

We are joined in a responsibility to together make this world a good one for all of us. Each of us warms the world or chills it inasmuch as we offer or withhold respect, hospitality, encouragement, love, or truth. In that sense we are all part of each other's well-being or sickness, and we affect the climate that we all share.

—*Rich Mullins*

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

—*Helen Keller*

The bamboo which bends is stronger than the oak which resists.

—*Japanese Proverb*

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

—*Martha Washington*

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

—*J. K. Rowling*

Most folks are about as happy as they make up their minds to be.

—*Abraham Lincoln*

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

—*Melody Beattie*

Energy and persistence conquer all things.

—*Benjamin Franklin*

The more you praise and celebrate your life, the more there is in life to celebrate.

—*Oprah Winfrey*

In the confrontation between the stream and the rock, the stream always wins—not through strength but by perseverance.

—*H. Jackson Brown*

The critical ingredient of success is getting off your butt and doing something. It's as simple as that. A lot of people have ideas, but there are few who decide to do something about them now. Not tomorrow. Not next week. But today. The true entrepreneur is a doer.

—*Nolan Bushnell, Founder of Atari Computer*

Modern man will never find peace until he comes into harmony with the place where he lives.

—*Carl Jung (Pantheon, 1964)*

Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.

—*Oprah Winfrey*

Anger makes you smaller, while forgiveness forces you to grow beyond what you were.

—*Cherie Car*

Life offers two great gifts: time, and the ability to choose how we spend it. Planning is a process of choosing among those many options. If we do not choose to plan, then we choose to have others plan for us.

—*Richard I. Winword*

The only way to live is to accept each minute as an unrepeatable miracle, which is exactly what it is —a miracle and unrepeatable.

—*Margaret Storm Jameson, Writer*

Affirmations are like prescriptions for certain aspects of yourself you want to change.

—*Jerry Frankhauser*

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

—*Anatole France*

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

—*Epicetetus*

We pay a heavy price for our fear of failure. It is a powerful obstacle to growth. It assures the progressive narrowing of the personality and prevents exploration and experimentation. There is no learning without some difficulty and fumbling. If you want to keep on learning, you must keep on risking failure —all your life.

—*John W. Gardner, Educator*

We can't become what we need to be by remaining what we are.

—*Oprah Winfrey*

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

—*Vincent Van Gogh*

PERCEPTION...The best and most beautiful things in the world cannot be seen, nor touched...but are felt in the heart.

—*Helen Keller*

A wise man is he who does not grieve for the thing which he has not, but rejoices for those he has.

—*Epicetetus*

When you feel you've pushed your life to the limit, and you can't go any further, give that obstacle one last push because that might be the one that gets you through that heavy door to success. If you don't try that one last time, you may never know. Go for it.

—*Sarah Margaret Bradbury*

I am always learning that which I can not do, in order that I may learn how to do it.

—*Pablo Picasso*

Give me the luxuries of life and I will gladly do without the necessities.

—*Frank Lloyd Wright*

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.

—*Frank Lloyd Wright*

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want and, if they can't find them, make them.

—*George Bernard Shaw*

If people are coming to work excited—if they're making mistakes freely and fearlessly—if they're having fun—if they're concentrating doing things, rather than preparing reports and going to meetings—then somewhere you have leaders.

—*Robert Townsend*

When he reached the New World, Cortez burned his ships. As a result his crew was well motivated.

—*The Hunt For Red October*

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan, 'Press on,' has solved and always will solve the problems of the human race

—*Calvin Coolidge*

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?

—*Mary Manin Morrissey*

Example is not the main thing in influencing others, it is the only thing.

—*Albert Schweitzer*

Nothing is as real as a dream. The world can change around you, but your dream will not. Responsibilities need not erase it. Duties need not obscure it. Because the dream is within you, no one can take it away. If what you're working for really matters, you'll give it all you've got.

—*Nido Qubein*

Kites rise highest against the wind—not with it.

—*Sir Winston Churchill*

People prefer to follow those who help them, not those who intimidate them.

—*C. Gene Wilkes*

Striving for excellence motivates you; striving for perfection is demoralizing.

—*Harriet Braiker*

You are what you think. You are what you go for. You are what you do!

—Bob Richards

I've always felt it was not up to anyone else to make me give my best.

—Akeem Olajuwon

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

—*Frank Outlaw*

If you would lift me up you must be on higher ground.

—*Ralph Waldo Emerson*

Motivation is like food for the brain. You cannot get enough in one sitting. It needs continual and regular top ups.

—*Peter Davies*

What we see depends mainly on what we look for.

—*Sir John Lubbock*

The most important thing about motivation is goal setting. You should always have a goal.

—*Francie Larrieu Smith*

Leadership is doing what is right when no one is watching.

—*George Van Valkenburg*

Fall seven times, stand up eight.

—*Japanese Proverb*

The future depends on what we do in the present.

—*Mahatma Gandhi*

Try not to become a man of success but a man of value.

—*Albert Einstein*

Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings.

—*Ralph Blum*