DOCTOR BAUM'S COLLECTED QUOTES ON SUCCESS, MOTIVATION, AND DETERMINATION

Do not be a problem oriented person. Strive to become a solution oriented person.  
Dr. Neil Baum

In order to gain, you have to give, not take.  
Dr. Neil Baum

Go the extra mile...and then go a little more.  
Dr. Neil Baum

I do not accept failure, only setbacks.  
Dr. Neil Baum

Let us not find fault, but let us find a solution.  
Dr. Neil Baum

Success comes to those who are committed to the persistent and consistent attention to little details, because they make a big difference.  
Dr. Neil Baum

Little things don't mean a lot. They mean everything.  
Dr. Neil Baum

There is no goal or objective that you can not accomplish or achieve if you are willing to prepare youself in advance and if you are committed to working long enough and hard enough.  
Dr. Neil Baum

You are only as successful as the number of available options and alternatives you have.  
Dr. Neil Baum

Luck occurs when preparation meets persistence.  
Dr. Neil Baum

5 years from now you will be the same as you are today except for the books that you read, the people that you meet and the tapes that you listen to.  
Dr. Neil Baum

Opportunity doesn't knock at our door. But the doors open to those that attend the school of hard knocks.  
Dr. Neil Baum

Setting a goal and achieving it is the highest kite that one can fly.  
Dr. Neil Baum

Whenever we serve ourselves but not our patients/customers, we will, in time, serve no one. Whenever we put outstanding, extra mile service to our patients/customers, we will surely succeed.  
Dr. Neil Baum
All of us are given two choices in this world. We can quit and lose or we can win and succeed but we have to be willing to change.

Dr. Neil Baum

Woody Allen says that 90% of success is showing up. The other 10% is doing what you saying you are going to do....and then some.

Dr. Neil Baum

Nothing, and I mean nothing, is impossible. You just have to want it bad enough.

Dr. Neil Baum

When someone tells me no that means they are just lacking the information to say yes.

Dr. Neil Baum

Before you think of changing the world, think about changing yourself.

Dr. Neil Baum

The most successful business or practice consists of ordinary people with extraordinary determination and who go the extra mile for their customers\clients\and patients.

Dr. Neil Baum

The difference getting by and success is the difference between doing things nearly right and doing things exactly right.

Dr. Neil Baum

Each day take time to:
   Smell the flowers.
   Watch the butterflies,
   Listen to the birds,
   Enjoy the sunset.

Sara Baum

You can always get your own way...Especially if you have more ways than one.

Sara Baum

In the market the bears and the bulls make money. Only the pigs get slaughtered.

Fred Gottesman

The Golden Rule: Them that got the gold...rule!

Fred Gottesman

It's nice to be clever, But it's more clever to be nice.

Dr. Christian Chaussy

The harder you work; the harder it is to surrender.

Coach Wally Pontiff

Always behave as if your parents were watching you.

Coach Wally Pontiff

Feasibility study defined: Once we agree on the fee, it's feasible!"

A.L. Schlesinger, Jr.
You can’t soar with the eagles in the daylight, if you are hooting with the owls at midnight!
Ron Forman

Never give in, never give up, never, never, never.
Winston Churchill

No one ever won anything worthwhile without fighting for it.
Whether it's creating a successful car or achieving a word-class championship.
The commitment to be the best makes the difference.
Lee Iacocca

We have one and only one ambition. To be the best. What else is there.
Lee Iacocca

Nothing great was ever achieved without enthusiasm.
Ralph Waldo Emerson

A man's reach should exceed his grasp, or what's a heaven for.
Robert Browning

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

If you never stick your neck out, you'll never get your head above the crowd.

Success is getting up just one more time than you fall down.

A successful person can lay a foundation with the bricks that others throw at him.
David Brinkley

Mistakes are not stumbling blocks, but stepping stones.

The only thing one does not regret is his/her mistakes.
Oscar Wilde

Through some strange and powerful principle of mental chemistry which He has never divulged
Nature wraps up in the impulse of strong desire that something which recognizes no such thing as impossible and accepts no reality as failure.
Napoleon Hill

Every problem contains within itself the seeds of its' own solution.

Excuses are the nails to build a house of failure.
Leaders are visionaries with a poorly-developed sense of fear and no concept of the odds against them. They make the impossible happen.
Dr. Robert Jarvik

Throughout the centuries there were men who took first steps down new roads armed with nothing but their own vision.
Ayn Rand

It's not how hard you fall. It's how high you bounce that counts.
What kind of a man would live where there is no daring? I don't believe in taking foolish chances but nothing can be accomplished without taking any chance at all.

Charles Lindbergh

Winners dwell on rewards of success, not on the pinnacle of failure.

The harder I practice, the luckier I get.

Gary Player

On effectiveness and efficiency:
Lord, Since I don't have time for everything,
Please help me to do a little less, a little better.
I surround myself with quality people who make me look good.

Dennis Conners

Whenever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly.

Thomas Jefferson

On competition:
Love your opponent, because he's the person who gives you a reason to excel. If he were a push over there wouldn't be any point in playing the game.

Joe Paterno

Competition doesn't create character, it exposes it.

You don't have to be a great dog trainer if there's only one dog in the show.

The worst loss in the world is the man who has lost his enthusiasm. Let him lose everything but enthusiasm and he will soon again succeed.

Where there is an open mind there will always be an opportunity.

Discipline is doing the best that you possibly can do and doing it all the time.

If your word's no good, you're no good.

Bill Sullivan

Ideas are like slippery fish-they can strike at any time-and if we don't gaff them with the point of a pencil, they're liable to get away.

Earl Nightingale

Want to earn more...LEARN more.

When you're talking, you aren't learning.

Lyndon Johnson

Ears are the openings to the mind.

Malcom Forbes

Some of us get so involved in learning the tricks of the trade, that we forget to learn the trade.
An ounce of loyalty is worth a pound of cleverness.

Do the thing you fear the most and the death of the fear is certain.
Ralph Waldo Emerson

Unless you try to do something beyond what you have already mastered, you will not grow.
Ralph Waldo Emerson

Nobody gets a second chance at the first impression

You can win more friends by showing interest in others than you can by trying to interest others in you.

You can accomplish a great deal if you are willing to give enough other people credit.
Ronald Reagan

The three secrets of success in public speaking are: be sincere; be brief; be seated.

On effective public speaking:
Nervousness is the price you pay for being a race horse instead of a cow.

An obstacle is something you see when you take your eyes off the goal.

The hardest thing to learn in life is which bridge to cross and which to burn.

A man can fail many times, but he isn't a failure until he gives up.
Whatever the mind can conceive and believe, you can achieve.
Napoleon Hill

Your imagination is the preview of life's coming attractions.
Albert Einstein

The formulation of a problem is far more often essential than its' solution.
Albert Einstein

Sometimes one pays most for the things one gets for nothing."
Albert Einstein

Many of the things you can count, don’t count.
Many of the things you can’t count, really count.
Albert Einstein

People won't care how much you know, until they know how much you care.

As long as you're green you're grow'n
But when you're ripe you start to rot

Winning isn't the only thing. It's the WILL to win that's everything.
Vince Lombardi

The quality of a man's life is in direct proportion to his commitment to excellence regardless of his chosen field or
endeavor.

Vince Lombardi

If you strive for perfection, you may not always reach it, but you will achieve excellence.

Vince Lombardi

The difference between a successful person and others is not alack of strength, not a lack of knowledge, but rather in a lack of will.

Vince Lombardi

Winning is not a sometime thing; it's an all time thing. You don't win once in a while, you don't do things right once in a while, you do the right thing all the time. Winning is a habit. Unfortunately, so is losing.

Vince Lombardi

Confidence is contagious. So is lack of confidence.

Vince Lombardi

Some of us will do jobs well and some will not. But we will all be judged by only one thing—the result.

Vince Lombardi

If you aren't fired with enthusiasm, you will be fired with enthusiasm.

Vince Lombardi

The greatest success is not in never falling but in rising evry time you fall.

Vince Lombardi

It takes talent to get on top. It takes character to stay there.

Vince Lombardi

On optimism:
When I go after Mobey Dick in a row boat, I bring along the tartar sauce.

Crisis is an opportunity riding the dangerous wind... The best way to adapt to change and lead a successful life is to view crises as opportunities, And to look at stumbling blocks in your path as stepping stones to the stars.

Chinese proverb

Yard by yard it's hard. Inch by inch it's a cinch.

Set short term goals and you'll win games. Set long term goals, and you'll win championships.

Joe Paterno

If you don't know where you are going, how will you know when you get there?

Small minds talk about people.
Average minds talk about things.
Great minds talk about ideas.

Ernest Morial

On priorities:
Make sure that as you reach the top of the ladder of success, that the ladder is not facing the wrong wall.

God does great things to the person who doesn't care who gets the credit
As you ramble through life and whatever be your goal,
Keep your eye upon the donut and not upon the hole.

Never tell people how to do things. Tell them what to do, and they will surprise you with their ingenuity.  
General George Patton

You must discover the unmet needs in the market place.
You must learn your industry cold.
Then fill those unmet needs.

Ross Perot

The best way out is THROUGH.

I'm not a failure if I don't make it,
I'm a success that I tried.

On success:
To laugh often and much;
To win the respect of intelligent people and the affection of children;
To turn the appreciation of honest critics and endure the betrayal of false friends;
To appreciate beauty, to find the best in others;
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;
To know even one life has breathed easier because you have lived.
This is to have succeeded.

Ralph Waldo Emerson

On Success:
It is as difficult to separate your work from the love of people you work with as it is to separate the sun from the sunshine.
That's a law of life just as strong as the law of gravity.
If you want to live a happy, successful and fulfilled life, you've got to learn to love people and use things.
Don't use people and love things.

Will Rogers

Everything is available to those that execute.

Ross Perot

It's not what happens to you but what you do about it that counts.

W. Mitchell

It doesn't matter how thin you slice it. There are always two sides.

Spinoza

The more you do of what you are doing
The more you'll get of what you've got.

ON SELF-DETERMINATION
One ship sails East and another sails West,
With the exact same winds that blow
Tis the set of the sails and the gails
Which tells us the way to go.

Competition doesn't create character, it exposes it.

Ships in the harbor are safe,
But that's not what ships are for.
If you can dream it,
You can do it.

Walt Disney

Some men dream of worthy accomplishments.
While others stay awake and do them.

ON THE "BOTTOM LINE."
No one cares how many storms you encountered
They just want to know if you got the ship into the harbor.

Tom Benson

I try to learn from the past, but I plan for the future by focusing exclusively on the present.

Donald Trump

If you have your health you have hope.
If you have hope, you have everything.

Arabic Proverb

Genius is persistence in disguise.

Thomas Edison

Time is really the only capital that any human being has, and the only thing he can't afford to lose.

Thomas Edison

There are many ways to be a winner but there is really only one way to be a loser and that is to fail and not look beyond the failure.

Kyle Rote Jr.

To be nobody but yourself
In world which is doing its' best night and day
To make you just like everybody else
Means to fight the greatest battle there is to fight
And never stop fighting.

ee cummings

If you can have only two things, "Reasons and Results," forget "Reasons."
There is no traffic jam on the extra mile.

The difference between ordinary and extraordinary is that little extra.

ON SELF-DISCIPLINE:
Self-discipline is the ability to carry out a good resolution long after the mood in which it was made has gone.

Success comes to those who hustle while they wait.

Thomas Edison

ON DEFERRED GRATIFICATION:
Voluntary self-denial at the beginning of life's journey will avert involuntary poverty, stress, sweat and indignity toward the end.

B.C. Forbes

Luck is spelled W-O-R-K.

Luck is what happens when preparation meets opportunity

Elmer Letterman

FEAR is False Evidence Appearing Real
LUCK is Laboring Under Correct Knowledge

ON TOO MUCH PRESSURE
Remember it is pressure that changes coal into diamonds.

Well done is better than well said.

Ben Franklin

If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest.

Ben Franklin

Many of life's failures are men who did not realize how close they were to success before they gave up.

Do not follow where the path may lead.
Go instead where there is no path and leave a trail.

It's what you learn after you know it all that counts.

John Wooden

Nobody is defeated until they start blaming someone else.

John Wooden

Failure is not fatal, but failure to change might be.

John Wooden

Make each day your masterpiece.
Be true to yourself
Help others
Make each day your masterpiece
Drink deeply from good books, especially the Bible
Make friendship a fine art
Build a shelter against a rainy day
Pray for guidance and count and give thanks for your blessings every day.

John Wooden's Seven Point Creed

I am not what I ought to be,
I am not what I want to be,
I am not what I am going to be,
But I am thankful that
I am better than I used to be.

John Wooden

If you don't invest very much then defeat doesn't hurt very much and winning is not very exciting.

Dick Vermeil,
NFL Coach

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

Tom Lasorda
Baseball Mgr.

Individualism wins trophies.
Teamwork wins championships.

Tom Lasorda

The difference between water and steam is just one degree.

Be patient with everyone, but above all with yourself.

St. Francis de Sales

Speak softly and sweetly: If your words are soft and sweet, they won't be as hard to swallow if you have to eat them.

If they arrested you today for being a professional at what you do, would they have enough evidence to convict you?

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

Theodore Roosevelt

The most important single ingredient in the formula of success is knowing how to get along with people.

Theodore Roosevelt
Do not wish to be anything but what you are and try to be that perfectly.  
St. Francis de Sales

The only place where "success" comes before "work" is in the dictionary.  
Ben Sweetland

Success is a journey, not a destination.  
G.B. Shaw

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.  
Walter Gagehot

In great attempts it is glorious even to fail.  
We are continually faced by great opportunities brilliantly disguised as unsolvable problems.

A great pleasure in life is doing what other people say you cannot do. 
Walter Gagehot

Winners expect to win in advance.  

Don't wait for your ship to come in, swim out to it.  

Success may come to those who wait, but only the things left by those who hustle.  
Abraham Lincoln

If you want to defeat an enemy, make him your friend.  
Abraham Lincoln

Defeat is the temporary postponement of victory.  
Abraham Lincoln

The only good luck many great men ever had was being born with the ability and determination to overcome bad luck.  
Channing Pollock

Lady luck tires easily of carrying the responsibility of your fortune/success on her shoulders.

Progress always involves risk; you can't steal second base and keep your foot on first.  
Frederick Wilcox

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.  
Ralph Waldo Emerson

What lies behind you and what lies before you pales insignificant when compared to what lies within you.  
Ralph Waldo Emerson

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

People forget how fast you did a job-- but they remember how well you did it.  
Foward W. Newton
Man's mind, once stretched by a new idea, never regains its original dimensions.  
Oliver Wendel Holmes

The speed of the leader determines the rate of the pack.

All things are difficult before they are easy.  
John Norley

It is a funny thing about life; if you refuse to accept anything but the best you very often get it.  
Somerset Maugham

Small opportunities are often the beginning of great enterprises.  
Demosthenes

You can get whatever you want in this world if you'll just help enough other people get what they want.  
Zig Ziglar

A dog becomes a man's best friend by wagging his tail not his tongue.  
Zig Ziglar

Man does not live by bread alone.  
Occasionally he needs buttering up.  
Zig Ziglar

ON THINKING BIG.  
Don't get the rabbit habit, think mink.

ON BEING DECISIVE.  
Be willing to make decisions. Don't fall victim to the ready aim-aim-aim-aim syndrome. You must be willing to fire.  
T. Boone Pickens

ON WORK:  
No one want the labor pains, but everyone want to see the baby.

If you always tell the truth, you never have to worry what you said.  
Rabbi David Goldstein

Punctuality is the courtesy of kings.

On children:  
Your children more attention pay,  
It's more important what you do than what you say.

If you set the example, you don't have to worry about the rule.  
Zig Ziglar

Children are like a bow and arrow.  
The closer you hold them the farther they go.  
The Talmud
Kids go where there's excitement. They stay where there's love.

When a task is once begun,  
You leave it not until it's done.  
Be a matter great or small,  
You do it well or not at all.

Zig Ziglar

You've got to be before you can do. You've got to do before you can have.

Zig Ziglar

The best thing to do behind a man's back is to pat it

Zig Ziglar

The best way to take a chip off of someone's shoulder is to have him take a bow.

Zig Ziglar

When you do the things you ought to do when you ought to do them  
The day will come when you can do the things you want to do when you want to do them.

Zig Ziglar

Two men looked out from prison bars.  
One saw mud and the other stars.

Zig Ziglar

On Motivation:  
People need loving the most when they deserve it the least.

One person with a belief is equal to 99 with an interest.

It doesn't matter how many times you've been knocked down.  
It only counts how many times you get up.

Rocky Marciano

ON FRIENDSHIP:  
The friendships that last are those wherein each friend respects the other's dignity to the point of not really wanting anything from him.

Cyril Connolly

Medical science is adding years to our lives, but it's up to us to add life to our years.

Humility is always one play away.

Tim Foley, Miami Dolphins

If you think you are indispensable, just stick your finger in a bowl of water and see the hole it leaves when you pull it out.

In business or in football it takes a lot of unspectacular preparation to produce spectacular results.

Roger Stauback

Successful people succeed in spite of ....... (fill in the blank)

Lots of people have the will to win.
What set winners apart is the will to prepare.

In addition to PULL, success often requires a good PUSH.

A goal is a dream with a deadline.

Success is getting up one more time than you fall down.

The common denominator of success and excellence is doing the things that failures don't do.
Michael LeBoeuf

The most beautiful things in the world can not be seen or even touched. They must be felt with the heart.
Helen Keller

Keep your face to the sunshine and you cannot see a shadow.
Helen Keller

Some men see things as they are and say why? I dream of things that never were and say, why not?
JFK

With a commitment to consistent excellence, you've got to get better.
G.W. Carver

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.
George Washington Carver

A person who believes something cannot be done should not interrupt someone else who can.

Most problems precisely defined are already partially solved.
Harry Lorayne

Little things don't mean a lot. They mean everything.

I surround myself with quality people who make me look good.
Dennis Conners

If you think you are indispensable, just stick your finger in a bowl of water and see the hole it leaves when you pull it out.

From the day you are born until you ride in the hearse,
It is never that bad that it can't be worse.

The palest ink is more enduring than the strongest memory.

All discoveries in art and science result from an accumulation of errors.
Marshall McLuhan
The most successful man in life is the man who has the best information.
Benjamin Disraeli

You have to BE before you can DO.
You have to DO before you can HAVE.
Confidence is the assurance of success that comes from a positive mental attitude that is built through knowledge and the progression of successful experiences.

There is one quality which one must possess to win and that is the definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it.

On facing an intimidating person or competitor:
Sometimes the perception is greater than the reality.
Sometimes a giant is a dinosaur.

Fred Rosen
CEO Ticketmaster Corp.

Winners expect to win in advance. Life is a self-fulfilling prophecy.

Don't wait for your ship to come in, swim out to it.

It is easier to fall flat on your face as lean over too far backward.
James Thurber

Winners make a habit of doing the uncomfortable things that losers are afraid to do.

When you quit getting better, you'll soon stop being good.
Bernie Lofchick

Keep your thoughts positive because these thoughts become your words.
Keep your words positive because these words become your actions.
Keep your actions positive because they become your habits.
Keep your habits positive because they become your destiny.

Good habits are as easy to form as bad ones.

Once the mind of man has been expanded to the dimension of new thoughts, it never retracts to its original size or shape.

If there is no wind, row.
Winston Churchill

Goals are dreams with deadlines.

Hard work makes dreams come true.

Always go to bed a winner.
George Halas

To measure up to all that is demanded of him, a man must overestimate his capacities.
Goethe
The man who makes no mistakes does not usually make anything.  
Edward John Phelps

A needle's eye is wide enough for two friends; the whole world is too narrow for two enemies.  
Persian Proverb

Success does not come to those who fly with the flock of turkeys, but to those who fly alone like the eagle.  
Success is determined not only by ability to persist, but also to start over.  
F. Scott Fitzgerald

Those who enter to buy, support me.  
Those who come to flatter, please me.  
Those who complain teach me how I may please others so that more will come.  
Only those hurt me who are displeased but do not complain.  
They refuse me permission to correct my errors so that I may improve my service.  
Marshall Field

In order to be successful make one less mistake today.

You can if you think you can.  
You won't if you don't.

Success comes in "CANs" not in "CAN NOTs."  
Joel Weldon

Failure is just another word for a learning experience.

Success comes to those who provide a service for people with a need and they get the result that they want.  
Dr. Ken Cooper

Successful people are ordinary people with extraordinary determination.

It's not pull that makes the difference in life; it's push.

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

Success comes to those who UNDERpromise and OVERdeliver.

You don't pay the price for success. You pay the price for failure.

Success is like a butterfly. When you chase it, it will allude you. But when you least expect it, it will come and light on your shoulder.

Success is dependent upon the glands-sweat glands.

We don't pay the price for success; we pay the price for failure.

Success depends more on how you develop your talents than on how many talents you have.

Incentive is the soul of success.

The difference between doing and not doing is measured in minute amounts.
The way you get out of a job you don't like is to do it so extraordinarily well that nobody can afford to keep you in that position.

Einstein's Law of Success
\[ X + Y + Z = A \]
Where A = success, X = hard work, Y = play, and Z = keep your mouth shut.

In the middle of difficulty lies opportunity. 

Albert Einstein

Don't be afraid to take a big step if one is indicated. You can't cross a canyon in two small jumps.

Success is seeing what everyone else sees and thinking what no one else has thought.

Yesterday is a cancelled check.
Tomorrow is a promissory note.
TODAY IS CASH!

If you shoot for the roof and miss, you'll land on the ground.
If you shoot for the moon and miss, you'll land on the roof!

The probability of success in any venture is increased in direct proportion to your willingness to keep on going in spite of obstacles.

Lack of confidence is not the result of difficulty.
The difficulty comes from the lack of confidence.

The only time you must not fail is the last time you try.

I don't care how many pails of milk are spilled.
I don't want to lose the cow.

Little things don't mean a lot. They mean everything.
Short handwritten notes lead to large results.

I have not failed 10,000 times. I have successfully found 10,000 ways that will not work.

Thomas Edison on developing the light bulb

You cannot make it as a wandering generality. You must become a meaningful specific.
Failure is a detour, not a dead-end street.

No individual can rise above the pictures that have been planted in his mind.

When the goal is quality, there is no finish line.

Success comes to those who hang on after others have let go.
Failure is success if we learn from it.

Malcom Forbes

It takes twenty years to make an overnight success.

Eddie Cantor
Consistent winners refuse to wait for breaks to happen.

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

I would rather fail trying something I love than succeed in something I hate.
George Burns

Always go to sleep a winner.
George Halas

The best incentive in business is the sound of the boss's footsteps.

The world is composed of takers and givers. The takers may eat better, but the givers sleep better.

You can't make lemonade from sugar alone. You've must have lemons.
Les Brown

To know and not to do is not to know.

Knowledge does not become power until it is used.
Harvey Mackay

If you're not early, you're late.
Bob Baker, Baker Sales Inc.

Don't tell me "no". Tell me how.
Joe Mastracchio, President HLS

All men are self-made. But only the successful ones admit it.

Success has always been easy to measure. It is the distance between an idea and the final accomplishment.

Criticisms and blame are like glue. They stick to you.

The greatest discovery of our generation is that human beings by changing their inner attitudes of their minds can change the outer aspects of their lives.
William James

There are those poor spirits who neither enjoy much nor suffer much because they live in that gray twilight that knows neither victory or defeat.
Theodore Roosevelt

A successful business is measured not by the owner doing extraordinary things but by its staff doing ordinary things extraordinarily well.

Everyone who has taken a shower has had an idea. It's the person who gets out of the shower and dries off and does something about it is the one who makes a difference.
Nolan Bushnell
Founder Atari
You miss 100 percent of the shots you never take.  
Wayne Gretzky

Lord, grant that I may always desire more than I can accomplish.  
Michelangelo

An inventor fails 999 times, and if he succeeds once, he's in. He treats his failures simply as practice shots.  
Charles Kettering

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.  
St. Francis of Assisi

When you win, noting hurts.  
Joe Namath

To Be a Success:  
Be Daring  
Be First  
Be Different  
BE THE BEST

Nothing would be done at all if a man waited until he could do it so well that no one could find fault with it.  
John Henry Newman

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

Examples are not the main thing in influencing others. They are the only thing.

You are about as happy as you make up your mind to be.  
Earl Nightingale

You win or lose by the words you choose.  
Earl Nightingale

Think of each day as if you were going to die tomorrow or live forever.  
Earl Nightingale

There is no reward for birth or death except to enjoy the interval.  
With ordinary talents and extraordinary perseverance all things are attainable.

You succeed or fail one day at a time.

Tell me and I'll forget.  
Show me and I may remember.  
Involve me and I'll understand.

Two men looked out from prison bars,  
One saw mud but the other saw stars.

An individual has a healthy personality to the exact degree that they can get along with the greatest number of other different types of people.
An individual has a healthy personality to the exact degree to which they have the propensity to look for the good in every situation.

Ralph Waldo Emerson

Repetition is the mother of invention.
Which becomes the father of action.
Which makes it the architect of accomplishment.

Definition of Character:
The ability to carry out a good resolution long after the mood in which it was created has left you.

The difference between a big shot and a little shot is that the big shot was once a little shot that kept on shoot'n.

In the material world, unlike the spiritual, the meek, complacent, and content shall inherit...nothing.

When you can do common things of life in an uncommon way, you will command the attention of the world.
George Washington Carver

On getting employees to follow the extra mile philosophy:
A manager is a leader not a boss. A boss gives orders and workers do only what they have to, but when a leader maintains high performance standards by leading, directing, and setting examples, workers will do more than is required.

Dead fish float downstream. It takes a live fish to swim against the current.

Advice to new graduates: Work at listening.

You can't build a reputation on what you're going to do.
Henry Ford

Whether you think you can or you can't-you are right.
Henry Ford

Thinking is the hardest work there is, which is probably the reason why so few engage in it.
Henry Ford

I allow my employees to work half a day. I don't care if it's the first twelve hours or the second twelve hours.
Kemmons Wilson
CEO, Holiday Inn

His genius he was quite content
In one brief sentence to define:
Of Inspiration one percent,
Of perspiration, ninety-nine.
Thomas Edison

In spite of everything, I still believe that people are really good at heart.
Anne Frank

No one can make you feel inferior without your consent.
Eleanor Roosevelt
If we do what we've always done, we'll get what we've always gotten.

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.

The only limit to how high we can go, is how far we can reach.

Quality of service is remembered long after price is forgotten.

Coming together is beginning, keeping together is progress, working together is success.

Do unto others as they want to be done unto. 

The Platinum Rule

Venture nothing and life is less than it should be.

When your eyes are on the ground all they see is your shadow. All you ever hear are your own footsteps and all you ever feel is your frustration.

What do we live for if not to make life less difficult for each other.

George Elliot

As you travel down life's highways keep your eyes upon your goals. Focus on the doughnut and not upon the hole.

What lies behind us, what lies in front of us, is of very little importance as what lies within us.

Oliver Wendell Holmes

The heights by great men reached and kept were not attained by sudden flight. But they, while their companions slept, were taking upward in the night.

Henry Wadsworth Longfellow

A successful person is the one who can lay a firm foundation with the stones that others throw at him.

If you set short term goals you can win games.
By setting long term goals you win championships.

Joe Paterno

Commitment: To do what you say you are going to do in spite of the obstacles.

Things turn out best for those that make the best of the way things turn out.

The human brain starts working the moment you are born and never stops until you stand up to speak in public.

The only way to perform better tomorrow than you did today is to act like you're behind.

Always do more than is requested of you. 

Gen. George Patton
Expecting the world to treat you fairly because you are a nice person is like expecting the bull not to attack you because you are a vegetarian.

Rabbi Harold Kushner

Your image is nothing more than the silver on the back of the mirror

Dr. Nathan Wexler

You can't sweep people off their feet if you can't be swept off your own.

Clarence Day

People ask for criticism but they only want praise.

Somerset Maugham

Socrates was a philosopher and he gave advice. Socrates was poisoned.

When you give advice, you become obligated.

Success is not measured by what you've done compared to others, but compared to what you're capable of doing.

Dr. Henry Bienert
Orthopedist, Tulane

Life is either a daring adventure, or nothing.

Helen Keller

Ask yourself, "Is my attitude worth catching?"
If you have enough push, you don't need to worry about pull.

On setting goals:
If an individual knows not what harbor they seek, any wind is the right wind.

Seneca

If you do not know where you are going, you may miss it when you get there.

The way you feel is determined by how you want to feel and how you expect to feel.
You never get ahead by trying to get even.

How you get up in the morning determines how far up you go during the day.

The best way to judge just how good a man is to find out how he stands around his own home and around his own kind of people.

Will Rogers

The difference between a rut and a grave is only the length and the width and the time that you are in there.

You'll find that no easy problems ever come to the President of the United States. If they are easy to solve, somebody else has solved them.

John F. Kennedy

Character is the ability to carry out a good resolution long after the excitement of the moment has passed.

Cabot Robert
It's more fun to get into the center of the ring and fight the bull than to be a critic or a spectator in life. 
Beverly Sills

No one ever built a statue to a critic or a doodler.

The secret of being happy is not in doing what one likes, but in liking what one does. 
James M. Barrie

Nothing is really work unless you would rather be doing something else. 
James M. Barrie

The world is full of willing people. Some are willing to work. Others are willing to let them. 
Robert Frost

If you continue to think the way you've always thought, 
You'll continue to gwt what you've always got.

Never argue with a pig. You both get dirty and the pig...loves it.

The difference between a career and a job is about 20 hours a week.

Lots of people have the will to win. What sets winners apart is the will to prepare.

Three basic questions 
that every employee should ask of an employer... 
and that every employer should ask of an employee... 
Can I trust you? 
Are you committed? 
Do you care about me? 
Lou Holtz

Never confuse activity with achievement.

They still keep score in dollars. 
Harvey Mackay

Forgive your enemies, but never forget their names. 
John F. Kennedy

The first and greatest commandment is...don't let them scare you. 
Elmer Davis, Forbes

The greater the obstacle, the more glory in achieving it. 
Jean-Baptiste Moliere

The best way to cheer yourself up is to cheer everybody else up. 
Mark Twain

There are two times in a man’s life when he should not speculate: when he can’t afford it, and when he can. 
Mark Twain
It isn't what you know that counts; it's what you can think of in time.  

We become what we think about.  

If you keep on believing, the dream that you wish will come true.  
A mind is like a parachute. It only works when it's open.  

Paralyze resistance with persistence.  

If you find yourself looking forward to Mondays more than Fridays, be careful, you are in danger of being successful.  

Anything less than a commitment to excellence is a commitment to mediocrity.  

Knowledge properly applied is power.  

Don't push the river. (Learn to flow with people and the environment around you.)  

Life is a do-it-yourself project.  

Plan your life. Because failure to plan, means you are planning to fail.  

If you have to know before you do, then you'll do what you've already done.  

The strongest memory is weaker than the palest ink.  

Act as if it were impossible to fail.  

You can never do a kindness too soon. Because you never know how too soon will be too late.  

People don't move until you move first.  

You'll see it when you believe it.  

"I'll try" is a noisy way of not doing something.  

Live your life and forget your age.  

There's always a place in this world for anyone who will say, "I will take care of it."  

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

Always do more than is required of you.  
George Patton

Life is like a photograph. You need the negative to develop the positive.

People rarely succeed at anything unless they have fun doing it.

Good intentions are no substitute for action. Failures usually follow the path of least persistence.

People can alter their lives by altering their attitudes.  
William James

There is no thrill in easy sailing when the skies are clear and blue.
There's no joy in doing things which any one can do.
There is some satisfaction that is mighty sweet to take
When you reach a destination that you thought you'd never make.
Spirella

A pat on the back is only a few inches above a kick in the seat of the pants. But it is miles apart in the results it brings.

On asking Jascha Heifitz, the world famous violinist, why he practices every day:
If I don't practice for one day, I notice.
If I don't practice for two days, my critics notice.
If I don't practice for three days, my audience notices.

Success is getting what you want. Happiness is wanting what you get.

The bitterness of poor service lingers long after the sweetness of cheap price is forgotten.

1,2,3,4,5,6,7,8,9,10
The hardest math lesson to learn is how to count your blessings.

Success is being eager to get up in the morning and being able to sleep at night.  
Michael White

Hopes are the best dreams that a person can have when they are awake. 
George Rodriguez

Everything starts as somebody's daydream.

If you want to be a master at anything study what the master have done before you. Learn to do what they've done.
Then have the guts to do it and you will be a master just like them.
Joe Charbonneau

Let whatever you've go free. If it comes back to you, it's yours. If it doesn't, it never was.

What you see when you close your eyes and look at yourself, is what you can become.
The time is always right to do what is right

Martin Luther King

Let us learn how to dream and then we can discover the truth.

Friedrich von Kekule
Chemist who described the benzene ring

It's only when we follow our dreams that we can discover the magic within us.

Attitudes are contagious. Is yours worth catching?

Think of each day as if you were going to die tomorrow or to live forever.

Earl Nightingale

There is no enjoyment at the moment of birth or death. So appreciate the interval.

You have to expect in order to receive.
In order to expect you must set goals.

A man is only as large as the things he lets bother him.
He is only as big as the things he lets interest him.

Success is not having to wait for someone to go to Japan to get your camera.

If you want the muscles you have to lift the weights.

You can't ask the soil for an advance. Insert your seed and not your greed.

Compromise is the art of cutting a cake so that everybody believes he or she got the biggest piece.

You don't make very many mistakes by keeping your mouth shut.

Only dead fish swim with the stream.

Talk is cheap because the supply exceeds the demand.

If you don't carried away, you will be.

If you want to be happy for an hour, take a nap.
If you want to be happy for a day, go fishing.
If you want to be happy for a week, take a trip.
If you want to be happy for a year, inherit money.
If you want to be happy for a lifetime, help others.

Chinese proverb

To be successful, do one thing and do it better than everyone else.

Orville Reckenbacker...popcorn maker

Take charge of your attitude. Don't let someone else choose it for you.

H. Jackson Brown, Jr.
You can't change the wind. But you can control the sails.

Don't worry about opposition. Remember, a kite rises against the wind, not with the wind.

How we serve ourselves remains only within us.
How we are of service to others becomes immortal.

G. Dulany Howland

What we resist...persists.

Opportunities don't hit you in the face. They come from the side. You need to be ready

I see and I forget.
I hear and I remember.
I do and I understand.

Madame Montessori

Life is like photography. You need a negative to develop a positive.

Make obstacles stepping stones not tomb stones.

Setting your goals is like having a safety net under you. It allows you to do fancier tricks on the high wire.

Fulfillment-To have the thinking that you will be the kind of a man that your little boy dreamed you might be.

Walt Disney

Big shots are only little shots that keep shooting.

Christopher Morley

Practice doesn't make perfect. But perfect practice results in perfection.

On rewards: Honey works better than horseradish

Perfect is the enemy of good. Don't become perfect but aim to be effective.

As important as our past is as it relates to our present it is not nearly as important as the way we see our future.

Dr. Tony Campollo

How far you go in life depends on your being tender with the young
Compassionate with the aged
Sympathetic with the starving
Tolerant of the weak and the strong
Because some day in life you will have been all of these.

George Washington Carver

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because one day in life you will need to be all of these.

George Washington Carver

If all your peers understand what you've done, it's not creative.

Dr. Henry Heimlich
If you let someone else blow your horn, it will sound twice as loud.

You can't have a better tomorrow if you are still thinking of yesterday.

Charles Kettering

Life has to be lived forward but at times life must be judged backwards.

On taking a risk or leaving the comfort zone:
If you want to sail big ships you need to go where the water is deep and you can't see the bottom.

The reason so many people never achieve success is because when opportunity knocks, they are in the back yard looking for four leaf clovers.

Walter Chrysler

Nothing is as powerful as an idea whose time has come.

Victor Hugo

Every man has an Achilles heel. It usually doesn't start at the bottom of his foot but between his legs.

Ed Cohn as told to him by Rabbi Jacob Marcus

Reputations are longer in the making than the losing.

Paul von Ringelheim

I have a premonition that soars on silver wings
That dreams of your accomplishments and other wondrous things.
I do not know beneath what sky or where you will challenge fate
I only know that it will be high, I only know you will be great.

You can't test a engine on idle.
You can't test the human heart at rest.
You test your moral fiber and mettle by stress and adversity.
You can't achieve success by staying in the groove of the comfort zone. To stay in the groove of the comfort zone is to keep one foot in the grave.

The shortest pencil is more powerful than the longest memory.

It's only when we follow our dreams that we discover the magic within ourselves.

The most important thing in life is not in the triumph but the struggle.

It's far better to try and fail than to try nothing and succeed.

Experience is the name everyone gives to their mistakes.

Oscar Wilde

Quality is what happens when the service or product you deliver matches the patient's/customer's expectations...not your intentions.

Repetition is the mother of skill

All that a person really is in this life is what he means to another or what he can do for another.
Otherwise, he is just a collection of minerals and liquids, so to disappear due to the nitrogen cycle.
Maurice Acers

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

Age wrinkles the skin. The loss of enthusiasm wrinkles the soul.
Eleanor Roosevelt

Alas for those who never sing but die with the music still in their soul.
Oliver Wendell Holmes

Don't leave this world with the potential still left inside of you.

If you aim for nothing, you're likely to hit it on the head.

Everything a man makes for himself he takes to the grave. Everything a man does for others he leaves behind.

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Oliver Wendell Holmes

It's not important what happens around or to what happens to you. What is important is what happens within you.

We make a living by what we earn. We make a life by what we do for others.

If you want to predict the future, then create it.

All of man's troubles stem from his inability to sit quietly in a room alone.
Pascal

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.
Mark Twain
If you can't be, then pretend. If you can pretend long enough, then you can become.  
Dr. Wayne Sotile

On criticism:  
When the caravan comes to town, the dog barks but the caravan keeps moving.  
Neil Diamond

Take responsibility or take orders.  
General George Patton

Chance favors the prepared mind.  
Louis Pasteur

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

If one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.  
Henry David Thoreau

Instead of loving your enemies, treat your friends a little better.  
Ed Howe

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

Adversity causes some men to break; others to break records  
William A. Ward

You do not merely want to be considered just the best of the best. You want to be considered the only ones who do what you do.  
Jerry Garcia of the Grateful Dead

Good things come to those who wait; but on those things left behind by those who hustle.

There are 3 types of people in this world:  
1. those that make things happen  
2. those who wish for things to happen  
3. those who wander what happened! Which one are you?

Yesterday is a canceled check.  
Tomorrow is a promissory note.  
Today is the only cash you have, so use it wisely.

A bad habit never disappears miraculously; it's an undo-it-yourself project.  
Abigal Van Buren

Anyone can hold the helm when the sea is calm.  
Publilus Syrus

The man who removes a mountain begins by carrying away small stones  
Chinese Proverb
If you are yearning for the good old days. Just turn off the air-conditioning.  
Griff Niblack

Talent is a flame. Genius is a fire.  
Bern Williams

Some folks pay a compliment like they went down in their pockets for it.  
Kim Hubbard

Everyone who has taken a shower gets a good idea. But it is the ones that dry off, get dressed and then take action on their ideas that will make a difference.  
Nolan Bushnell, founder Atari

Live each day as if it were the last. Because one day it will be and you want to go out a winner.

I never met an enthusiastic failure.

"No" is a "yes" waiting to happen.

Good things come to those that wait. But if you want to be great, you've got to hustle.

Life is like a grind stone; whether it grinds a man down or polishes him up depends on the stuff he's made of.

Nothing is more powerful than an idea whose time has come.

You can't get more by doing less

You can get rich by enriching others.

He who adds to another's prosperity will prosper in return.

There are none so poor that they have nothing to give and none so rich that they have nothing to receive.  
Pope John Paul, II

Three things that drain a person's health: worry, sin and travel  
Three things that contribute to a person's spirit: beautiful sounds, sights, and smells.  
Talmud

Give me enough ribbon and I can conquer the world.  
Napoleon

Kindness is like snow; it makes everything it covers beautiful.

One of the most difficult things to give away is kindness - it is usually returned.

People rarely succeed at anything unless they have fun doing it!

People change; but seldom.  
The best way to predict the future is to create it.  
Peter Ducker
Dreams are first considered impossible; then improbable. But when we summon the will, they are inevitable.  
Christopher Reeves

When you walk with your nose to the ground all that you see is your own shadow; all that your hear is your footsteps and all that you feel is your frustration.

Imagination is like the wings of an ostrich. They enable the ostrich to run but not to soar. Many of us do not even walk. We stand still or we slide.  
Lord McCauly

To look is one thing  
To see what you look at is another  
To understand what you see is a third  
To learn from what you understand is still something else  
But to act on what you learn is all that really matters

If you give a man a fish, he will eat only once. If you teach a man to fish, he will eat for the rest of his life. If you are thinking ahead for one season, sow seeds. If you are thinking ten years ahead, educate people. By sowing seeds, you will harvest once. By planting a tree, you will harvest tenfold. By educating people, you will harvest one hundred fold.

Chinese Proverb

A profession is a personal thing that man acquires. It cannot be inherited. It cannot be bequeathed. Only he who, having made the acquisition, puts to use that knowledge and skill with all his ability and complete dedication of purpose can be truly caused a professional. 
R.E.Onstad

Everybody lives by selling something.  
Robert Louis Stevenson

You have each been given a bag of tools,  
A formless rock and a book of rules,  
And each must make, ere life has flown,  
A stumbling-block or a stepping-stone

If you feed your mind as much as your stomach, you’ll never have to worry about an empty stomach, a roof over your head, or clothes on your back.

If I give you my idea and you give me yours, then we each have two ideas, and together we have four.

First impressions are not always accurate but they are long lasting.

You can't turn try into triumph without the oomph!

Determination is like a postage stamp. You have to stick with it until you get there.

You can't say "whoa" if you’re not in a race to the finish line.

Work like you don’t need the money  
Love like you’ve never been hurt  
Dance like no one is watching
The only difference between a rut and a grave is the depth.

High tech and high touch are nothing compared to the right tech and the right touch.

Experience is the name given to your mistakes.  

Oscar Wilde

As John Paul Getty once said, “Thanks a million….I mean thanks a billion!”

If you aim for nothing in life, you will hit it with amazing accuracy

Build your reputation by helping other people build theirs.

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

How old would you be if you didn’t know how old you are?

Satchel Page

Live that you wouldn't be ashamed to sell the family parrot to the town gossip.

Will Rogers

Let no one come to you without leaving better and happier.

Mother Teresa

Never tell people how to do things. Tell them what to do, and they will surprise you with their ingenuity.

General George Patton

It's easier to lead a string than to push it.

Learn from other people's mistakes. You can't possibly live long enough to make them all yourself.

Good people aren't hard to find; they're hard to keep.

Look for alternatives. If you don't, somebody else will.

You can't climb poles and dig ditches at the same time.

If you let it get to you, it will.

Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behaviors.
Keep your behaviors positive because your behaviors become your habits.
Keep your habits positive because your habits become your values.
Keep your values positive because your values become your destiny."

Gandhi

If you would not be forgotten as soon as you are gone, either write things worth reading or do things worth writing.

Ben Franklin
The future belongs to those who believe in the beauty of dreams.  
   Eleanor Roosevelt

A person succeeds or fails according to the multitude of decisions that are made day after day. The right decision leads to rewards; in correct decisions lead to disappointment and decay.  
   S. Truett Cathy  
   Founder of Chick-Fil-A

Each person’s destiny is not a matter of chance; it’s a matter of choice. It’s determined by what we say, what we do, and whom we trust.  
   S. Truett Cathy  
   Founder of Chick-Fil-A

We don’t claim to be able to change the world. We just change people. And then they change the world.  
   Success is never permanent and failure is never final.  
   Mike Ditka

It’s not having what you what that counts  
It’s wanting what you have.

The finest helping hand you are ever likely to find is the one attached to the end of your own arm.  
   Frank Harvey

There are always two choices. Two paths to take, one is easy. And it's only reward is that it's easy.  

Everyone wants to go to heaven but no one wants to die to get there.  

If you want to eat an omelet, you have to break a few eggs.  

It isn't difficult to make a mountain out of a molehill just add a little dirt.  

If we could sell our experiences for what they cost us, we would all be millionaires.  
   Abigail Van Buren

Everything a man makes for himself he takes to the grave. Everything man does for others he leaves behind.  

The top of the ladder cannot be reached by a single leap. It is achieved by taking many small and calculated steps.  

Discover what you love to do and do it better than anyone else. Energy focused in a forward path is a goal worth pursuing.  

Usually I know what I want, but seldom do I know what I need.  

Enjoy each day as if it was the last, because one day you’ll be right.  
   Frank Sinatra

Always give without remembering.  
Always receive without forgetting.  
   William Barkley
In order to be irreplaceable one must dare to be different.  
Coco Chanel

How to successfully spend your life:
Spend one-third earning
Spend one-third learning
Spend one-third giving
Nido Queben

An army of deer led by a lion will defeat an army of lions led by a deer.
Grant Hill

Patience and a mulberry lean in time form a silk gown.
Grant Hill

You are either climbing or you are sliding. You never are just standing still.
Tony Robbins

A person really doesn’t become whole until he becomes a part of something that’s bigger than himself.
Jim Valvano

If you want to be seen, stand up
If you want to be heard, speak up
If you want to be appreciated, talk quickly and then sit down

A healthy attitude is contagious, but don’t wait to catch it from others. Be a carrier!

Knowing is not enough; we must apply. Willing is not enough; we must do.
Goethe

Be what you is not what you ain’t. Cause if you is what you ain’t, you ain’t what you is.
Dr. Bernie Siegel

Pray that everything depends on God
Act as if everything depends on you.
From the Old Testament

When Noah built the arch, it wasn’t raining.

When a ship misses the harbor, it’s seldom the harbors fault.

The problem with doing nothing is you don’t know when you are finished.

"Do just once what others say you can't do, and you will never pay attention to their limitations again"
James R. Cook

Smart is when you only believe half of what you hear.
Brilliant is when you know which half.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.
Lisa Beamer, Wife of Todd Beamer
Not everything that is faced can be changed, but nothing can be changed until it is faced.

James Baldwin

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?

I'd rather be looking down at the flowers, than up at the roots.

If you want to see the one person in the world who can make you happy, look in the mirror.

If you want to see the cause of all your worldly problems, look in the mirror. Success and achievement starts and ends with YOU.

Blessed are the flexible, for they shall not be bent out of shape.

The enemy of good is perfect.

Fear sabotages performance.
Poor performance fuels anxiety.
Anxiety intensifies poor performance.

The difference between the possible and the impossible lies in ones determination.

Not everything that can be counted counts. Not everything that counts can be counted.

Albert Einstein

…And Then Some

“The difference between success and failure is sometimes very little…but it’s that little which makes the difference. Hence, the key to success is often found in three little words…And Then Some.

Many of us do only what we are told to do; what in effect, we have to do. Therein lays the difference. It’s where most people quit that success begins…And Then Some.

There is no great variance in the talents of men; no wide margin of opportunity. It’s more that some do enough to merely get by, while others give to their every task the best they have…And Then Some.”

The past is a nice place to visit; not to live.

Persistence beats resistance every time.

Remember amateurs build the ark and professional built the Titanic

Motivation will always beat mere talent.                             Norman R. August
What’s right isn’t always popular, and what’s popular isn’t always right.
Good manners will open doors that the best education cannot.

Clarence Thomas

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

Ralph Waldo Emerson

To laugh often and much;
To win the respect of intelligent people and the affection of children;
To earn the appreciation of honest critics and endure the betrayal of false friends;
To appreciate beauty, to find the best in others;
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;
To know even one life has breathed easier because you have lived.
This is to have succeeded.

Ralph Waldo Emerson

How old would you be if you didn't know how old you are?
You can preach a better sermon with your life than with your lips.

Oliver Goldsmith

At the Day of Judgment we shall not be asked what we have read but what we have done.
Thomas A Kempis

A fellow doesn't last long on what he has done. He has to keep on delivering.
Carl Hubbell (1903-1988)

If you aren’t getting flack, then you probably aren’t over the target.

When you harbor bitterness, happiness will dock elsewhere.

A day without laughter is a day wasted

Personality can open doors, but only character can keep them open.

We make a living by what we get, we make a life by what we give.
Winston Churchill

A leader leads by example, not by force.
Sun Tzu

When you walk your talk, people listen."
German proverb

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

The greatest pleasure in life is doing what people say you cannot do.
Walter Bagehot
Nothing is impossible in this world. The word impossible itself says, “I’m Possible.”

He is able who thinks he is able.  
Buddha

If you are going through hell, keep going.  
Winston Churchill

If you work just for the money, you'll never make it, but if you love what you're doing and you always put the customer first, success will be yours.  
Ray Kroc

I praise loudly, I blame softly.  
Catherine II of Russia
MARRIAGE AND FAMILY

Marriage is not looking at each other, but looking in the same direction together.

A bird may love a fish but where will they build a home together? 

Teve...Fiddler on the Roof

On keeping your children and grandchildren in your city:
Keep your mouth shut and your wallet open. 

Jim Gottesman
Seattle, WA

By all means marry: If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. 

Socrates

FRIENDSHIP

To have a good friend is one of the highest delights of life; to be a good friend is one of the noblest and most difficult undertakings.

There is no man so poor that he is not rich if he has a friend. There is no man so rich that he is not poor without a friend.

In prosperity, our friends know us; in adversity, we know our friends. 

John Churton Collins

A good way to judge people is by observing how they treat those who can do them absolutely no good.

All worldly riches and tributes of men
Cannot hold a candle to the worth of a friend.

HUMOR

We are all here for a spell, get all good laughs you can. 

Will Rogers

If you are not allowed to laugh in heaven, I don’t want to go there. 

Martin Luther

Strange, when you come to think of it, that of all the countless folk who have lived before our time on this planet, not one is know in history or in legend as having died of laughter. 

Sir Max Beerbohm
HEALTH
With health everything is a source of pleasure; without it, nothing else is enjoyable.
Schopenhauer

We do not stop working and playing because we grow old. We grow old because we stop working and playing.

You don't pay the price for good health. You enjoy its benefits.

You know you are getting older when all you exercise is caution.

I never heard anyone say on their death bed, "I wish I spent more time at the office."
Rabbi Harold Kushner

Medicine is the only profession that labors incessantly to destroy the reason for its own existence.
James Bryce

Cancer stops smoking.
Henry Youngman

It's part of the cure to wish to be cured.
Seneca

We must accept finite disappointment, but we must never lose infinite hope.
Martin Luther King, Jr.

You only live once. But if you live right, once is enough.
Joe E. Lewis

When you go to the doctor, they don't look for signs of death.
The doctor looks for signs of life.

Those who think they have not time for bodily exercise will sooner or later have to find time for illness.
Ed Stanley

You can't turn back the clock but you can always rewind it.
Harry Connick, Sr.

ETHICS
There is no right way to do a wrong thing.
CHILDREN
When the pupil is ready, the teacher will be found.

Definition of a genius—an ordinary kid with a very proud daddy.

It's not the presents we give our children but our presence that lets them know that they are loved.

To stay young, live with children. To die young try to keep up with them.

Elbert M. Fulgham

The best thing a mother can do for her children is to love their father. The best thing a father can do for his children is to love their mother.

Rabbi Ed Cohn

Everyone needs recognition for his accomplishments. But few people make the need known quite as clearly as the little boy who said to his father, “Let’s play darts. I’ll throw and you say ‘Wonderful!’”

You don’t fail because you got knocked down. You fail because you got knocked down and stayed down.
TIME MANAGEMENT

It's not the hours you put in. It's what you put in the hours.

You can't work twice as hard to make twice as much money.

Learn to say "no." Don't let your mouth overload your back.

ON COMPLAINING

If all our misfortunes were laid in one common heap, most people would be contented to take their own and depart.

If you are feeling depressed, take a look at the obituary page and ask yourself if all of those on the page wouldn't gladly trade places with you.

Dr. Neil Baum

MEDICINE

An expert is a man who tells you a simple thing in a confused way in such a fashion as to make you think the confusion is your own fault.

William B. Castle

You do an experiment in medicine to convince yourself; then 99 more to convince others.

Dana Atchley

The causes of impotence are being preoccupied with work or having an unattractive wife.

Hippocrates

On Golf

Golf is a game in which you yell "fore," shoot six, and write down five.

Paul Harvey

As you walk down the fairway of life, you must smell the roses, for you only get to play one round.

Ben Hogan

Golf is 90% inspiration and 10% perspiration.

Johnny Miller

Multifaceted geniuses, Darwin, Leonardo, and Freud were keen observers; perceiving in familiar phenomena a significance that escaped everyone else.
**On Death**

When the game of chess is over, all the pieces, both black and white ones, the kings, queens, and pawns will all go into the same box.

No one ever said on his\'her death bed that they would have liked to spend one more day at the office.

Rabbi Harold Kushner

**On Money**

Wealth does not belong to him who has it but to him who enjoys it.

Ben Franklin

**Customer Service**

Your most unhappy customers are your greatest source of learning.

Bill Gates
A GOLDEN ATTITUDE IS....

taking pride in a job well done

doing the best job that can be done each day

greeting each new task as an opportunity for accomplishment

doing whatever it takes to get the job done right

being willing to work with any other employees, regardless of personal feelings

sharing knowledge and experience with other employees

placing departmental and organizational goals above personal goals

knowing that all employees of the organization share the same goals

helping to solve problems constructively from within

speaking only well of the organization with those outside it
IF YOU THINK YOU CAN, YOU CAN

You can be a total winner, even if you are a beginner

If you think you can, you can
If you think you can, you can

You can wear the gold medallion
You can ride your own black stallion

If you think you can, you can
If you think you can, you can

It's not your talent or the gift at birth,
It's not your bank book that determines worth.
And it isn't in the color of your skin.
It's your attitude that let's you win.

You can upset McEnroe or Austin
You can win the marathon in Boston

If you think you can, you can
If you think you can, you can

You can profit through inflation
You can redirect this nation

If you think you can, you can
If you think you can, you can

It doesn't matter if you've won before
It makes no difference what the half-time score.
It's never over till the final gun.
So keep on trying and you'll find you've won.

You grab your dream and then believe it
Go out and work and you'll achieve it.

If you think you can, you can
If you think you can, you can.
A THOUGHT FOR TODAY

This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. What I do today is important because I'm exchanging a day of my life for it. When tomorrow comes, this day will be gone forever, leaving in its place something I have traded for it. I want it to be gain, not loss; good, not evil; success, not failure; in order that I shall not regret the price I paid for it.
Words to Live By
Mother Teresa

People are often unreasonable, illogical, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

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

If you age honest and frank, people may cheat you. Be honest and frank anyway.

What you spend years building, someone could destroy overnight. Build anyway.

If you find serenity and happiness, they may be jealous. Be happy anyway.

T5a good you do today, people will often forget tomorrow. Do good anyway.

Give the world the best you have and it may never be enough. Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God. It was never between you and them anyway.
But yield who will
   to their separation
My object in living
   is to unite
My avocation and
   my vocation
As my two eyes
   make one in sight.
Only when love and
   need are one
And the work is play
   for mortal stakes
Is the job ever
   really done
For heaven’s and
   the future’s sakes.

Robert Frost
DON'T QUIT

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit
Rest if you must, but DON'T YOU QUIT.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up thought the pace seems slow
You may succeed with another blow.

Often the goal is nearer than
It seems to a faint and faltering man'
Often the struggler has give up
When he might have captured the victor's cup
And he learned too late when the night came down.
How close he was to the golden crown.

Success is failure turned inside out
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems afar;
So stick to the fight when you're hardest hit,
It's when things seem worst that
YOU MUST NOT QUIT!
EAGLE OR OYSTER?

When God made the oyster, He guaranteed its absolute economic and social security.

He built the oyster a house, its shell, to shelter and protect it from enemies.

When hungry, the oyster simply opens its shell and food rushes in.

The oyster has freedom from want.

But when God made the eagle, He declared, "The blue sky is the limit; build your own house!"

So, the eagle built on the highest mountain. Storms threaten every day. For food, the eagle flies through miles of rain and snow and wind.

The eagle, not the oyster, is the emblem of America.
ON BRICK WALLS AND BROKEN DREAMS

Next time you find a brick wall between you and your dreams, consider the case of Thomas Edison.

On his way to lighting the world, his financiers ran out on him.

His peers ridiculed him.

His experiments were hobbled by countless failures.

Success comes to those relentless enough to discover ways over, under, around and through the obstacles that often block progress.

And shatter dreams.

It takes more than raw talent to make a dream come true

It takes perseverance.
BEN FRANKLIN'S 13 VIRTUES

1. Temperament-Eat not to dullness. Drink not to elevation.

2. Silence-Speak not but what would benefit others or yourself.

3. Order-Let all your thoughts have their places. Let each part of your business have its time.


5. Frugality-Make no expense but to do good to others or yourself.


7. Justice-Wrong none by doing injuries or omitting the benefits that are your duties.

8. Moderation-Avoid extremes. Forebear resenting injuries so much as you think they deserve.

9. Cleanliness-Tolerate no uncleanliness in body, clothes, or habitation.

10. Tranquility-Be not disturbed at trifles or accidents common or unavoidable.

11. Chastity-Rarely use venery but for health or offspring. Never to dullness, weakness or to the injury of your own or another peace or reputation.

12. Sincerity-Use no hurtful deceit. Think innocently and justly and if you speak, speak accordingly.

THE MAN IN THE GLASS

by Dale Wimbrow

When you get what you want in your struggle for self
   And the world makes you king for a day,
Just go to a mirror and look at yourself
   and see what THAT man has to say.

For it isn't your father or mother or wife
   Whose judgement upon you must pass;
The fellow whose verdict counts most in your life
   Is the one staring back from the glass.

Some people may think you a straight-shotin' chum
   And call you a wonderful guy,
But the man in the glass says you're only a bum
   If you can't look him straight in the eye.

He's the fellow to please, never mind all the rest,
   For he's with you clear up to the end.
And you've passed your most dangerous difficult test
   If the man in glass is your friend.

You may fool the whole world down the pathway of life
   And get pats on your back as you pass,
But your final reward will be heartaches and tears
   If you've cheated the man in the glass.
SEASONS OF LIFE

- In your teens, play all you can.
- In your 20s, take all the risks you can.
- In your 30s, learn all you can.
- In your 40s, earn all you can.
- In your 50s, lead everything you can.
- In your 60s, leave with all the style you can.
- Thereafter, or in the hereafter, enjoy all you can.

Blessed is the one indeed who in this world may find.  
A purpose that can fill his days and goals to fill his mind.

The world is full of little folks that are content with where they are.  
Not knowing the joy success can bring, no will to go that far.

Yet in this world there is a need for those to lead the rest.  
To rise above the average life and giving of their best.

Would you be one who dares to try and challenged by the task?  
To rise to heights you’ve never seen, is that too much to ask?

This is your day, a world to win, a great purpose to achieve.  
Accept the challenges of your goals and in yourself believe.

You'll be so glad of what you've done when at the end of day  
You look back on all those battles won and feel so glad you've come this way.

by Hatsell Wilson

THE ROSE

It's the heart afraid of breaking that never takes a chance.  
It's a dream afraid of waking that's never afraid to dance.

Just remember in the winter far beneath the bitter snow.  
There lies a seed that with the sun's love in the spring becomes a rose.  
Bette Middler
<table>
<thead>
<tr>
<th>POWERLESS</th>
<th>POWERFUL</th>
</tr>
</thead>
<tbody>
<tr>
<td>I'm just...</td>
<td>I am the...</td>
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<tr>
<td>I'm only...</td>
<td></td>
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<tr>
<td>It's only my opinion...</td>
<td>I believe</td>
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<tr>
<td>I'm lucky</td>
<td>I worked hard</td>
</tr>
<tr>
<td>I'm planned well</td>
<td>I planned well</td>
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<tr>
<td>I'm not sure</td>
<td>I will check and call you back</td>
</tr>
<tr>
<td>I will find out</td>
<td></td>
</tr>
<tr>
<td>I guess</td>
<td>I know</td>
</tr>
<tr>
<td>I, me</td>
<td>We, our, us</td>
</tr>
<tr>
<td>There is a problem</td>
<td>There is a challenge</td>
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<tr>
<td>I feel good</td>
<td></td>
</tr>
<tr>
<td>It's my fault</td>
<td>I made a mistake and it won't happen again.</td>
</tr>
<tr>
<td>I'm a loser</td>
<td></td>
</tr>
<tr>
<td>I'm a winner</td>
<td></td>
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<tr>
<td>I'm a failure</td>
<td>This didn't work out the way I wanted. What can I learn?</td>
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<tr>
<td>My glass of milk is 1/2 empty.</td>
<td>My glass of milk is 1/2 full</td>
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<tr>
<td>If only I had...</td>
<td>I am going to change right now.</td>
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<tr>
<td>I learned a lesson.</td>
<td>Next time I'll do better</td>
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<tr>
<td>Starting now I will...</td>
<td></td>
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<tr>
<td>I'm going under</td>
<td></td>
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<tr>
<td>I'm bouncing back.</td>
<td></td>
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<tr>
<td>He doesn't understand</td>
<td>I have to make clearer</td>
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<tr>
<td>I'm too busy</td>
<td></td>
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<tr>
<td>I have the time</td>
<td></td>
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<tr>
<td>You make me upset</td>
<td>I'm upset when...</td>
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<tr>
<td>I don't have time</td>
<td>I am going to be more efficient and get it done.</td>
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<tr>
<td>It's not my fault</td>
<td></td>
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<tr>
<td>It's my responsibility to change things</td>
<td></td>
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<tr>
<td>Statement</td>
<td>Counterpart</td>
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<td>------------------------------------------------</td>
<td>------------------------------------------------</td>
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<tr>
<td>That's not my area</td>
<td>I will take care of it</td>
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<tr>
<td>I can't change things</td>
<td>I choose to make the best of this situation</td>
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<tr>
<td></td>
<td>I can change how I feel about this</td>
</tr>
<tr>
<td>I work for...</td>
<td>I work with</td>
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<tr>
<td>Do me a favor</td>
<td>This is why you should do it.</td>
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<tr>
<td></td>
<td>There's something in it for you.</td>
</tr>
<tr>
<td>Are you happy with our service?</td>
<td>What one thing could I do to improve my service?</td>
</tr>
<tr>
<td>Is everything O.K.?</td>
<td></td>
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<tr>
<td>I can't</td>
<td>I can</td>
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<tr>
<td>I'll try</td>
<td>I will</td>
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<tr>
<td>You have a problem</td>
<td>We have a challenge</td>
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<tr>
<td>I can't help you</td>
<td>Let's work together</td>
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<tr>
<td>That's our policy</td>
<td>Why don't we try this</td>
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<tr>
<td>That's a lousy idea</td>
<td>That's a novel idea</td>
</tr>
<tr>
<td>You have to...</td>
<td>Why don't we try...</td>
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<td></td>
<td>Would you consider....</td>
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<td></td>
<td>Let's try...</td>
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<td></td>
<td>I suggest....</td>
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<td></td>
<td>I recommend...</td>
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<tr>
<td>That's not satisfactory</td>
<td>What do you think is fair?</td>
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<tr>
<td>I'm unhappy with your service</td>
<td></td>
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<tr>
<td>Fix this!</td>
<td></td>
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<tr>
<td>I disagree</td>
<td>That's another way of looking at it.</td>
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<tr>
<td></td>
<td>Let's consider another option</td>
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<tr>
<td>You're wrong</td>
<td></td>
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<tr>
<td>You should get this done by...</td>
<td>I understand your point of view</td>
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<tr>
<td></td>
<td>You will get this by...</td>
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<tr>
<td>I'm not really sure</td>
<td></td>
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<td></td>
<td>I'm sure</td>
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<tr>
<td>I should be able...</td>
<td>I'll definitely do...</td>
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<tr>
<td>I'm not sure I got that right</td>
<td></td>
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<tr>
<td>I guess</td>
<td>Let me verify that</td>
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<tr>
<td>I think</td>
<td></td>
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<tr>
<td>English</td>
<td>Chinese</td>
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<td>-------------------------------------</td>
<td>--------------------------------------</td>
</tr>
<tr>
<td>Can I help you?</td>
<td>什么是一件事你想要我做？</td>
</tr>
<tr>
<td>Do you have any questions?</td>
<td>你有什么问题？</td>
</tr>
<tr>
<td>Can I ask you a question?</td>
<td>你有什么问题？</td>
</tr>
<tr>
<td>To be perfectly honest</td>
<td>我的问题是什么？</td>
</tr>
<tr>
<td>Honestly</td>
<td>(不说任何！)</td>
</tr>
</tbody>
</table>
**BILL VEECK'S 12 COMMANDMENTS**

Bill Veeck was recently inducted into the coveted Baseball Hall of Fame. He was a lifetime crusader for creativity in baseball, the fans and the right to challenge everything he thought was wrong about the game. He lived by a set of 12 commandments to which he felt anyone in the business of baseball should adhere. I think they also hold true for any one in any business and profession including the medical profession.

1. Take your work very seriously. Go for broke and give it your all.

2. Never ever take yourself seriously.

3. Find yourself an alter ego and bond with him (her) for the rest of your professional life.

4. Surround yourself with similarly dedicated soulmates, free spirits of whom you can ask why and why not. And who can ask the same thing of you.


6. If you're a president, owner or operator, attend every home game and you never leave until the last out.

7. Answer all your mail; you might learn something.

8. Listen and be available to your fans (customers).

9. Enjoy and respect the members of the media, the stimulation and the challenge. The "them against us" mentality should exist only between the two teams on the field.

10. Create an aura in your city. Make people understand that unless they come to the ball park, they will miss something.

11. If you don't think a promotion is fun, don't do it. Never insult your fans.

12. Don't miss the essence of what is happening at the moment. Let it happen. Cherish the moment and commit it to your memory.
My Declaration Of Self-Esteem

In all the world there is no one else exactly like me. Everything that comes out of me is an authentically mine because I alone chose it—I own everything about me. My body, my feeling, my mouth, my voice, and all of my actions. Whether they be to others or to myself—I am all my triumphs and successes, all my failures and mistakes—Because I own all of me, I can become infinitely acquainted with me—By so doing I can love me and be friendly with me in all my parts—I know there are aspects about myself that puzzle me, and other aspects I do not know—But as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and for ways to find out more about me—However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me—if later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which unfitting, keep the rest and invent something new for that which I discarded. I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and thins outside of me—I own me, and therefore I can engineer me—I am me and I am O.K.

Virginia Satir
WHAT IT TAKES TO BE NO. 1

Vince Lombardi

"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing.

"There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay and I don't ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.

"Every time a football player goes out to ply his trade he's got to play from the ground up—from the soles of his feet right up to his head. Every inch of him has to play. Some buys play with their heads. That's O.K. You've got to be smart to be No. 1 in any business. But more important, you've got to play with your heart—with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

"Running a football team is no different from running any other kind of organization—an army, a political party, a business. The principles are the same. The object is to win—to beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

"It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there—to compete. They know the rules and the objectives when they get in the game. The objective is to win-fairly, square-ly, decently, by the rules—but to win.

"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really years for, needs discipline and the harsh reality of head-to-head combat.

"I don't say these things because I believe in the 'brute' nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour—his greatest fulfillment to all he holds dear—is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle-victorious.
For this is the journey that men make: To find themselves. If they fail in this, it doesn't matter much what else they find. Money, position, fame, many loves, revenge are all of little consequence, and when the tickets are collected at the end of the ride, they are tossed into a bin marked failure.

But if a man happens to find himself—if he knows what he can be depended upon to do, the limits of his courage, the position from which he will no longer retreat—the secret reservoirs of his determination, the extent of his dedication, the depth of his feeling for beauty, his honest and unpostured goals—then he has found a mansion which he can inhabit with dignity all the days of his life.

James A. Michner
"AND THEN SOME"

Those three little words are the secrets to success. They are the difference between average people and top people in most companies. The top people always do what is expected...and then some... They are thoughtful of others; they are considerate and kind... and then some... They meet their obligations and responsibilities fairly and squarely... and then some... They are good friends and helpful neighbors...and then some. They can be counted on in emergencies...and then some... I am thankful for people like this, for they make the world more livable. Their spirit of service is summed up in these little words...

AND THEN SOME!
Thomas Edison's Secrets of Creating a Successful Invention

1. Define the need for the innovation
2. Set a goal and stick to it.
3. Identify the major stages which the invention has to go through before it's complete and follow them.
4. Keep notes on the progress of the work.
5. Make sure everyone on the team has a clearly defined area of activity.
6. Record everything for later examination.
Affirmations

I refuse to let today's successes be shackled by yesterday's failures.

I will not allow others to define my mood, my method, my image, or my mission.

I will pursue a mission greater than myself by making at least one person happy that he or she saw me.

I will not tolerate self-pity, gossip or negativism—from myself or from others.
A Useful Elixir for Confidence

Take the roots of praise and thanks and the stems of joy and security. Remove from them the seeds of distress and worry. Take the flowers of knowledge and understanding and the roots of patience and contentment, and beat all with the pestle of meekness. Cook all in a vessel of humility, and knead with sweet words. Steep the mixture in the waters of charm and mercy, and give a person suffering from the disease of despair two measures a day, morning and evening, along with three measures of logic and moderation. Refine out all of the impurities of anger and severity. Mix with the essence of acceptance of the will of God, may He be blessed, the Lord of praise and adoration, and serve in a utensil of the praise of the Lord of all. The patient will soon rest, comfortably and improve. One who practices these qualities will heal himself and his soul and will succeed in all his ways and his deeds.

Moses Maimonides
There Once Was An Oyster

There once was an oyster
Whose story I tell,
Who found that some sand
Had got into his shell.
It was only a grain,
But it gave him great pain.
For oysters have feelings
Although they're so plain.

Now, did he berate
The harsh workings of fate
That had brought him
To such a deplorable state?
Did he curse at the government,
Cry for election,
And claim that the sea should
Have given him protection?

No - he said to himself
As he lay on a shell,
Since I cannot remove it,
I shall try to improve it.
Now the years have rolled around,
As the years always do,
And he came to his ultimate
Destiny - stew.

And the small grain of sand
That had bothered him so
Was a beautiful pearl
All richly aglow.
Now the tale has a moral,
For isn't it grand
What an oyster can do
With a morsel of sand?

What couldn't we do
If we'd only begin
With some of the things
That get under our skin.

Author Unknown
24 Things to Always Remember...
and One Thing Never to Forget...

Your presence is a present to the world.
You're unique and one of a kind.
Your life can be what you want it to be.
Take the days just one at a time.

Count your blessings, not your troubles.
You'll make it through whatever comes along.
Within you are so many answers.
Understand, have courage, be strong.

Don't put limits on yourself.
So many dreams are waiting to be realized.
Decisions are too important to leave to chance.
Reach for your peak, your goal, and your prize.

Nothing wastes more energy than worrying.
The longer one carries a problem, the heavier it gets.
Don't take things too seriously.
Live a life of serenity, not a life of regrets.

Remember that a little love goes a long way.
Remember that a lot . . . goes forever.
Remember that friendship is a wise investment.
Life's treasures are people . . . together.

Realize that it's never too late.
Do ordinary things in extraordinary ways.
Have health and hope and happiness.
Take the time to wish upon a star.

And don't ever forget . . .
For even a day . . .
How very special you are.
I've learned -that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.

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

I've learned - that it takes years to build up trust, and only seconds to destroy it.

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

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

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

I've learned - that you can do something in an instant that will give you heartache for life.

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

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

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

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

I've learned - that either you control your attitude or it controls you.
I've learned - that regardless of how hot and steamy a relationship is at first, the passion fades and there had better be something else to take its place.

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

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

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

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

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

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

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

I've learned - that you should never tell a child their dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if they believed it.
I've learned - that your family won't always be there for you. It may seem funny, but people you aren't related to can take care of you and love you and teach you to trust people again. Families aren't biological.

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IF I HAD MY LIFE TO LIVE OVER  
by Erma Bombeck  
  
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 
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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's"...more "I'm sorry's"...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.

Don't forget to stop and smell the roses today! Take time to tell a loved one how much you love them, do something nice for yourself, and stop to give God thanks for all of it.
HAPPINESS

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, are able to go on a nice vacation, when we retire. The truth is, there's no better time to be happy than right now. If not now, when?

Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. One of my favorite quotes comes from Alfred D. Souza. He said, "For a long time it had seemed to me that life was about to begin -- real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

This perspective has helped me to see that there is no way to happiness. Happiness is the way. So, treasure every moment that you have and treasure it more because
you shared it with someone special, special enough to spend your time...and remember that time waits for no one.

So, stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you are off welfare, until the first or fifteenth, until your song comes on, until you've had a drink, until you've sobered up, until you die, until you are born again to decide that there is no better time than right now to be happy.

Happiness is a journey, not a destination.

Thought for the day:
Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching.
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.
**if**

IF You can keep your head when all about you are losing theirs and blaming it on you.

IF You can trust yourself when all men doubt you, but make allowance for their doubting too.

IF You can wait and not be tired by waiting, or being lied about, don't deal in lies, or being hated, don't give way to hating, and yet don't look too good, nor talk too wise.

IF You can dream - and not make dreams your master.

IF You can think - and not make thoughts your aim.

IF You can meet with Triumph and Disaster and treat those two impostors just the same.

IF You can bear to hear the truth you've spoken twisted by knaves to make a trap for fools, or watch the things you gave your life to, broken, and stoop and build'em up with worn-out tools.

IF You can make one heap of all your winnings, and risk it on one turn of pitch-and-toss, and lose and start again at your beginnings and never breathe a word about your loss.

IF You can force your heart and nerve and sinew to serve your turn long after they are gone, and so hold on when there is nothing in you except the Will which says to them: "Hold On".

IF You can talk with crowds and keep your virtue, or walk with Kings nor lose the common touch.

IF Neither foes nor loving friends can hurt you.

IF All men count with you, but none too much.

IF You can fill the unforgiving minute with sixty seconds' worth of distance run, yours is the Earth and Everything that's in it,

AND - WHICH IS MORE - YOU'LL BE A MAN, MY SON
What I’ve learned

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

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some people just don't care back.

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that it takes years to build up trust,
and only seconds to destroy it.

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I would seize every minute...look at it and really see it... live
it...and never give it back.
ATTITUDE
by: Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.
Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our Attitudes.
WISDOM

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

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That you can keep going Long after you can't.

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That we are responsible for what we do, No matter how we feel.

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That either you control your attitude or it controls you.

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

I've learned that-
The people you care about the most in life are taken from you too soon.
1. Give people more than they expect and do it cheerfully.
2. Memorize your favorite poem.
3. Don't believe all you hear, spend all you have, or loaf all you want.
4. When you say "I love you," mean it.
5. When you say, "I'm sorry," look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams. People who don't have dreams don't have much.
9. Love deeply and passionately. You may get hurt, but it's the only way to live life completely.
10. In disagreements, fight fairly. No name-calling.
11. Don't judge people by their relatives, or by the life they were born into.
12. Teach yourself to speak slowly but think quickly.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Take into account that great love and great achievements involve great risk.
15. Call your mother.
16. Say, "bless you" when you hear someone sneeze.
17. When you lose, don't lose the lesson.
18. Follow the three Rs: Respect for self, Respect for others, and Responsibility for all your actions.
19. Don't let a little dispute injure a great friendship.
20. When you realize you make a mistake, take immediate steps to correct it.
21. Smile when picking up the phone. The caller will hear it in your voice.
22. Marry a person you love to talk to. As you get older, his/her conversational skills will be even more important.
23. Spend some time alone.
24. Open your arms to change, but don't let go of your values.
25. Remember that silence is sometimes the best answer.
26. Read more books. Television is not substitute.
27. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
28. Trust in God but lock your car.
29. A loving atmosphere in your home is the foundation for your life. Do all you can to create a tranquil, harmonious home.
30. In disagreements with loved ones, deal with only the current situation. Don't bring up the past.
31. Don't just listen to what someone is saying. Listen to why they are saying it.
32. Share your knowledge. It's a way to achieve immortality.
33. Be gentle with the earth.
34. Pray or meditate. There's immeasurable power in it.
35. Never interrupt when you are being flattered.
36. Mind your own business.
37. Don't trust anyone who doesn't close his/her eyes when you kiss.
38. Once a year, go someplace you've never been before.
39. If you make a lot of money, put it to use helping others while you are living. It is wealth's greatest satisfaction.
40. Remember that not getting what you want is sometimes a wonderful stroke of luck.
41. Learn the rules so you know how to break them properly.
42. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
43. Judge your success by what you had to give up in order to get it.
44. Live with the knowledge that your character is your destiny.
45. Approach love and cooking with reckless abandon.
The Paradox of our Time

The paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints. We spend more, but have less; we buy more, but enjoy it less. We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry too quickly, stay up too late, get up too tired, read too seldom, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life; we've added years to life, not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor.

We've conquered outer space, but not inner space. We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've split the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information to produce more copies than ever, but have less communication.

These are the times of fast foods and slow digestion; tall men, and short character; steep profits, and shallow relationships. These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition. These are days of two incomes, but more divorce; of fancier houses, but broken homes. These are days of quick trips, disposable diapers, throw-away morality, one-night stands, overweight bodies, and pills that do everything from cheer to quiet, to kill. It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit the delete key.
I AM THANKFUL FOR...
...the mess to clean after a party because it means I have been surrounded by friends and family.
...the taxes I pay because it means I am employed.
...the clothes that fit a little too snug because it means I have enough to eat.
...a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.
...the spot I find at the far end of the parking lot because it mean I am capable of walking.
...all the complaining about our government because it means we have freedom of speech.
...my large heating bill because it means I am warm.
...the lady behind me in church who sings off key because it means that I can hear.
...the alarm that goes off in the early morning hours because it means I am alive.
...the piles of laundry and ironing because it means my loved ones are nearby.
...weariness and aching muscles at the end of the day because it means I have been productive.
...and, most of all, your friendship.
Count the Good Things in Life:

When we start to count the flowers,
We cease to count the weeds;

When we start to count the blessings,
We cease to count the needs;

When we start to count the laughter,
We cease to count the tears;

When we count happy memories,
We cease to count years
A SURGEON’S PRAYER

I stand in awe of who you are
Creator, teacher and morning star.
As sculptor of the galaxy
Why would you bother to look on me?

For who am I but a piece of clay
That you lifted and formed in your usual way;
Then breathed in life and set me free
To explore the earth and sail the sea.

Then you gave to a few a special art
You strengthened our hands, and touched our heart,
And gave us a bit of who you are
Though we sometimes lose vision from straying too far.

And what is that gift of which I write?
It’s the power to create, to restore lost sight
To complete that unfinished at the time of birth.
Continued creation right here on earth.

It’s restoring ones form that’s been crushed in a crash
Or replacing some skin that’s turned into ash
Or remarking what’s lost to a cancerous growth,
All far in excess of Hippocrates’ oath.

It’s altering a nose that holds back a face,
Or rearranging the jaws as might be the case,
Or brightening one’s eyes, or tightening their skin,
Or giving a breast, or strengthening a chin.

And for some simple reason that escapes me just now
In your infinite wisdom You elected to allow
Imperfection in creation. Perhaps it was so
Restoration and healing, Your people could know.

* * * * *

That part of your power you gave to these hands
Is an awesome endowment with awesome demands.
So I ask that you keep me both humble and clear
That it’s Your gift and Your art that made this career.

Robert S. Flowers
Seize the Moment

I have a friend who lives by a three-word philosophy: Seize the moment. Just possibly; she may be the wisest woman on this planet. Too many people put off something that brings them joy just because they haven't thought about it, don't have it on their schedule, didn't know it was coming or are too rigid to depart from their routine. I got to thinking one day about all those women on the Titanic who passed up dessert at dinner that fateful night in an effort to cut back. From then on, I've tried to be a little more flexible. How many women out there will eat at home because their husband didn't suggest going out to dinner until after something had been thawed? Does the word "refrigeration" mean nothing to you? How often have your kids dropped in to talk and sat in silence while you watched Jeopardy! on television?

I cannot count the times I called my sister and said, "How about going to lunch in a half hour?" She would gasp and stammer, "I can't." Check one:

"I have clothes on the line."
"My hair is dirty." "I wish I had known yesterday." "I had a late breakfast."
"It looks like rain."

And my personal favorite: "It's Monday."

She died a few years ago. We never did have lunch together. Because Americans cram so much into their lives, we tend to schedule our headaches. We live on a sparse diet of promises we make to ourselves when all the conditions are perfect. We'll go back and visit the grandparents when we get Stevie toilet-trained. We'll entertain when we replace the living-room carpet. We'll go on a second honeymoon when we get two more kids out of college.

Life has a way of accelerating as we get older. The days get shorter, and the list of promises to ourselves gets longer. One morning, we awaken, and all we have to show for our lives is a litany of "I'm going to," "I plan on" and "Someday, when things are settled down a bit."

When anyone calls my 'seize the moment' friend, she is open to adventure and available for trips. She keeps an open mind on new ideas. Her enthusiasm for life is contagious. You talk with her for five minutes, and you're ready to trade your bad feet for a pair of Rollerblades and skip an elevator for a bungee cord. My lips have not touched ice cream in 10 years. I love ice cream. It's just that I might as well apply it directly to my hips with a spatula and eliminate the digestive process.

The other day, I stopped the car and bought a triple-decker. If my car had hit an iceberg on the way home, I would have died happy. Now...go on and have a nice day. Do something you WANT to ....Not something on your SHOULD DO list.

~ Author Unknown ~
A SURGEON’S PRAYER

I stand in awe of who you are
Creator, teacher and morning star.
As sculptor of the galaxy
Why would you bother to look on me?

For who am I but a piece of clay
That you lifted and formed in your usual way;
Then breathed in life and set me free
To explore the earth and sail the sea.

Then you gave to a few a special art
You strengthened our hands, and touched our heart,
And gave us a bit of who you are
Though we sometimes lose vision from straying too far.

It’s restoring kidney function that’s been injured in a crash
Or replacing some genital skin that’s turned into ash
Or remarking what’s lost to a cancerous growth,
All far in excess of Hippocrates’ oath.

It’s shaving a prostate that holds back the bladder
Or removing a prostate tumor which prevents a disaster
Or shattering a kidney stone to particles of grain,
That ultimately makes your patients free of pain.

It is making your incontinent men and women dry,
They are all so happy that they want to hug you and cry
It is helping men who suffer from impotence,
To regain their self-esteem and confidence.

And for some simple reason that escapes me just now
In your infinite wisdom You elected to allow
Imperfection in creation. Perhaps it was so
Restoration and healing, Your people could know.

* * * * *

That part of your power you gave to these hands
Is an awesome endowment with awesome demands.
So I ask that you keep me both humble and clear
That it’s Your gift and Your art that made this career.

Original by Dr. Robert Flowers and “Urologically” Modified by Dr. Neil Baum
Things it takes most of us 50 years to learn:

1. The badness of a movie is directly proportional to the number of helicopters in it.

2. You will never find anybody who can give you a clear and compelling reason why we observe daylight saving time.

3. You should never say anything to a woman that even remotely suggests you think she's pregnant unless you can see an actual baby emerging from her at that moment.

4. The most powerful force in the universe is gossip.

5. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.

6. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age 11.

7. There is a very fine line between "hobby" and "mental illness."

8. People who want to share their religious views with you almost never want you to share yours with them.

9. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."

10. The main accomplishment of almost all organized protests is to annoy people who are not in them.

11. If there really is a God who created the entire universe with all of its glories, and he decides to deliver a message to humanity, he will NOT use as his messenger a person on cable TV with a bad hairstyle or in some cases, really bad makeup too.

12. You should not confuse your career with your life.

13. A person who is nice to you, but rude to the waiter or janitor, is not a nice person.

14. No matter what happens, somebody will find a way to take it too seriously.

15. When trouble arises and things look bad, there is always one individual who perceives a solution and is willing to take command. Very often, that individual is crazy.

16. Your true friends love you anyway.

17. Nobody cares if you can't dance well. Just get up and dance.
There was a young fellow from Sparta
A really magnificent farter.
   On the strength of one bean
   He’d fart "God Save The Queen",
And Beethoven’s Moonlight Sonata.

He could vary, with proper persuasion,
His fart to suit any occasion.
   He could fart like a flute,
   Like a lark, like a lute,
This highly fartistic Caucasian.

This sparkling young farter from Sparta,
His fart for no money would barter.
   He could roar from his rear
   Any scene from Shakespeare,
Or Gilbert and Sullivan's Mikado.

Nobody could play the classics finer,
As he showed me one day in the diner.
   I had a bagel with lox
   While he played from his buttocks
Chopin's Etude #12 in C-minor.

He'd fart a gavotte for a starter,
And fizzle a fine serenata.
   He could play on his anus
   The Coriolanus:
Oof, boom, er-tum, tootle, yum tah-daha!

He was great in the Christmas Cantata,
He could double-stop fart the Toccata.
   He'd boom from his ass
   Bach's B-Minor Mass,
And in counterpoint, La Traviata.

Spurred on by a very high wager
With an envious German named Bager,
   He’d proceeded to fart
   The complete oboe part
Of a Hayden Octet in B-major.

His repertoire ranged from classics to jazz,
He achieved new effects with bubbles of gas.
   With a good does of salts
   He could whistle a waltz
Or swing it in razzamatazz.

His basso profundo with timbre so rare
He rendered quite often, with power to spare.
   But his great work of art,
   His fortissimo fart,
He saved for the Marche Militaire.

One day he was dared to perform
The William Tell Overture Storm,
   But naught could dishearten
Our spirited Spartan,
For his fart was in wonderful form.
It went off in capital style,
And he farted it through with a smile,
   Then, feeling quite jolly,
He tried the finale,
Blowing double-stopped farts all the while.

The selection was tough, I admit,
But it did not dismay him one bit.
   Then, with his ass thrown aloft
He suddenly coughed...
And collapsed in a shower of shit.

His bunghole was blown back to Sparta,
Where they buried the rest of our farter,
   With a gravestone of truds
   Inscribed with the words:
"To the Fine Art of Farting, A Martyr."
I have learned......

Age 5 I've learned that I like my teacher because she cries when we sing "Silent Night"......

Age 6 I've learned that our dog doesn't want to eat my broccoli either.

Age 7 I've learned that when I wave to people in the country, they stop what they are doing and wave back.

Age 9 I've learned that just when I get my room the way I like it, Mom makes me clean it up again.

Age 12 I've learned that if you want to cheer yourself up, you should try cheering someone else up.

Age 14 I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me.

Age 15 I've learned that silent company is often more healing than words of advice.

Age 24 I've learned that brushing my child's hair is one of life's great pleasures.

Age 26 I've learned that wherever I go, the world's worst drivers have followed me there.

Age 29 I've learned that if someone says something unkind about me, I must live so that no one will believe it.

Age 39 I've learned that there are people who love you dearly but just don't know how to show it.

Age 42 I've learned that you can make some one's day by simply sending them a little note.

Age 44 I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others.

Age 46 I've learned that children and grandparents are natural allies.

Age 47 I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

Age 48 I've learned that singing "Amazing Grace" can lift my spirits for hours.

Age 49 I've learned that motel mattresses are better on the side away from the phone.

Age 50 I've learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

Age 51 I've learned that keeping a vegetable garden is worth a medicine cabinet full of pills.

Age 52 I've learned that regardless of your relationship with your parents,
you miss them terribly after they die.

Age 53 I've learned that making a living is not the same thing as making a life.

Age 58 I've learned that if you want to do something positive for your children, work to improve your marriage.

Age 61 I've learned that life sometimes gives you a second chance.

Age 62 I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back.

Age 64 I've learned that if you pursue happiness, it will elude you. But if you focus on your family, the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you.

Age 65 I've learned that whenever I decide something with kindness, I usually make the right decision.

Age 66 I've learned that everyone can use a prayer.

Age 72 I've learned that it pays to believe in miracles. And to tell the truth, I've seen several.

Age 75 I've learned that even when I have pains, I don't have to be one.

Age 82 I've learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back.

Age 85 I've learned that I still have a lot to learn.

Age 92
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 fading light?
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 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 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.

James Burris
8 Gifts That Do not Cost A Cent

1) THE GIFT OF LISTENING...
But you must REALLY listen.
No interrupting, no daydreaming, no planning your response.
Just listening.

2) THE GIFT OF AFFECTION...
Be generous with appropriate hugs, kisses, pats on the back and handholds.
Let these small actions demonstrate the love you have for family and friends.

3) THE GIFT OF LAUGHTER...
Clip cartoons.
Share articles and funny stories.
Your gift will say, "I love to laugh with you."

4) THE GIFT OF A WRITTEN NOTE...
It can be a simple
"Thanks for the help" note or a full sonnet remembered for a lifetime, and may even change a life.

5) THE GIFT OF A COMPLIMENT...
A simple and sincere,
"You look great today,"
or "You did a super job"
or "That was a wonderful meal"
can make someone's day.

6) THE GIFT OF A FAVOR...
Every day, go out of your way to do something kind.

7) THE GIFT OF SOLITUDE...
There are times when we want nothing better than to be left alone.
Be sensitive to those times and give the gift of solitude to others.

8) THE GIFT OF A CHEERFUL DISPOSITION OR ATTITUDE...
The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.
This fall, when you see geese heading south for the winter flying along in "V" formation, you might consider what science has discovered as to why they fly that way.

FACT: As each bird flaps its wings, it creates an "uplift" for the bird immediately following. By flying in a "V" formation, the whole flock has at least 71% greater flying range than if each bird flew on its own.

LESSON: People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the thrust of one another.[1]

FACT: When a goose flies out of formation, it suddenly feels the drag and resistance of trying to go it alone. It quickly gets back into formation to take advantage of the lifting power of the bird in front of it.

LESSON: If we have as much common sense as a goose, we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others. It is harder to do something alone than together.

FACT: When the lead goose gets tired, it rotates back into the formation, and another goose flies to the point position.

LESSON: It is sensible to take turns doing the hard and demanding tasks and sharing leadership. As with geese, people are interdependent of each others skills, capabilities, and unique arrangements of gifts, talents, or resources.

FACT: The geese flying in formation honk from behind to encourage those up front to keep up their speed.

LESSON: We need to make sure our honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of others) is the quality of honking we seek. We need to make sure our honking is encouraging and not discouraging.

FACT: When a goose gets sick, wounded, or shot down, two other geese will drop out of formation with that goose and follow it down to lend help and protection. They stay with the fallen goose until it dies or is able to fly again. Then, they launch out on their own, or with another formation to catch up with their flock.

LESSON: If we have the sense of a goose, we will stand by our colleagues and each other in difficult times as well as in good!
Just for today
I will become challenged when problems come my way. Today I will become a great problem solver.

Just for today
I will love the battle. I can create my own state of enjoyment. I will accept the hand that is dealt me. No complaining

Just for today
I will take charge of how I feel. I will not be at the mercy of my emotions.

Just for today
I will set aside time to relax and simply let go. Recovery is an essential part of my training.

Just for today
I will have a plan to follow. The plan will keep me focused and organized.

Just for today
I will stop saying, "If I had time," I will make it.

Just for today
I will find humor in my mistakes. When I can smile inside, I am in control.

Just for today
I will do thing@3 the best I can. I will be satisfied with what I have done.

Just for today
I will do the ordinary things in my training extraordinarily well. It's the little things that make the difference.
**Just for today**

I choose to believe that I can make a difference and that I am in control of my world. The choice is mine.
A Message 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.
WORDS OF WISDOM:

I can only please one person per day.
Today is not your day. Tomorrow is not looking good either.

I love deadlines. I especially like the whooshing sound they make as
They go flying by.

Tell me what you need, and I'll tell you how to get along without it.

Accept that some days you are the pigeon and some days the statue.

Needing someone is like needing a parachute.
If they aren't there the first time, chances are you won't be needing
Them again.

I don't have an attitude problem, you have a perception problem.

Last night I lay in bed looking up at the stars in the sky and I thought
To myself, where the heck is the ceiling?

My reality check bounced.

On the keyboard of life, always keep one finger on the escape key.

I don't suffer from stress. I am a carrier.

You are slower than a herd of turtles stampeding through peanut butter.

Do not meddle in the affairs of dragons, because you are crunchy and
taste good with ketchup.

Everybody is somebody else's weirdo.

Never argue with an idiot. They drag you down to their level then beat
you with experience.

A pat on the back is only a few centimeters from a kick in the butt.

Don't be irreplaceable - if you can't be replaced, you can't be
promoted.

After any salary rise, you will have less money at the end of the month
than you did before.

The more crap you put up with, the more crap you are going to get.

You can go anywhere you want if you look serious and carry a clipboard.

Eat one live toad the first thing in the morning and nothing worse will
happen to you for the rest of the day.
When bosses talk about improving productivity, they are never talking about themselves.

If at first you don't succeed, try again. Then quit. No use being a damn fool about it.

Everything can be filed under 'miscellaneous'.

To err is human, to forgive is not our policy.

Anyone can do any amount of work provided it isn't the work he/she is supposed to be doing.

Important letters that contain no errors will develop errors in the mail.

If you are good, you will be assigned all the work.
If you are really good, you will get out of it.
The Optimist Creed
Promise Yourself….

To be so strong that nothing can disturb your peace of mind.
To talk health, happiness and prosperity to every person you meet.
To make all your friends feel that there Is something In them.
To look at the sunny side of everything and make your optimism come true.
To think only of the best, to work only for the best and to expect only the best.
To be just as enthusiastic about the success of others as you are about your own.
To forget the mistakes of the past and press on to the greater achievements of the future.
To wear a cheerful countenance at all times and give every living creature you meet a smile.
To give so much time to the improvement of yourself that you have no time to criticize others.
To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
The Cold Within

Six humans trapped by happenstance
    In black and bitter cold.
Each one possessed a stick of wood,
    Or so the story's told.

    Their dying fire in need of logs,
    The first woman held hers back
    For on the faces around the fire,
    She noticed one was black.

The next man looking cross the way
    Saw one not of his church,
    And couldn't bring himself to give
    The fire his stick of birch.

The third man sat in tattered clothes;
    He gave his coat a hitch.
    Why should his log be put to use
    To warm the idle rich?

The rich man just sat back and thought
    Of the wealth he had in store.
    And how to keep what he had earned
    From the lazy poor.

The black man's face bespoke revenge
    As the fire passed from his sight,
    For all he saw in his stick of wood
    Was a chance to spite the white.

And the last man of this forlorn group
    Did naught except for gain.
    Giving only to those who gave
    Was how he played the game.

The logs held tight in death's still hands
    Was proof of human sin.
They didn't die from the cold without,
    They died from the cold within.
For Our Players

I Loved You Enough...

Some day when my players are old enough to understand the logic that motivates coaches, I will tell them:

I loved you enough to worry where you were going after late practice and with whom and how much sleep and study time that I left you.

I loved you enough to insist that you take personal responsibility for your actions instead of letting you make excuses.

I loved you enough to be silent and let teammates workout the differences between themselves and discover how much we really need each other.

I loved you enough to tell you what we needed from you to be successful and to be disappointed when you did not deliver.

I loved you enough to pick you up and emotionally carry you when times were toughest and bring you back to reality when you thought that you were a little better than what you were.

I loved you enough to let you see anger, disappointment and tears in my eyes. Players must learn that coaches are human and not perfect.

But most of all, I loved you enough to do what needed to be done to build your character and the character of your teammates even though I know that you would curse me for it.

In the end, these are the most cherished victories.
ONE. Give people more than they expect and do it cheerfully.
TWO. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
THREE. Don't believe all you hear, spend all you have or sleep all you want.
FOUR. When you say, "I love you", mean it.
FIVE. When you say, "I'm sorry", look the person in the eye.
SIX. Be engaged at least six months before you get married.
SEVEN. Believe in love at first sight.
EIGHT. Never laugh at anyone's dreams. People who don't have dreams don't have much.
NINE. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
TEN. In disagreements, fight fairly. No name calling.
ELEVEN. Don't judge people by their relatives.
TWELVE. Talk slowly but think quickly.
THIRTEEN. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
FOURTEEN. Remember that great love and great achievements involve great risk.
FIFTEEN. Say "bless you" when you hear someone sneeze.
SIXTEEN. When you lose, don't lose the lesson.
SEVENTEEN. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
EIGHTEEN. Don't let a little dispute injure a great friendship.
NINETEEN. When you realize you've made a mistake, take immediate steps to correct it.
TWENTY. Smile when picking up the phone. The caller will hear it in your voice.
TWENTY ONE. Spend some time alone.
TO REALIZE

To realize
The value of a sister
Ask someone
Who doesn't have one.

To realize
The value of ten 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 gave 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 one millisecond:
Ask the person who has won a silver medal in the Olympics.

To realize the value of a friend:
Lose one.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
I've learned.... That we should be glad God doesn't give us everything we ask for.
I've learned.... That money doesn't buy class.
I've learned.... That it's those small daily happenings that make life so spectacular.
I've learned... That under everyone's hard shell is someone who wants to be appreciated and loved.
I've learned.... That the Lord didn't do it all in one day. What makes me think I can?
I've learned.... That to ignore the facts does not change the facts.
I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.
I've learned.... That love, not time, heals all wounds.
I've learned... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
I've learned.... That everyone you meet deserves to be greeted with a smile.
I've learned.... That there's nothing sweeter than sleeping with your babies and feeling their breath on your cheeks.
I've learned.... That no one is perfect until you fall in love with them.
I've learned.... That life is tough, but I'm tougher.
I've learned... That opportunities are never lost; someone will take the ones you miss.
I've learned.... That when you harbor bitterness, happiness will dock elsewhere.
I've learned... That I wish I could have told those I cared about that I love them one more time before they passed away.
I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.
I've learned.... That a smile is an inexpensive way to improve your looks.
I've learned.... That I can't choose how I feel, but I can choose what I do about it.
I've learned.... That when your newly born child holds your little finger in his little fist, that you're hooked for life.
I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
I've learned ... That it is best to give advice in only two circumstances; when it is requested and when it is a life threatening situation.
I've learned.... That the less time I have to work with, the more things I get done.
You never can tell what type of impact you may make on another's life by our actions or lack of action. Consider this fact in your venture through life. Imagine there is a bank that credits your account each morning with $86,400. It carries over no balance from day to day. Every evening it deletes whether part of the balance you failed to use during the day. What would you do? Draw out every cent, of course!

Each of us has such a bank. Its name is Time. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow". You must live in the present on today's deposits, invest it so as to get from it the utmost in health, happiness and success. The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade. To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby. To realize the value of ONE WEEK, ask the editor of a weekly newspaper. To realize the value of ONE DAY ask a daily wage laborer with kids to feed. To realize the value of ONE HOUR, ask the lovers who are waiting to meet. To realize the value of ONE MINUTE, ask a person who missed the train. To realize the value of ONE SECOND ask a person who just avoided an accident. To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics. Treasure every moment that you have. And treasure it more because you share it with someone special, special enough to spend your precious time. And remember that time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift...that's why it is called the present!