

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



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BOOK OF READINGS

1. "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*
2. "Never, never, never, never, never give up!" - Winston Churchill, Prime Minister, Great Britain
3. "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
4. "The PAST cannot be changed, forgotten, edited or erased; it can only be ACCEPTED." -Unknown
5. "We cannot become what we need to be by remaining what we are." - Max DePree
6. "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
7. "You don't get to control any outcome, only every choice you make along the way." - Stephen Paul
8. "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
9. "You cannot discover new oceans unless you have the courage to lose site of the shore." -Unknown
10. Definition of Insanity: Doing the same thing over and over again and expecting different results.
- Dante Alighieri, *The Divine Comedy*, 13th century
11. "Chaos often breeds life, while order breeds habit." - Henry Adams, American historian
12. "Purpose is the still point---the peaceful center around which all dynamic leadership revolves." -Rob Hawthorne
13. "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*
14. "All great players know there are days when, no matter what they do, the game wins." - Dr. Richard Coop
15. "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
16. "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)
17. "True freedom means having the ability to choose the best response to a situation without being unfairly influenced by past histories." -Greg Giesen
18. "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

19. "The problem with you is you think you have time!" –Don Juan
20. "I hope everybody could get rich and famous and will have everything they ever dreamed of, so they will know that is not the answer." -Jim Carey
21. "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*
22. "The most difficult relationship will be the most profound transformation." - Evan Hodkins
23. "You can learn more about a person in one hour of play than a lifetime of conversation." - Plato
24. "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
25. "To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself." -Thich Nhat Hanh
26. "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*
27. "A mind stretched by a new experience can never go back to its old dimensions." - Oliver Wendell Holmes, American author & physician, 1809-94
28. "It's not the experience, but what you do with it that counts." - Aldous Huxley, English author
29. "Sometimes I pretend to be normal, but it gets boring, so I go back to being me." -Unknown
30. "What we do for ourselves dies with us. What we do for others and the world remains and is immortal." -Albert Pine
31. "You cannot teach a person anything. You can only help him discover it within himself." -Galilei Galileo, Italian astronomer, 1564-1642
32. "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
33. "If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place." -Unknown
34. 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

35. "In the end, we only regret the chances we didn't take, relationships we are afraid to have, and the decisions we waited too long to make." -Unknown
36. "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
37. "If we all did the things we are capable of doing, we would literally astound ourselves." - Thomas Edison
38. "Behold the turtle. He makes progress only when he sticks his neck out." - James Conant
39. "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
40. "On the day of judgment, we shall not be asked what we have done but how much did we love."
- Thomas Kempis
41. "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
42. "Accept the challenges...that you may know the exhilaration of victory." - General George Patton
43. **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
44. "The only place where success comes before work is in the dictionary." - Vidal Sassoon
45. 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*
46. "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*
 47. "It is no use walking anywhere to preach unless our walking is our preaching." - St. Francis of Assisi
 48. "If you think you are too small to be effective, you have never been in a bed with a mosquito." - Bette Reese
 49. "We are all faced with a series of great opportunities brilliantly disguised as impossible situations."
- Charles Swindall
 50. "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*
 51. "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)
 52. "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*
 53. "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
 54. "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*
 55. "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
 56. "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
 57. "Life isn't about waiting for the storm to pass...it's about learning to dance in the rain." -Unknown
 58. "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*
 59. "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*

60. "Mistakes are proof that you are trying." -Unknown

61. "Life has no remote. Get up and change it yourself!" -Unknown

62. **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."

63. "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." - Unknown

64. "Feel The Fear And Do It Anyway!" - Susan Jeffers, Ph.D. (book title)

65. "It doesn't work to leap a twenty-foot chasm in two ten-foot jumps." - American proverb

66. "I am more than I thought. I did not know I held so much greatness within me." -Walt Whitman, American poet

67. "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

68. "If it is important to you, you will find a way. If not, you'll find an excuse." -Unknown
69. "The unexamined life is not worth living...and the un-lived life is not worth examining." –Unknown
70. "When you finally let go of the past something always better comes along." -Unknown
71. "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
72. "Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish you had been all along." -www.livelifehappy.com
73. "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
74. "If 'Plan A' didn't work, the alphabet has 25 more letters! Stay cool!" -Unknown
75. "If you can dream it, you can do it." - Walt Disney
76. "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
77. "Our greatest glory is not in never falling, but in rising every time we fall." - Confucius, 6th century BC
78. "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
79. "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*
80. "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
81. "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
82. "You must be the change you wish to see." -Gandhi
83. "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
84. "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

85. "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
86. "Pay attention to the questions you need to ask, not the answers you want to hear." -Leonard Hirsch
87. "Don't change so people will like you. Be yourself and the right people will love the real you." -QuoteDiary.me
88. "A Friend is someone who knows the Song in your heart and can Sing it back to you when you have forgotten the Words." -Unknown
89. "If you want to feel rich, just count all the things you have that money cannot buy." -QuoteDiary.me
90. "Life begins at the end of your comfort zone." -Neale Donald Walsch
91. "Unless you learn to face your own shadows, you will continue to see them in others, because the world outside you is only a reflection of the world inside you." -Unknown
92. "Sometimes burning bridges isn't a bad thing...it prevents you from going back to a place you should never have been to begin with." -Unknown
93. "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
94. "The best way to predict the future is to invent it." -Alan Kay
95. "Dear Optimist, Pessimist, and Realist,
Why you guys were busy arguing about the glass of water, I drank it!
Sincerely, the Opportunist"
96. "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*
97. "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
98. "Man is troubled not by events, but by the meaning he gives them." -Epictetus (AD 55-135)
99. "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
100. "Don't worry about the people in your past; there's a reason they didn't make it to your future." -Unknown

101. 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

102. "A smooth sea never made a skilled mariner." -English proverb

103. "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

104. "The greater part of our happiness or misery depends on our dispositions, and not on our circumstances."
-Martha Washington

105. "Perseverance is not a long race. It is many short races one after another." -Walter Elliott

106. "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

107. "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

108. "Integrity is doing the right thing when no one is watching." -Unknown

109. "You can't start the next chapter of your life if you keep re-reading your last one." -Unknown

110. 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.

111. "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

112. "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

113. "When we are no longer able to change a situation, we are challenged to change ourselves."
– Viktor Frankl, 1905-1997, Austrian Neurologist and Psychiatrist

114. "I am not what happens to me, I am what I choose to become." -Unknown

115. "Do you want to know who you are? Don't ask. Act! Action will delineate and define you." – Thomas Jefferson

116. "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*

117. "The happiest people don't have the best of everything. They just make the best of everything." -Unknown

118. "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

119. "Once 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

120. "Our first task is to become leaders of our own lives, heroes of our own stories." - China Galland

121. "Example is not the main thing in influencing others, it's the only thing." - Albert Schweitzer

122. "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

123. Natural Highs

- Falling in love
- Laughing so hard your face hurts
- A hot shower
- No lines at the Super Wal-Mart
- A special glance

- 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
 - Chocolate milkshakes
 - A long distance phone call
 - A bubble bath
 - A good conversation
 - Finding a \$20 bill in your coat from last winter
 - Laughing at yourself
 - Midnight phone calls that last for hours
 - Running through sprinklers
 - 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
 - Sweet dreams
 - Winning a really competitive game
 - Swinging on swings
 - Hot chocolate
 - Seeing smiles and hearing laughter from our friends
 - 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

124.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

125. "I am convinced that life is 10% what happens to me and 90% how I react to it." - Charles Swindoll
126. "Seek progress, not perfection. The perfect swing doesn't exist." - Leonard Finkel
127. "We don't see things as they are, we see them as we are." - Anais Nin
128. "People hear what we say, but they see what we do. And seeing is believing." - Unknown
129. "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
130. "Do not follow where the path may lead. Go instead where there is no path and leave a trail."
- Ralph Waldo Emerson
131. "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*
132. "Knowing others is wisdom, knowing yourself is enlightenment." -Lao Tzu
133. "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
134. "No one can give you better advice than yourself." - Cicero, Greatest Roman Orator, 106 B.C.- 43 B.C.
135. "Truly great leaders spend as much time collecting and acting on feedback as they do providing it."
- Alexander Lucia

136. 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

137. "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*

138. "Vision without action is meaningless." - Unknown

139. "There are two things that people want more than sex and money—recognition and praise."
- Mary Kay Ash of Mary Kay Cosmetics
140. "Before determining what it is your want, you need to determine what it is you have to offer." - Unknown
141. "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
142. "Being in power is like being a lady. If you have to tell people you are, you aren't." - Margaret Thatcher
143. "You teach best what you most need to learn." - Richard Bach, *Illusions*
144. "Retreats and so-called off-site exercises aren't worth much unless people can see changes back in the office as well." - Jeremy Main
145. "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
146. "Silent gratitude isn't much use to anyone!" -Unknown
147. "Image is what people think we are. Integrity is what we really are." - John Maxwell
148. "Those who say it cannot be done shouldn't interrupt the people doing it!" -Unknown
149. "Whether you think you can or you can't, you're right." -Unknown
150. "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
151. "In time we become what we most believed about ourselves." - Shad Helmstetter
152. "Self-examination is always the first step to change." - Thomas Mann, Nobel Prize Winner
153. "Whatever the present moment contains, accept it as if you had chosen it." -Eckhart Tolle
154. "If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present." -Unknown
155. "Today's mighty oak is just yesterday's nut that held its ground." -Unknown
156. "Have you ever wondered which hurts the most: saying something and wishing you had not, or saying nothing and wishing you had?" -Unknown
157. "Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you."
- Mary Tyler Moore
158. "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
159. "I do not think much of a man who is not wiser today than he was yesterday." - Abraham Lincoln

160. 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

161. "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

162. "To be a champion, you have to believe in yourself when nobody else will." - Sugar Ray Robinson

163. "Some people come in your life as blessings. Others come in your life as lessons. -Unknown

164. "You have the answer. Just sit quiet enough to hear it." -Pat Obuchowski

165. "The two most important days in your life are the day you are born...and the day you find out why." -Mark Twain

166. "Everything you do is based on the choices you make. It's not your parents, your past relationships, your job, the economy, the weather, an argument or your age that is to blame. You and only you are responsible for every decision and choice you make. Period." -Unknown

167. "I don't know the key to success, but the key to failure is trying to please everybody." - Bill Cosby, Comedian
168. "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*
169. "Those who cannot remember the past are condemned to repeat it." - George Santayana
170. "As human beings, our greatness lies not so much in being able to remake the world as in being able to remake ourselves. - Mahatma Gandhi
171. "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, "Wow! What a ride!" -Unknown
172. "THIS TOO SHALL PASS. When things are bad, remember: It won't always be this way. Take one day at a time. When things are good, remember: It won't always be this way. Enjoy every great moment." -Doe Zantamata
173. "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
174. "Everybody thinks of changing humanity and nobody thinks of changing himself." - Leo Tolstoy
175. "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
176. "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*
177. "Ask yourself if what you're doing today is getting you closer to where you want to be tomorrow." -Unknown
178. "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
179. "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*
180. "When you judge another, you do not define them, you define yourself." –Unknown
181. "A man wrapped up in himself makes a very small bundle." -Benjamin Franklin
182. "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*
183. "Too many people overvalue what they are not and undervalue what they are." - Malcom Forbes
184. "Failure is not the worst thing in the world. The very worst is not to try." – Unknown

185. "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

186. "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*

187. 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.

188. "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

189. 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

190. "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*

191. "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

192. "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
193. "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.
194. "Live as if you were going to die tomorrow. Learn as if you were to live forever."- Gandhi
195. "Why does the thrill of soaring have to begin with the fear of falling?"- David McNally
196. "Life can only be understood backwards: but it must be lived forwards." - Soren Kirkegaard
197. "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
198. "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." - Unknown
199. "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?" -Unknown
200. "It is during our darkest moments that we must focus to see the light." - Unknown

201. 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

202. "Success in life comes not from holding a good hand, but in playing a poor hand well." - Dennis Waitley

203. "Unless we change our direction, we are likely to end up where we are headed." – Unknown

204. "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

205. "There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad, and focus on the good. Love the people who treat you right, pray for the ones who don't. Life is too short to be anything but happy. Falling down is a part of life, getting back up is living." -Unknown

206. "A diamond is a chunk of coal that made good under pressure." - Unknown

207. "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

208. 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

209. "The world always looks brighter from behind a smile." – Unknown

210. "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." -Maya Angelou

211. "Five Simple Rules for Happiness:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

-Unknown

212. "A negative thinker sees a difficulty in every opportunity. A positive thinker sees an opportunity in every difficulty."
-Unknown

213. "The largest room in life is one that we all share...the room for improvement." -dailypositiveinspirations.com

214. "Sometimes when things are falling apart, they may actually be falling into place." -Unknown
215. "If you never try you'll never know." -Unknown
216. "Most people would learn from their mistakes if they weren't so busy denying them." -Unknown
217. "Never put the key to your happiness in someone else's pocket." -Unknown
218. "We do not stop playing because we grow old, we grow old because we stop playing." -Unknown
219. "It doesn't matter if the glass is half empty or half full. Be thankful that you have a glass and grateful that there's something in it!" -Unknown
220. "None of us know how much time we have left on this earth. What is left in the end are your actions, the memories you left behind and how you made people feel." -Bridgitte Nicole
221. "We must be willing to let go of the life we have planned so as to have the life that is waiting for us."
-Joseph Campbell
222. "The one who follows the crowd will usually get no further than the crowd. The one who walks alone is likely to find him/herself in places no one has ever been." -Albert Einstein
223. "In three words I can sum up everything I've learned about life: it goes on." -Robert Frost
224. "Sometimes what we need is not a push but a pull to keep going." -Unknown
225. "The primary cause of unhappiness is never the situation but the thoughts about it. Be aware of the thoughts you are thinking." -Eckhart Tolle
226. "The most difficult phase of life is not when no one understands you; It is when you don't understand yourself."
-Unknown
227. "If you love someone, tell them, because hearts are often broken by words left unspoken."
-From the Mankind Project
228. "Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong."
-Chad Hymas
229. "Sometimes the best thing that you can do is not think, not wonder, not imagine, not obsess. Just breathe...and have faith that everything will work out for the best." -Unknown

230. Seven Rules of Life

1. Make peace with your past so it won't screw up the present.
 2. What others think of you is none of your business.
 3. Time heals almost everything, give it time.
 4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.
 5. Stop thinking too much, it's alright not know the answers. They will come to you when you least expect it.
 6. No one is in charge of your happiness, except you.
 7. Smile. You don't own all the problems of the world. -Whisper of the heart
231. "Forgiving you is my gift to you. Moving on is my gift to myself." -Unknown
232. "Don't let someone change who you are to become what they need." -Unknown

233. "The more rules you have about how people have to be, how life has to be for you to be happy— the less happy you're going to be." -Anthony Robbins
234. "Don't worry about the judgments of other's: they're telling you their story, not yours!" -Unknown
235. "Beautiful in my opinion has nothing to do with looks. It's how you are as a person and how you make others feel about themselves." -You Are My Oxy
236. "I have not failed. I've just found 10,000 ways that won't work." -Thomas Edison
237. "Everyone has gone through something that has changed them in a way that they could never go back to the person they once were." -Lifelifehappy.com
238. "You cannot be lonely if you like the person you're alone with." -Wayne Dyer
239. "The authentic self is the soul made visible." -Sarah Van Breathnach
240. "We don't meet people by accident. They are meant to cross our path for a reason." -Unknown
241. "Just be yourself. Let people see the real, imperfect, flawed, quirky, weird, beautiful and magical person that you are." -Mandy Hale
242. "Friendship isn't about who you've known the longest. It's about who walked into your life, said, 'I'm here for you' and proved it.'" -Lessons learned in life
243. "A smart person knows what to say, a wise person knows whether or not to say it." -Unknown
244. "You are only going to be as good as the people you surround yourself with. So be brave enough to let go of those who keep weighing you down." -Livestronglivelean.com
245. "Make sure your worst enemy is not living between your own two ears." -Unknown
246. "You know you are on the right track when you become uninterested in looking back." -Unknown
247. "I may not have everything I want in life but I'm blessed enough to have all that I need. For this I am grateful." -Unknown
248. "Sometimes the easiest way to solve a problem is to stop participating in the problem." -Unknown
249. "One of the happiest moments ever is when you find the courage to let go of what you can't change." -Picqote.net
250. "When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment and I told them they didn't understand life." -John Lennon
251. "Don't mix bad words with your bad mood. You'll have many opportunities to change a mood, but you'll never get the opportunity to replace the words you spoke." -Unknown
252. "If you want to know somebody's mind, listen to their words. If you want to know their heart, watch their actions." -Unknown
253. "If it scares you it is probably worth giving it a try." -Seth Godin

254. "No matter how you feel, get up, dress up, show up, and never give up!" -Unknown
255. "You aren't wealthy until you have something money can't buy." -Garth Brooks
256. "It is not happy people who are thankful. It is thankful people who are happy." -Unknown
257. "Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow." -Mary Anne Radmacher
258. "The greatest weapon against stress is our ability to choose one thought over another." -William James
259. "I AM...two of the most powerful words, for what you put after them shapes your reality." -Quotediary.me
260. "The best things in life are the people you love, the places you've seen, and the memories you've made along the way." -Lessons learned in life
261. "I always wondered why somebody doesn't do something about that. Then I realized I was somebody." -Lily Tomin
262. "Be kind to unkind people, they need it the most. No need to be their reflection." -Unknown
263. "Holding a grudge is letting someone live rent-free in your head." -Unknown
264. "I'm a strong person, but every once in a while, I would like someone to take my hand and tell me that everything's going to be alright." -Unknown
265. "In the end, we only regret the chances we didn't take." -Unknown
266. "You cannot hang out with negative people and expect to live a positive life." -Joel Osteen
267. "A physician once said, 'The best medicine for humans is love.' Someone asked, 'What if it doesn't work?' He smiled and said, 'Increase the dose.'" -Unknown
268. "The Dalai Lama, when asked what surprised him most about humanity, answered, 'Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.'" -Unknown
269. "You have to embrace getting older. Life is precious, and when you've lost a lot of people, you realize that each day is a gift." -Meryl Streep
270. "If we could look into each other's hearts and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more love, patience, tolerance, and care." -Marvin J Ashton
271. "It's impossible, said pride. It's risky, said experience. It's pointless, said reason. Give it a try, whispered the HEART." -Unknown
272. "Just because the past didn't turn out like you wanted it to doesn't mean your future can't be better than you imagined." -Unknown
273. "Life is like a rollercoaster. It has its ups and downs but it's your choice to scream or enjoy the ride." -Unknown
274. "You must make your dream a priority in order for it to become your life." -Bob Proctor

275. "There is a huge amount of freedom that comes to you when you take nothing personally." -Don Miguel Ruiz
276. "What screws us up most in life is the picture in our head of how it is supposed to be." -Unknown
277. "If you had a friend who spoke to you in the same way that you sometimes speak to yourself, how long would you allow that person to be your friend?" -Unknown
278. "Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you so you can be who you were meant to be in the first place." -Unknown
279. "A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on its own wings. Always believe in yourself." -Unknown
280. "As we grow up, we realize it is less important to have lots of friends and more important to have real ones." -Amanda McRae
281. "Good things come to those who believe, better things come to those who are patient and the best things come to those who Don't Give Up." -Unknown
282. "Life becomes easier when you learn to accept the apology you never got." -R. Brault
283. "Before you speak, let your words pass through three gates:
1. At the first gate, ask yourself, 'Is it true?'
2. At the second gate ask, 'Is it necessary?'
3. At the third gate ask, 'Is it kind?'"
-Sufi saying
284. "Life is short, live it. Love is rare, grab it. Anger is bad, dump it. Fear is awful, face it. Memories are sweet, cherish it." -Unknown
285. "Happiness starts with you—not with your relationships, not with your job, not with your money, but with you." -Unknown
286. "Morality: Doing what is right regardless of what you are told. Obedience: Doing what you are told regardless of what is right." -Unknown
287. "My entire life can be described in one sentence: It didn't go as planned, and that's ok." -Charlie Brown
288. "Don't worry about getting old. Worry about thinking old." -growingbolder.com
289. "If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." -Gandhi
290. "I've seen better days, but I've also seen worse. I don't have everything that I want, but I do have all I need. I woke up with some aches and pains, but I woke up. My life may not be perfect but I am blessed." -Lessons learned in life
291. "Those we love don't go away, they walk beside us every day, unseen, unheard, but always near, still loved, still missed and very dear." -Unknown
292. "What do we live for if not to make the world less difficult for each other?" - George Eliot, English novelist, 19th c.
293. "It is preoccupation with possessions, more than anything else, that prevents us from living freely and nobly." - Bertrand Russel, British philosopher

294. "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
295. "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
296. "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
297. "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
298. "Put your heart, mind, intellect and soul even into your smallest acts. This is the secret of success."
- Swami Sivananda
299. "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
300. "The pessimist complains about the wind.
The optimist expects it to change.
The leader adjusts the sails." - John Maxwell, *Developing The Leader Within You*
301. "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." - Norman Vincent Peale
302. "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.
303. "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
304. "Let everything you do be done as if it makes a difference." – William James
305. "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
306. "Where the needs of the world and your talents cross, there lies your vocation."
- Aristotle, Greek philosopher, 384-322 B.C.
307. "One thing about the rat race; even if you win it, you're still a rat." - Lily Tomlin, Comedian

308. "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*
309. "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*
310. "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*
311. "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*
- 312. 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
313. "People think they are seeking success but what they really desire is fulfillment." –Dean Griffith
314. "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
315. "If you do not tell the truth about yourself, you cannot tell it about other people." –Virginia Woolf
316. "If you are to succeed, you must understand that your rewards in life will be in direct proportion to the contributions you make." -Unknown

317. "You can't change your shortcomings until you accept yourself despite them." -Bernie Siegel
318. "It is better to fail in originality than to succeed in imitation." – Herman Melville, 1819-1891
319. "The empirical evidence for who you are and your life's purpose is in how you act." -John Allison
320. "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*
321. "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
322. "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
323. "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
324. "It had never occurred to me that feeling empty might actually be a route to something deeper and richer within."
-Tony Schwartz
325. "May your life have just enough clouds to make a glorious sunset." -Unknown
326. "If you want to improve, be content to be thought foolish and stupid." -Picitus
327. "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
328. "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
329. "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
330. "It is who you become on the way to reaching your goals that matters most." -Larry Beeson, *The Leaders Resource*
331. "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*
332. "The key to overcoming a fear is to create a goal that is more compelling than the fear itself." -Greg Giesen

333. "It is the drop that hollows out the stone." -Unknown
334. "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
335. "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*
336. Excerpt from Steve Jobs Commencement Speech @ Stanford (2005)
"No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."
337. "The best way to get something done is to begin." – Unknown
338. "You cannot do a kindness too soon, for you never know how soon it will be too late." -Ralph Waldo Emerson
339. "Winning is only half of it. Having fun is the other half." – Bum Phillips, American Football Coach
340. "Confidence is the result of hours and days and weeks and years of constant work and dedication."
– Roger Staubach, American Football Player
341. "The best thing one can do when it's raining is to let it rain." – Henry Wadsworth Longfellow
342. "When what we are is what we want to be, that's happiness." - Malcolm S. Forbes
343. "Morning comes whether you set the alarm or not." - Ursula K. Le Guin, American Author
344. "Real generosity toward the future lies in giving all to the present." – Albert Camus
345. "Whenever you see a successful business, someone once made a courageous decision." – Peter F. Drucker
346. "There is no snooze button on a cat who wants breakfast." – Unknown
347. "It is literally true that you can succeed best and quickest by helping others to succeed." –Napoleon Hill
348. "In everyone's life at some time our inner fire goes out. It is then burst into flame by encounter with another human being. We should be thankful for those people who rekindle the inner spirit."
- Albert Schweitzer (submitted by Michael McCormick, LFW, Fall Class 2011)
349. "We make a living by what we get. We make a life by what we give." -Winston Churchill
350. "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

351. "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*

352. 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 glee. 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).

FRIENDS FOREVER!

- Unknown

353. "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

354. "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

355. "Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy." -General H. Norman Schwarzkopf

356. "Standing in the middle of the road is very dangerous; you get knocked down by the traffic from both sides."
-Margaret Thatcher

357. "Greatness comes not when things always go good for you. But the greatness comes when you're really tested, when you take some knocks, some disappointments, when sadness comes. Because only if you've been in the deepest valley can you know how magnificent it is to be on the highest mountain." –Pravsworld.com

358. "If we are strong, our strength will speak for itself. If we are weak, words will be no help." -John F. Kennedy

359. "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

360. "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

361. "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

362. "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)

363. **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

364. "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's our interpretations of these experiences that truly defines us." –Greg Giesen

365. "Remember me for who I am, not for what I've done." -Unknown

366. "The happiest people don't necessarily have the best of everything. They just make the best of everything."
-Unknown

367. **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

368. "Success is never owned, it is only rented; and the rent is due every day!" -Rory Vaden

369. "The best thing you could give the world is a healthy you." -Unknown

370. "To the world you may be one person, but to one person you may be the world." ~Anonymous

371. "Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."
- Scott Adams

372. "You are the average of the five people you spend the most time with." - Jim Rohn

373. "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

374. "The reason a dog has so many friends is that he wags his tail instead of his tongue." -Anonymous

375. "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

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

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

378. "What lies behind us, and what lies before us are small matters compared to what lies within us."
- Ralph Waldo Emerson

379. "We are what we repeatedly do. Excellence, then, is not an action, but a habit." - Aristotle

380. "Many of life's failures are people who did not realize how close they were to success when they gave up."
- Thomas Edison

381. **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."

382. "You never know how a horse will pull until you hook him up to a heavy load." -Paul "Bear" Bryant

383. "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

384. "You have to believe in yourself when no one else does. That's what makes you a winner." - Venus Williams

385. "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

386. "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*

387.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,
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.'

-Unknown

388. "Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart." - Steve Jobs

389. 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.

390. "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."
-Dr. Seuss (contributed by Mike Hart, LFW Winter Class of 2010)

391. "If I see something I don't like, I try to change it, and if I can't change it, I change my position of looking at it, and then by seeing it from a different angle, I might be able to change it; or I might be able to find some good in it that I can use, which might make it change itself." - Maya Angelou (Provided by Catherine Knust, LFW Class of 2010)

392. "Don't ever say that you don't have enough time. You have exactly the same number of hours in a day that were given to Helen Keller, Louis Pasteur, Michelangelo, Mother Teresa, Leonardo Da Vinci, Thomas Jefferson and Albert Einstein. Make best use of all the time you have. Once lost, you will never get it again."
-Pravsworld.com

393. 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."

394. "How does one find good in the world?

With so much pain,

With so many hungry children,

With so much suffering?

The answer is not to try finding 'good' but to create it, by helping one person at a time. Go out and create something good today!!" -Pravsworld.com

395. "Lessons of Time –KARMA

When a bird is alive...it eats ants. When the bird is dead...ants eat the bird. Time and circumstances can change at any time. Don't devalue or hurt anyone in life. You may be powerful today. But remember...time is more powerful than you! One tree makes a million match sticks...Only one match stick is needed to burn a million trees...So be good and do good." -Anonymous

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

397. "When we wake up in the morning, we have two simple choices. Go back to sleep and dream, or wake up and chase those dreams. Choice is yours..." -Pravsworld.com

398. "People are often unreasonable and self-centered. Forgive them anyway.
If you are kind, people may accuse you of ulterior motives. Be kind anyway.
If you are honest, people may cheat you. Be honest anyway.
If you find happiness, people may be jealous. Be happy anyway.
The good you do today may be forgotten tomorrow. Do good anyway.
Give the world the best you have and it may never be enough. Give your best anyway.
For you see, in the end, it is between you and God. It was never between you and them anyway.
-Mother Teresa (submitted by Cindy Slead from the Heritage LFW program)

399. "Time is like a river.
You cannot touch the same water twice,
Because the flow that has passed will never pass again.
Enjoy every moment of life..." -Pravsworld.com

400. "Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. Every afternoon, when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside. The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite details, the man on the other side of the room would close his eyes and imagine this picturesque scene. One warm afternoon, the man by the window described a parade passing by. Although the other man could not hear the band - he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words. Days, weeks and months passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away. As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window besides the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, 'Perhaps he just wanted to encourage you.'" - Unknown

401. "Recently I overheard a Father and daughter in their last moments together at the airport. They had announced the departure.

Standing near the security gate, they hugged and the Father said, 'I love you, and I wish you enough.'

The daughter replied, 'Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Dad.'

They kissed and the daughter left. The Father walked over to the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, 'Did you ever say good-bye to someone knowing it would be forever?'

'Yes, I have,' I replied. 'Forgive me for asking, but why is this a forever good-bye?'

'I am old, and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral,' he said.

'When you were saying good-bye, I heard you say, 'I wish you enough.' May I ask what that means?'

He began to smile. 'That's a wish that has been handed down from other generations. My parents used to say it to everyone...' He paused a moment and looked up as if trying to remember it in detail, and he smiled even more. 'When we said, 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them.' Then turning toward me, he shared the following as if he were reciting it from memory.

I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

He then began to cry and walked away."

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them; but then an entire life to forget them." -Unknown

402. "First I was dying to finish my high school and start college. And then I was dying to finish college and start working. Then I was dying to marry and have children. And then I was dying for my children to grow old enough so I could go back to work. But then I was dying to retire. And now I am dying. And suddenly I realized I forgot to live."
-Pravsworld.com

403. "When young, growing up seemed to take forever. I couldn't wait to be a 'decade' old or to turn 16 so I could get my driver's license. Oh, the freedom it would bring! Then it was the ultimate, '18', and being an adult, even if there was no real understanding of the responsibility that comes with that magic number. Time became a blur from that point on and I now wonder how it is I woke up and find myself in the 2nd half of life. How ironic, as I pursue becoming the best possible me, not only is time going by exponentially faster, but my sense of speed for my personal growth feels so slow and cannot move as fast as my desire to reach my goals. I often question if I will ever get there? Fortunately, the wisdom that comes with being in the 2nd half of life reminds me that maybe I should just enjoy the process and realize that any improvements in becoming a better me means I am that much better as a person and a little bit closer to my goals than I was before and the idealized sense of who I want to become can never be fully achieved. So, each day concludes with two simple questions: am I a better person today than I was yesterday? Did I make any efforts today to become even a little better than I was yesterday?"
-Tim Macken (LFW class of 2012)

404. "Every human being on the planet wants to be happy. Anything that anyone desires is because they think their desire will make them happy. Whether it is health, money, a loving relationship, material things, accomplishments, a job, or anything at all, the desire for happiness is the bottom line of all of them. But remember that happiness is a state inside of us, and something on the outside can only bring fleeting happiness, because material things are impermanent.

Permanent happiness comes from your choosing to be permanently happy. When you choose happiness, then you attract all the happy things as well. The happy things are the icing on the cake, but the cake is happiness."
- Rhonda Byrne of *The Secret*

405. "It's surprising how many people go through life without ever recognizing that their feelings towards others are largely determined by their feelings towards themselves." -Don Miguel Ruiz

406. "People may forget what you have said, and they may forget what you have done, but they will never forget how you made them feel." -Teresa Spangler

407. "It's never too late to be what you might have been." -George Elliot
408. "Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world." -Joel Barker
409. "People may doubt what you say, but they always believe what you do." -E. Ellison
410. "When you empty yourself of the illusion of who and what you think you are, there is less to lose than you had feared." -Carol Orsborn
411. "The happiness, success and fulfillment that you either lack or enjoy in life are, in a way, nature's feedback on the extent to which you are living your purpose." -Anil Bhatnagar
412. "Never give up on someone you can't go a day without thinking about." -Unknown
413. "How old would you be if you didn't know your age?" -Unknown
414. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring...all of which have the potential to turn a life around." -Leo Buscaglia
415. "Losing doesn't build character, it reveals it." -Unknown
416. "People want a demonstration not an explanation." -Unknown
417. "Whatever is flexible and flowing will tend to grow. Whatever is rigid and blocked will wither and die."
-Tao Te Ching
418. "In school you get the lesson and then take the test...in life you take the test and then get the lesson." -Unknown
419. "We are here for a purpose. Discover it, embrace it, and never settle for anything less." -Greg Giesen
420. "Never give up. This may be your moment for a miracle." -Greg Anderson
421. "Success is getting up one more time than you have been knocked down." -Walt Disney
422. "Your mistakes do not define you." -Unknown
423. "Don't cry because it's over. Smile because it happened." -Dr. Seuss
424. "Silence is a place of great power and healing." -Unknown
425. "Sometimes you win, sometimes you learn!" -Unknown
426. "Nothing ever goes away until it teaches us what we need to know." -Pema Chodron
427. "What consumes your mind controls your life." -Unknown
428. "Sometimes our lives have to be completely shaken up, changed, and rearranged to relocate us to the place we're meant to be." -Unknown
429. "The sign of a beautiful person is that they always see beauty in others." -Unknown
430. "Your best teacher is your last mistake." -Unknown