



In Pursuit of Your Dreams

*A Collection of
Great Motivational
Words and Ideas*

Tom Liraz

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Introduction

Being a young person with big dreams and high goals I find that the road is not always easy to navigate. In tough times following failures and setbacks I like to keep myself motivated with inspirational messages; it helps me regain my inner strength and keep me moving forward. This book features a selection of my favorite inspiring sayings; I hope you find it as much helpful as I did.

Tom Liraz

Winners versus 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 in every answer.

The Winner says, "It may be difficult but it's possible;"
The Loser says, "It may be possible but it's too difficult."

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

Anatole France

A Creed to Live By

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

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

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

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

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

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

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

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give love. The fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

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

Don't run through life so fast that you forget not only where you've been, but also where you're going. Life is not a race, but a journey to be savored each step of the way.

Treat people as if they were what they ought to be, and you help them become what they are capable of being

Johann Wolfgang von Goethe

Peak Performer

One of the wonderful by-products of high self-esteem is that you become a "Peak Performer."

Every day you become more aware of your abilities and recognize that opportunities to stretch your capabilities are limitless. You desire change, growth, and challenge, and a healthy self-esteem provides the energy.

Peak performers have more than goals; they have a vision of what their life will mean to themselves and others. Peak performers do not live in the future. Peak performers make sure each step taken in the present keeps them on the road toward their life goal.

Peak Performers Can Say:

I am motivated and have a mission with realistic and measurable goals.

I accept complete responsibility for everything I think, say, feel, and do.

I look for the window of opportunity in every situation and know that I will learn from every experience if I choose.

I always help others to do their best, and I encourage everyone to contribute something.

I correct my course when I reach an obstacle. This way, when things go wrong, I am still headed in the right direction.

I expect and appreciate change. It does not overwhelm me because I am prepared.

I stand up for my own opinions and values and respect others.

I am able to manage myself. I do not require instruction every step of the way.

I am not afraid of making mistakes or of taking reasonable risks.

I am my own coach. I engage in positive self-talk and rehearsal.

I am a life-long student. I am always ready to learn, and I know growth takes sustained effort.

I know myself well and still expect to find hidden talents, resources, strengths, weaknesses, energy, and interests.

I respect reality both pleasant and painful.

I engage in self-confrontation and do not blame others.

I readily forgive others and myself and correct mistakes when possible.

I am patient, kind, gentle, and compassionate with myself.

I have no need to prove I am better or worse than anybody else.

Worry is wasting today's time cluttering up tomorrow's opportunities with yesterday's troubles.

Anonymous

My Declaration of Self Esteem

I am me.

I am unique. There's not another human being in the whole world like me -- I have my very own fingerprints and I have my very own thoughts. I was not stamped out of a mold like a Coca-Cola top to be the duplicate of another.

I own all of me -- my body, and I can do with it what I choose; my mind, and all of its thoughts and ideas; my feelings, whether joyful or painful.

I own my ideals, my dreams, my hopes, my fantasies, my fears.

I reserve the right to think and feel differently from others and will grant to others their right to thoughts and feelings not identical with my own.

I own all my triumphs and successes. I own also all my failures and mistakes. I am the cause of what I do and am responsible for my own behavior. I will permit myself to be imperfect. When I make mistakes or fail, I will know that I am not the failure -- I am still O.K. -- and I will discard some parts of me that were unfitting and will try new ways.

I will laugh freely and loudly at myself -- a healthy self-affirmation.

I will have fun living inside my skin.

I will remember that the door to everybody's life needs this sigh:

Honor Thyself

I have value and worth.

I am me, and I am O.K.

Think you can or think you can't, either way you will be right

Henry Ford

Don't Be Afraid To Fail

You've failed many times, although you may not remember.

You fell down the first time you tried to walk.

You almost drowned the first time you tried to swim, didn't you?

Did you hit the ball the first time you swung a bat?

Heavy hitters, the ones who hit the most home runs, also strike out a lot.

R.H. Macy failed seven times before his store in New York caught on.

English novelist John Creasey got 753 rejection slips before he published 564 books.

Babe Ruth struck out 1,330 times, but he also hit 714 home runs.

Don't worry about failure. Worry about the chances you miss when you don't even try.

The only people who never fail are those who never try

Ilka Chase

You and Yourself

It is rewarding to find someone whom you like, but it is essential to like yourself.

It is quickening to recognize someone as a good and decent human being, but it is indispensable to view yourself as acceptable.

It is a delight to discover people who are worthy of respect, admiration, and love, but it is vital to believe yourself deserving of these things.

For you cannot live in someone else. You cannot find yourself in someone else. You cannot be given a life by someone else. Of all the people you will know in a lifetime, you are the only one you will never leave nor lose.

To the question of your life, you are the only answer. To the problems of your life, you are the only solution.

The moon could not go on shining if it paid any attention to the little dogs that bark at it.

Anonymous

A Nike Commercial

Sooner or later, you start taking yourself seriously.
You know when you need a break.
You know when you need a rest.
You know what to get worked up about and what to get rid of.
And you know when it's time to take care of yourself, for yourself.
To do something that makes you stronger, faster, more complete.
Because you know it's never too late to have a life.
And never too late to change one.

Just Do It !

(This is an actual NIKE advertisement found in a magazine)

Why Worry

40% of the things I worry about will never happen, for anxiety is the result of a tired mind.

30% Concern old decisions which cannot be altered.

12% center in criticisms, mostly untrue, made by people who feel inferior.

10% is related to my health which worsens while I worry.

8% is legitimate, showing that life does have real problems which may be met head on when I have eliminated senseless worries.

Watch Your Thoughts

Watch Your Thoughts.
They Become Words.

Watch your Words.
They Become Actions.
Watch Your Actions.
They Become Habits.
Watch Your Habits.
They Become Character.
Watch Your Character.
For It Becomes Your Destiny.

The human race is divided into two classes - those who go ahead and do something, and those who sit still and inquire, "Why wasn't it done the other way?"

Oliver Wendell Holmes, Jr.

Letting Go

There's nothing to fear --- you're as good as the best,
As strong as the mightiest, too.
You can win in every battle or test;
For there's no one just like you.
There's only one you in the world today;
So nobody else, you see,
Can do your work in as fine a way:
You're the only you there'll be !

So face the world, and all life is yours
To conquer and love and live:
And you'll find the happiness that endures
In just the measure you give;
There's nothing too good for you to possess,
Nor heights where you cannot go:
Your power is more than belief or guess ---
It is something you have to know.

There is nothing to fear --- you can and you will.
For you are the invincible you.
Set your foot on the highest hill ---
There's nothing you cannot do.

The Twelve Rewards in Life

- Hope instead of desperation

- Faith instead of despair
- Courage instead of fear
- Peace of mind instead of confusion
- Self-respect instead of self- contempt
- Self-confidence instead of helplessness
- The respect of others instead of their pity and contempt
- A clean conscience instead of a sense of guilt
- Real friendship instead of loneliness
- A clean pattern of life instead of a purposeless existence
- The love and understanding of our families instead of their doubts and fears
- The freedom of a happy life instead of the bondage of an alcoholic obsession

The greatest failure is the failure to try.

William A. Ward

Ten Rules for the Good Life

Never put off till tomorrow what you can do today.

Never trouble another for what you can do yourself.

Never spend your money before you have it.

Never buy what you do not want because it is cheap; it will never be dear to you.

Pride costs us more than hunger, thirst, and cold.

Never repent of having eaten too little.

Nothing is troublesome that we do willingly.

Don't let the evils which have never happened cost you pain.

Always take things by their smooth handle.

When angry, count to ten before you speak; if very angry, count to one hundred.

(This is a list of "Thomas Jefferson's ten rules for the good life")

How to Drive Yourself Crazy

Articles and books on a variety of self-help topics are widely available. There are

suggestions on how to cope, reduce stress and, in general, make your life better and more satisfying. However, some people prefer to make themselves miserable. If you are a person who hasn't quite got the hang of how to do this, here are some tips on how to make yourself really crazy.

1. Save your major worries until about midnight, then start heavy thinking. Suggested topics include your age, losing your job, the mistake you made at work last week which they haven't discovered yet, that suspicious wart you've had for five years or radon in your basement. You can work up a good panic by 1:00 a.m.
2. Keep an inventory of your faults. Ignore strengths. Focus only on your bad points. Try to select friends who will remind you of how awful you are. If you don't have friends like this, you probably have some relative who can be counted on to point out your weaknesses.
3. Set unreasonable goals. No matter how much money you earn, remember there are others doing better. Try to name three of them, preferably younger (and better looking) than you are. Think how others could do a better job than you do.
4. When your children make mistakes, don't accept it as part of growing up. View each situation as the first sign of impending moral decay, delinquency and a wasted life. Imagine your offspring as shiftless bums at age 30, scrounging off you.
5. Put off everything until the last minute. In this way, you can create a sense of frenzy and chronic stress no matter how much time you had in the first place.
6. Aid and abet the creation of stress. Sleep as little as possible. Eat junk food. Drink a lot of coffee. Never exercise if you can help it.
7. Never let others know how you feel or what you want. You shouldn't have to tell them: they should be able to read your mind. If you assume this, you stand a good chance of feeling really deprived.
8. Never trust anyone. Struggle with problems alone. If you feel the urge to confide in someone who seems to care, remind yourself that people are basically no good and are out only for themselves.
9. Never take a vacation break. It's a luxury you can't afford, especially if you're working up to a really good state of exhaustion.
10. Above all, never seek help. No matter how serious the problem, convince yourself that asking for help is a sign of weakness and that you can tough it out alone.

If you follow this program, you have a good chance of feeling really rotten in no time at all. Good Luck.

Some men see things as they are and say "Why?" I dream things that never were and say "Why not?"

Plant Your Garden Today

Plant your garden today

First, plant 3 rows of peas;

Patience

Promptness

Prayer

Next, plant 3 rows of squash;

Squash gossip

Squash indifference

Squash criticism

Then, plant 3 rows of lettuce;

Let us be Loyal

Let us be true to our Obligations

Let us be unselfish

Finish, with 4 rows of turnip;

Turn up when needed

Turn up with a Smile

Turn up with a Vision

Turn up with Determination

Total Self Confidence

I am resourceful and I have the ability to do whatever it takes to succeed, and to support all those whom I love.

I enjoy life's challenges, and I learn from everything that happens in my life.

I live each day with passion and power.

I feel strong and powerful, happy, and excited.

I have tremendous confidence in my talents and my abilities.

I meet every situation knowing I am its master.

I have deep respect for myself and for everyone I meet each day.

I am committed to perform at the best of my ability in all that I do.

I forgive myself and others easily.

I am aware of the priceless value of my life and the life of everyone I meet.

My confidence is unshakable because I live with integrity.

I am always at peace because I trust and follow my internal guidance.

Notes on the Tao Te Ching

Words are words, they are not life. Words are used to draw lines and describe concepts. Life is not a concept, nor is it divided or explained by words. Words cause nonsense. Life is lived, not described.

Words separate things: There is life/death, difficult/easy, long/short, high/low ... and all points in between. Music comes from varying tones. No sane person can determine the law of life, the way of life in between these points. No one knows the way, or what will or should happen next. How can a leader be important and show the way when they are limited. Never be important.

Good government comes from many people who live by their hearts and not some important person's rule and direction based on their limited knowledge.

The Universe can take care of itself. It does not need important people.

People go crazy arguing about the Universe, though it has taken care of itself very long.

Life is free -- the more you breathe, the more breath is left to breathe.

The Universe is deathless.

A human is like this also. They take care of themselves. There is an inherent undertone and current of health and integrity which takes care of a person. A person seeks a natural level with their Universe.

Tao is quiet and unnoticed by the outside world.

We live in the space (emptiness) of a house. Tao is empty of outside appearances.

External orientation causes problems. Internal orientation is quiet and sensible.

Life flows deeper than the rising and setting of the sun. A deeper existence is in each person as well. This is timeless.

This cannot be understood, but it flows. "When the river is murky, be patient and let the rivers flow and take it's course, it will clear the mud."

Accept life (birth, flowering, death) quietly and openly. Accept the flowing of the River.

A good leader leads others to leading themselves.

People lose Tao, distortion in the outward comes -- law, ritual, words, hypocrisy. This is not the inward quiet flow of life, but confusion and chaos.

Again, words or analysis of life, distracts from life; status carries problems; law causes thieves -- these ways fail to bring happiness. Tao is in the heart, not in greed, status, or knowledge.

People's knowledge is a distraction, their leaders are a fake. How can someone know the way for other people ? The material world is so important to people, they make their mark, while I am quietly nursing at the breast of life.

You try to know or measure what cannot be understood or measured. Accept life that way, it precedes anyway.

Yield to life forces. What can happen that cannot be mended ?

Be natural following life, don't insist or force. Nature does not insist. Follow life naturally and you will be alive.

(These notes paraphrase in common language a modern translation of the Tao Te Ching)

Beginning

This is the moment of embarking.
All auspicious signs are in place.

In the beginning, all things are hopeful. We prepare ourselves to start anew. Though we may be intent on the magnificent journey ahead, all things are contained in the first moment: our optimism, our faith, our resolution, our innocence.

In order to start, we must make a decision. The decision is a commitment to daily self-cultivation. We must make a strong connection to our inner selves. Outside matters are superfluous. Alone and naked, we negotiate all of life's travails. Therefore, we alone must make something of ourselves, transforming ourselves into the instruments for experiencing the deepest spiritual essence of life.

Once we make our decision, all things will come to us. Auspicious signs are not a superstition, but a confirmation. They are a response. It is said that if one chooses to pray to a rock with enough devotion, even that rock will come alive. In the same way, once we choose to commit ourselves to spiritual practice, even the mountains and valleys will reverberate to the sound of our purpose.

(Deng Ming-Dao)

Only those who dare to fail greatly can ever achieve greatly.

Robert F. Kennedy

Positioning

Heron stands in the blue estuary,
Solitary, white, unmoving for hours.

A fish! Quick avian darting;
The prey is captured.

People always ask how to follow Tao. It is as easy and natural as the heron standing in the water. The bird moves when it must; it does not move when stillness is appropriate.

The secret of its serenity is a type of vigilance, a contemplative state. The heron is not in mere dumbness or sleep. It knows a lucid stillness. It stands unmoving in the flow of the water. It gazes unperturbed and is aware. When Tao brings it something that it needs, it seizes the opportunity without hesitation or deliberation. Then it goes back to its quiescence without disturbing itself or its surroundings. Unless it found the right position in the water's flow and remained patient, it would not have succeeded.

Actions in life can be reduced to two factors; positioning and timing. If we are not in the right place at the right time, we cannot possibly take advantage of what life has to offer us.

Almost anything is appropriate if an action is in accord with the time and place. But we must be vigilant and prepared. Even if the time and the place are right, we can still miss our chance if we do not notice the moment, if we act inadequately, or if we hamper ourselves with doubts and second thoughts.

When life presents an opportunity, we must be ready to seize it without hesitation or inhibition. Position is useless without awareness. If we have both, we make no mistakes.

(Deng Ming-Dao)

Life Is ...

"Life is a game of cards. The cards are shuffled and the hands are dealt. You must play your cards well" -- Eugene Hare

"Life is a play. It's not its length, but its performance that counts." -- Seneca

"Life is a B-picture script." -- Kirk Douglas

"Life is something like a trumpet. If you don't put anything in, you won't get anything out." -- W.C. Handy.

"A life is a simple letter in the alphabet. It can be meaningless. Or it can be part of a great meaning." -- Jewish Seminary

"Life is a daring adventure, or nothing." -- Helen Keller

"Life is an onion. You peel it off one layer at a time, and sometimes you weep." -- Carl Sandburg

"Life is what's happening while you're thinking about something else." -- AA saying

O God, give us serenity to accept what cannot be changed, and courage to change what would be changed, and wisdom to distinguish the one from the other.

Dr. Reinhold

Each day I learn more

Each day I learn more Than I teach;
I learn that half knowledge of Another's life
Leads to false judgment;
I learn that there is surprising kinship In human nature;
I learn that it's a wise father who Knows his own son;
I learn that what we expect we get;
I learn there's more good than evil in This world;
That age is a question of spirit;
That youth is the best of life
No matter how numerous the years;
I learn how much there is to learn.

15 Ways to Enhance Your Day

Get up early.
Look around outside before going to work
Relax and enjoy your meals.
Spend time with friends.
Pace yourself.
Find a quiet place to go to.
Praise yourself and others.
Develop positive relationships.
See your mistakes as stepping stones.
Keep track of your own moods so you can watch out for them.
Say No without feeling guilty.
Learn effective time management.
Pay attention to health, diet and sleep.
Exercise regularly.
Keep from comparing yourself to others.

Not failure, but low aim, is a crime

James Russell Lowell

Things We Can Learn from a Dog ...

Never pass up the opportunity to go for a joy ride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When loved ones come home, always run to greet them.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Take naps and stretch before rising.

Run, romp and play daily.

Eat with gusto and enthusiasm.

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.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout .. run right back and make friends.

Delight in the simple joys of a long walk.

More people would learn from their mistakes if they weren't so busy denying them

J. Harold Smith

Things to Remember

I find what I look for in people. If I look for God, I find God. If I look for bad qualities, I find them. I, in a sense, select what I expect, and I receive it.

A life without challenges would be like going to school without lessons to learn. Challenges come not to depress or get me down, but to master and to grow and to unfold thereby.

In the Father's wise and loving plan for me, no burden can fall upon me, no emergency can arise, no grief can overtake me, before I am given the grace and strength to meet them.

A rich, full life is not determined by outer circumstances and relationships. These can be contributory to it, but cannot be the source. I am happy or unhappy because of what I think and feel.

I can never lose anything that belongs to me, nor can I possess what is not really mine.

To never run from a problem: either it will chase me or I will run into another just like it, although it may have a different face or name.

To have no concern for tomorrow. Today is the yesterday over which I had concern.

To never bang on a closed door: Wait for it to open and then go through it.

A person who has come into my life has come either to teach me something, or to learn something from me.

Another Bill of Rights

You have the right to be you-the way you are. the way you want to be.

You have the right to grow, to change, to become, to strive. to reach for any goal, to be limited only by your degree of talent and amount of effort.

You have the right to privacy-in marriage, family, or any relationship or group-the right to keep a part of your life secret, no matter how trivial or important, merely because you want it to be that way. You have the right to be alone part of the each day, each week and each year to spend time with and on yourself.

You have the right to be loved and to love, to be accepted, cared for, and adored, and you have the right to fulfill that right.

You have the right to ask questions of anyone at anytime in any matter that effects your life, so long as it is your business to do so; and to be listened to and taken seriously.

You have the right to self-respect and to do everything you need to do to increase your self-esteem, so long as you hurt no one in doing so.

You have the right to be happy, to find something in the world that is meaningful and rewarding to you and that gives you a sense of completeness.

You have the right to be trusted and to trust and to be taken at your word. If you are wrong, you have the right to be given a chance to make a good if possible.

You have the right to change your mind.

You have the right to be free as long as you act responsibly and are mindful of the rights of others and of those obligations that you entered into freely.

You have the right to win, to succeed, to compete, to make plans. to see those plans fulfilled. to become the best you can possibly become.

You have a right to boundaries and limit, a right to be intentional, a right to choice.

Make yourself indispensable, and you will move up. Act as though you are indispensable, and you will move out

Jules Ormont

I've Learned...

I've learned that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

I've learned that no matter how much I care, some people just don't care back.

I've learned that it's not what you have in your life, but who you have in your life that counts.

I've learned that you can get by on charm for about 15 minutes. After that, you'd better know something.

I've learned that you shouldn't compare yourself to the best others can do, but to the best you can do.

I've learned that it's not what happens to people that's important. It's what they do about it.

I've learned that no matter how thin you slice it, there are always two sides.

I've learned that it's taking me a long time to become the person I want to be.

I've learned that it's a lot easier to react than it is to think.

I've learned that you should always leave loved ones with loving words. It may be the last time you see them.

I've learned that you can keep going long after you think you can't.

I've learned that we are responsible for what we do, no matter how we feel.

I've learned that either you control your attitude or it controls you.

I've learned that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

I've learned that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.

I've learned that learning to forgive takes practice.

I've learned that there are people who love you dearly, but just don't know how to show it.

I've learned that money is a lousy way of keeping score.

I've learned that my best friend and I can do anything or nothing and have the best time.

I've learned that sometimes the people you expect to kick you when you're down may be the ones to help you get back up.

I've learned that I'm getting more and more like my grandma, and I'm kinda happy about it.

I've learned that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.

I've learned that true friendship continues to grow, even over the longest distance. Same goes for true love.

I've learned that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.

I've learned that maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.

I've learned that you should never tell a child her dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if she believed it.

I've learned that your family won't always be there for you. It may seem funny, but people you aren't related to can take care of you and love you and teach you to trust people again. Families aren't biological.

I've learned that no matter how good a friend someone is, they're going to hurt you every once in a while and you must forgive them for that.

I've learned that it isn't always enough to be forgiven by others. Sometimes you have to learn to forgive yourself.

I've learned that no matter how bad your heart is broken the world doesn't stop for your grief.

I've learned that our background and circumstances may have influenced who we are, but we are responsible for who we become.

I've learned that sometimes when my friends fight, I'm forced to choose sides even when I don't want to.

I've learned that just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.

I've learned that sometimes you have to put the individual ahead of their actions.

I've learned that we don't have to change friends if we understand that friends change.

I've learned that if you don't want to forget something, stick it in your underwear drawer.

I've learned that you shouldn't be so eager to find out a secret. It could change your life forever.

I've learned that the clothes I like best are the ones with the most holes in them.

I've learned that two people can look at the exact same thing and see something totally different.

I've learned that no matter how you try to protect your children, they will eventually get hurt and you will hurt in the process.

I've learned that there are many ways of falling and staying in love.

I've learned that no matter the consequences, those who are honest with themselves, get further in life.

I've learned that many things can be powered by the mind, the trick is self-control.

I've learned that no matter how many friends you have, if you are their pillar, you will feel lonely and lost at the times you need them most.

I've learned that your life can be changed in a matter of hours by people who don't even know you.

I've learned that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

I've learned that writing, as well as talking, can ease emotional pains.

I've learned that the paradigm we live in is not all that is offered to us.

I've learned that credentials on the wall do not make you a decent human being.

I've learned that the people you care most about in life are taken from you too soon.

I've learned that although the word "love" can have many different meanings, it loses value when overly used.

I've learned that it's hard to determine where to draw the line between being nice and not hurting people's feelings and standing up for what you believe.

I've learned that no matter how fast or how far you go, you can't outrun God.

I've learned that no matter how far away I've been, He'll always welcome me back.

I've learned that love is not for me to keep, but to pass on to the next person I see.

I've learned that even if you do the right thing for the wrong reason, it's still the wrong thing to do.

If you're not sure where you are going, you're liable to end up someplace else

The School of Life

Respect all people - the old, the young, the rich, and the not so rich.

Try not to worry.

Don't tell everyone your business.

Be happy with the things you have.

Exercise every day.

Don't go looking for trouble.

Look for the good in everything and everyone.

Get enough sleep.

Try to forgive and forget.

Always do what you think is right.

Don't worry about what people think of you.

Spend time with your family.

Make time to see friends.

Don't spend money that you don't have.

Try to be happy.

Be kind.

Don't be afraid to say what you think.

Try to be the best that you can be.

If someone were to pay ten cents for every kind word you ever spoke and collect five cents for every unkind word, would you be rich or poor?

Anonymous

Finding God Within and Without

How do I find You God?

God is Love.

If you have ever loved,

If you have ever been loved,
You have experienced God
from Within and Without

God is Truth.

If you have ever told the truth,
If you have ever discovered Truth,
You have experienced God
from Within and Without

God is Beauty.

If you have ever helped to create something beautiful,
If you have ever witnessed beauty in any of it's myriad forms,
You have experienced God
from Within and Without

God is Good.

If you have ever done or thought something good,
If you have ever recognized goodness in or through another,
You have experienced God
from Within and Without

All of those experiences, those gifts,
of Love, Truth, Beauty and Goodness
were directly from God through you. Or to you.

Glad to Meet You God. Let's hang out together.

I can live for two months on one good compliment

Mark Twain

Just For Today

Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires, I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do a least two things I don't want to do--just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for today I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

Just for today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life.

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

For of sad words of tongue or pen, the saddest of these; it might have been

John Greenleaf Whittier

Thoughts to Live By

Faith is the substance of things hoped for, the evidence of things not seen.

A good example is the best sermon.

Every good thought is a prayer.

What we pray for may not be for our ultimate good. "No" can be an answer to a prayer as well as "Yes."

If you worry, why pray? If you pray, why worry?

No one is easier to deceive than oneself.

The greatest fault of all is to be conscious of none.

Any good that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.

No matter how hopeless the present problem may seem, remember: This, too, shall pass.

Living in harmony with ourselves is essential to living in harmony with others,

Fear is the enemy of good works; it is a deadly sickness of the soul.

More things are accomplished by prayer than the world realizes.

Knowledge advances one step at a time; let us be patient.

One with God is always in the majority.

How poor are they that have not patience; what wound did ever heal but by degrees?

No one's knowledge can go beyond experience.

The misfortunes which are hardest to bear are those which never come.

Growth is the only evidence of life.

A person who makes no mistakes usually does not make anything.

Love is understanding, acceptance, and tenderness. If it tries to strangle and possess, it is not love.

The more often we think and act honestly, the stronger the habit becomes.

The journey of a thousand miles starts with a single step.

The task ahead of us is never as great as the Power within us.

They hurt the absent who quarrel with the drunken.

Al-Anon is a kissing cousin to invention because they were both born of necessity.

If you find life is empty, try putting something into it.

Beware of the rubber conscience and the concrete heart.

The trouble with many of us is that in trying times we stop trying.

Even if you are on the right track, you'll get run over if you just sit there.

Will Rogers

Recipe for a Happy Life

Take a couple of whole months, clean them thoroughly of all Bitterness, Rumors, Hate and Jealousy; in other words, make them as fresh and as clean as possible.

Now cut each month into 28, 30 or 31 different parts...

But don't make up the whole batch at once..

Instead prepare it One Day At A Time.

Mix well each day:

One part of Faith,
One of Patience,
One of Courage,
One of Work,

Add one part each of:

Hope,
Faithfulness,
Generosity
Kindness;

Blend with:

One part Prayer,
One part Meditation
Good Deeds.

Season the whole with:

a dash of Good Spirit,
a sprinkle of Fun,
a pinch of Play
a cupful of Good Humor.

Pour all of this into a Vessel Of Love,

Cook thoroughly over Radiant Joy

Garnish with Smiles

serve with Quietness, Unselfishness and Cheerfulness

And you are bound to have a Happy Life.

A Life in Your Hands

If a child lives with criticism, he learns to condemn;

If a child lives with hostility, he learns to fight;

If a child lives with ridicule, he learns to be shy;

If a child lives with shame, he learns to feel guilty;

If a child lives with tolerance, he learns to be patient;

If a child lives with encouragement, he learns confidence;

If a child lives with praise, he learns to appreciate;

If a child lives with fairness, he learns justice;

If a child lives with security, he learns to have faith;

If a child lives with approval, he learns to like himself;

If a child lives with acceptance and friendship, he learns to find love in the world.

Be Good To You

Be Yourself – Truthfully

Accept Yourself – Gracefully

Value Yourself – Joyfully
Forgive Yourself – Completely
Treat Yourself – Generously
Balance Yourself – Harmoniously
Bless Yourself – Abundantly
Trust Yourself – Confidently
Love Yourself – Wholeheartedly
Empower Yourself – Prayerfully
Give Yourself – Enthusiastically
Express Yourself – Radiantly

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

John Quincy Adams

Listen

When I ask you to listen to me and you start giving me 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.

Listen! All I asked was that you listen, not to talk or do -- just hear me. Advice is cheap; twenty cents will get you both, Dear Abby and Billy Graham in the same newspaper.

And I can do for myself. I am not helpless. Maybe discouraged and falter, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and inadequacy.

But when you accept as a simple fact, that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and can get about the business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice. Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people -- because God is mute, and He/She doesn't give advice, or try to fix things.

'They' just listen, and let you work it out for yourself. So please listen and just hear me. And if you want to talk, wait a minute for your turn --

I'll listen to you.

Don't find a fault; find a remedy

Henry Ford

How to Survive the Business of Living

Real is the person who does not define happiness as an absence of problems. Surviving this business of living is a difficult ordeal at times. How can we retain a healthy sense of humor and experience a sense of balance in our lives ? How can we realistically and yet with a sense of wonder live fully and not just survive ? How can we maybe even celebrate this business of living ? To answer some of these questions we will focus on seven points.

Life Isn't Fair

No matter how good we get at this business of living, none of us gets out of it alive. Frustrating, isn't it ! Life doesn't always deal us a good hand and doing our best doesn't always pay off with a positive.

Suffering

Growth is seldom easy and pain is an integral part of our human condition. Everybody hurts. It's just that some of us are better actors in hiding the pain we feel. Seldom if ever ... are all of our ducks in a row.

Loneliness and Alikehood

Dr. Albert Schweitzer said, "We are all so much together, but we are all dying of loneliness." We have all known moments of apartness and empty loneliness. Embracing that reality is essential if we are to cope effectively.

Personal Responsibility

We each have a choice to be either a death- peddler or a life-giver. We are responsible for the choices we make. We can become most of what we wish to be if we are willing to change and pay the price.

Self Worth

A poster reads, "God don't make junk." People are special and each is, "Beautiful in his/her own way." We are more than our accomplishments !

People Need People

Life is not meant to be lived in isolation. All of life occurs within relationships. We need to know we are needed and so do those we need.

Mystery

Life is not just one big problem to be solved. Rather, it is a mystery to be experienced, all the more meaningful and beautiful when it is shared and celebrated with other persons who are committed to "growing deep, not just tall!"

Do what you can, with what you have, where you are.

Theodore Roosevelt

How to Love Yourself

Stop All Criticism - Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.

Don't Scare Yourself - Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.

Be Gentle And Kind And Patient - Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.

Be Kind To Your Mind - Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.

Praise Yourself - Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.

Support Yourself - Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.

Be Loving To Your Negatives - Acknowledge that you created them to fulfill a need. Now, you are finding new, positive ways to fulfill those needs. So, lovingly release the old negative patterns.

Take Care Of Your Body - Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.

Mirror Work - Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say: "I love you, I really love you."

Love Yourself .. Do It Now - Don't wait until you get well, or lose the weight, or get the new job, or the new relationship. Begin now -- and do the best you can.

Choose a job you love, and you will never have to work a day in your life.

Confucius

My Declaration of Self Esteem

I am Me. In the entire world, there is no one else exactly like me.

Everything that comes out of me is authentically mine, because I alone chose it --

I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself.

I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes.

Because I own all of me, I can become intimately acquainted with me.

By so doing, I can love me and be friendly with all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know --

But as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me.

If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded. I can see, hear, feel, think, say, and do.

I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me.

I own me, and therefore, I can engineer me. I am me, and I am Okay.

Our Deepest Fear

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. You are born to make manifest the glory of God that is within you. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously

give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

(Attributed to Nelson Mandella)

Anyone who angers you conquers you.

Sister Kenny's mother

How to Be Unhappy

Make little things bother you. Don't just let them, MAKE them.

Lose your perspective on things and keep it lost: don't put first things first.

Get yourself a good worry, one about which you cannot do anything.

Be a perfectionist, which means not that you work hard to do your best, but that you condemn yourself and others for not achieving perfection.

Be right. Be always right. Be the only one who is always right, and be rigid in your rightness.

Don't trust or believe people, or accept them at anything but their worst and weakest. Be suspicious. Insist that others always have hidden motives.

Always compare yourself unfavorably to others. This guarantees instant misery.

Take personally everything that happens to you.

Don't give yourself whole-heartedly to anyone or anything.

Laws of Success

Do you want something? -- Will you pay the price?

The great sin -- Gossip.

The great cripple -- Fear.

The greatest mistake -- Giving up.

The most satisfying experience -- Doing your duty first.

The best action -- Keep the mind clear and judgment good.

The greatest blessing -- Good health.

The biggest fool - The man who lies to himself.

The great gamble -- Substituting hope for facts.

The most certain thing in life -- Change.

The greatest joy -- Being needed.
The cleverest man -- The one who does what he thinks is right.
The most potent force -- Positive thinking.
The greatest opportunity -- The next one.
The greatest thought -- God.
The greatest victory -- Victory over self.
The best play -- Successful work.
The greatest handicap -- Egotism.
The most expensive indulgence -- Hate.
The most dangerous man -- The liar
The most ridiculous trait -- False pride.
The greatest loss -- Loss of self confidence.
The greatest need -- Common sense.

A drop of honey catches more flies than a gallon of gall.

Abraham Lincoln

Claim Your Freedom

Freedom is not a destination. It's a journey.

You need to be free to choose the right road for yourself. The right road is the one that leads to your best. All that matters is that you end up a free person - free to decide where you want to go and how you intend to get there.

The method is simple: act freely and freedom will be yours. Because being free is being real, if you want to be free, you need to make friends with the truth.

No matter how clearly you can point to forces blocking you, the most important obstacles to your freedom are within.

You are the one who permits obstacles to block your path. While being stuck is frustrating, it also keeps you from risking, safe from failure and from discovering your weaknesses and shortcomings. Your prison is always your choice. To break free, you have to give up whatever security being bound offers.

You should be able to face the present without the emotions of the past intruding. In the end you're only as free as you are in your heart. Your freedom lies just behind your forgiving. When you free yourself, you also free the world.

I am free.
I declare it.

Don't ever let your problems become an excuse.

Anonymous

Attitude

The longer I live
The more I realize the impact of attitude on life.
Attitude, to me, is more important than the past,
Than education,
Than money,
Than circumstances,
Than failures,
Than success,
Than what other people think or say or do.

It is more important than appearance,
Giftedness or skill.
It will make or break an organization,
A school, a home.

The remarkable thing is we have a choice every day
Regarding the attitude we will embrace for that day.
We cannot change our past.
We cannot change the fact that people will act in a certain way.
We cannot change the inevitable.

The only thing we can do
Is play the string we have.
And that is our attitude.

I am convinced that life is 10 percent what happens to me
And 90 percent how I react to it.
And so it is with you.

God's Days

There are two days in the week upon which and about which I never worry -- two carefree days kept sacredly free from fear and apprehension. One of these days is Yesterday. Yesterday, with its cares and fret and pains and aches, all its faults, its mistakes and blunders, has passed forever beyond my recall. It was mine; it is God's.

The other day that I do not worry about is Tomorrow. Tomorrow, with all its possible adversities, its burdens, its perils, its large promise and performance, its failures and mistakes, is as far beyond my mastery as its dead sister, Yesterday. Tomorrow is God's day; it will be mine.

There is left, then, for myself but one day in the week - Today. Any man can fight the battles of today. Any woman can carry the burdens of just one day; any man can resist the temptation of today. It is only when we willfully add the burden of these two awful eternities - Yesterday and Tomorrow - such burdens as only the Mighty God can sustain - that we break down.

It isn't the experience of Today that drives men mad. It is the remorse of what happened Yesterday and fear of what Tomorrow might bring. These are God's Days ... Leave them to Him.

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

Arthur F. Lenihan

On Letting Go

To "let go" does not mean to stop caring, it means I can't do it for someone else.

To "let go" is not to cut myself off, it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to try to change or blame another, it's to make the most of myself.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to effect their destinies.

To "let go" is not to be protective, it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold, or argue, but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires, but to take each day as it comes, and cherish myself in it.

To "let go" is not to criticize and regulate anybody, but to try to become what I dream I can be.

To "let go" is not to regret the past, but to grow and live for the future.

To "let go" is to fear less, and love more.

Every great achievement was once impossible.

Anonymous

Fair Fighting

Generally we think of fights as unpleasant confrontations between two or more people where tempers flare, voices are raised, and angry insults are exchanged. Fights need not be this way. They are normal and necessary in most relationships, but dirty, unfair fights only result in bitterness, distrust, and feelings of revenge.

Clean, fair fights, on the other hand, are confrontations where disagreements and grievances are dealt with according to a specific set of rules. At the end of a fair fight most people feel refreshed and relieved because a sensitive issue has been settled in a constructive way.

The following rules must be observed when conducting a clean, fair fight:

No hitting below the belt -- purposely calling attention to known weaknesses or sensitive areas.

No false agreements -- pretending to go along or to agree when you don't.

No character analysis or psycho-analyzing -- telling a person what they are thinking, feeling, or why they acted as they did.

No stereotyping -- labeling or name calling.

No gunny sacking -- saving up minor grievances and dumping them all at once rather than dealing with them one at a time as they occur.

No playing archaeologist -- digging up past happenings.

Don't generalize -- using statements such as "You always ..." or "You never ..." to describe a person's behavior.

Stick to the issue -- dealing with only one issue at a time.

Don't drop "the bomb" -- over-reacting to a situation and making idle threats; giving an ultimatum.

Avoid "round robin" fights -- continuing with repetitive, stale arguments where no progress is being made toward conflict resolution.

The purpose of arguments and conflict is to resolve difficulties or solve problems, not to assign blame or to find fault. Do not keep score. Do not lecture. Differentiate between behavior and being. Treat everyone with regard and respect. Do not judge the perceptions and feelings of others. Accept differences. And don't forget the best part of all fights -- making up afterwards. Making up is an essential part to complete resolution.

I can give you a six-word formula for success: "Think things through - then follow through."

Edward Rickenbacker

A Start

Each day, I promise myself not to try to solve all my life problems at once -- nor shall I expect you to do so;

Starting each day, I shall try to learn something new about me and about you and about the world I live in, so that I may continue to experience all things as if they had been newly born;

Starting each day, I shall remember to communicate my joy as well as my despair, so that we can know each other better;

Starting each day, I shall remind myself to really listen to you and to try to hear your point of view and to discover the least-threatening way of giving you mine, remembering that we are both growing and changing in a hundred different ways;

Starting each day, I shall remind myself that I am a human being and not demand perfection of you until I am perfect, so you're safe;

Starting each day, I shall try to be more aware of the beautiful things in our world -- I'll look at the flowers, I'll look at the birds, I'll look at the children, I'll feel the cool breezes, I'll eat good food -- and I'll share these things with you;

Starting each day, I shall remind myself to reach out and touch you, gently, with my words, my eyes and with my fingers, because I don't want to miss feeling you;

Starting each day, I shall dedicate myself again to the process of being a lover -- and then see what happens;

You know, I'm really convinced that if you were to define love, the only word big enough to engulf it all would be "Life" -- LOVE IS LIFE -- in all its aspects ... And if you miss love, you miss life !

Please don't !

I complained because I had no shoes until I met a man who had no feet.

Arabic proverb

A Practical Guide to Life

There is reason and purpose and harmony in the Universe. We are a part of all that, and a great amount of our work in this life is to learn that lesson.

We define life in terms of our body. You may like or hate your body, but it is the mechanism that defines what we call life. Most of us start out believing that we are our body, and it takes considerable effort on our part to overcome the complications of that misunderstanding.

We are here to learn lessons. That is what life is about. Each day we will have the opportunity to learn lessons. You may like the lessons or you may think them stupid or irrelevant.

There are no mistakes, only lessons. Growth is a process of trial and error experimentation. The experiences that we label failures are as valuable a part of the process as the experiments that ultimately work.

A lesson is repeated until it is learned. A lesson will be presented to you in various forms until you have learned it. When you have completely learned a lesson, you will then go on to the next one.

Learning lessons does not end. This is what life is about; as long as there is life, there are lessons.

What you make of this life is up to you. You already have everything you will ever need to learn your lessons. There is nothing you have to do first.

Every thing you experience in life is neutral. The only value of anything outside yourself is determined by the way you experience it.

When you have learned that lesson, it will be a powerful tool you can use to set up more lessons.

The Universe will bring you everything you need to learn your lessons. The value of your experiences is determined by you. The Universe will never bring you more than you can handle.

What you do with those resources is up to you. Whether your choice is to learn or to fail, the Universe will support your choice, and bring whatever you need to manifest it.

Whatever you choose, EVERYTHING WILL BE OKAY !!! From time to time, you will forget this.

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

Life's Little Instructions

Every so often you push your luck.

Never underestimate the power of a kind word or deed.

Never give up on anybody -- miracles happen every day.

Become the most positive and enthusiastic person you know.

Learn to listen.

Think big thoughts, but relish small pleasures.

Don't expect others to listen to your advice or ignore your example.

Opportunity sometimes knocks very softly.

Leave everything a little better than you found it.

Don't forget: a person's emotional need is to feel appreciated.

Never waste an opportunity to tell someone you love them.

Treat everyone you meet like you want to be treated.

Make new friends but cherish the old ones.

Don't use time or words carelessly, neither can be retrieved.

Judge your success by the degree that you're enjoying peace, health, and love.

Smile a lot: it costs nothing and is beyond price.

The Principles of Attitudinal Healing

The essence of our being is Love.

Health is inner peace.

Healing is letting go of fear.

Giving and receiving are the same.

We can let go of the past and of the future.

Now is the only time there is and each instance is for giving.

We can learn to love ourselves and others by forgiving rather than judging.

We can become love finders rather than fault finders.

We can choose and direct ourselves to the happy inside regardless of what is happening outside.

We are students and teachers to each other.

We can focus on the whole of life rather than the fragments.

Since love is eternal, death need not be viewed as fearful.

We can always perceive others as either extending love or giving a call for help.

If you argue and rankle and contradict, you may achieve a victory sometimes; but it will be an empty victory because you will never get your opponent's good will.

Benjamin Franklin

The Invitation

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 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 and 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, to be realistic, or to remember the limitations of being human.

It doesn't interest me if the story you are telling me 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 trustworthy. I want to know if you can see beauty even when it is not pretty everyday, and if you can source your life from its presence. I want to know if you can live with failure, yours or 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 who you are, or how you came to be here. I want to know if you will stand in the center of the fire with me and not shrink back.

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 with yourself, and if you truly like the company you keep in the empty moments.

Realistic goals: Beyond your grasp - but within your reach.

Anonymous

Prayer for Peace

Lord,
make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O Divine Master,
grant that I may not so much seek
to be consoled, as to console;
to be understood, as to understand;
to be loved, as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying
that we are born to eternal life.

(Prayer for Peace - St. Francis of Assisi)

I cannot teach anybody anything, I can only make them think.

Socrates

Today

Mend a quarrel. Search out a forgotten friend. Dismiss suspicion and replace it with trust. Write a love letter. Share some treasure. Give a soft answer. Encourage youth. Manifest your loyalty in a word or deed.

Keep a promise. Find the time. Forego a grudge. Forgive an enemy. Listen. Apologize if you were wrong. Try to understand. Flout envy. Examine your demands on others. Think first of someone else. Appreciate, be kind, be gentle. Laugh a little more.

Deserve confidence. Take up arms against malice. Decry complacency. Express your gratitude. Worship your God. Gladden the heart of a child. Take pleasure in the beauty and wonder of the earth. Speak your love. Speak it again. Speak it still again. Speak it still once again.

It Couldn't Be Done

Somebody said that it couldn't be done,
But he with a chuckle replied
That maybe it couldn't, but he would be one
Who wouldn't say so "till he tried."
So he buckled right in with the trace of a grin
On his face. If he worried, he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it."
But he took off his coat and took off his hat
And the first thing he knew he'd begun it.
With the lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.

There are thousands to tell you it cannot be done,
There are thousands to prophesy failure;
There are thousands to point out to you, one by one,
The dangers that wait to assail you.
But just buckle right in with a bit of a grin,
Then take off your coat and go to it;
Just start in to sing as you tackle the thing
That cannot be done, and you'll do it.

There is nothing as easy as denouncing. It don't take much to see that something is wrong, but it does take some eyesight to see what will put it right again.

Will Rogers

Take Time

Take time to laugh
It is the music of the soul.

Take time to think
It is the source of power.

Take time to play
It is the source of perpetual youth.

Take time to read
It is the fountain of wisdom.

Take time to pray
It is the greatest power on earth.

Take time to love and be loved
It is a God-given privilege.

Take time to be friendly
It is the road to happiness

Take time to give
It is too short a day to be selfish

Take time to work
It is the price of success.

Promise Yourself

To be so strong that nothing can disturb your peace of mind;

To talk health, happiness, and prosperity to every person you meet;

To make all your friends feel that there is something in them;

To look at the sunny side of everything and make your optimism come true;

To think only the best, to work only for the best, and to expect only the best;

To be just as enthusiastic about the success of others as you are about your own;

To forget the mistakes of the past and press on to the greater achievements of the future;

To wear a cheerful countenance at all times and give every living creature you meet a smile;

To give so much time to the improvement of yourself that you have no time to criticize others;

To be too large for worry, too noble for anger, too strong for fear; and too happy to permit the presence of trouble;

To think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds;

To live in the faith that the whole world is on your side so long as you are true to the best that is in you.

We would be happier with what we have if we weren't so unhappy about what we don't have.

Frank A. Clark

Just For Today

Decide to be happy today, to live with what is yours - your family, your business, your job, your luck. If you can't have what you like, maybe you can like what you have.

Just for today, be kind, cheerful, agreeable, responsive, caring, and understanding. Be your best, dress your best, talk softly, and look for the bright side of things. Praise people for what they do and do not criticize them for what they cannot do. If someone does something stupid, forgive and forget. After all, it's just for one day.

Who knows, it might turn out to be a nice day.

What the human mind can conceive and believe, it can accomplish.

David Sarnoff

What Is Maturity

Maturity is the growing awareness that you are neither wonderful nor worthless.

It has been said to be the making of place between what is. and what might be.

It isn't a destination. It is a road.

It is the moment you wake up after some grief or staggering blow and think, 'I'm going to live after all.'

It is the moment when you find out something you have long believed in isn't so, and parting with the old conviction, find that you're still you;

The moment you discover somebody can do your job as well as you can, and you go on doing it anyway;

The moment you do the thing you have always been afraid of; the moment you realize you are forever alone--but so is everybody else, and so in some ways you are more together than ever, and a hundred other moments when you find out who you are.

It is letting life happen in its own good order, and making the most of what there is.

Choices

There comes a time in your life, when you must decide,

No help from anyone, on which you've always relied.

Between right and wrong, between black and white,

Between good and bad, to walk away or fight.

To be honest and true. to be open with your heart, Or to hide your feelings, play it safe from the start.

To sit back and watch, to listen and learn,
Or jump into the fire, taking a chance on a burn.

To stay. to move. to not care, or always prove.

To be strong, to be weak, to be aggressive, to be meek.

To laugh out loud with all your might, or smile a little just to be polite.

To stay together. to live apart. to think with your mind, or trust your with heart.

To live in the past. to always look back, to look ahead to the future, with ambition you won't lack.

Begun at the front. or start at the end, believe in your own self, or follow the trend.

To dream. to hope, to quit, to cope. To be a lover, to be a friend to be real, or just pretend.

Choices we make can make or break, to have to decide at all could be our worst fall.

Choices are sometimes deceiving, you can be lured by the sweetest bait.

So make your decision wisely, because to change your mind could be too late.

Life is about choices, for however we decide,
We'll have to live with our decision until the day we have died.

Hitch your wagon to a star

Ralph Waldo Emerson

A Poem

God Made The Night ...

But He could not have known about those of us
who waited for the dark
To feel the first moments of privacy we had known all day,
Or to use that black secrecy to mutter curses at the day's faults.

He Also Fashioned The Sun ..

And choreographed the ballet called sunset;
But He didn't anticipate the agony that spectacle would create
Among those of us who counted the day past a loss
For it brought them not one step nearer the goals sought.

When He Breathed Out The Worlds Music ..

He planned joy,
But again we fail Him when we wince,
And fight tears, and denounce the beauty of it
Only because there is no beauty in the music of our souls.

God Planted Love Here ..

And it grows
Where hate had flourished
Or where it is scarcely recognized.
He planned on using it like a band-aid on the hurts of the heart.
But it won't stick on some of us,
Or it washes with salt tears,
Or we claim not to need it's protection.

Isn't it a marvel He doesn't despair of us?

I Listen

I Listen to the trees, and they say:

"Stand tall and yield.
Be tolerant and flexible.
Be true to yourself.
Stand alone, and stand together.
Be brave.
Be patient.
With time, you will grow."

I Listen to the wind, and it says:

"Breathe.
Take care of yourself --
body, mind, and spirit.
Take time.
Be quiet.

Listen from your heart.
Forgive."

I Listen to the sun, and it says:
"Nurture others.
Let your warmth radiate for others to feel.
Give yourself without expectations."

I Listen to the creek, and it says:
"Relax; go with the flow.
Tend to what's really important,
and let the rest go by.
Keep moving -- don't be hesitant or afraid.
Lighten up -- laugh, giggle."

I Listen to the mountains, and they say:
"Be there.
Be honest.
Be trustworthy.
Do what you say you're going to do.
Be true, genuine, and real.
Speak from the heart.
Don't cheat."

I Listen to the birds, and they say:
"Set yourself free.
Sing."

I Listen to the clouds, and they say:
"Be creative.
Be expressive.
Let your spirit run free.
Let yourself be light and gay,
but let yourself be heavy and sad.
Cry when you feel like it."

I Listen to the sky, and it says:
"Open up.
Let go of the boundaries and barriers
which you have created to protect yourself.
Experience change.
Fly."

I Listen to the flowers and small plants, and they say:
"Be humble.
Be simple.
Respect the beauty of small things.
Respect the beauty of humility and truth.
Let go of perfectionism.

Love yourself as you are; it opens the door to change.
Practice acceptance."

I Listen to the bugs and flying insects, and they say:
"Work.

Be productive.

Use your hands.

Focus on what's in front of you.

Ignore the past; there is only the present."

I Listen to the moon, and it says:

"Love.

Share love.

Make love.

Be romantic -- touch and caress.

Allow yourself to be loved.

Be gentle, kind, and understanding.

Use candles."

I Listen to the stars, and they wink and say:

"Play.

Dance, be silly, have fun."

I Listen to the earth, and it says:

"I am your mother.

I give you life.

Respect all that is around you.

Find beauty in all things -- living and not -- including
yourself; for we are all one -- not separate.

Be especially respectful to the very young and the very old,
for they are both very near God.

Give up the belief that you are a higher form of life;
there is no higher form of life.

We are equal because we are the same.

When you return to me, I will welcome you,
and I will set your spirit free.

Love and nurture your children; cook good food for them,
and hold them very close to you often.

Hold me close to you often as well,

and I will hold you in return; I will support you.

Have faith.

Great works are performed not by strength but by perseverance

Samuel Johnson

"If I Had My Life to Live Over"

If I had my life to live over, I'd dare to make more mistakes next time. I'd relax, I'd limber up. I would be sillier than I've been this trip. I would take fewer things seriously, take more chances, take more trips. I'd climb more mountains, and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones. You see, I'm one of those people who lived seriously, sanely, hour after hour, day after day. Oh, I've had my moments, and if I had it to do over again, I'd have more of them. I've been one of those persons who never goes anywhere without a thermometer, a hot-water bottle, a raincoat, and a parachute. If I had to do it again, I would travel lighter than this trip. If I had my life to live over, I would start going barefoot earlier in the spring, and stay that way later in the fall. I would go to more dances, I would ride more merry-go-rounds. I would pick more daisies.

Criticism

If an impulse comes to say
Some un-thoughtful word today
That may drive a friend away,
Don't say it!

If you've heard a word of blame
Cast upon your neighbor's name
That may injure his fair fame,
Don't tell it!

If malicious gossip's tongue
Some vile slander may have flung
On the head of old or young,
Don't repeat it!

Thoughtful, kind, helpful speech,
'Tis a gift promised to each--
This the lesson we would teach:
Don't abuse it!

No man is good enough to govern another man without that other's consent.

Abraham Lincoln

Never Mind!

Sometimes when nothing goes just right
And worry reigns supreme,
When heartache fills the eyes with mist

And all things useless seem,
There's just one thing can drive away
The tears that scald and blind --
Someone to slip a strong arm 'round
And whisper, "Never mind."

No one has ever told just why
Those words such comfort bring;
Nor why that whisper makes our cares
Depart on hurried wing.
Yet troubles say a quick "Good-day,"
We leave them far behind
When someone slips an arm around,
And whispers, "Never mind."

But love must prompt that soft caress-
That love must, aye, be true
Or at that tender, clinging touch
No heart ease come to you,
But if the arm be moved by love,
Sweet comfort you will find
When someone slips an arm around,
And whispers, "Never mind!"

I cannot give you the formula for success, but I can give you the formula for failure,
which is: Try to please everybody.

Herbert Swope

Murphy's Laws

Everyone has heard of Murphy's first law: "If anything can go wrong, invariably it will."
But hardly anybody has even a foggy idea of who Murphy was.

The search for Murphy's notebooks led to a garage in Toledo, Ohio; an inventor's junk
loft in Aliquippa, Pennsylvania; and the home of a retired female blackmailer in
Sarasota, Florida. It was learned that Murphy had no first name, that he never could
hold a job, and that his writings were returned by the post office for insufficient postage.

It seems everything Murphy wrote about had some explanation for why things go wrong.
Consider a few more Murphy classics:

Nothing is ever as simple as it first seems.

Everything you decide to do costs more than first estimated.

Every activity takes more time than you have.

It's easier to make a commitment or to get involved in something than to get out of it.

Whatever you set out to do, something else must be done first.

If you improve or tinker with something long enough, eventually it will break.

By making something absolutely clear, somebody will be confused.

You can fool some of the people all of the time and all of the people some of the time, and that's sufficient.

A Short Course in Human Relations

The six most important words:

I admit that I was wrong.

The five most important words:

You did a great job.

The four most important words:

What do you think?

The three most important words:

Could you please. . .

The two most important words:

Thank you.

The most important word:

We.

The least important word:

I.

If You Think

If you think you are beaten, you are.

If you think you dare not, you don't!

If you want to win, but think you can't,

It's almost a cinch you won't.

If you think you'll lose, you're lost;

For out in the world we find

Success begins with a fellow's will;

It's all in the state of the mind.

Life's battles don't always go

To the stronger and faster man,

But sooner or later the man who wins

Is the man who thinks he can.

(Walter D. Wintle)

Two Kinds of People

There are only two kinds of people on earth today
Two kinds of people, no more I say.
Not the rich and the poor, for to know a man's wealth
You must first know the state of his conscience and health,
Not the happy and sad, for in life's passing years,
Each has his laughter and each has his tears.
No, the two kinds of people on earth I mean
Are the people who lift and the people who lean.
In which class are you? Are you lifting the load
Of some overtaxed lifter who's going down the road
Or are you a leaner who lets others share
Your portion of toil and labor and care?

No man can become rich without himself enriching others.

Andrew Carnegie

On Youth

Youth is not entirely a time of life -- it is a state of mind. It is not wholly a matter of ripe cheeks, red lips, or supple knees. It is a temper of will, a quality of the imagination, a vigor of the emotions.

Nobody grows old merely by living a number of years. People grow old only by deserting their ideals. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fears; as young as your hope, as old as your despair.

In the central place of every heart, there is a recording chamber; so long as it receives messages of beauty and hope, cheer and courage, you are young.

When the wires are all down and your heart is covered with the snows of pessimism and the ice of cynicism, then and only then have you grown old.

Setting Goals: an Essential Part of Fulfilling Your Dreams

Life is a journey. Not just any journey, but the most fantastic journey in the universe. Life is a journey from where you are to where you want to be. You can choose your own destination. Not only that, you can choose how you are going to get there. Goal setting will help you end up where you want to be.

When it comes to setting goals, start off with what's important to you in life. Take out a sheet of paper. Sit quietly, and on that sheet of paper, brainstorm what you want to accomplish between now and the end of your life.

Second step-use another sheet of paper, and this time consider yourself and your personal goals for the next 12 month period. Some key areas in which you might set personal goals include: family, personal growth, financial, health, social, career, hobbies, spiritual, and recreation. Write down the things that you plan to accomplish or achieve or attain during this one-year period.

Now, as a third step, go back and compare the two goal lists you have made. Make sure that the items on your short-term list will, as you attain them, be helping you attain your long-term or lifetime goals. It is important that what you are doing short term is taking you in the right direction toward your lifetime goals. Please rewrite your short term goals now if you need to.

As a next step, looking at the goals that are on your list at this time, if there are any that you are not willing to pay the price for, go ahead and cross them out, leaving only those items you are willing to cause to happen in your life. This does not necessarily mean you have the money or the other resources for attaining the goal right now. However, when you do have it, would you spend it on or trade it for the goals you have on your list?

Now, on still another sheet of paper, create the job goals that are important to you during this upcoming 12-month period. Identify what outcomes you wish to attain or achieve during this one-year period in your specific area of responsibility and authority.

Some key areas in which you might consider writing job goals, if you did not already, include: quality, quantity, cost control, cost improvement, equipment, procedures, training, sales, financial, and personnel.

As a next step, look for the blending between your job or work goals and your personal goals. Anywhere you notice that you are attaining a goal on the job while at the same time you are attaining a personal goal, note this relationship: it is in these areas you will be most highly motivated.

For each of the three lists that you have just created, take an additional sheet of paper and list the activities that you must do to attain the most important goal that you have on each of your lists.

Now on another piece of paper titled "Things To-Do List" identify from the activities you just listed, the ones that you must do tomorrow to move you toward your most important goal.

Rewrite your goals in these categories at least every three months.

The only thing in life that is constant is the fact that everything is changing. It makes sense that our goals will change as we change.

Recognize how focusing on what you do want, what you do intend to accomplish, also defines what you choose not to do in your life.

Daily rewrite your list of "Things To-Do" after first reviewing your desired goals.

Success is defined as "the progressive realization of a worthwhile goal." If you are doing the things that are moving you toward the attainment of your goal, then you are "successful" even if you are not there yet.

Every step along the way to achieving a goal is just as important as the last step.

It is not the achieving of a goal that is so important; it is what you become in the process.

Set goals with your family also. Help children learn this process early in life.

Decide what you should be accomplishing and then stick to your knitting. Do not attempt to be or do all things for all people.

Dreams and wishes are not goals until they are written as specific end results on paper.

Written specific goals provide direction and focus to your activities. They become a road map to follow.

Being busy with activities does not pay, only results do. As in baseball you only get points for getting to the goal of home plate. Just making it to the bases does not count.

It has been said that the amount of information available to us is now doubling in less than 30 months. We must learn to focus on only what is truly important to our self and our job.

Be sure the goals and activities that you are working for are yours and that you really want and desire to achieve them. The commitment is vital to your success in achieving them.

When you have a goal that is exciting to you, the life energy flows through you. You are excited about accomplishing it because it is personally meaningful.

Create a time line or matrix chart on which you display your goals visually and the dates when you will have them accomplished.

Continually look for ways to integrate or blend personal and professional goals.

Setting a goal that you believe is unattainable will result in frustration. To be challenging and motivating, goals must be perceived as realistic and attainable.

Those people with dreams are the ones most likely to experience them.

Set goals carefully for you will attain them. This also means if you set none, you will attain that.

Goals, when thoughtfully set, can provide strong motivational direction.

Clear cut, understandable and realistic objectives leading to the goal help to maintain the sense of realism and the hope of attainment of the goal.

Establish measurement criteria to monitor progressive movement toward your goal. Then you will experience progress.

Set goals that you will be proud to have achieved, then sense your having completed them.

Have a vision that you know is unquestionably right and you will be internally driven to achieve that vision.

A goal is "reasonable" when you can see the entire process needed to get to its attainment.

Good planning assists in sensing reasonableness of challenging goals.
Develop an emotional reason why you should attain your goal.

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