorize, a part that wants to sculpt, a part that wants to teach. To force myself into a single role, to decide to be just one thing in life, would kill off large parts of me. Rather, I recognize that I live now and only now and I will do what I want to do this moment and not what I decided was best for me yesterday.” - Hugh Prather, *Notes To Myself*
269. “One thing about the rat race; even if you win it, you’re still a rat.” - Lily Tomlin, Comedian
270. “Some of the most passionate talk in men’s gatherings comes from men who feel they have walked up a blind alley in their job; the rationality is too dry, or the job has gone dead for them, or it leaves them no time to be with their family, or it is stupid and dishonorable. The emphasis falls on the soul damage that much contemporary work causes.” - Robert Bly, Author, *Iron John*
271. “All of history supports the observation that the desire to create is a fundamental urge in humankind. Fundamentally, we work to create, and only incidentally do we work to eat. That creativity may be in relationships, communication, service, art, or useful products. It comes close to being the central meaning of our lives.” - Willis Harman & John Hormann, *Creative Work*
272. **If I Had My Life To Live Over Again**
 “I would have talked less and listened more.
 I would have invited friends over to dinner even if the carpet was stained and the sofa faded.
 I would have eaten the popcorn in the ‘good’ living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.
 I would have taken the time to listen to my grandfather ramble about his youth.
 I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.
 I would have burned the pink candle sculpted like a rose before it melted in storage.
 I would have sat on the lawn with my children and not worried about grass stains.
 I would have cried and laughed less while watching television—and more while watching life.
 I would have shared more of the responsibility carried by my husband.
 I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren’t there for the day.
 I would never have bought anything just because it was practical, wouldn’t show soil or was guaranteed to last a lifetime.
 Instead of wishing away nine months of pregnancy, I’d have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.
 When my kids kissed me impetuously, I would never have said, “Later, now go get washed up for dinner.” There would have been more “I love you”...more “I’m sorrys”...but mostly, given another shot at life, I would seize every minute...look at it and really see it...live it...and never give it back.”
 -In memory of Erma Bombeck who lost her fight with cancer
273. “Why is it that in order for somebody to win, other people have to lose? It doesn’t always make sense in business, and it rarely works in relationships or in day-to-day life.” -Wendy Steele
274. “People think they are seeking success but what they really desire is fulfillment.” -Dean Griffith

275. “Conventional wisdom says to know your limits. To know them you must find them first. Finding your limits generally involves getting in over your head and hoping you live long enough to benefit from the experience. That’s the fun part.” -Drew Marold
276. “If you do not tell the truth about yourself, you cannot tell it about other people.” –Virginia Woolf
277. “If you are to succeed, you must understand that your rewards in life will be in direct proportion to the contributions you make.” -Unknown
278. “Winning is assessed simply by how you feel about life, and how you feel about life is determined by what your life is about.” –Unknown
279. “You can learn to forgive yourself. You can’t change your shortcomings until you accept yourself despite them.” -Bernie Siegel
280. “It is better to fail in originality than to succeed in imitation.” – Herman Melville, 1819-1891, American Novelist/Poet/Short Story Writer
281. “I’ve learned that it is okay to be wrong. Making mistakes is the only way you learn. Decisions are not ‘you bet your life.’ If you are wrong, you’re not immediately dismissed from your post and taken out and shot in the parking lot.” -Kathy Monthei in *Changing the Game*
282. “The empirical evidence for who you are and your life’s purpose is in how you act.” -John Allison
283. “Make the decision to serve wherever you go and to whomever you see. As long as you are serving, you will be receiving. The more you serve, the more confidence you will gain in the miraculous effects of this principle in life. And as you enjoy the reciprocity, your ability to serve will also increase.” -Greg Anderson
284. “Strange as it may seem, life becomes serene and enjoyable precisely when selfish pleasure and personal success are no longer the guiding goals.” -Mihaly Csikszentmihalyi
285. “Most of us put a great deal of time into work, not only because we have to work so many hours to make a living, but because work is central to the soul’s opus. Work is fundamental to the opus because the whole point of life is the fabrication of the soul.” -Thomas Moore
286. “You are born with a character; it is given, a gift, as the old stories say, from the guardians upon your birth...Each person enters the world called.” -James Hillman
287. “Maintaining an attitude of playfulness may at first seem inappropriate for problem-solving, but intuitive problem solving is basically a creative process, and is more easily activated when critical judgment is suspended.” -Frances E. Vaughan
288. “It is useful at times to admit to yourself that you don’t know your way and to be open to help from unexpected places. Doing this makes available to your inner and outer energies and allies that arise out of your own soulfulness and selflessness.” -Jon Kabat-Zinn
289. “It had never occurred to me that feeling empty might actually be a route to something deeper and richer within.” -Tony Schwartz
290. “Personal mastery means approaching one’s life as a creative work, living life from a creative as opposed to reactive viewpoint.” -Peter Senge
291. “Wherever there is a human being, there is an opportunity for a kindness.” -Marcus Annaeus Seneca

292. “May your life have just enough clouds to make a glorious sunset.” -Unknown
293. “If you want to improve, be content to be thought foolish and stupid.” -Picitus
294. “No one ever said that you would live to see the repercussions of everything you do, or that you would have guarantees, or that you are obliged to wander in the dark, or that everything will be proved to you and neatly verified like something in science. Nothing is, at least nothing that is worthwhile. I didn’t teach you to think that everything must be within our control or understanding. Did I? For if I did, I was wrong. If you won’t take a chance, then the powers you refuse because you cannot explain them will, as they say, make a monkey out of you...” -Mark Helprine
295. “We cannot tell the precise moment when friendship is formed. As filling a vessel drop by drop, there is at last a drop which makes it run over: so in a series of kindnesses there is at last one that makes the heart run over.” -James Boswell
296. “The most important journey you will ever take is within yourself. You may venture off the main course and feel lost but you will always return to your journey. Look at the side courses as lessons you needed to learn and not as straying from your path. Obstacles in your path are just reminders that nothing should be easy but should require you to push yourself onward. In the end you will have reached your destination.” -John Watts, *Leading From Within*, 5/04
297. “It is who you become on the way to reaching your goals that matters most.” -Larry Beeson, *The Leaders Resource*
298. “People usually consider walking on water or thin air a miracle. But I think the real miracle is not to walk either on water or thin air, but to walk on earth. Everyday we are engaged in a miracle which we don’t even recognize: a blue sky, white clouds, green leaves, the curious eyes of child-our own two eyes. All is a miracle.” -Thich Nhat Hanh, *The Miracle of Mindfulness*
299. “The key to overcoming a fear is to create a goal that is more compelling than the fear itself.” -Greg Giesen
300. “It is the drop that hollows out the stone.” -Unknown
301. “All humans are storytellers with their own unique point of view. When we understand this, we no longer feel the need to impose our story on others or to defend what we believe. Instead, we see all of us as artist with the right to create our own art.” -Don Miguel Ruiz
302. “You have been practicing what you *are not* for so long, that you really believe your *image* is what you are.” -Don Miguel Ruiz from *The Voice of Knowledge*
303. “It was so simple, yet I had never seen it. I was coming to all my encounters with a fear that others were judging me when, in fact, they were afraid I was judging them. We were all living in a fear of being judged by the other, while the empty space between us was waiting to be filled by a simple gesture of honest caring.” -Kent Nerburn from *Letters to My Son*
304. “The heart of leadership is in the hearts of leaders. You have to lead from something deep in your heart.” -Lee Bolman/Terrence Deal, from *Leading with Soul*
305. “In order to be masterful in the outside world, it is necessary to start the practice of mastery deep within oneself.” -Charlotte Roberts
306. “The best way to get something done is to begin.” – Unknown

307. "You cannot do a kindness too soon, for you never know how soon it will be too late." Ralph Waldo Emerson
308. "Winning is only half of it. Having fun is the other half." – Bum Phillips, American Football Coach
309. "Confidence is the result of hours and days and weeks and years of constant work and dedication." – Roger Staubach, American Football Player
310. "The best thing one can do when it's raining is to let it rain." – Henry Wadsworth Longfellow, 1807-1882, American Poet
311. "When what we are is what we want to be, that's happiness." - Malcolm S. Forbes, 1917-1990, American Publisher
312. "Morning comes whether you set the alarm or not." - Ursula K. Le Guin, American Author
313. "Real generosity toward the future lies in giving all to the present." – Albert Camus, 1913-1960, French Author and Philosopher
314. "Whenever you see a successful business, someone once made a courageous decision." – Peter F. Drucker
315. "There is no snooze button on a cat who wants breakfast." – Source Unknown
316. "It is literally true that you can succeed best and quickest by helping others to succeed." – Napoleon Hill
317. The other day a young person asked me how I felt about being old. I was taken aback, for I do not think of myself as old. Upon seeing my reaction, she was immediately embarrassed, but I explained that it was an interesting question, and I would ponder it, and let her know.

Old Age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon?
I will dance with myself to those wonderful tunes of the

60 & 70's, and if I, at the same time, wish to weep over a lost love I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon i I choose to, despite the pitying glances from the jet set.

They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day. (If I feel like it)

MAY OUR FRIENDSHIP NEVER COME APART ESPECIALLY WHEN IT'S STRAIGHT FROM THE HEART!
MAY YOU ALWAYS HAVE A RAINBOW OF SMILES ON YOUR FACE AND IN YOUR HEART FOREVER AND EVER!

FRIENDS FOREVER!

- Unknown

318. "Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another." –Napoleon Hill
319. "An old sage was once walking along a path very much like this one. Another man, not much younger than you, approached from the other direction. The young man's eyes were so riveted to the path that he bumped into the sage. The sage looked at the young man sternly, and asked him where he was going. 'To catch my future,' the young man replied. 'How do you know you haven't already passed it?' the sage asked." -Lee Bolman/Terrence Deal, from *Leading with Soul*
320. "You can't follow someone who isn't credible, who doesn't truly believe in what they're doing—and how they're doing it." -Gayle Hamilton

321. “We are an outer-focused culture. We are encouraged to want what we do not have. We believe that having it—consumer goods, position, fame, whatever—will bring us happiness. But that is only partly true. Things may help fill a need, but they do not ensure happiness. Happiness can only come from within us.” -Peter Urs Bender
322. “We make a living by what we get. We make a life by what we give.” -Winston Churchill
323. “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
324. “The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.” -Vince Lombardi
325. “You cannot kindle a fire in any other heart until it is burning in your room.” -Ralph Waldo Emerson
326. “Integrity allows you to make an authentic connection with people, especially those you want to be close to. Without integrity, there is no relationship, only entanglement.”
-Gay Hendricks & Kate Ludeman
327. “The time and energy required for effective communication are directly related to the clarity and simplicity of the message.” -John P. Kotter
328. “Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy.” -General H. Norman Schwarzkopf
329. “Standing in the middle of the road is very dangerous; you get knocked down by the traffic from both sides.” -Margaret Thatcher
330. “Few things help an individual more than to place responsibility upon him and to let him know that you trust him.” -Booker T. Washington
331. “If we are strong, our strength will speak for itself. If we are weak, words will be no help.”
-John F. Kennedy
332. “The worth of every conviction consists precisely in the steadfastness with which it is held.”
-Jane Adams
333. “Trust is the highest form of human motivation. It brings out the very best in people.”
-Stephen Covey
334. “I discovered that people are not really afraid of dying; they’re afraid of not ever having lived, not ever having deeply considered their life’s higher purpose, and not ever having stepped into that purpose and at least tried to make a difference in this world.” -Joseph Jaworski
335. “The secret of life is in seeing every tiny experience as a gift. And in that gift there is beauty and there is pain. Just because there is pain doesn’t mean there is any less beauty.” -Carol Adrienne
336. “When we take the view that we have free will and can choose who we wish to be at every moment, we lift ourselves out of the tendency to see ourselves as a victim of past circumstances.”
-Carol Adrienne
337. “It had never occurred to me that feeling empty might actually be a route to something deeper and richer within.” -Tony Schwartz

338. **Staying on Purpose**
- Every situation has a purpose
 - Doing what you love aligns you with the flow of synchronicity.
 - You attract what you focus upon.
 - Universal intelligence is perfect and operates effortlessly.
 - You always have a choice.
 - Set your intention and ask for support.
 - Let the universe handle the details.
 - Trust the process.
 - Your life is part of the larger world plan.
- Unknown
339. “The simple fact remains, however, that the stronger and more radiant we are, the more we can serve as a positive influence in the world. The more happiness we bring into the world, the better it is for everyone.” -Dan Millman
340. “Maintaining an attitude of playfulness may at first seem inappropriate for problem-solving, but intuitive problem solving is basically a creative process, and is more easily activated when critical judgment is suspended.” -Frances E. Vaughan
341. “It’s only when we truly know and understand that we have a limited time on earth-and that we have no way of knowing when our time is up-that we will begin to live each day to the fullest, as if it were the only one we had.” -Elizabeth Kubler-Ross
342. “Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment, and the view from the summit will serve as a fitting climax for the journey.” - Harold V. Melchert
343. **Mouse Story ...**
- A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What food might this contain?" The mouse wondered - he was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning. "There is a mousetrap in the house! There is a mousetrap in the house!" The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you but it is of no consequence to me. I cannot be bothered by it." The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers." The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap-- alone. That very night a sound was heard throughout the house -- like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital and she returned home with a fever. Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well; she died. So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them. The mouse looked upon it all from his crack in the wall with great sadness. So, the next time you hear someone is facing a problem and think it doesn't concern you, remember -- when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

- Make the decision to serve wherever you go and to whomever you see. As long as you are serving, you will be receiving. The more you serve, the more confidence you will gain in the miraculous effects of this principle of life. And as you enjoy the reciprocity, your ability to serve will also increase. -Greg Anderson
344. “Walking adds so much to life. We walked at Roxborough this afternoon. It made life worth living. It is easy to put aside your problems when you are walking hand in hand with someone you love.”
-Michael Staritzky (two months before his death)
345. “Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming... WOW, WHAT A RIDE!” -Unknown
346. “If you really want to do something, you’ll find a way; if you don’t, you’ll find an excuse.” - Unknown
347. “To commiserate is sometimes more than to give, for money is external to a man’s self, but he who bestows compassion communicates his own soul. –William Mountford, 1855
348. “I believe that we each create our own realities. Although we may be made up in part based on our experiences; the truth is, it our interpretations of these experiences that truly defines us.”
–Greg Giesen
349. “Remember me for who I am, not for what I’ve done.” -Unknown
350. “The happiest people don’t necessarily have the best of everything. They just make the best of everything.” -Unknown
351. “Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - wine in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"
-Unknown
352. “Success is never owned, it is only rented; and the rent is due every day!” –Rory Vaden
353. “The best thing you could give the world is a healthy you.” -Unknown
354. “To the world you may be one person, but to one person you may be the world.” ~Anonymous
355. "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."- Scott Adams
356. "You are the average of the five people you spend the most time with." - **Jim Rohn**
357. “If you knew the secret history of those you would like to punish you would find a sorrow and suffering enough to disarm, all your hostility.” - HW Longfellow
358. “The reason a dog has so many friends is that he wags his tail instead of his tongue.” -Anonymous
359. “Life is too short to wake up in the morning with regrets,
so love the people who treat you right,
forget about the ones who don't,
and believe that 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 be worth it.” -Unknown

360. "The greatest mistake you can make in life is to be continually fearing you will make one."
- Elbert Hubbard

361. **A Dog's Purpose**

“Being a veterinarian, I had been called to examine a ten-year-old Irish Wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found he was dying of cancer. I told the family we couldn't do anything for Belker, and offered to perform the euthanasia procedure for the old dog in their home.

As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt as though Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker 's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after Belker's Death, wondering aloud about the sad fact that animal lives are shorter than human lives. Shane, who had been listening quietly, piped up, 'I know why.'

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation.

He said, 'People are born so that they can learn how to live a good Life -- like loving everybody all the time and being nice, right?' The Six-year-old continued, 'Well, dogs already know how to do that, so they don't have to stay as long.'

Remember, if a dog was the teacher you would learn things like:

When loved ones come home, always run to greet them.
Allow the experience of fresh air and the wind in your face to be pure Ecstasy.
Take naps.
Stretch before rising.
Run, romp, and play daily.
Thrive on attention and let people touch you.
Avoid biting when a simple growl will do.
When you're happy, dance around and wag your entire body.
Delight in the simple joy of a long walk.
Be loyal.
Never pretend to be something you're not.
If what you want lies buried, dig until you find it.
When someone is having a bad day, be silent, sit close by, and nuzzle them gently.

362. “Integrity is not a 90 percent thing, not a 95 percent thing; either you have it or you don't.”
-Peter Scotese

363. “The first step we take toward enlightenment is an exploration of our inner being, a search for our existential core. Only then can we lead others.” -Lee Bolman/Terrence Deal, *Leading with Soul*

364. "What lies behind us, and what lies before us are small matters compared to what lies within us."
- Ralph Waldo Emerson
365. "We are what we repeatedly do. Excellence, then, is not an action, but a habit." – Aristotle
366. "You never know how a horse will pull until you hook him up to a heavy load."
-Paul "Bear" Bryant
367. "Only love can be divided endlessly and still not diminish." – Anne Morrow Lindbergh, 1906-2001, American Aviator and Author
368. "If you think that peace and happiness are somewhere else and you run after them, you will never arrive. It is only when you realize that peace and happiness are available here in the present moment that you will be able to relax. In daily life, there is so much to do and so little time. You may feel pressured to run all the time. Just stop! Touch the ground of the present moment deeply, and you will touch real peace and joy." –Thich Nhat Hanh
369. "Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison
370. "You have to believe in yourself when no one else does. That's what makes you a winner."
- Venus Williams
371. "Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." - Albert Schweitzer
372. "To will is to select a goal, determine a course of action that will bring one to that goal, and then hold to that action till the goal is reached. The key is action." -Michael Hanson
373. "When individuals live superficially, pursue no goals deeper than material success, and never stop to listen to their inner voices, they block their spiritual development." -Lee Bolman/Terrence Deal, *Leading with Soul*
374. "What we think or what we know or what we believe is, in the end, of little consequence. The only consequence is what we do." - John Ruskin
375. **George Carlin's Views on Aging**
- "Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.
- "How old are you?" "I'm four **and a half!**" You're never thirty-six and a half. You're four and a half, going on five! That's the key
- You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.
- "How old are you?" "I'm **gonna be 16!**" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life ... You **become 21**. Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**
- But then you **turn 30**. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH** 50 and your dreams are gone.

But wait!!! You **MAKE it** to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30, **PUSH** 40, **REACH** 50 and **MAKE it** to 60.

You've built up so much speed that you **HIT** 70! After that it's a day-by-day thing; you **HIT** Wednesday!

You **get into** your 80's and every day is a complete cycle; you **HIT** lunch; you **TURN** 4:30; you **REACH** bedtime. And it doesn't end there. Into the 90s, you start going backwards; "**I Was JUST** 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

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 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.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.
7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, 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 you love that you love them, at every opportunity.**

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away."

RIP George Carlin 1937-2008

376. **FAMILY**

"I ran into a stranger as he passed by,
'Oh excuse me please' was my reply.

He said, 'Please excuse me too;
I wasn't watching for you.'

We were very polite, this stranger and I.
We went on our way and we said goodbye.

But at home a different story is told,
How we treat our loved ones, young and old.

Later that day, cooking the evening meal,
My son stood beside me very still.

When I turned, I nearly knocked him down.
'Move out of the way,' I said with a frown.

He walked away, his little heart broken.
I didn't realize how harshly I'd spoken.

While I lay awake in bed,
God's still small voice came to me and said,

'While dealing with a stranger,
common courtesy you use,
but the family you love, you seem to abuse.

Go and look on the kitchen floor,
You'll find some flowers there by the door.

Those are the flowers he brought for you.
He picked them himself: pink, yellow and blue..

He stood very quietly not to spoil the surprise,< /SPAN>
you never saw the tears that filled his little eyes.'

By this time, I felt very small,
And now my tears began to fall.

I quietly went and knelt by his bed;
'Wake up, little one, wake up,' I said.

'Are these the flowers you picked for me?'
He smiled, 'I found 'em, out by the tree.

I picked 'em because they're pretty like you.
I knew you'd like 'em, especially the blue.'

I said, 'Son, I'm very sorry for the way I acted today;
I shouldn't have yelled at you that way.'
He said, 'Oh, Mom, that's okay.
I love you anyway.'

I said, 'Son, I love you too,
and I do like the flowers, especially the blue.'

FAMILY

Are you aware that if we died tomorrow, the company
that we are working for could easily replace us in
a matter of days.
But the family we left behind will feel the loss
for the rest of their lives.

And come to think of it, we pour ourselves more
into work than into our own family,
an unwise investment indeed,
don't you think?
So what is behind the story?

Do you know what the word FAMILY means?
FAMILY = (F)ATHER (A)ND (M)OTHER (I) (L)OVE (Y)OU" -Unknown

377. "To get something you never had, you have to do something you never did.' When God takes something from your grasp, He's not punishing you, but merely opening your hands to receive something better. Concentrate on this sentence... **'The will of God will never take you where the Grace of God will not protect you.'**

378. This poem was written by a terminally ill young girl in a New York hospital.

SLOW DANCE

Have you ever watched kids
On a merry-go-round?
Or listened to the rain
Slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?
You better slow down.
Don't dance so fast.
Time is short.
The music won't last.

Do you run through each day
On the fly?
When you ask How are you?
Do you hear the reply?
When the day is done
Do you lie in your bed
With the next hundred chores
Running through your head?
You'd better slow down
Don't dance so fast.
Time is short.
The music won't last.

Ever told your child,
We'll do it tomorrow?
And in your haste,

Not see his sorrow?
Ever lost touch,
Let a good friendship die
Cause you never had time
To call and say, 'Hi'
You'd better slow down.
Don't dance so fast.
Time is short.
The music won't last.

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift....
Thrown away.

Life is not a race.
Do take it slower
Hear the music
Before the song is over.

379. “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 bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.” -Ralph Waldo Emerson

380. The following is the philosophy of Charles Schultz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

The point is, none of us remember the headliners of yesterday.
These are no second-rate achievers.
They are the best in their fields.
But the applause dies..
Awards tarnish.
Achievements are forgotten.
Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
 2. Name three friends who have helped you through a difficult time.
 3. Name five people who have taught you something worthwhile.
 4. Think of a few people who have made you feel appreciated and special!!
 5. Think of five people you enjoy spending time with.
- Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials...
the most money...or the most awards.

They simply are the ones who care the most.” -Unknown

381. "What lies behind us, and what lies before us are small matters compared to what lies within us."
- Ralph Waldo Emerson
382. "Peace - It does not mean to be in a place where there is no noise, trouble or hard work. It means
to be in the midst of those things and still be calm in your heart." -Unknown
383. "You think that the goal is to be over there, and we say the goal is the journey over there; the goal
is the fun you have along the way on your way to over there." - Abraham
384. "You should not live one way in private, another in public." -Publilius Syrus
385. "If you did not have love in you, you could not be alive and exist as a human being. If you
removed all the layers that are wrapped around you, peeling them off one by one, you would be
left with an eternal light of consciousness that is made of pure love.

Your life journey entails peeling away the layers until you reach that core of you, which is absolute
love.” -Rhonda Byrne of The Secret

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