

# CONDUCT OF LIFE—ADVICE, BEST QUOTES ON THE

The most solid comfort one can fall back upon is the thought that the business of one's life is to help in some small way to reduce the sum of ignorance, degradation, and misery on the face of this beautiful earth.

--George Eliot

Be the person your dog thinks you are!

—J. W. Stephens

Be the reason someone smiles today.

—Nicholas Khoo

If you do not think about your future, you cannot have one.

--John Galsworthy

The best use of life is to spend it for something that outlasts life.

--William James

Make it a rule of life never to regret and never look back. Regret is an appalling waste of energy; you can't build on it; it's good only for wallowing in.

--Katharine Mansfield

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things which no longer exist, when there is so much joy to be found here and now.

—Karen Salmansohn

Let us endeavor so to live that when we come to die even the undertaker will be sorry.

--Mark Twain

It's your attitude not your aptitude that determines your altitude!

--Zig Ziglar

We have no more right to put our discordant states of mind into the lives of those around us and rob them of their sunshine and brightness than we have to enter their houses and steal their silverware.

--Julia Moss Seton

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

--Will Rogers

Learn to say no. It will be of more use to you than to be able to read Latin.

--Charles Haddon  
Spurgeon

This is a record of your time. This is your movie. Live out your dreams and fantasies. Whisper questions to the Sphinx at night. Sit for hours at sidewalk cafes and drink with your heroes. Make pilgrimages to Mougins and Abiquiu. Look up and down. Believe in the unknown for it is there. Live in many places. Live with flowers and music and books and paintings and sculpture. Keep a record of your time. Learn to read well. Learn to listen and speak well. Know your country, know your world, know your history, know yourself. Take care of yourself physically and mentally. You owe it to yourself. Be good to those around you. And do all of these things with passion. Give all that you can. Remember, Life is short and Death is long.

--Fritz Shoulder

Life is ten percent what you make it, and ninety percent how you take it.

--Irving Berlin

Be sure in your daily planner to write down the word 'play.' Do something for you that will make you smile and laugh because that day will never come again.

--Juli Hutson

Never bend your head.

Always hold it high.

Look the world straight in the eye.

--Helen Keller

It is natural to revive fond memories, but one can't dwell in the past and stay whole. Seek to keep the past in its place, and strive to make the present more pleasant.

--Dan L. Miller

Eat a live toad the first thing in the morning and nothing worse will happen to you the rest of the day.

—Mark Twain

Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming ‘Wow! What a Ride!’

--Hunter S. Thompson

Your fear of looking stupid is holding you back!

—Shannon Luxford

None of us are getting out of here alive, so please stop treating yourself like an after thought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you’re carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There’s no time for anything else.

—Nanea Hoffman

Three simple rules in life: If you do not go after what you want, you’ll never have it. If you do not ask, the answer will always be no. If you do not step forward, you will always be in the same place.

—Nora Roberts

Life is so short. We spend so much time sweating the small stuff; worrying, complaining, gossiping, comparing, wishing, wanting and waiting for something bigger and better instead of focusing on all the simple blessings that surround us every day. Life is so fragile, and all it takes is a simple moment to change everything you take for granted. Focus on what’s important and be grateful! You are blessed. Believe it! Live your life and leave no regrets!

—Melanie Koulouris

Get pleasure out of life...as much as you can. Nobody ever died from pleasure.

--Sol Hurok

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.

--Pearl S. Buck

To dream of the person you would like to be is to waste the person you are.

--Sholem Asch

One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words.

--Johann Wolfgang von  
Goethe

## **DUST IF YOU MUST**

Dust if you must, but wouldn't it be better,  
To paint a picture or write a letter,  
Bake a cake or plant a seed,  
Ponder the difference between want and need?

Dust if you must, but there's not much time,  
With rivers to swim and mountains to climb,  
Music to hear and books to read,  
Friends to cherish and life to lead.

Dust if you must, but the world's out there  
With the sun in your eyes, the wind in your hair,  
A flutter of snow, a shower of rain.  
This day will not come 'round again.

Dust if you must, but bear in mind,  
Old age will come and it's not always kind.  
And when you go and go you must,  
You, yourself, will make more dust.

—Rose Milligan

Whatever you do always give 100% (unless you're donating blood).

—Bill Murray

Never be defined by your past. It was a lesson, not a life sentence.

—[facebook.com / Lifebooks](https://www.facebook.com/Lifebooks)

Attitude is more important than the past, than education, than money, than circumstances, 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.

--Charles Swindoll

Live beneath your means.  
Return everything you borrow.  
Stop blaming other people.  
Admit it when you make a mistake.  
Give clothes not worn in 3 years to charity.  
Do something nice and try not to get caught.  
Listen more talk less.  
Every day take a 30 minute walk,  
Strive for excellence, not perfection.  
Be on time  
Don't make excuses.  
Don't argue.  
Get organized  
Be kind to kind people.  
Be kind to unkind people.  
Let someone cut ahead of you in line.  
Take time to be alone.  
Reread your favorite book.  
Cultivate good manners.  
Be humble.  
Realize and accept that life isn't fair.  
Know when to keep your mouth shut.  
Go an entire day without criticizing anyone.  
Learn from the past.  
Plan for the future.  
Live in the present  
Don't sweat the small stuff.  
It's all small stuff.

—From a Quaker  
Newsletter

Life lived for tomorrow will always be just a day away from being realized.  
—Leo Buscaglia

You have brains in your head. You have feet in your shoes. You can steer yourself  
any direction you choose.

—Dr. Seuss

Plough deep while sluggards sleep.

--Benjamin Franklin

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, the education, the money, than circumstances, than failure, 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 everyday 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% of how I react to it. And so it is with you... we are in charge of our Attitudes.

—Charles R. Swindoll

Opportunity just exists in the air for a few minutes. If you don't obey your gut feeling right away, you've lost your chance.

--Ken Hakuta

Never regret. If it's good, it's wonderful. If it's bad, it's experience.

--Victoria Holt

Never be entirely idle; but either be reading, or writing, or praying or meditating or endeavoring something for the public good.

--Thomas a Kempis

The great danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

--Michelangelo

Learn about life. Cut yourself a big slice with the silver server, a big slice of pie. Learn how the leaves grow on trees. Open your eyes. The thin new moon is on its back over the green Cities' Service cloverleaf and the lit brick hills of Watertown, God's luminous fingernail, a shut angel's eyelid. Learn how the moon goes down in the night frost before Christmas. Open your nostrils. Smell snow. Let life happen.

--Sylvia Plath

I want to be thoroughly used up when I die.

--George Bernard Shaw

If you're too sweet and nice, they just leave tire marks on your back.

--Gert Boyle

Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit—and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back. But the other four balls—family, health, friends, and spirit—are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life.

--Brian Dyson

How can you stuff a big life into a small dream?

--Joan Lunden

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great.

--Mark Twain

I found out a long time ago that no matter how scared you are, you're a damned sight safer if nobody knows it.

--John L. McClellan

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

--Victor Frankl

When you have a number of disagreeable duties to perform, always do the most disagreeable first.

--Josiah Quincy

The trouble with life in the fast lane is that you get to the other end in an awful hurry.

--John Jensen

Look twice before you leap.

—Charlotte Brontë

My candle burns at both ends;  
It will not last the night;  
But ah, my foes, and oh, my friends—  
It gives a lovely light!

--Edna St. Vincent Millay

Life is a great big canvas, and you should throw all the paint on it you can.

--Danny Kaye

We are here to add what we can to life, not to get what we can from it.

--William Osler

Possessions, outward success, publicity, luxury—to me these have always been contemptible. I believe that a simple and unassuming manner of life is best for every one, best for both the body and the mind.

--Albert Einstein

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

--William Lloyd George

It is sheer madness to live in want in order to be wealthy when you die.

--Juvenal

Do more than you have to do, more than your share, and do it as well as you can.

--Ralph Charell

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bow lines. Sail away from the safe harbor. Explore. Dream. Discover.

--Mark Twain

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

--George Bernard Shaw

It's a funny thing about life; if you refuse to accept anything but the best, you very often get it.

--W. Somerset Maugham



## **11 THINGS YOU DID NOT AND WILL NOT LEARN IN SCHOOL!**

- Rule 1: Life is not fair—get used to it!
- Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something **BEFORE** you feel good about yourself.
- Rule 3: You will **NOT** make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.
- Rule 4: If you think your teacher is tough, wait till you get a boss.
- Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping: they called it opportunity.
- Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.
- Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.
- Rule 8: Your school may have done away with winners and losers, but life **HAS NOT**. In some schools, they have abolished failing grades and they'll give you as **MANY TIMES** as you want to get the right answer. This doesn't bear the slightest resemblance to **ANYTHING** in real life.
- Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you **FIND YOURSELF**. Do that on your own time.
- Rule 10: Television is **NOT** real life. In real life people actually have to leave the coffee shop and go to jobs.
- Rule 11: Be nice to nerds. Chances are you'll end up working for one.

—Bill Gates

The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is certainly a calamity not to dream. It is not a disaster to be unable to capture your ideal, but it is a disaster to have no ideal to capture.

--Benjamin E. Mays

Virtuous men do good by setting themselves up as models before the public, but I do good by setting myself up as a warning.

--Michel de Montaigne

It is right to be contented with what we have, never with what we are.

--James Mackintosh

I would rather be ashes than dust! I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dry-rot. I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet. The proper function of man is to live, not to exist. I shall not waste my days in trying to prolong them. I shall use my time.

—Jack London

The supreme goal of man is to fulfill himself as a creative, unique individual according to his own innate potentialities and within the limits of reality.

--Carl Jung

Life is too short for mean anxieties.

--Charles Kingsley

Life is something like this trumpet. If you don't put anything in it, you don't get anything out. And that's the truth.

--William C. Handy

Use your eyes as if tomorrow you would be stricken blind; hear the music of voices, the song of a bird, as if you would be stricken deaf tomorrow. Touch each object as if tomorrow your tactile sense would fail. Smell the perfume of flowers, taste with relish each morsel, as if tomorrow you could never smell and taste again.

--Helen Keller

For my part, I live every day as if this were the first day I had ever seen and the last day I were going to see.

--William Lyon Phelps

Early in life I decided that I would not be overcome by events. My philosophy has been that regardless of the circumstances, I shall not be vanquished, but will try to be happy. Life is not easy for any of us. But it is a continual challenge and it is up to us to be cheerful—and to be strong, so that those who depend on us may draw strength from our example.

--Rose Kennedy

The superior man is he who develops, in harmonious proportions, his moral, intellectual, and physical nature. This should be the end at which men of all classes should aim, and it is this only which constitutes real greatness.

--Douglas Jerrold

So live that you can look any man in the eye and tell him to go to hell.

--Unknown

The way to be nothing is to do nothing.

--Nathaniel Howe

Never Explain—your Friends do not need it and your Enemies will not believe you anyway.

--Elbert Hubbard

A man's worst difficulties begin when he is able to do as he likes.

--Thomas Huxley

The weak can never forgive. Forgiveness is the attribute of the strong.

--Mahatma Gandhi

I have but one lamp by which my feet are guided; and that is the lamp of experience. I know of no way of judging the future but by the past.

--Patrick Henry

Example is not the main thing in life—it is the only thing.

--Albert Schweitzer

Since we cannot get what we like, let us like what we can get.

--Spanish Proverb

Better bend than break.

--Scottish Proverb

Constant complaint is the poorest sort of pay for all the comforts we enjoy.

--Benjamin Franklin

The usual fortune of complaint is to excite contempt more than pity.

--Samuel Johnson

I don't like these cold, precise, perfect people, who, in order not to speak wrong, never speak at all, and in order not to do wrong, never do anything.

--Henry Ward Beecher

The chief danger in life is that you may take too many precautions.

--Alfred Adler

Respectable men and women content with good and easy living are missing some of the most important things in life. Unless you give yourself to some great cause you haven't even begun to live.

--William P. Merrill

Give to us clear vision that we may know where to stand and what to stand for—because unless we stand for something, we shall fall for anything.

--Peter Marshall

Live so that you can at least get the benefit of the doubt.

--Kin Hubbard

It's better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.

--Whitney Young

Be intent upon the perfection of the present day.

--William Law

Don't do things to not die, do things to enjoy living.  
The by-product may be not dying.

--Bernie S. Siegel, M.D.

He who laughs, lasts.

--W. E. Nesom

The good should be grateful to the bad—for providing the world with a basis for comparison.

--Sven Halla

There are three ingredients in the good life; learning, earning and yearning.

--Christopher Morley

You don't hold your own in the world by standing on guard, but by attacking and getting well hammered yourself.

--George Bernard Shaw

The best way to live in this world is to live above it.

--Sonia Sanchez

Enjoy your own life without comparing it with that of another.

--Marquis de Condorcet

To be what we are, and to become what we are capable of becoming is the only aim of life.

—Baruch Spinoza

Yesterday is a cancelled check; tomorrow is a promissory note; today is the only cash you have—so spend it wisely.

--Kay Lyons

Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point. Climb slowly, steadily, enjoying each passing moment, and the view from the summit will serve as a fitting climax for the journey.

--Harold V. Melchert

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.

--Vincent T. Lombardi

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

--Steve Southerland

It is never too late to be what you might have become.

--George Eliot

He that is not handsome at twenty, nor strong at thirty, nor rich at forty, nor wise at fifty, will never be handsome, strong, rich, or wise.

--George Herbert

The more instruments you have, the more beautiful the music.

--Elaine Griffin

Time flies, but remember you're the navigator.

--*St. Louis Bugle*

### **LISTEN TO THE MUSTN'TS**

Listen to the MUSTN'TS, child,  
Listen to the DON'TS  
Listen to the SHOULDN'TS  
The IMPOSSIBLES, the WON'TS  
Listen to the NEVER HAVES  
Then listen close to me—

Anything can happen child,  
ANYTHING can be.

--Shel Silverstein

Reality is something you rise above.

--Liza Minnelli

He who isn't busy being born, is busy dying.

--Bob Dylan

A ship in port is safe, but that's not what ships are built for.

--Grace Hooper

Follow the rule of holes: If you are in one, stop digging.

--Dennis Healy

## **HOW TO SUCCEED IN LIFE**

Make up your mind to be happy.  
Learn to find pleasure in simple things.

Make the best of your circumstances. No one has everything, and everyone has something of sorrow intermingled with the gladness of life. The trick is to make the laughter outweigh the tears.

Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall others.

You can't please everybody. Don't let criticism worry you.

Don't let your neighbor set your standards. Be yourself.

Do the things you enjoy doing, but stay out of debt.

Don't borrow trouble. Imaginary burdens are harder to bear than the actual ones.

Since hate poisons the soul do not cherish enmities or grudges. Avoid people who make you unhappy.

Have many interests. If you can't travel, read about new places.

Don't hold postmortems. Don't spend your life brooding over sorrows and mistakes. Don't be one who never gets over things.

Do what you can for those less fortunate than yourself.

Keep busy at something. A busy person never has time to be unhappy.

--Robert Louis Stevenson

The blessing is not in living,  
but in knowing how to live.

--Mexican-American  
Proverb

Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life, and it is the main obstacle between you and a shitty first draft. I think perfectionism is based on the obsessive belief that if you run carefully enough, hitting each stepping-stone just right, you won't have to die. The truth is that you will die anyway and that a lot of people who aren't even looking at their feet are going to do a whole lot better than you, and have a lot more fun while they're doing it.

—Anne Lamott

Take care to get what you like or you will be forced to like what you get.

—George Bernard Shaw

The maxim 'Nothing avails but perfection' may be spelled 'Paralysis.'

--Sir Winston Churchill

Life is change. Growth is optional. Choose wisely.

--Karen Kaiser Clark

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

--Johann Wolfgang von  
Goethe

Every man, however obscure, however far removed from the general recognition, is one of a group of men impressible for good, and impressible for evil, and it is in the nature of things that he cannot really improve himself without in some degree improving other men.

--Charles Dickens

No person who is enthusiastic has anything to fear from life.

--Sam Goldwyn

I think the American dream of always being number one in everything is not necessarily realistic. That should not be the goal. The ultimate goal should be doing your best and enjoying it; participating in life and being honest and fair to everyone as well as yourself.

--Peggy Fleming

Rudeness is a weak person's imitation of strength.

--Eric Hoffer



There is more to life than increasing its speed.

--Mahatma Gandhi

**Risk...**

To laugh is to risk being the fool.

To weep is to risk appearing sentimental.

To reach out for another is to risk involvement.

To expose feelings is to risk exposing your true self.

To place your ideas, your dreams, before a group is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To hope is to risk despair.

To try is to risk failure.

But risks must be taken, because the greatest hazard in life is to risk nothing.

The person who risks nothing has nothing, and is nothing.

They may avoid suffering and sorrow, but they cannot

LEARN...FEEL...CHANGE...GROW...LOVE...OR LIVE

Chained by their attitudes, they are slaves, for they have forfeited their freedom.

Only a person who risks is free.

--William Arthur Ward

Bite off more than you can chew and then chew like hell.

--Peter Brock

Things turn out best for people who make the best of the way things turn out.

--John Wooden

Build a bridge, not a barrier;

Make a friend, not a fuss;

Find a cause, not a critic;

Seek a solution, not a standoff.

--Unknown

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

--Henry David Thoreau

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge and unbearable pity for the suffering of mankind.

--Bertrand Russell

Every day look at a beautiful picture, read a beautiful poem, listen to some beautiful music, and if possible, say some reasonable thing.

--Johann Wolfgang von  
Goethe

Lives based on having are less free than lives based either on doing or on being.

--William James

I must create a system, or be enslaved by another man's.

--William Blake

There is no course of life so weak and sottish as that which is managed by order, method and discipline.

--Michel de Montaigne

Even moderation ought not to be practised to excess.

--Unknown

When you cease to dream you cease to live.

--Malcolm S. Forbes

Once you say you're going to settle for second, that's what happens to you in life.

--John F. Kennedy

What you want to be eventually, that you must be every day; and by and by the quality of your deeds will get down into your soul.

--Frank Crane

If you don't run your own life, somebody else will.

--John Atkinson

The biggest sin is sitting on your ass.

--Florynce Kennedy

People do not live nowadays—they get about ten percent out of life.

--Isadora Duncan

I have learned to live each day as it comes, and not to borrow trouble by dreading tomorrow. It is the dark menace of the future that makes cowards of us.

--Dorothy Dix

A very wise grandmother once gave this advice:

Wash what is dirty.

Water what is dry.

Heal what is wounded.

Warm what is cold.

Guide what goes off the road.

Love people who are least lovable because they need it most.

--Unknown

I take it to be a principle rule of life, not to be too much addicted to any one thing.

--Terence

The tragedy of life is not so much what men suffer, but rather what they miss.

--Thomas Carlyle

One always has time enough, if one will apply it well.

--Johann Wolfgang von  
Goethe

I wish to preach not the doctrine of ignoble ease, but the doctrine of strenuous life.

--Theodore Roosevelt

I tell you that as long as I can conceive something better than myself I cannot be easy unless I am striving to bring it in to existence or clearing the way for it.

--George Bernard Shaw

I have a simple philosophy. Fill what's empty. Empty what's full. Scratch where it itches.

--Alice Roosevelt  
Longworth

Men tire themselves in pursuit of rest.

--Laurence Sterne

For after all, the best thing one can do when it's raining is to let it rain.

--Henry Wadsworth  
Longfellow

As long as the world shall last there will be wrongs, and if no man objected and no man rebelled, those wrongs would last forever.

--Clarence Darrow

It is preoccupation with possession, more than anything else, that prevents men from living freely and nobly.

--Bertrand Russell

It is better to rise from life as from a banquet—neither thirsty nor drunken.

--Aristotle

He does not seem to me to be a free man who does not sometimes do nothing.

--Cicero

A poor life this if, full of care, we have no time to stand and stare.

--William Henry Davies

The things you must scramble and elbow for are not worth having; not one of them. They are the swill of life, my son; leave them to swine.

--E. S. Martin

Life is easier to take than you'd think: all that is necessary is to accept the impossible, do without the indispensable, and bear the intolerable.

--Kathleen Norris

Many people's tombstones should read, 'Died at 30. Buried at 60.'

--Nicholas Murray Butler

If someone says something unkind about you, live your life so that no one will believe it.

--John M. Capozzi

We ought not to look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dear-bought experience.

--George Washington

We should every night call ourselves to an account: What infirmity have I mastered today? what passions opposed? what temptations resisted? what virtue acquired? Our vices abate of themselves if they are brought every day to the shrift.

--Seneca

The difficulty in life is the choice.

--George Moore

It is only with the heart that one can see rightly. What is essential is invisible to the eye.

--Antoine de  
Saint-Exupéry

It's important to run not on the fast track, but on *your* track. Pretend you have only six months to live, and make three lists: the things you *have* to do, *want* to do, and neither have to do nor want to do. Then, for the rest of your life, forget everything on the third list.

--Robert Eliot

Everybody talks about wanting to change things and help and fix, but ultimately all you can do is fix yourself. And that's a lot. Because if you can fix yourself, it has a ripple effect.

--Rob Reiner

Who loves not wine, woman and song  
Remains a fool his whole life long.

--Martin Luther

The unexamined life is not worth living.

--Socrates

Dost thou love life? Then do not squander time, for that's the stuff life is made of.

--Benjamin Franklin

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, 'I used everything you gave me.'

--Erma Bombeck

You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about, the more you have left when anything happens.

--Ethel Barrymore

Don't be afraid your life will end; be afraid that it will never begin.

--Grace Hansen

I finally figured out the only reason to be alive is to enjoy it.

--Rita Mae Brown

What a death in life it must be—an existence whose sole aim is good eating and drinking, splendid houses and elegant clothes! Not that these things are bad in moderation—and with something higher beyond. But with nothing beyond?

--Dinah Maria Mulock

When doubts and fears are growing,  
It's hard to keep on going  
From day to day not knowing  
Just what the end will be.  
Take each day as you find it,  
If things go wrong, don't mind it,  
For each day leaves behind it  
A chance to start anew.

--Gertrude Ellgas

What good are vitamins? Eat a lobster, eat a pound of caviar—live! If you are in love with a beautiful blonde with an empty face and no brains at all, don't be afraid. Marry her! Live!

--Arthur Rubinstein

I can find no more comfortable frame of mind for the conduct of life than a humorous resignation.

--W. Somerset Maugham

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 you will have been all of these.

--George Washington  
Carver

All animals except man know that the ultimate of life is to enjoy it.

--Samuel Butler

A man either lives life as it happens to him, meets it head-on and licks it, or he turns his back on it and starts to wither away.

--Gene Roddenberry

The future you shall know when it has come; before then, forget it.

--Aeschylus

Live all you can; it's a mistake not to. It doesn't so much matter what you do in particular, so long as you have your life. If you haven't had that, what have you had?

--Henry James

People do not care how nobly they live, only how long, despite the fact that it is within everyone's reach to live nobly, but within no one's reach to live long.

--Seneca

There is no meaning to life except the meaning man gives his life by the unfolding of his powers, by living productively.

--Erich Fromm

All we do is done with an eye to something else.

--Aristotle

Restfulness is a quality for cattle; the virtues are all active, life is alert.

--Robert Louis Stevenson

You don't get to choose how you're going to die. Or when. You can only decide how you're going to live. Now.

--Joan Baez

When we're really honest with ourselves we must admit that our lives are all that really belong to us. So, it is how we use our lives that determines what kind of man we are. It is my deepest belief that only by giving our lives do we find life. I am convinced that the truest act of courage, the strongest act of manliness is to sacrifice for others in a totally nonviolent struggle for justice.

--César Chávez

Moderation is all things. Not too much of life. It often lasts too long.

--H. L. Mencken

A too modest man goes hungry.

--Ethiopian Proverb

Tomorrow is not promised to you. . . You've got to live as if it's the last day you have on this earth.

--Les Brown

Life is what you make of it.

--Traditional Wisdom

People don't plan to fail. They fail to plan.

--Mark McCormack

There is time enough for everything in the course of the day if you do but one thing at once; but there is not time enough in the year if you will do two things at a time.

--Lord Chesterfield

Who begins too much accomplishes little.

--German Proverb

The only things in which we can be said to have any property are our actions. Our thoughts may be bad, yet produce no poison; they may be good, yet produce no fruit. Our riches may be taken away by misfortune, our reputation by malice, our spirits by calamity, our health by disease, our friends by death. But our actions must follow us beyond the grave.

--Charles Caleb Colton

Aim at perfection in everything, though in most things it is unattainable. However, they who aim at it, and persevere, will come much nearer to it than those whose laziness and despondency make them give it up as unattainable.

--Lord Chesterfield

Habit is a cable; we weave a thread of it each day, and at last we cannot break it.

--Horace Mann

People seldom want to walk over you until you lie down.

--Elmer Wheeler



One of the best lessons that anyone can learn in life is how to use time wisely. Consider what can be done in ten minutes. If you need a little mental relaxation, you can sit down with a friend and play a game of cards. If you need some physical recreation, you can engage in a few exercises that will help tone up your body. Perhaps you have a friend who for weeks or months has been looking for a letter. Then there may be among your acquaintances someone whose friendship you would value highly and whose counsel would be profitable. Learn to use ten minutes intelligently. It will pay you huge dividends.

--William A. Irwin

No man lives without jostling and being jostled; in all ways he has to elbow himself through the world, giving and receiving offense.

--Thomas Carlyle

Iron rusts from disuse; water loses its purity from stagnation and in cold weather becomes frozen; even so does inaction sap the vigors of the mind.

-- Leonardo da Vinci

Tentative efforts lead to tentative outcomes. Therefore, give yourself fully to your endeavors. Decide to construct your character through excellent actions and determine to pay the price of a worthy goal. The trials you encounter will introduce you to your strengths. Remain steadfast...and one day you will build something that endures; something worthy of your potential.

--Epictetus

There is only one way to get ready for immortality, and that is to love this life and live it as bravely and faithfully and cheerfully as we can.

--Henry Van Dyke

A greater poverty than that caused by lack of money is the poverty of unawareness. Men and women go about the world unaware of the beauty, the goodness, the glories in it. Their souls are poor. It is better to have a poor pocketbook than to suffer from a poor soul.

--Thomas Dreier

The man who has not learned to say 'No' will be a weak if not a wretched man as long as he lives.

--Alexander Maclaren

A life that hasn't a definite plan is likely to become driftwood.

--David Sarnoff

It's what each of us sows, and how, that gives to us character and prestige. Seeds of kindness, goodwill, and human understanding, planted in fertile soil, spring up into deathless friendships, big deeds of worth, and a memory that will not soon fade out. We are all sowers of seeds—and let us never forget it!

--George Matthew Adams

### **NINE REQUISITES FOR CONTENTED LIVING:**

Health enough to make work a pleasure.

Wealth enough to support your needs.

Strength to battle with difficulties and overcome them.

Grace enough to confess your sins and forsake them.

Patience enough to toil until some good is accomplished.

Charity enough to see some good in your neighbor.

Love enough to move you to be useful and helpful to others.

Faith enough to make real the things of God.

Hope enough to remove all anxious fears concerning the future.

--Johann Wolfgang von  
Goethe

### **CAST OF CHARACTERS**

I Won't is a tramp,

I Can't is a quitter,

I Don't Know is lazy,

I Wish I Could is a wisher,

I Might is waking up,

I Will Try is on his feet,

I Can is on his way,

I Will is at work,

I Did is now the boss.

--Earl Cassel

The first lesson of life is to burn our own smoke; that is, not to inflict on outsiders our personal sorrows and petty morbidness, not to keep thinking of ourselves as exceptional cases.

--James Russell Lowell

## TEN POINTERS

1. Be yourself. Cultivate desirable qualities.
2. Be alert. Look for opportunities to express yourself.
3. Be positive. Determine your goal and the route to it.
4. Be systematic. Take one step at a time.
5. Be persistent. Hold to your course.
6. Be a worker. Work your brain more than your body.
7. Be a student. Know your job.
8. Be fair. Treat the other man as you would be treated.
9. Be temperate. Avoid excess in anything.
10. Be confident. Have faith that cannot be weakened.

--Everett W. Lord

If we are ever to enjoy life, now is the time—not tomorrow, nor next year, nor in some future life after we have died. The best preparation for a better life next year is a full, complete, harmonious, joyous life this year. Our beliefs in a rich future life are of little importance unless we coin them into a rich present life. Today should always be our most wonderful day.

--Thomas Dreier

To find one's work in the world and do it honorably, to keep one's record clean so that nothing clandestine, furtive, surreptitious can ever leap out upon one from ambush and spoil one's life, to be able, therefore, unafraid to look the world in the face, to live honorably also with one's own soul because one keeps there no secret place like the bloody closet in Bluebeard's palace where the dead things hang, to walk life's journey unhaunted by the ghosts of people from whose ruin one has stolen pleasure, and so at last to be a gentleman, one, that is, who puts a little more into life than one takes out—gather up the significance of such character, forty years old, sixty years old, eighty years old—one may well celebrate the solid satisfactions of such a life.

--Harry Emerson Fosdick

First health, then wealth, then pleasure, and do not owe anything to anybody.

--Catherine the Great

Don't worry about things you cannot alter.

--Catherine the Great

The follies which a man regrets most in his life are those which he didn't commit when he had the opportunity.

--Helen Rowland

For if there is a sin against life, it consists perhaps no so much in despairing of life as in hoping for another life and in eluding the implacable grandeur of this life.

--Albert Camus

You are looking for a rich husband. At your age I looked for hardship, danger, horror and death, that I might feel the life in me more intensely. I did not let the fear of death govern my life; and my reward was, I had my life. You are going to let the fear of poverty govern your life and your reward will be that you will eat, but you will not live.

--George Bernard Shaw

Gnaw the bone which is fallen to thy lot.

--Ben Syra

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

--George Bernard Shaw

My aim in life has always been to hold my own with whatever's going on. Not against: with.

--Robert Frost

Up, sluggards, and waste no life; in the grave will be sleeping enough.

--Benjamin Franklin

Keep your fingers away from a power saw—it doesn't know you need them.

--Unknown

If you want to drive in a nail without smashing your fingers, hold the hammer in both hands.

--Unknown

Good habits formed at youth make all the difference.

--Aristotle

The great man is he who does not lose his child's-heart.

--Mencius

You can't do anything about the length of your life, but you can do something about its width and depth.

—H. L. Mencken

Every man dies, but not every man has lived.

--William Wallace

Free will and determinism are like a game of cards: the hand that is dealt you is determinism; the way you play your hand is free will.

--Jawaharlal Nehru

## **DESIDERATA**

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

--Max Ehrmann

Determine never to be idle. No person will have occasion to complain of the want of time who never loses any. It is wonderful how much may be done if we are always doing.

--Thomas Jefferson

### **A DECALOGUE OF CANONS FOR OBSERVATION IN PRACTICAL LIFE**

1. Never put off till to-morrow what you can do to-day.
2. Never trouble another for what you can do yourself.
3. Never spend your money before you have it.
4. Never buy what you do not want, because it is cheap; it will be dear to you.
5. Pride costs us more than hunger, thirst and cold.
6. We never repent of having eaten too little.
7. Nothing is troublesome that we do willingly.
8. How much pain have cost us the evils which have never happened.
9. Take things always by their smooth handle.
10. When angry, count ten, before you speak; if very angry, an hundred.

--Thomas Jefferson

Man is born to live, not to prepare for life.

--Boris Pasternak

It costs so much to be a full human being that there are very few who have the enlightenment, or the courage, to pay the price....One has to abandon altogether the search for security, and reach out to the risk of living with both arms. One has to embrace the world like a lover, and yet demand no easy return of love. One has to accept pain as a condition of existence. One has to court doubt and darkness as the cost of knowing. One needs a will stubborn in conflict, but apt always to the total acceptance of every consequence of living and dying.

--Morris L. West

It is said an Eastern monarch once charged his wise men to invent him a sentence, to be ever in view, and which should be true and appropriate in all times and situations. They presented him the words: '*And this, too, shall pass away.*' How much it expresses! How chastening in the hour of pride!—how consoling in the depth of affliction!

--Abraham Lincoln

Closed eyes can't see the white roses,  
Cold hands can't hold them, you know,  
Breath that is stilled cannot gather  
The odors that sweet from them blow,  
Death, with a peace beyond dreaming,  
Its children of earth doth endow;  
Life is the time we can help them,  
So give them the flowers now!

Here are the struggles and striving,  
Here are the cares and the tears;  
Now is the time to be smoothing  
The frowns and the furrows and fears.  
What to closed eyes are kind sayings?  
What to hushed heart is deep vow?  
Naught can avail after parting,  
So give them the flowers now!

Just a kind word or a greeting;  
Just a warm grasp or a smile—  
These are the flowers that will lighten  
The burdens for many a mile.  
After the journey is over  
What is the use of them; how  
Can they carry them who must be carried?  
Oh, give them the flowers now!

Blooms from the happy heart's garden  
Plucked in the spirit of love;  
Blooms that are earthly reflections  
Of flowers that blossom above.  
Words cannot tell what a measure  
Of blessings such gifts will allow  
To dwell in the lives of many,  
So give them the flowers now!

--Leigh Mitchell Hodges

Your living is determined not so much by what life brings to you...as by the attitude  
you bring to life.

--John Homer Mills

Make no little plans; they have no magic to stir men's blood and probably themselves will not be realized. Make big plans; aim high in hope and work, remembering that a noble, logical diagram once recorded will never die, but long after we are gone will be a living thing, asserting itself with ever-growing insistency. Remember that our sons and grandsons are going to do things that would stagger us. Let your watchword be order and your beacon beauty.

--Daniel H. Burnham

Great souls endure in silence.

--Friedrich Schiller

The seven sins are wealth without works, pleasure without conscience, knowledge without character, commerce without morality, science without humanity, worship without sacrifice, and politics without principle.

--Mahatma Gandhi

There are no second acts in American lives.

--F. Scott Fitzgerald

Love life for better or worse without conditions.

--Arthur Rubinstein

I always go where the dough is.

--Gypsy Rose Lee

Don't get too much sleep and don't tell anybody your troubles. Appearances count; get a sun lamp...maintain an elegant address even if you...live in the attic; patronize posh watering places even if you have to nurse your drinks. Never niggle when you're short of cash. Borrow big, but always repay promptly.

--Aristotle Onassis

To preplan too thoroughly is to kill life.

--Paul Goodman

He is most free from danger, who, even when safe, is on his guard.

--Publillius Syrus

The time to relax is when you don't have time for it.

--Sydney J. Harris



Learning to live with what you're born with  
is the process,  
the involvement,  
the making of a life.

--Diane Wakoski

If Fate should say, 'Thy course is run,'  
It would not make me sad;  
All that I wished to do is done,  
All that I would have, had.

--Laurence Hope

Live not for battles won.  
Live not for the-end-of-the-song.  
Live in the along.

--Gwendolyn Brooks

There are no shortcuts to life; hard work is the only way to go. Strive to be the best you can be and remember that when you try your best, you can't ask any more from yourself and people can't ask any more from you.

--Michael Chang

Common sense is the knack of seeing things as they are, and doing things as they ought to be done.

--Josh Billings

When you encounter difficulties, try to bend them with gentleness and time.

--Saint Francis de Sales

Nothing is settled until it is settled right.

--Louise Dembitz  
Brandeis

If there's no wind, row.

—Latin Proverb

One of the secrets of life is to make stepping stones out of stumbling blocks.

--Jack Penn

God gives every bird his worm, but he does not throw it into the nest.

--Swedish Proverb

He who cannot endure the bad will not live to see the good.

--Yiddish Proverb

The proverb warns that, 'You should not bite the hand that feeds you.' But maybe you should, if it prevents you from feeding yourself.

--Thomas Szasz

Life is God's gift to you. The way you live it is your gift to God.

--Leo Buscaglia

No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined.

--Harry Emerson Fosdick

Normal day, let me be aware of the treasure you are. Let me learn from you, love you, savor you, bless you before you depart. Let me not pass you by in quest of some rare and perfect tomorrow. Let me hold you while I may, for it will not always be so. One day I shall dig my nails into the earth, or bury my face in the pillow, or stretch myself taut, or raise my hands to the sky, and want, more than all the world, your return.

--Mary Jean Irion

Accept the pain, cherish the joys, resolve the regrets; then can come the best of benedictions—'If I had my life to live over, I'd do it all the same.'

--John McIntosh

I have found that if you love life, life will love you back. I accept life unconditionally. Life holds so much—so much to be happy about always.

--Unknown

When in the world are we going to begin to live as if we understood that this is life? This is our time, our day....and it is passing. What are we waiting for?

--Richard Evans

It is not the years in your life but the life in your years that counts.

--Adlai Stevenson

The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

--Eleanor Roosevelt

The purpose of life is not to be happy. The purpose of life is to matter, to be productive, to have it make a difference that you lived at all. Happiness means self-fulfillment and is given to those who use to the fullest whatever talents God or luck bestows upon them.

--Leo Rosten

The very purpose of our existence is to reconcile the glowing opinion we have of ourselves with the appalling things others think of us.

--Quentin Crisp

Laughter is part of the human survival kit.

--David Nathan

I resolve to live with all my might while I do live. I resolve never to lose one moment of time and to improve my use of time in the most profitable way I possibly can. I resolve never to do anything I wouldn't do, if it were the last hour of my life.

--Jonathan Edwards

The unfortunate thing about this world is that the good habits are much easier to give up than the bad ones.

--W. Somerset Maugham

Nothing is a waste of time if you use the experience wisely.

--Auguste Rodin

Do not seek to follow in the footsteps of the men of old; seek what they sought.

--Basho

Cultivate only the habits that you are willing should master you.

--Elbert Hubbard

## **IF I HAD MY LIFE TO LIVE OVER**

(Written after Erma Bombeck found out she was dying from cancer.)

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 have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or 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 have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

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. Stop sweating the small stuff.

Don't worry about who doesn't like you, who has more, or who's doing what.

Instead, let's cherish the relationships we have with those who do love us.

Let's think about what God HAS blessed us with. And what we are doing each day to promote ourselves mentally, physically, emotionally, as we only have one shot at this and then it's gone. I hope you all have a blessed day.

--Erma Bombeck

Like a ten-speed bike, most of us have gears we do not use.

—Charles Schulz

Everyone must row with the oars he has.

—English Proverb

Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly.

—Langston Hughes

If you have much, give your wealth. If you have little, give your heart.

—Arab Proverb

No individual has any right to come into the world and go out of it without leaving behind him distinct and legitimate reasons for having passed through it.

—George Washington  
Carver

The world is round and the place which may seem like the end may also be only the beginning.

—Ivy Baker Priest

Have more than thou showest, speak less than thou knowest.

—William Shakespeare

The key to everything is patience. You get the chicken by hatching the egg—not by smashing it.

--Ellen Glasgow

Have a heart that never hardens, and a temper that never fires, and a touch that never hurts.

--Charles Dickens

Let your life speak.

--Quaker Saying

See everything. Overlook a great deal. Improve a little.

--Pope John XXIII

You've got to sing like you don't need the money  
Love like you'll never get hurt  
You've got to dance like nobody's watchin'  
It's gotta come from the heart if you want it to work.

--Susanna Clark and  
Richard Leigh

There are three things we must do every day—1) Get up. 2) Exercise. 3) Learn.

--Dr. Jim Benson

Never be more than you are.

--Steven Spielberg

Take it easy, go with the flow, and be nice to everybody.

--Coby Bell

Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

--Mark Twain

Dreams are like letters from God.  
Isn't it time you answered your mail?

--Marie Louise von Franz

The chains of habit are too weak to be felt until they are too strong to be broken.

--Samuel Johnson

No one gets out of the world alive, so the time to live, learn, care, share, celebrate and love is now.

--Dr. Leo Buscaglia

You only live once but if you work it right, once is enough.

--Joe E. Lewis

Good enough is better than perfect if it leaves time for fun.

--Judy Nollet

Do not pray for easy lives. Pray to be stronger men.

--John F. Kennedy

I will prepare and someday my chance will come.

--Abraham Lincoln

Do not do what you would undo if caught.

--Leah Arendt

Do a common thing in an uncommon way.

--Booker T. Washington

Develop interest in life as you see it; in people, things, literature, music—the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.

--Henry Miller

Ring the bells that still can ring.

Forget your perfect offering.

There is a crack in everything.

That's how the light gets in.

--Leonard Cohen

I have only a little time, so little that I cannot waste nights or days or half-hours.

--Maxwell Anderson

If everyone is bent on winning, there will always be losers.

--Unknown

Good order is the foundation of all things.

--Edmund Burke

Time is like money; the less we have of it to spare the further we make it go.

--Josh Billings

It's never too late—in fiction or in life—to revise.

--Nancy Thayer

Start thinking of yourself as an artist and your life as a work-in-progress. Works-in-progress are never perfect. But changes can be made. Art evolves.

--Sarah Ban Breathnach

If you know exactly where you are going...and exactly what you will see along the way, it is not an adventure....it is also only from adventures and their newness that we learn.

--M. Scott Peck

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.

--Frederick Douglass

You must take risks! If you don't take risks, you should stay in your room. You should stay in bed. You should die!

--Nadia Boulanger

Live with intention. Walk to the edge. Continue to learn. Play with abandon. Choose with no regret. Laugh! Do what you love. Love as if this is all there is.

--Mary Anne Radmacher-  
Hershey

You have to learn the rules of the game. And then you have to play better than anyone else.

--Albert Einstein

My advice to you is not to inquire why or whither, but just enjoy your ice cream while it's on your plate -- that's my philosophy.

-- Thornton Wilder



If you're going through hell, keep going.

--Winston Churchill

## THE STATION

Tucked away in our subconscious minds is an idyllic vision. We see ourselves on a long, long trip that almost spans the continent. We're traveling by passenger train, and out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hills, of biting winter and blazing summer and cavorting spring and docile fall.

But uppermost in our minds is the final destination. On a certain day at a certain hour we will pull into the station. There will be bands playing, and flags waving. And once we get there so many wonderful dreams will come true. So many wishes will be fulfilled and so many pieces of our lives finally will be neatly fitted together like a completed jigsaw puzzle. How restlessly we pace the aisles, damning the minutes for loitering ... waiting, waiting, waiting, for the station.

However, sooner or later we must realize there is no one station, no one place to arrive at once and for all. The true joy of life is the trip. The station is only a dream. It constantly outdistances us.

'When we reach the station, that will be it!' we cry. Translated it means, 'When I'm 18, that will be it! When I buy a new 450 SL Mercedes Benz, that will be it! When I put the last kid through college, that will be it! When I have paid off the mortgage, that will be it! When I win a promotion, that will be it! When I reach the age of retirement, that will be it! I shall live happily ever after!'

Unfortunately, once we get it, then it disappears. The station somehow hides itself at the end of an endless track.

'Relish the moment' is a good motto, especially when coupled with *Psalms* 118:24: 'This is the day which the Lord hath made; we will rejoice and be glad in it.' It isn't the burdens of today that drive men mad. Rather, it is regret over yesterday or fear of tomorrow. Regret and fear are twin thieves who would rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot oftener, swim more rivers, watch more sunsets, laugh more and cry less. Life must be lived as we go along. The station will come soon enough.

--Robert J. Hastings

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

--Epictetus

If we listened to our intellect, we'd never have a love affair. We'd never have a friendship. We'd never go into business, because we'd be cynical. Well, that's non-sense. You've got to jump off cliffs all the time and build your wings on the way down.

--Ray Bradbury

I ask you to judge me by the enemies I have made.

--Franklin Delano  
Roosevelt

Every morning in Africa, a gazelle wakes up.  
It knows it must run faster than the fastest lion or it will be killed.  
Every morning a lion wakes up.  
It knows it must outrun the slowest gazelle or it will starve to death.  
It doesn't matter whether you are a lion or a gazelle.  
When the sun comes up, you better start running.

--African Proverb

According as a man acts and walks in the path of life, so he becomes. He that does good becomes good; he that does evil becomes evil. By pure actions he becomes pure; by evil actions he becomes evil.

--Brihadaranyaka  
Upanishad

If you pursue good with labor, the labor passes away but the good remains; if you pursue evil with pleasure, the pleasure passes away and the evil remains.

--Henry Ford

One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.

--Lucille Ball

Life engenders life. Energy creates energy. It is by spending oneself that one becomes rich.

--Sarah Bernhardt

Besides the noble art of getting things done, there is a nobler art of leaving things undone. The wisdom of life consists in the elimination of nonessentials.

--Lin Yutang

A day spent without the sight or sound of beauty, the contemplation of mystery, or the search of truth or perfection is a poverty-stricken day; and a succession of such days is fatal to human life.

--Lewis Mumford

The less routine, the more life.

--Amos Bronson Alcott

Remember that there is nothing stable in human affairs; therefore avoid undue elation in prosperity, or undue depression in adversity.

--Socrates

I try to avoid looking forward or backward, and try to keep looking upward.

--Charlotte Bronte

Let us not be content to wait and see what will happen, but give us the determination to make the right things happen.

--Peter Marshall

Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.

--Henry David Thoreau

It is not enough to be busy; so are the ants. The question is: What are we busy about?

—Henry David Thoreau

You will never 'find time' for anything. If you want time, you must make it.

--Charles Buxton

You better live your best and act your best and think your best today, for today is the sure preparation for tomorrow and all the other tomorrows that follow.

--Harriet Martineau

We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry.

--E. B. White

Habits are at first cobwebs, then cables.

--Spanish Proverb

We don't need more strength or more ability or greater opportunity. What we need is to use what we have.

--Basil S. Walsh

Do not plan for ventures before finishing what's at hand.

--Euripides

He that can't endure the bad, will not live to see the good.

--Jewish Proverb

You Can Never Laugh Too Hard,  
Dance Too Long,  
Sing Too Loud,  
Or Love Too Much.

--Unknown

No life is so hard that you can't make it easier by the way you take it.

--Ellen Glasgow

Always behave like a duck—keep calm and unruffled on the surface but paddle like the devil underneath.

--Jacob Braude

Nothing in life is to be feared. It is only to be understood.

--Marie Curie

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

--Albert Einstein

You can have anything you want if you want it desperately enough. You must want it with an exuberance that erupts through the skin and joins the energy that created the world.

--Sheila Graham

Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great.

--Mark Twain

You will do foolish things, but do them with enthusiasm.

--Colette

To be really great in little things, to be truly noble and heroic in the insipid details of everyday life, is a virtue so rare as to be worthy of canonization.

--Harriet Beecher Stowe

Lost time is never found again, and what we call time enough always proves little enough.

--Benjamin Franklin

If it works, copy it.

--Tony Schwartz

I find that the harder I work, the more luck I seem to have.

--Thomas Jefferson

Take a chance! All life is a chance. The man who goes furthest is generally the one who is willing to do and dare.

--Dale Carnegie

Look for joy in your life; it's not always easy to find.

--Charles Kuralt

Strive for excellence, not perfection

--H. Jackson Brown Jr.

A person has three choices in life. You can swim against the tide and get exhausted, or you can tread water and let the tide sweep you away, or you can swim with the tide, and let it take you where it wants you to go.

--Diane Frolov and  
Andrew Schneider

People who are always making allowances for themselves soon go bankrupt.

--Mary Pettibone Poole

I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business.

--Michael J. Fox

Beware of advice—even this.

--Carl Sandburg

Forget injuries, never forget kindnesses.

--Confucius

Create a definite plan for carrying out your desire and begin at once, whether you are ready or not, to put this plan into action.

--Napoleon Hill

Never take the advice of someone who has not had your kind of trouble.

--Sidney J. Harris

The time you enjoy wasting is not wasted time.

--Bertrand Russell

In the end, we decide if we're remembered for what happened to us or for what we did with it.

--Randy K. Milholland

Put up with it and you will get more of it.

--Lynne Deal

If you're full of love, admiration, appreciation of the beautiful things there are in this life, you have it made, really.

--Gloria Sturart

If I feel depressed I will sing. If I feel sad I will laugh. If I feel ill I will double my labor. If I feel fear I will plunge ahead. If I feel inferior I will wear new garments. If I feel uncertain I will raise my voice. If I feel poverty I will think of wealth to come. If I feel incompetent I will think of past success. If I feel insignificant I will remember my goals. Today I will be the master of my emotions.

-- Og Mandino

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

--Unknown

Leap, and the net will appear.

--Julia Margaret  
Cameron

## **IN LIFE'S GARDEN**

Count your garden by the flowers,  
never by the leaves that fall.

Count your days by the golden hours,  
don't remember the clouds at all.

Count your nights by the stars,  
not by shadows.

Count your life with smiles not tears,  
and with joy through all your life.

Count your age by friends not years.

--Unknown

## **HERE ARE TEN RESOLUTIONS TO MAKE WHEN YOU AWAKE IN THE MORNING.**

They are Just for One Day. Think of them not as a life task but as a day's work. These things will give you pleasure. Yet they require will power. You don't need resolutions to do what is easy.

1. Just for Today, I will try to live through this day only, and not tackle my whole life-problem at once. I can do some things for twelve hours that would appall me if I felt I had to keep them up for a lifetime.
2. Just for Today, I will be Happy. This assumes that what Abraham Lincoln said is true, that 'most folks are about as happy as they make up their minds to be.' Happiness is from Within; it is not a matter of Externals.
3. Just for Today, I will Adjust myself to what Is, and not try to Adjust every thing to my own desires. I will take my family, my business, and my luck as they come, and fit myself to them.
4. Just for Today, I will take care of my Body. I will exercise it, care for it, and nourish it, and not abuse it nor neglect it; so that it will be a perfect machine for my will.

5. Just for Today, I will try to strengthen my mind, I will study. I will learn something useful, I will not be a mental loafer all day. I will read something that requires effort, though and concentration.
6. Just for Today, I will exercise my Soul. In three ways, to wit:
  - (a) I will do somebody a good turn and not get found out. If anybody knows of it, it will not count.
  - (b) I will do at least two things I don't want to do, as William James suggests just for exercise.
  - (c) I will not show any one that my feelings are hurt. They may be hurt, but Today I will not show it.
7. Just for To-day, I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with flattery, criticize not one bit nor find fault with anything, and not try to regulate nor improve anybody.
8. Just for Today, I will have a Programme. I will write down just what I expect to do every hour. I may not follow it exactly, but I'll have it. It will save me from the two pests Hurry and Indecision.
9. Just for Today, I will have a quiet half hour, all by myself, and relax. During this half hour, some time, I will think of God, so as to get a little more perspective to my life.
10. Just for Today, I will be Unafraid. Especially I will not be afraid to be Happy, to enjoy what is Beautiful, to love and to believe that those I love love me.  
--Frank Crane

Kindness has become its own motive. We are made kind by being kind.  
--Eric Hoffer

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.  
--Helen Keller



## **TAKE TIME**

Take Time to Think,  
It is the source of power.

Take time to Play,  
It is the source of perpetual youth.

Take time to Read,  
It is the foundation of wisdom.

Take time to Love and to Be Loved,  
It is a present.

Take time to Be Friendly,  
It is the road to happiness.

Take time to Laugh,  
It is the music of the soul.

Take time to Give,  
It is too short a day to be selfish.

Take time to Work,  
It is the price of success.

Take time to Do Charity,  
It is the key to heaven.

--Unknown

The only thing that overcomes hard luck is hard work.

--Harry Golden

Only a life lived for others is a life worthwhile.

--Albert Einstein

We are what we repeatedly do. Excellence then, is not an act, but a habit.

--Aristotle

Make yourself necessary to somebody. Do not make life hard to any.

--Ralph Waldo Emerson

Everyone lives by selling something.

--Robert Louis Stevenson

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.

--Samuel Johnson

Be not afraid of growing slowly, be afraid only of standing still.

--Chinese Proverb

Look, I don't want to wax philosophic, but I will say that if you're alive you've got to flap your arms and legs, you've got to jump around a lot, for life is the very opposite of death, and therefore you must at the very least think noisy and colorfully, or you're not alive.

--Mel Brooks

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.

--William James

Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out—it's the grain of sand in your shoe.

--Robert Service

You don't have to specialize—do everything that you love and then, at some time, the future will come together for you in some form.

--Francis Ford Coppola

Seize opportunity by the beard, for it is bald behind.

--Bulgarian Proverb

Why not go out on a limb? Isn't that where the fruit is?

--Frank Scully

Retire but say, the hell with it, I'm going strong.

--Jacquelyn Mitchard

In the last months of her life, my mother-in-law dwelled in a hospital bed in our house. It took all of her strength to get down our steps, walk around the block, and get back to the front door. As we inched down the sidewalk, she pointed out every flower, the pattern in paving stones, the various shades of the trees and bushes. I had never seen my neighborhood like this. At first, I was infuriated by our pace. She would stop often, not because she was short of breath, but to examine the texture of a flower. It's hard to give ourselves even 15 minutes of the day. It means overcoming the nagging distraction of our many pressures and aims. My mother-in-law reminded me of the patient momentum of looking and really seeing, turning an ordinary walk into gladness for continuing to be among the living.

--Wendy Lustbader

If you act like the best version of yourself, eventually, you fake it 'till you make it.

--Carrie Fisher

My kids wouldn't dare say they were bored to me. I would kill them! How dare you! You have the gift of life. You've got to get out there and eat it!

--Meryl Streep

Only the boring are bored.

--Tommy Lee Jones

You are only going to be the size of your dream. To dream big or dream small takes the same amount of energy, so why not stretch a little bit?

--Carlos Brito

Do not focus on the past. Be future focused. If you've done something great or terrible in the past, forget it and go on and create the next thing.

--Steve Jobs

Do the right thing, the good thing, the kind and remarkable thing, for you may not get another chance.

--Kathleen Parker

I learned this, at least, by my experiment; that if one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

--Henry David Thoreau

Be the heroine of your own story, not the victim.

--Nora Ephron

Choose life. Choose to forgive. Choose to accept, to neither covet nor compare....Let us be grateful for our blessings and be kind and loving, not only to those we love, but also to ourselves. Let us see the glass as half full, at least.

--Susan Estrich

The most important point is — and remains — not to take oneself seriously. There is no past, and, certainly, no future. There are but a few years — ten at the most. You pass your days as best you can, doing as little harm as possible. Let the desires be few and treat expectations as weeds. You read, scribble as the spirit moves you, hear some new music, see every week the few people you are attached to. Again: guard yourself, above all, against self-dramatization, a feeling of importance, and the sprouting of expectations.

--Eric Hoffer

It doesn't matter where you're coming from. All that matters is where you're going.

--Brian Tracy

Only those who are capable of silliness can be called truly intelligent.

--Christopher Isherwood

The key to a happy life is to focus on doing good not doing well.

--Erma Bombeck

The way you do anything is the way you do everything.

--Tom Waits

To dare is to lose one's footing momentarily.

Not to dare is to lose oneself.

--Søren Kierkegaard

I always worry about people who say, 'I'm going to do this for 10 years; I really don't like it very well. And then I'll do this....' That's a little like saving up sex for your old age. Not a very good idea.

--Warren Buffett

Could singlehood be, rather than a state of emergency or a problem that had to be solved, a positive life choice? Is a single person always the unmatched half of something, or could he or she be complete as is?

--Marion Winik

If I had my life to live again, I'd make the same mistakes, only sooner.

--Tallulah Bankhead

You have enemies? Good. That means you've stood up for something in your life.

--Sir Winston Churchill

Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.

--Ferris Bueller

Believe and act as if it were impossible to fail.

--Charles Kettering

Don't judge each day by the harvest you reap, but by the seeds you plant.

--Robert Louis Stevenson

Build up your weaknesses until they become your strong points.

--Knut Rockne

Live as if you were to die tomorrow. Learn as if you were to live forever.

--Mahatma Gandhi

Life is short. Forgive quickly. Kiss slowly.

--Robert Doisneau

Everything you want is on the other side of fear.

--Jack Canfield

The best portion of a good man's life is his little, nameless, unremembered acts of kindness and of love.

--William Wordsworth

Do you want to be safe and good, or do you want to take a chance and be great?

--Jimmy Johnson

## **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!

--Rudyard Kipling

Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it.

--Ralph Marston

I resolve to speak ill of no man whatever, not even in a matter of truth but rather by some means excuse the faults I hear charged upon others, and upon proper occasions speak all the good I know of everybody.

--Benjamin Franklin

The best way out is always through.

--Robert Frost

Somebody should tell us, right at the start of our lives, that we are dying. Then we might live life to the limit, every minute of every day. Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows.

--Pope Paul VI

If you look at what you have in life, You'll always have more. If you look at what you don't have in life, You'll never have enough.

--Oprah Winfrey

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable.

--Sydney J. Harris

If you can dream it, you can do it.

--Walt Disney

'I have done my best.' That is about all the philosophy of living one needs.

--Lin Yutang

Do for this life as if you live forever, do for the afterlife as if you die tomorrow.

--Ali ibn Abi Talib

The only difference between a rut and a grave are the dimensions.

--Ellen Glasgow

Always compare yourself to the best. Even if you never measure up, it can't help but make you better.

--Tom Robbins

Unnecessary possessions are unnecessary burdens. If you have them, you have to take care of them! There is great freedom in simplicity of living. It is those who have enough but not too much who are the happiest.

--Peace Pilgrim

Patience! The windmill never strays in search of the wind.

--Andy J. Sklivis

Life is uncertain. Eat dessert first.

--Ernestine Ulmer

If you're not having fun it's not worth doing.

--Tommy Bolin

I believe you should live each day as if it is your last, which is why I don't have any clean laundry because, come on, who wants to wash clothes on the last day of their life.

--Unknown Child

If you don't make your dreams a reality, reality will take away your dreams.

--Eric Pio

Worry does not empty tomorrow of its sorrow. It empties today of its strength.

--Corrie Ten Boom

God gave us the gift of life; it is up to us to give ourselves the gift of living well.

—Voltaire

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.

—H. Jackson Brown

I hope that my achievements in life shall be these—that I will have fought for what was right and fair, that I will have risked for that which mattered, and that I will have given help to those who were in need that I will have left the earth a better place for what I've done and who I've been.

—Art Hoppe



Live as if you were living a second time, and as though you had acted wrongly the first time.

--Viktor E. Frankl

I feel monotony and death to be almost the same.

—Charlotte Bronte

I say to myself that I shall try to make my life like an open fireplace, so that people may be warmed and cheered by it and so go out themselves to warm and cheer.

—George Matthew  
Adams

I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well.

—Diane Ackerman

Life is no brief candle to me. It is a sort of splendid torch which I am permitted to hold for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

—George Bernard Shaw

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses blooming outside our windows today.

—Dale Carnegie

What you can do, or dream you can do, begin it;  
boldness has genius, power and magic in it.

—Johann Wolfgang von  
Goethe

Jump, and you will find out how to unfold your wings as you fall.

—Ray Bradbury

There is one piece of advice, in a life of study, which I think no one will object to and that is, every now and then to be completely idle—to do nothing at all.

—Sydney Smith

Don't let your dreams be dreams.

—Jack Johnson

Lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine, but lost time is gone forever.

—Samuel Smiles

Seize the day, put no trust in the morrow!  
[Carpe diem, quam minimum credula postero.]

—Horace

Sometimes the road less traveled is less traveled for a reason.

—Jerry Seinfeld

Life is not always a matter of holding good cards, but sometimes, playing a poor hand well.

—Jack London

Follow your heart, but when your heart starts to shit all over your life, follow your brain.

—Unknown

Lighthouses don't go running all over an island looking for boats to save; they just stand there shining.

—Anne Lamott

Your problem is how you are going to spend this one and precious life you have been issued. Whether you're going to spend it trying to look good and creating the illusion that you have power over circumstances, or whether you are going to taste it, enjoy it and find out the truth about who you are.

—Anne Lamott

A good heart is better than all the heads in the world.

—Edward Bulwer-Lytton

Live as if you expected to live a hundred years, but might die tomorrow.

--Ann Lee

Do not be too moral. You may cheat yourself out of much life so. Aim above morality. Be not simply good; be good for something.

—Henry David Thoreau

The best way to predict your future is to create it.

—Abraham Lincoln

Be patient enough to live one day at a time, letting yesterday go and leaving tomorrow until it arrives.

—John F. Newton

Slow down and focus on quality time. Stop letting your timesaving gadgets, apps and technology take over the natural rhythms in your life. Turn them off. Turn the volume down. Get away from them. Go outside. Take a walk every day. Meditate. Have a conversation with a loved one. Break the pandemic hurry sickness. 'Slow' is not a negative word.

—Dr. Bill Thomas

Bear in mind that you should conduct yourself in life as at a feast.

—Epictetus

Be soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness.

—Kurt Vonnegut

The most dangerous risk of all—the risk of spending your life not doing what you want on the bet you can buy yourself the freedom to do it later.

—Randy Komisar

No such thing as spare time.  
No such thing as free time.  
No such thing as down time.  
All you got is life time.  
Go.

—Henry Rollins

If you trust in yourself...and believe in your dreams...and follow your star...you'll still get beaten by people who spent their time working hard and learning things and weren't so lazy.

—Terry Pratchett

The real question is not whether life exists after death. The real question is whether you are alive before death.

—Osho

Don't pray for an easy life. Pray for the strength to endure a difficult one.

—Bruce Lee

Keep your broken arm inside your sleeve.

—Chinese Proverb

The proper function of man is to live, not to exist. I shall not waste my days in trying to prolong them. I shall use my time.

—Jack London

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset.

—Saint Francis de Sales

You've got to get up every morning with determination if you're going to go to bed with satisfaction.

—George Horace Lorimer

I will speak ill of no one and speak all the good I know of everybody.

—Andrew Jackson

Don't cry over the past, it's gone. Don't stress about the future, it hasn't arrived. Live in the present and make it beautiful.

—Unknown

However many holy words you read, how many you speak, what good will they do you if you do not act upon them?

—The Buddha

Let your smile change the world, not the world change your smile.

—*Inspiremore.com*

Please don't judge people. You don't know what it took someone to get out of bed, look and feel as presentable as possible and face the day. You never truly know the daily struggles of others.

—Karen Salmansohn

I never lose. Either I win or I learn.

—Nelson Mandela

Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.

—Dalai Lama

## 10 SUGGESTIONS FOR LIVING A MORE MEANINGFUL LIFE

1. Be honest with everyone.
2. Change before you have to.
3. Control your own destiny or someone else will.
4. Face reality as it is, not as it was... or as you wish it to be.
5. Instill in others- faith, hope and self-confidence.
6. If you can't develop a competitive attitude or have a competitive advantage, don't try to compete. You'll lose.
7. Don't waste your time always looking for shortcuts.
8. Man-up when necessary.
9. Never lose faith in God.
10. Love.

—José N. Harris

Here is the simple but powerful rule... always give people more than they expect to get.

—Nelson Boswell

I just want to be healthy and happy. I don't want to hurt anybody or make them mad. If that's a philosophy then that's my philosophy.

—Chad Michael Murray

I'd rather regret the things I've done than regret the things I haven't done.

—Lucille Ball

Make the best use of what is in your power, and take the rest as it happens.

—Epictetus

Life is short. Cut out the negativity, forget gossip, say goodbye to people who don't care. Spend time with the people who are always there.

—*lessonslearnedinlife.com*

Good habits once established, are just as hard to break as bad habits.

—Robert Puller

Be decisive. Right or wrong, make a decision. The road of life is paved with flat squirrels who couldn't make a decision.

—Unknown

You either get **bitter** or you get **better**. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. **The choice** does not belong to fate, it **belongs to you**.

—Josh Shipp

Action makes more fortune than caution.

—Charlotte Whitton

## 10 THINGS THAT REQUIRE ZERO TALENT

Being on Time

Work Ethic

Effort

Body Language

Energy

Attitude

Passion

Being Coachable

Doing Extra

Being Prepared

—Molly Fletcher

Eat the damn chocolate cake, get your hair wet, love someone, dance in those muddy puddles, tell someone off, draw a picture with crayons like you're still 6 years old and then give it to someone who is very important to you. Take a nap, go on vacation, do a cartwheel, make your own recipe, dance like no one sees you, paint each nail a different color, take a bubble bath, laugh at a corny joke. Get on that table and dance, pick strawberries, take a jog, plant a garden, make an ugly shirt and wear it all day, learn a new language, write a song, date someone you wouldn't usually go for, make a scrap book, go on a picnic, relax in the sun, make your own home video, kiss the un-kissed, hug the un-hugged, love the unloved, and live your life to the fullest. So at the end of the day, you'll have no regrets, no sorrows & no disappointments.

—Unknown

Lives of great men all remind us  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints on the sands of time.

—Henry Wadsworth  
Longfellow

Just living is not enough.  
One must have sunshine, freedom,  
and a little flower.

—Hans Christian  
Anderson

Hasty climbers have sudden falls

—Italian Proverb

To laugh often and love 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 that even one life has breathed easier because you have lived. This is to have succeeded.

—Ralph Waldo  
Emerson

The trouble is, if you don't risk anything, you risk even more.

—Erica Jong

Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as you ever can.

—John Wesley

Do not be too moral. You may cheat yourself out of much life.

—Henry David Thoreau

Be a reflection of what you'd like to see in others.  
If you want love, give love.  
If you want honesty, give honesty.  
If you want respect, give respect.  
You get in return, what you give.

—Unknown

We seem to be going through a period of nostalgia, and everyone seems to think yesterday was better than today. I don't think it was, and I would advise you not to wait ten years before admitting today was great. If you're hung up on nostalgia, pretend today is yesterday and just go out and have one hell of a time.

—Art Buchwald

Tell the truth, work hard, and come to dinner on time.

—Gerald R. Ford

## **ADVICE TO YOUNG PEOPLE**

1. Expect rejection, but expect even more strongly to overcome it. There will be many 'failures' sprinkled among the successes you enjoy. A failure becomes just one bad time at bat if you refuse to let it defeat you.
2. Whatever life's work you decide upon, avoid choosing it primarily for reasons of security or because of the money involved.
3. So long as you are not being merely impetuous, do not be reluctant to follow your heart.

—Marvin Levy

Some say the will to win is a bad thing. In what way? Education is supposed to prepare a young person for life, and life is competition. Success in life goes only to the person who competes and wins. A successful lawyer is the one who goes out and wins—wins law cases. A successful physician is one who goes out and wins—saves lives and restores people to health. A successful sale manager is a man who goes out and wins—sells the goods. The successful executive is the man who can make money. There is no reward for losing. So that leaves living life only one way—with will to win!

—Knut Rockne

Dance like no one is watching. Sing like no one is listening. Love like you've never been hurt. And live like it's heaven on Earth.

—Mark Twain



A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects.

—Robert Heinlein

Don't make promises when you're happy, don't respond when you're angry, and don't make decisions when you're sad.

—Ziad K. Abdelnour

It was on my fifth birthday that Papa put his hand on my shoulder and said, 'Remember, my son, if you ever need a helping hand, you'll find one at the end of your arm.'

—Sam Levenson

Do the best you can, and don't take life too serious.

—Will Rogers

Associate with noblest people you can find; read the best books; live with the mighty. But learn to be happy alone. Rely upon your own energies, and do not wait for, or depend on other people.

—Thomas Davidson

You have to count on living every single day in a way you believe will make you feel good about your life - so that if it were over tomorrow, you'd be content with yourself.

—Jane Seymour

Stop worrying about the potholes in the road and celebrate the journey!

—Barbara Hoffman

A man has to live with himself, and he should see to it that he always has good company.

--Charles Evans Hughes

You are not in charge of the universe: you are in charge of yourself.

--Arnold Bennett

Be spontaneous! When was the last time you did something completely out of character? You have to open yourself to trying new things, especially those that you may previously never have thought of doing, or had been too hesitant to attempt. This is how you open doors of opportunity for positive growth. When we try new experiences, we allow ourselves to feel again. Everything in life can't be planned. Sometimes you just need to let your hair down and live in the moment. Being spontaneous will keep your life interesting and exciting. So instead of saying no, start saying yes!

—From *The  
Angel Affect: The  
World Wide  
Mission*

No one is going to stand up at your funeral and say 'She had a really expensive couch and great shoes.' Don't make life about stuff.

—Unknown

No one gets out of this life alive.  
So leave a footprint of your choice.  
You are writing your epitaph.  
You are writing it now!  
Life is a process, not a goal.  
Live it now, or you will miss it!  
We have time to spend and no time to waste.

—Charles Franklin

Make the most of yourself for that is all there is of you.

--Ralph Waldo Emerson

The quality, not the longevity, of one's life is what is important.

--Martin Luther King, Jr.

May you live all the days of your life.

--Jonathan Swift

I take him to be the only rich man that lives upon what he has, owes nothing, and is contented.

--Nathaniel Howe

There are two things to aim at in life: first, to get what you want; and, after that, to enjoy it. Only the wisest of mankind achieve the second.

--Logan Pearsall Smith

There's more credit and satisfaction in being a first-rate truck-driver than a tenth-rate executive.

--B. C. Forbes

Do not take life too seriously; you will never get out of it alive.

--Elbert Hubbard

They who are all things to their neighbors cease to be anything to themselves.

--Norman Douglas

Science may have found a cure for most evils; but it has found no remedy for the worst of them all—the apathy of human beings.

--Helen Keller

You won't skid if you stay in a rut.

--Frank McKinney  
Hubbard

To speak ill of others is a dishonest way of praising ourselves.

--Will and Ariel Durant

The real art of conversation is not only to say the right thing in the right place but to leave unsaid the wrong thing at the tempting moment.

--Dorothy Nevill

When the cancer that later took his life was first diagnosed, Senator Richard L. Neuberger remarked upon his 'new appreciation of things I once took for granted—eating lunch with a friend, scratching my cat Muffet's ears and listening for his purrs, the company of my wife, reading a book or magazine in the quiet of my bed lamp at night, raiding the refrigerator for a glass of orange juice or a slice of toast. For the first time, I think I actually am savoring life.'

--*Better Homes and  
Gardens*

Don't ever slam a door; you might want to go back.

--Don Herold

We should all be obliged to appear before a board every five years, and justify our existence...on pain of liquidation.

--George Bernard Shaw

In this world, a man must either be anvil or hammer.

--Henry Wadsworth  
Longfellow

A loving person lives in a loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.

--Ken Keyes, Jr.

Lack of something to feel important about is almost the greatest tragedy a man may have.

--Arthur E. Morgan

Life is ours to be spent, not to be saved.

--D. H. Lawrence

It is better to wear out than to rust out.

--Richard Cumberland

Would the boy you were be proud of the man you are?

--Laurence J. Peter

The only liberty an inferior man really cherishes is the liberty to quit work, stretch out in the sun, and scratch himself.

--H. L. Mencken

The one serious conviction that a man should have is that nothing is to be taken too seriously.

--Samuel Butler

Gather ye rose-buds while ye may,  
Old Time is still a-flying:  
And this same flower that smiles today,  
Tomorrow will be dying.

--Robert Herrick

Be not afraid of life. Believe that life *is* worth living, and your belief will help create the fact.

--William James

All of the animals, excepting man, know that the principal business of life is to enjoy it.

--Samuel Butler

I know a planet where there is a certain red-faced gentleman. He has never smelled a flower. He has never looked at a star. He has never loved anyone. He has never done anything in his life but add up figures. And all day he says over and over...‘I am busy with matters of consequence.’ And that makes him swell up with pride. But he is not a man—he is a mushroom!

--Antoine de  
Saint-Exupéry

Act as if you were going to live forever and cast your plan way ahead. If your contributions have been vital, there will always be somebody to pick up where you left off, and that will be your claim to immortality.

--Walter Gropius

If you don't know where you are going, you will probably end up somewhere else.

--Laurence Peter

A life without adventure is likely to be unsatisfying, but a life in which adventure is allowed to take whatever form it will is sure to be short.

--Bertrand Russell

There are three modes of bearing the ills of life: by indifference, by philosophy, and by religion.

--Charles Caleb Colton

The conduct of our lives is the true mirror of our doctrine.

--Michel de Montaigne

The goal of all civilization, all religious thought, and all that sort of thing is simply to have a Good Time. But man gets so solemn over the process that he forgets the end.

--Don Marquis

Certainly it is important to do things that provide enjoyment. But fun cannot be the end that shapes man's life. If all is 'enjoyed,' one will not know true joy.

--George W. Morgan

What we enjoy most is activity that is pleasant in itself and also hopeful for the future, as building a garage for one's car, preparing a garden, assorting notes for a book. There is a glamour on such things. What ends in the moment, like savory food, or games, or even beauty or passion, seems, when the mind rests upon it, to baulk our human nature a little. We need to live *for* something to discipline and enhance the present by a larger aim.

--Charles Horton Cooley

To be good is noble; but to show others how to be good is nobler and no trouble.

--Mark Twain

Wise living consists perhaps less in acquiring good habits than in acquiring as few habits as possible.

--Eric Hoffer

There is certainly no greater happiness than to be able to look back on a life usefully and virtuously employed, to trace our own progress in existence, by such tokens as excite neither shame nor sorrow.

--Samuel Johnson

I postpone death by living, by suffering, by error, by risking, by giving, by losing.

--Anaïs Nin

He who does not open his eyes must open his purse.

--German Proverb

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves.

--Edwin Way Teale

We are all, it seems, saving ourselves for the Senior Prom. But many of us forget that somewhere along the way we must learn to dance.

--Alan Harrington

An unrestricted satisfaction of every need presents itself as the most enticing method of conducting one's life, but it means putting enjoyment before caution, and soon brings its own punishment.

--Sigmund Freud

He who would make serious use of his life must always act as though he had a long time to live and must schedule his time as though he were about to die.

--Emile Littre

We do not content ourselves with the life we have in ourselves and in our own being; we desire to live an imaginary life in the mind of others, and for this purpose we endeavour to shine.

--Pascal

You must either conquer and rule or serve and lose, suffer or triumph, be the anvil or the hammer.

--Johann Wolfgang von  
Goethe

He who lives only for himself is truly dead to others.

--Publilius Syrus

To accept whatever comes regardless of the consequences is to be unafraid or to be full of that love which comes from a sense of at-one-ness with whatever.

--John Cage

Behave as though you are under continual observation.

--Spanish Proverb

While we seek life we lose it and, without realising any of our desires, we always act as if we were going to live, and never do live.

--Manilius

Live mindful of how brief your life is.

--Horace

Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things only hoped for.

--Epicurus

Let all your views in life be directed to a solid, however moderate, independence; without it no man can be happy, nor even honest.

--Junius

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense.

--Ralph Waldo Emerson

The most important thing in life is to see to it that you are never beaten.

--Andre Malraux

This is our purpose: to make as meaningful as possible this life that has been bestowed upon us; to live in such a way that we may be proud of ourselves; to act in such a way that some part of us lives on.

--Oswald Spengler

Life must be filled up, and the man who is not capable of intellectual pleasures must content himself with such as his senses can afford.

--Samuel Johnson

It is better to live recklessly and dangerously and even disastrously than not to live at all.

--Llewelyn Powys

Let us make hay while the sun shines.

--Cervantes

Begin at once to live, and count each separate day as a separate life.

--Seneca

It matters not how long we live, but how.

--P. J. Bailey

Think to yourself that every day is your last.

--Horace



Most men that do thrive in the world do forget to take pleasure during the time that they are getting their estate, but reserve that till they have got one, and then it is too late for them to enjoy it.

--Samuel Pepys

Live as you will have wished to have lived when you are dying.

--Christian Furchtegott  
Gellert

Try to learn and breathe deeply, really to taste food when you eat, and when you sleep, really to sleep. Try as much as possible to be wholly alive...and when you laugh, laugh like hell, and when you get angry, get good and angry. Try to be alive. You will be dead soon enough.

--William Saroyan

We need some imaginative stimulus, some not impossible ideal such as may shape vague hope, and transform it into effective desire, to carry us year after year, without disgust, through the routine work which is so large a part of life.

--Walter Pater

I think that, as life is action and passion, it is required of a man that he should share the passion and action of his time at peril of being judged not to have lived.

--Oliver Wendell  
Holmes, Jr.

We are spinning our own fates, good or evil, and never to be undone. Every smallest stroke of virtue or of vice leaves its never so little scar...Nothing we ever do is, in strict scientific literalness, wiped out.

--William James

Things cannot always go your way. Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity and consume your own smoke with an extra draught of hard work, so that those about you may not be annoyed with the dust and soot of your complaints.

--Sir William Osler

Is not life a hundred times too short for us to bore ourselves?

--Friedrich Wilhelm  
Nietzsche

The intellect of man is forced to choose  
Perfection of the life, or of the work,  
And if it take the second must refuse  
A heavenly mansion, raging in the dark.

--William Butler Yeats

The shoe that fits one person pinches another; there is no recipe for living that suits all cases. Each of us carries his own life-form—an indeterminable form which cannot be superseded by any other.

--Carl Gustav Jung

He who postpones the hour of living rightly is like the rustic who waits for the river to run out before he crosses.

--Horace

Very few men, properly speaking, live at present, but are providing to live another time.

--Jonathan Swift

Live dangerously and you live right!

--Johann Wolfgang von  
Goethe

Live and let live.

--Schiller

We are always getting ready to live, but never living.

--Ralph Waldo Emerson

Is life worth living? It depends on the liver.

--William James

A life of pleasure is the most unpleasant thing in the world.

--Oliver Goldsmith

When a thing is done, make the best of it.

--German Proverb

When you grow up you tend to get told that the world is the way it is and you're life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family life, have fun, save a little money. That's a very limited life. Life can be much broader once you discover one simple fact: Everything around you that you call life was made up by people that were no smarter than you. And you can change it, you can influence it... Once you learn that, you'll never be the same again.

—Steve Jobs

One should guard against preaching to young people success in the customary form as the main aim in life. The most important motive for work in school and in life is pleasure in work, pleasure in its result, and the knowledge of the value of the result to the community.

—Albert Einstein

Monotony collapses time; novelty unfolds it. You can exercise daily and eat healthily and live a long life, while experiencing a short one. If you spend your life sitting in a cubicle and passing papers, one day is bound to blend unmemorably into the next—and disappear. That's why it's so important to change routines regularly, and take vacations to exotic locales, and have as many new experiences as possible that can serve to anchor our memories. Creating new memories stretches out psychological time, and lengthens our perception of our lives.

—Joshua Foer

Have less; do less; say no.

—Paul Pearsall

In the morning be first up, and in the evening last to go to bed, for they that sleep catch no fish.

—English Proverb

French women avoid anything that demands too much effort for too little pleasure. They aren't racing to the top, because most don't consider it worth the game. They care less about being the most successful person in the room and more about being the most content. They reject the notion that success is based on how hard you work and measure their happiness instead by the amount of pleasure extracted. With our common sense, rationale, humor, and *joie de vivre* the French seem to convince the world of what they want to hear: to take it easy and simply.

--Mireille Guiliano

If one is forever cautious, can one remain a human being?

—Aleksander  
Solzhenitsyn

I no longer have patience for certain things, not because I've become arrogant, but simply because I reached a point in my life where I do not want to waste more time with what displeases me or hurts me. I have no patience for cynicism, excessive criticism and demands of any nature. I lost the will to please those who do not like me, to love those who do not love me and to smile at those who do not want to smile at me.

I no longer spend a single minute on those who lie or want to manipulate. I decided not to coexist anymore with pretense, hypocrisy, dishonesty and cheap praise. I do not tolerate selective erudition nor academic arrogance. I do not adjust either to popular gossiping. I hate conflict and comparisons. I believe in a world of opposites and that's why I avoid people with rigid and inflexible personalities. In friendship I dislike the lack of loyalty and betrayal. I do not get along with those who do not know how to give a compliment or a word of encouragement. Exaggerations bore me and I have difficulty accepting those who do not like animals. And on top of everything I have no patience for anyone who does not deserve my patience.

— José Micard Teixeira

Make it a point to do something every day that you don't want to do. This is the golden rule for acquiring the habit of doing your duty without pain.

--Mark Twain

One of the secrets of successful living is found in the word *balance*, referring to the avoidance of harmful extremes. We need food, but we should not overeat. We should work, but not make work our only activity. We should play, but not let play rule us. Throughout life, it will be important to find the safety of the middle ground rather than the imbalance of the extremes.

—James C. Dobson

The reason why dogs don't live as long as people according to a four-year-old: Everybody is born so that they can learn how to live a good life—like loving everybody and being nice, right? Well, animals already know how to do that, so they don't have to stay as long.

—Unknown

Don't look back. You're not going that way.

—Internet Meme

When the grass looks greener on the other side of the fence, it may be that they take better care of it there.

—Cecil Selig

Be friends with everybody. When you have friends you will know there is somebody who will stand by you. You know the old saying, that if you have a single enemy you will find him everywhere. It doesn't pay to make enemies. Lead the life that will make you kindly and friendly to every one about you, and you will be surprised what a happy life you will live.

--Charles M. Schwab

Life is like a blanket too short. You pull it up and your toes rebel, you yank it down and shivers meander about your shoulder; but cheerful folks manage to draw their knees up and pass a very comfortable night.

--Marion Howard

### **ELEVEN HINTS FOR LIFE**

1. It hurts to love someone and not be loved in return. But what is more painful is to love someone and never find the courage to let that person know how you feel.
2. A sad thing in life is when you meet someone who means a lot to you, only to find out in the end that it was never meant to be and you just have to let go.
3. The best kind of friend is the kind you can sit on a porch swing with, never say a word, and then walk away feeling like it was the best conversation you've ever had.
4. It's true that we don't know what we've got until we lose it, but it's also true that we don't know what we've been missing until it arrives.
5. It takes only a minute to get a crush on someone, an hour to like someone, and a day to love someone—but it takes a lifetime to forget someone.
6. Don't go for looks, they can deceive. Don't go for wealth, even that fades away. Go for someone who makes you smile because it takes only a smile to make a dark day seem bright.

7. Dream what you want to dream, go where you want to go, be what you want to be. Because you have only one life and one chance to do all the things you want to do.
8. Always put yourself in the other's shoes. If you feel that it hurts you, it probably hurts the person too.
9. A careless word may kindle strife. A cruel word may wreck a life. A timely word may level stress. But a loving word may heal and bless.
10. The happiest of people don't necessarily have the best of everything they just make the most of everything that comes along their way.
11. Love begins with a smile, grows with a kiss, ends with a tear. When you were born, you were crying and everyone around you was smiling. Live your life so that when you die, you're the one smiling and everyone around you is crying.  
*—boardofwisdom.com*

Talk happiness. The world is sad enough without your woe.

*--Orison Swett Marden*

In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present.

*—Lao Tzu*

If God is watching us, we might as well be interesting.

*—Solomon Short*

I want to stand as close to the edge as I can without going over. Out on the edge you see all the kinds of things you can't see from the center.

*—Kurt Vonnegut*

Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are.

*—Martin Luther King Jr.*

Years are only garments, and you either wear them with style all your life, or else you go dowdy to the grave.

--Dorothy Parker

Choose how you spend your time. Think about how you spend each day. Choose to do fewer things you don't like or enjoy. Choose to do more things that you like to do. Don't say yes when you want to say no. Say no and do what you want to do instead. Spend more time with the people you enjoy and less time with the people you don't.

—Dr. Bill Thomas

The secret to living well & longer is: eat half, walk double, laugh triple, and love without measure.

—Tibetan Proverb

Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well.

—James Freeman Clarke

You need to stay positive in life. In sports, it means letting go of bad shots. In life, it means letting go of mistakes.

—Martina Navratilova

If I had my life to live over again, I would have made a rule to read some poetry and listen to some music at least once a week; for perhaps the parts of my brain now atrophied would have thus been kept active through use. The loss of these tastes is a loss of happiness, and may possibly be injurious to the intellect, and more probably to the moral character, by enfeebling the emotional part of our nature.

—Charles Darwin

Life goes through changes so fast, you think your life is great, than one of your best friends dies. Then you think you found someone you truly love, only to figure out, she doesn't love you back. You cry and cry and cry, but nothing changes. You realize, that you must accept things for what they are, and what they have made you become. Everything in life changes you in some way. Even the smallest things. If you do not accept these changes, you do not accept yourself. For through these changes brings new and greater things to you, making you wiser, as time progresses. To avoid these changes is a loss. You only live your life once. Do not waste a minute of it avoiding things. Let them come to you, and learn from them. There's always tomorrow.

—Adam R. Gwizdala

Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories.

—Sukhraj S. Dhillon

A shoe that fits one person pinches another; there is no recipe for living that suits all cases.

—Carl Jung

As we grow older, and hence wiser, we slowly realize that wearing a \$300 watch or a \$30.00 watch, they both tell the same time. Whether we carry a \$500 or a \$5.00 wallet—the money inside is the same. Whether we drink a bottle of \$500 champagne or \$5 wine—the hangover is the same. Whether the house we live in is 300 or 3000 sq. ft.—loneliness is the same. Whether you drive a \$1,000 hunk of junk or a \$100,000 Benz, they both serve the same purpose.

You will realize that your true happiness does not come from the material things from this world. It comes from spending our short time here living and laughing with the ones we love. Remember. Stay humble. We all end up in the same sized hole in the ground.

—Internet Meme

You are holding a cup of coffee when someone comes along and shoves you or shakes your arm, making you spill your coffee everywhere. Why did you spill the coffee? 'Well because someone bumped into me, of course!'

Wrong answer.

You spilled the coffee because coffee was in the cup.

If tea had been in it, you would have spilled tea.

Whatever is inside the cup is what will come out.

Therefore, when life comes along and shakes you (which will happen), whatever is inside of you will come out.

It's easy to fake it until you get rattled.

So we have to ask ourselves....what's in my cup?

When life gets tough, what spills over?

Joy, gratefulness, peace and humility?

Or anger, bitterness, harsh words and actions?

You choose!

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation to yourself and others, kindness, gentleness and love for others.

—Internet Meme



Do whatever comes your way as well as you can. Think as little as possible about yourself and as much as possible about other people and other things that are interesting. Put a good deal of thought into happiness that you are able to give.

—Eleanor Roosevelt

Love is not a crime, denying it is. Having dreams is not a crime, not chasing them is. Making mistakes is not a crime, not learning from them is. Life is not a crime, not living it is.

—Alexander Senturia

Never complain. Never explain.

—Katharine Hepburn

Resolve to edge in a little reading every day, if it is but a single sentence. If you gain fifteen minutes a day, it will make itself felt at the end of the year.

--Horace Mann

#### **ADVICE FROM A TREE**

- Stand tall and proud
- Go out on a limb
- Remember your roots
- Drink plenty of water
- Be content with your natural beauty
- Enjoy the view

—Internet Meme

People are often unreasonable, irrational, 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 unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

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

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

—Mother Teresa

Joy, temperance, and repose, slam the door on the doctor's nose.

—Henry Wadsworth  
Longfellow

We do not need to proselytise either by our speech or by our writing. We can only do so really with our lives. Let our lives be open books for all to study.

—Mohandas Gandhi

To look forward and not back,  
To look out and not in,  
and To lend a hand.

—Edward Everett Hale

It is better to sleep on things beforehand than lie awake about them afterward.

—Baltasar Gracian

What's done is done and what's gone is gone. One of life's most valuable lessons is learning how to let go and move on. Looking back at your good memories is fine but never let the past stop you from moving forward.

—*LifeLearnedFeelings.com*

For what it's worth, it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find that you're not, I hope you have the strength to start over.

—F. Scott Fitzgerald

You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breathe and allow things to pass.

—Warren Buffett

## **8 RULES TO LIVE BY**

Be clean both inside and out.

Neither look up to the rich nor down on the poor.

Lose, if need be, without squealing.

Win without bragging.

Always be considerate of women, children, and older people.

Be too brave to lie.

Be too generous to cheat.

Take your share of the world and let others take theirs.

—George Washington  
Carver

Be so happy that when others look at you they become happy too!

—Internet Meme

If you want to make positive changes in your life: Don't sit on the couch and wait for it. Go out. Make a change. Smile more. Be excited. Do new things. Throw away what you've been cluttering. Do not follow negative people on social media. Go to bed early. Wake up early. Be fierce. Don't gossip. Show more gratitude. Do things that challenge you. Be brave.

—Internet Meme

HATE has 4 letters, so does LOVE.

ENEMIES has 7 letters, so does FRIENDS.

LYING has 5 letters, so does TRUTH..

NEGATIVE has 8, so does POSITIVE.

UNDER has 5, so does ABOVE.

CRY has 3 letters, so does JOY.

ANGER has 5 letters, so does HAPPY.

RIGHT has 5 letters, so does WRONG.

HURT has 4 letters, so does HEAL.

Be happy. Enjoy life.

It means Life is like a double edged sword...

So transform every negative side into an aura of positivity. energy..

We should choose the better side of life.

—Internet Meme

Choose Joy! Don't wait for things to get better. Life will always be complicated.

Learn to be happy right now, otherwise you'll run out of time.

—*Brightside.Me*

When I wake up, I expect things to be good. If they're not, then I try to set about trying to make them as good as I can 'cause I know I'm gonna have to live that day anyway.

—Dolly Parton

Life only comes around once so do whatever makes you happy, and be with whoever makes you smile.

—*rawforbeauty.com*

I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good.

—Maya Angelou

Don't be in a hurry to achieve your dreams. Take a day to play with your kids and relax—your dreams will still be there tomorrow.

—Lindsey Rietzsch

### **SIX BELIEFS THAT SET THE COURSE OF YOUR LIFE**

1. If you don't believe the impossible can happen, then you are right.
2. When you feel like you are less than others, then you are right.
3. When you believe what you have and how you were raised keeps you from having everything you ever dreamed of, you are right.
4. When you believe your mistakes can't be undone, you are right.
5. When you feel this is the best it is going to get, you are right.
6. When you think someone will never change or rise above their brokenness, you are **WRONG!**

—Shannon L. Alder

Go 24 hours without complaining. Not even once...then watch how your life starts changing.

—*creationswap.com*

In the end, people will judge you anyway, so don't live your life impressing others—live you life impressing yourself.

—Eunice Camacho  
Infante

You are the result of 3.8 billion years of evolutionary success. Act like it!

—*theChive*

In terms of days and moments lived, you'll never again be as young as you are right now, so spend this day, the youth of your future, in a way that deflects regret. Invest in yourself. Have some fun. Do something important. Love somebody extra. In one sense, you're just a kid, but a kid with enough years on her to know that every day is priceless.

—Victoria Moran

### **HOW TO WIN IN LIFE:**

1. work hard
2. complain less
3. listen more
4. try, learn, grow
5. don't let people tell you it can't be done
6. make no excuses

—Germany Kent

Make peace with your past so it won't disturb your present.

What other people think of you is none of your business.

Time heals almost everything. Give it time.

No one is in charge of your happiness. Except you.

Don't compare your life to others and don't judge them. You have no idea what their journey is all about.

Stop thinking too much. It's alright not to know the answers. They will come to you when you least expect it.

Smile. You don't own all they problems in the world.

—Internet Meme

My aim is not to survive but to be thrown to the wolfs with adrenaline still pumping in my veins and hear the gods laughing saying that was one hell of a youth and everything I do I do in order to push my senses and levels of natural ecstasy. I want to be so awake that I pass out by exhaustion every night with a smile on my face and no thoughts of tomorrow because today was all I ever could make of it and I am sick and tired of boredom. Bored people slumbering boring words about bored habits and I want to get out.

—Charlotte Eriksson

Oh my God, what if you wake up some day, and you're 65, or 75, and you never got your memoir or novel written; or you didn't go swimming in warm pools and oceans all those years because your thighs were jiggly and you had a nice big comfortable tummy; or you were just so strung out on perfectionism and people-pleasing that you forgot to have a big juicy creative life, of imagination and radical silliness and staring off into space like when you were a kid? It's going to break your heart. Don't let this happen.

—Anne Lamott

## **12 THINGS TO ALWAYS REMEMBER:**

- The past cannot be changed.
- Opinions don't define your reality.
- Everyone's journey is different.
- Things always get better with time.
- Judgements are a confession of character.
- Overthinking will lead to sadness.
- Happiness is found within.
- Positive thoughts create positive things.
- Smiles are contagious.
- Kindness is free.
- You only fail if you quit.
- What goes around comes around.

—*EMINENTLYQUOTABLE.COM*

- Surround yourself with people whose eyes light up when they see you coming.
- Slowly is the fastest way to get to where you want to be.
- The top of one mountain is the bottom of the next so keep climbing.

—Andre De Shields

If I sit still and don't do anything, the world goes on beating like a slack drum, without meaning. We must be moving, working, making dreams to run toward; the poverty of life without dreams is too horrible to imagine.

—Sylvia Plath

Find out what you want to do and spend the rest of your life getting better at it.

—Jeff Daniels

## MORE BUTTS THAN BRAINS

Sittin'.  
People sit.  
Just sit.  
Really?  
When life's so short?  
Sittin'  
Wastes one's precious time,  
Such vital bits of life.  
Life is not a waiting room.  
Your action breeds delight.  
Sit with  
A pole, a book, a phone.  
Catch a fish, communicate,  
Converse, consort.  
Revel in life while you can.

—Dan L. Miller

If you're thankful, show it.  
If you love someone, tell them.  
If you're wrong, fess up.  
If you're confused, ask questions.  
If you learn something, teach others.  
If you're stuck, ask for help.  
If you made a mistake, apologize.  
If you trip, get back up.  
If someone needs help, help them.  
If you see wrong, take a stance.

—Internet Meme

Never look down on anybody. Only God sits that high.

—Internet Meme

Anxiety happens when you think you have to figure out everything all at once. You got this. Take it day by day.

—Karen Salmansohn

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

—Woodrow Wilson

There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow, so today is the right day to love, believe, do and mostly live.

—Dalai Lama

Never regret anything that has happened in your life. It cannot be changed, undone or forgotten. So take it as a lesson learned and move on.

—Internet Meme

I am in a place in my life where peace is a priority. I make deliberate life choices to protect my mental, emotional and spiritual state.

—*themindsjournal.com*

People are often unreasonable, irrational, 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 unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

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

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

—Mother Teresa

Go into the arts. I'm not kidding. The arts are not a way to make a living. They are a very human way of making life more bearable. Practicing an art, no matter how well or badly, is a way to make your soul grow, for heaven's sake. Sing in the shower. Dance to the radio. Tell stories. Write poem to a friend, even a lousy poem. Do it as well as you possibly can. You will get an enormous reward. You will have created something.

—Kurt Vonnegut



Maturity is when you stop trying to change people and instead focus on changing yourself.

Maturity is when somebody hurts you and you try to understand their situation instead of trying to hurt them back.

Maturity is when you accept people for who they are.

Maturity is when you understand that everyone is right in their own perspective.

Maturity is when you realize that nothing is more important in this world than you and your family.

Maturity is when you understand that whatever you do, you do for your own peace.

Maturity is when you stop proving to the world how intelligent you are.

Maturity is when you focus on positives in people.

Maturity is when you do not seek approval from others.

Maturity is when you stop comparing yourself to others.

Maturity is when you are at peace with yourself.

Maturity is when you can differentiate between Need and Want, and you can let go of your wants.

Maturity is when you stop attaching Happiness to material things.

Maturity is when you learn to Let go, accept the situations and move on.

Maturity is when you don't react to the behaviour of insane people.

Maturity is when you are able to drop expectations from a relationship and give for the sake of giving.

Maturity is when you are able to walk away from people and situations that threaten your peace of mind, self-respect, value, morals or self-worth.

Maturity is when you have a lot to say, but you choose to remain silent in front of fools.

—*www.scrawledstories.com*

Don't let getting lonely make you reconnect with toxic people. You shouldn't drink poison just because you're thirsty.

—Internet Meme

Form good habits. They're as hard to break as the bad ones.

—St. Jerome.

Make it a rule, and pray God to help you to keep it, never, if possible, to lie down at night without being able to say, 'I have made one human being at least a little wiser, a little happier or a little better this day.'

--Charles Kingsley

When life seems like an uphill task do not ever give up on yourself or on life! Travel to a new place, learn a new language, embrace a new culture, play a musical instrument, read a good book, watch the sunrise, experience the sunset, go for a swim in the river, hug a tree, sit near the lake, or climb a mountain! You will fall in love with life all over again!

—Avijeet Das

A walk is one of the secrets for dodging old age.

—Ralph Waldo Emerson

A pint of example is worth a gallon of advice.

—Unknown

To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

—William Londen

It is not your business to succeed, but to do right.

—C. S. Lewis

At the end of life, what really matters is not what we bought but what we built; not what we got but what we shared; not our competence but our character; and not our success, but our significance. Live a life that matters. Live a life of love.

—Internet Meme

Just be a good person.  
Love who you can,  
Help where you can,  
Give what you can.

—*iHearts143Quotes*

All the law is fulfilled in one word, even in this; Thou shalt love thy neighbor as thyself.

—*Galatians 5:14*

Lead the life that will make you kindly and friendly to everyone about you, and you will be surprised what a happy life you will live.

—Charles M. Schwab

In the time we have, it is surely our duty to do all the good we can to all the people we can in all the ways we can.

—William Barclay

When you see something that is not right, not fair, not just, you have to speak up. You have to say something; you have to do something.

—John Lewis

People talk about caterpillars becoming butterflies as though they just go into a cocoon, slap on wings, and are good to go. Caterpillars have to dissolve into a disgusting pile of goo to become butterflies. So if you're a mess wrapped up in blankets right now, keep going.

—Jennifer Wright