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BITS & PIECES



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If you have health, you probably will be happy,
and if you have health and happiness, you have
all the wealth you need, even if it is not all you
want.

ELBERT HUBBARD

The summer night is like a perfection of
thought.

WALLACE STEVENS

And we should consider every day lost on which
we have not danced at least once. And we should
call every truth false which was not accompanied
by at least one laugh.

FRIEDRICH NIETZSCHE

It's not what you say out of your mouth that determines your life; it's what you whisper to yourself that has the most power.

ROBERT T. KIYOSAKI

Whatever follows "I am" is going to come looking for you.

JOEL OLSTEEN

You are free to do whatever you like. You need only face the consequences.

SHELDON B. KOPP

To dare is to lose one's footing momentarily. To not dare is to lose oneself.

SOREN KIERKEGAARD

You cannot authentically live anyone's life but your own. That is the deal life offers us.

GABRIELLE GIFFORDS

It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow.

ROBERT GODDARD



The garden of the world has no limits, except in your mind.

RUMI

We are not old unless we desire to be.

TAYLOR CALDWELL

Two things you will never have to chase: true friends and true love.

MANDY HALE

Maybe the quiet around a thing is as important as the thing itself.

JOHN PATRICK SHANLEY
Outside Mullingar

EYES ON THE OUTCOME

When a crisis hits, it's hard not to be caught up in the anxiety around you. But don't get so embroiled in the present that you forget the future.

When things are at their toughest, keep asking yourself, "What do I want to be remembered for when the crisis is past?" Look beyond surviving to achieving. A crisis is a chance to stop wondering about your future and start making it.

Adapted from the Fast Company website

Your will shall decide your destiny.

CHARLOTTE BRONTË

Jane Eyre

grace The more open you can be, the more you allow your life to change and the more you see the influence of grace. A closed mind is the barrier to living a grace-filled life.

CHERYL RICHARDSON

Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer.

DENIS WAITLEY

Our chief want is someone who will inspire us to be what we know we could be.

RALPH WALDO EMERSON

In order to succeed you must fail, so that you know what not to do the next time.

ANTHONY J. D'ANGELO

Challenges are what make life interesting, and overcoming them is what makes life meaningful.

JOSHUA J. MARINE

Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.

LES BROWN

thoughts on **WORK**

There's nothing better than discovering, to your own astonishment, what you're meant to do. It's like falling in love.

MIKE NICHOLS



Busyness chokes deep thinking.

TODD STOCKER



Without a vision, even the most focused passion is a battery without a device.

KEN AUTLETTA



To pay attention, this is our endless and proper work.

MARY OLIVER



When you do something you're proud of, praise yourself for it.

MILDRED NEWMAN



Problems arise in that one has to find a balance between what people need from you and what you need for yourself.

JESSYE NORMAN

Playing safe is probably the most unsafe thing in the world. You cannot stand still. You must go forward.

ROBERT COLLIER

If we're growing, we're always going to be out of our comfort zone.

JOHN MAXWELL

The mind is the standard of the man.

PAUL LAURENCE DUNBAR

There are people who have money and people who are rich.

COCO CHANEL

The great thing in the world is not so much where we stand, as in what direction we are moving.

OLIVER WENDELL HOLMES

DIG DOWN FOR SOLUTIONS

If certain problems keep clogging your to-do list, check out the following story of a teenager with his own problem—moles.

No, it wasn't a skin problem—it involved those small mammals that burrow into your lawn. It was the teen's Saturday morning job to fight off the moles, and he tried flooding, blocking, smoking out, and poisoning their tunnels,



all fruitlessly. Then, at the hardware store, he met another mole fighter buying a bag of poison. He warned his compatriot that poison didn't work on

moles. But the person said that his poison wasn't for the moles. It was for the grass grubs that the moles fed on—the reason they chose a particular lawn.

The light went on: Don't just keep solving recurring problems—eliminate their causes. Otherwise, they'll keep undermining you.

Adapted from *Fierce Conversations*
SUSAN SCOTT

In the end, everything is simple.

JEAN GEBSER

Mishaps are like knives that either serve us or cut us as we grasp them by the blade or the handle.

JAMES RUSSELL LOWELL

The will to win, the desire to succeed, the urge to reach your full potential ... these are the keys that will unlock the door to personal excellence.

EDDIE ROBINSON

The discipline you learn and character you build from setting and achieving a goal can be more valuable than the achievement of the goal itself.

BO BENNETT

If you are looking for perfect safety, you will do well to sit on a fence and watch the birds, but if you really wish to learn, you must mount a machine and become acquainted with its tricks by actual trial.

WILBUR WRIGHT

What if it becomes less about how we look and more about how much we care? What if it becomes less about how much money we earn and more about how much we share our good fortune? Imagine a world where who we are in our hearts is the ultimate status symbol.

AMY LEIGH MERCREE

A thing is never too often repeated which is never sufficiently learned.

SENECA

The world belongs to those who think and act in it, who keep a finger on its pulse.

WILLIAM R. INGE

Really living in the now brings not just relief and peace. It also brings courage, strength, and the willingness to be with ourselves, and others, through thick and thin.

BARRY BOYCE

The difference between perseverance and obstinacy is that one often comes from a strong will and the other from a strong won't.

HENRY WARD BEECHER

Happiness often sneaks in through a door you didn't know you left open.

JOHN BARRYMORE

flight

Caged birds accept each other, but flight is what they long for.

TENNESSEE WILLIAMS

See the world. It's more fantastic than any dream made or paid for in factories.

RAY BRADBURY

A little thought and a little kindness are often worth more than a great deal of money.

JOHN RUSKIN

TURNAROUNDS START WITH THE TRUTH

If you've ever tried to help someone with a negative attitude to make more of his or her potential, you know it's a hard job. Where do you start? One place is the truth.

Trevor, a supervisor in a county highway department, had a negative attitude. Though he actually liked the work he did, he prided himself on his tough exterior and always spoke out sarcastically about everything he felt was wrong with the department—its projects, leaders, and workers.

**Where do you
start? One place
is the truth.**

This behavior didn't make him popular with anyone, but it was his department head, Mike, who paid the price. He had to spend considerable time calming the anger that Trevor's sarcastic put-downs created. Mike eventually lost patience and advised Trevor—whom he had inherited from the previous manager—to look for another job.

Trevor sulked for a time. However, when other employees began giving him the same message—one challenged him to acknowledge that “someone other than you does something right”—

Trevor realized he really could lose his job. So, he met with Mike again and asked to stay.

This was a crucial moment for Mike. He could simply have said, “OK, try to do better” and let it go. But instead he went into painful detail about what Trevor had done and its effects—a long list that left Trevor shaken. Mike concluded by specifically demanding that Trevor do his job more positively. And gradually Trevor did, conscientiously finding occasions to compliment his employees and actively supporting the department’s work.

Painful though it was, confronting Trevor in detail created a turning point. Negative employees are often caught up in their own way of reacting, and Mike had to hold up a mirror to show Trevor the truth. Should he have done it sooner? Yes, but that’s the lesson for working with the next negative employee.

Adapted from *Personal Takeover*

GARY GABEL

Don’t explain your philosophy; embody it.

EPICETETUS

You can't just sit and wait for people to give you that golden dream. You've got to get out there and make it happen for yourself.

DIANA ROSS

Ignorance is never better than knowledge.

ENRICO FERMI

Too often we give children answers to remember rather than problems to solve.

ROGER LEWIN

Always strive to be more than that which you are, if you wish to obtain that which you are not.

S.B. FULLER

You need a village, if only for the pleasure of leaving it. A village means that you are not alone, the trees, the earth, there is something that belongs to you, waiting for you when you are not there.

CESARE PAVESE

THOUGHTS ON FATHERHOOD

I believe that what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us. We are formed by little scraps of wisdom.

UMBERTO ECO



The heart of a father is a masterpiece of nature.

ABBÉ PRÉVOST



Fathers: Be your daughter's first love. Open doors for her, pull her seat out, and talk to/treat her with the utmost respect ... Set expectations on how a man should treat a lady, and she'll never settle for anything less.

AUTHOR UNKNOWN



The more consistent a father can be or a mentor can be in the person's life and teach them principles of real solid manhood, character, integrity, and leadership, the more consistent you can be in the person's life and teach them those things at a younger age, and then the better off they'll be.

ALLAN HOUSTON

LASTING EFFECTS

A father wanted to teach his ill-tempered son a lesson. So he told him to drive a nail into their old fence every time he felt angry. The boy banged a lot of nails into that fence, gradually learning to control his temper.

Then, the father told his son to pull out one nail for each time he held his anger in check. Soon, the boy proudly showed his father the “nailless” fence.

“You’ve done well, Son,” agreed his father. “But look—the damage is still there. Always remember that your actions have consequences. Learn to think before you physically or emotionally lash out.”

Adapted from the Afterhours website

We win by tenderness. We conquer by forgiveness.

FREDERICK WILLIAM ROBERTSON

The truth will not necessarily set you free, but truthfulness will.

KEN WILBER

Every single human soul has more meaning and value than the whole of history.

NIKOLAI A. BERDYAEV

There is no remedy to love but to love more.

HENRY DAVID THOREAU

Don't try to rush things: For the cup to run over, it must first be filled.

ANTONIO MACHADO

NOTHING HURTS

An emergency room doctor was once asked how he maintained his positive attitude throughout a day filled with pain, stress, and struggle.



His response? “I’m not too hot, I’m not too cold, and nothing hurts.”

What a simple yet meaningful philosophy: Free of pain, he was willing to accept whatever life offered.

Adapted from Motivation123 website

Dreams are what guide us, art
is what defines us, math is what
makes it all possible, and love is what lights our
way.

Dreams

MIKE NORTON

Find the good and praise it.

ALEX HALEY

Imagination does not become great until human
beings, given the courage and the strength, use
it to create.

MARIA MONTESSORI

Lost time is never found again.

THELONIOUS MONK

When a student comes and asks, “Should I be-
come a mathematician?” the answer should be
no. If you have to ask, you shouldn’t even ask.

PAUL HALMOS

When things get too complicated, it sometimes makes sense to stop and wonder: Have I asked the right question?

ENRICO BOMBIERI

Everything must be taken into account. If the fact will not fit the theory—let the theory go.

AGATHA CHRISTIE

In questions of science, the authority of a thousand is not worth the humble reasoning of a single individual.

GALILEO GALILEI

Chance does not speak essentially through words, nor can it be seen in their convolution. It is the eruption of language, its sudden appearance. It's not a night twinkle with stars, an illuminated sleep, nor a drowsy vigil. It is the very edge of consciousness.

MICHAEL FOUCAULT

Chuckles

When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you.

NORA EPHRON



A truck driver learned to knit and became so good that he could work while driving his truck at highway speeds. On one long trip, he became so engrossed that he blundered into a speed trap. Not even the siren could break the knitter's concentration. As the officer drew up beside the cab, he shouted, "Pull over!"

The enraptured driver shouted back, "No, it's a cardigan!"

Adapted from *The Shipping News*
E. ANNIE PROULX



Anything can happen, but it usually doesn't.

ROBERT BENCHLEY



Old math teachers never die, they just tend to infinity.

AUTHOR UNKNOWN



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

JERRY SEINFELD



Roy knocked on his supervisor's door. "Boss, I need tomorrow off. My wife wants to clean the whole house, and she needs me to move the furniture and rearrange things and climb the ladder to reach the high spots—"

"Forget it, Roy," the boss said. "We're shorthanded as it is. I can't let you go tomorrow."

Roy nodded. "Thanks, boss. I knew I could count on you."



The thing about family disasters is that you never have to wait long before the next one puts the previous one into perspective.

ROBERT BRAULT



Intelligence is being intelligent enough to know you're not so intelligent as you intelligently once thought.

CARROLL BRYANT



The family endures because it offers the truth of mortality and immortality within the same group.

LETTY COTTIN POGREBIN

Logic will get you from A to Z; imagination will get you everywhere.

ALBERT EINSTEIN

If you find it in your heart to care for somebody else, you will have succeeded.

MAYA ANGELOU

Write to be understood, speak to be heard, read to grow.

LAWRENCE CLARK POWELL

Only in growth, reform, and change, paradoxically enough, is true security to be found.

ANN MORROW LINDBERGH

in their own words

You can't no more do what you ain't prepared for than you can come back from where you ain't been.

ROBERT HENRY



I wish for you a magnificent obsession that will give you reason for living and a purpose and direction in life.

EARL REUM



I am beginning to measure myself in strength, not pounds. Sometimes in smiles.

LAURIE HALSE ANDERSON



I stretch to the limit of whatever I do. That's what drives me: trying to do what other people can't.

VALLUVAN JEEVANANDAM



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

INTERRUPT INTERRUPTERS

Keeping a group discussion on track can be a challenge. There's always someone who wants to break in with personal anecdotes that aren't clearly relevant to the discussion. Once the storyteller interrupts, it's hard to cut him or her off without being rude—and wasting even more time.

In *Listen ... It Will Change Your Life* (Park Place Publications), former attorney Charles Page suggests a way to avoid the problem: Act before the interruption. Page watched the body language of one chronic interrupter and learned to recognize when he was about to break in. Page would politely say, “Joe, let’s just finish this topic and hear your idea at the break.” His timely and courteous interventions avoided insults and saved discussions.

truth The intellectual advancement of man depends on how often he can exchange an old superstition for a new truth.

ROBERT GREEN INGERSOLL

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

JOHN LUBBOCK

The Use of Life