

BITS & PIECES

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BITS & PIECES



Sometimes the fall kills you. And sometimes,
when you fall, you fly.

NEIL GAIMAN

What's meant to be will always find a way.

TRISHA YEARWOOD

Life, with its rules, its obligations, and its freedoms, is like a sonnet: You're given the form, but you have to write the sonnet yourself.

MADELEINE L'ENGLE

Head up, heart open. To better days!

T.F. HODGE

Magic is believing in yourself; if you can do that, you can make anything happen.

JOHANN WOLFGANG VON GOETHE

When you stop chasing the wrong things, you give the right things a chance to catch you.

LOLLY DASKAL

There will come a time when you believe everything is finished. That will be the beginning.

LOUIS L'AMOUR



When you do what you do best, you are helping not only yourself but the world.

ROGER WILLIAMS

Do not sit still; start moving now. In the beginning, you may not go in the direction you want, but as long as you are moving, you are creating alternatives and possibilities.

RODOLFO COSTA

Everything you've ever wanted is on the other side of fear.

GEORGE ADDAIR

One step at a time. Baby steps are still steps. Crawl if you must, but keep moving forward. You will never be defeated as long as you keep moving.

TONI SORENSON

The last 10% it takes to launch something takes as much energy as the first 90%.

ROB KALIN

Embrace what you don't know, especially in the beginning, because what you don't know can become your greatest asset. It ensures that you will absolutely be doing things different from everybody else.

SARA BLAKELY

Too many of us are not living our dreams because we are living our fears.

LES BROWN

THE POWER OF BELIEF

Two boys were playing far away from their village. One of them, 10 years old, fell in a well. His friend, six years old, was a small, thin boy.

A rope was tied to a bucket over the well. The young boy threw it down to his friend and pulled with his full strength. His hands were getting red, but he didn't lose his hold until he got his friend out.



When they got back to their village and told their parents what had happened, no one believed them. “How could a little, thin, six-year-old boy save another boy who is 10 years old?” they asked. But the boys insisted it was true.

So they asked a wise old man of the village. He answered, “It's very simple. There was no one there telling him he couldn't do it.”

Moral: All limits and bounds lie in the mind. If you decide something is possible, there is no one to stop you.

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.

JOHN C. MAXWELL

I alone cannot change the world, but I can cast a stone across the water to create many ripples.

MOTHER TERESA

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.

CHARLES DARWIN

We must never be afraid to go too far, for success lies just beyond.

MARCEL PROUST

It isn't where you came from. It's where you're going that counts.

ELLA FITZGERALD

The power of imagination makes us infinite.

JOHN MUIR

Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

NATHANIEL HAWTHORNE

A champion is defined not by their wins but by how they can recover when they fall.

SERENA WILLIAMS

Simplicity boils down to two steps: Identify the essential. Eliminate the rest.

LEO BABAUTA

If you spend too much time thinking about a thing, you'll never get it done.

BRUCE LEE

Why do anything unless it is going to be great?

PETER BLOCK

To give anything less than your best is to sacrifice the gift.

STEVE PREFONTAINE

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.

WAYNE W. DYER

Love is the vital essence that pervades and permeates, from the center to the circumference, the graduating circles of all thought and action. Love is the talisman of human weal and woe—the open sesame to every soul.

ELIZABETH CADY STANTON

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

MARTIN LUTHER KING JR.



It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about

DALE CARNEGIE

KEEP YOUR BALANCE

A story, said to have been told by the Buddha to illustrate that taking care of yourself is the most important thing you can do to take care of others:

There was once a pair of acrobats, an old widower and a young girl. In their act, the man balanced a tall bamboo pole on his head while the girl climbed slowly to the top. Once on the top, she remained there while the teacher walked along the ground. Both performers had to maintain complete focus and balance in order to prevent any injury.

One day the widower said to the girl: “Listen, girl—I will watch you and you watch me, so that we can help each other maintain our concentration and balance and prevent an accident. Then we’ll surely earn enough to eat.”

But the little girl answered, “I think it would be better for each of us to watch ourselves. To look after oneself means to look after both of us. That way I am sure we will avoid any accidents and earn enough to eat.”



We don't realize that, somewhere within us all, there does exist a supreme self who is eternally at peace.

ELIZABETH GILBERT

You never change anything by fighting the existing. To change something, build a new model and make the existing obsolete.

BUCKMINSTER FULLER

Choose. The single clenched fist lifted and ready, or the open hand held out and waiting. Choose. For we meet by one or the other.

CARL SANDBURG

Today is a brand-new day; a day to heal, a day to love, a day to forgive, a day to encourage, a day to start afresh.

CAROLINE NAOROJI

In the end these things matter most: How well did you love? How fully did you live? How deeply did you let go?

JACK KORNFELD

There are two ways of spreading light: to be the candle or the mirror that reflects it.

EDITH WHARTON

To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring—it was peace.

MILAN KUNDERA

Wealth is the ability to fully experience life.

HENRY DAVID THOREAU

As human beings, we are most fully alive when we are changing and growing and stretching our boundaries in our quest to be all we can be.

MATTHEW KELLY

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

GRACE HANSEN

Your story is what you have, what you will always have. It is something to own.

MICHELLE OBAMA

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

THICH NHAT HANH

Even if you fall on your face, you're still moving forward.

VICTOR KIAM

Change your life today. Don't gamble on the future; act now, without delay.

SIMONE DE BEAUVOIR



Do not watch the clock. Do what it does. Keep going.

SAM LEVINSON

Always remember, you have within you the strength, the patience, and the passion to reach for the stars, to change the world.

HARRIET TUBMAN

WHEN THE WIND BLOWS

Years ago, a farmer owned land along the a rocky seacoast. He constantly advertised for hired hands, but most people were reluctant to work on farms along the coast because of the dreadful storms that raged in the sea, wreaking havoc on the buildings and crops.



One day a short man, well past middle age, asked the farmer for a job. “Why should I hire you?” the farmer asked.

“Because I can sleep when the wind blows,” answered the man. Although puzzled by this answer, the farmer was so desperate for help he decided to hire him.

The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with his work. Then one night a storm approached. The wind howled loudly from the sea. Jumping out of bed, the farmer rushed to the hired hand’s sleeping quarters. He shook the little man and yelled, “Get up! A storm is coming! Tie things down before they blow away!”

The little man rolled over in bed and said firmly, “No, sir. I told you, I can sleep when the wind blows.”

Enraged, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm.

To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coop, and the barn doors were barred. The shutters were tightly secured. Everything was tied down. Nothing could blow away.

The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

Moral: When you're prepared spiritually, mentally and physically, you have nothing to fear. Can you sleep when the wind blows through your life?

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

MARCUS AURELIUS

VALENTINE'S DAY

Today's Valentine's Day. There's a whole day devoted solely to love. Does that make any sense? Nah. Love makes us all crazy. But it's fun too.

LISA GREENWALD

Romance is the glamour which turns the dust of everyday life into a golden haze.

ELINOR GLYN

We are most alive when we're in love.

JOHN UPDIKE

There is no charm equal to tenderness of heart.

JANE AUSTEN

Love has nothing to do with what you are expecting to get—only with what you are expecting to give—which is everything.

KATHARINE HEPBURN

Nobody has ever measured, not even poets, how much the heart can hold.

ZELDA FITZGERALD

Hope can be a powerful force. Maybe there's no actual magic in it, but when you know what you hope for most and hold it like a light within you, you can make things happen, almost like magic.

LAINI TAYLOR

When you have a dream that you can't let go of, trust your instincts and pursue it. But remember: Real dreams take work, they take patience, and sometimes they require you to dig down very deep. Be sure you're willing to do that.

HARVEY MACKAY



Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.

PABLO PICASSO

Ambition is the path to success. Persistence is the vehicle you arrive in.

BILL BRADLEY

THE LITTLE DOG

Once upon a time there was a little dog who was unhappy with his life. As he lay in his backyard, he spotted a cat on top of a wall. “I wish I could climb walls like that cat!” he thought.



Walking by a pond, the dog saw a goldfish swimming in the water. “I wish I could live in the cool water like you,” he said. The goldfish replied, “I wish I could roll on the grass like you.”

Later he spotted a sparrow in a tree. “I wish I could fly like you!”

The sparrow replied, “I wish I could play all day long like you, instead of having to gather twigs to build my nest and spend all day searching for food.”

He met other animals during his walk, all complaining about their lives. Finally the dog realized his life was good, and started appreciating everything he had.

Keep some room in your heart for the unimaginable.

MARY OLIVER

The lighter side

I am so clever that sometimes I don't understand a single word of what I am saying.

OSCAR WILDE



I have six locks on my door all in a row. When I go out, I only lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.

ELAYNE BOOSLER



Anything you lose automatically doubles in value.

MIGNON MCLAUGHLIN



Tell a man there are 300 billion stars in the universe and he'll believe you. Tell him a bench has wet paint on it and he'll have to touch it to be sure.

ANONYMOUS

Life is a dream for the wise, a game for the fool,
a comedy for the rich, a tragedy for the poor.

SHOLOM ALEICHEM

Do not seek to follow in the footsteps of the
wise. Seek what they sought.

MATSUO BASHO

Change is the law of life. And those who look
only to the past or present are certain to miss
the future.

JOHN F. KENNEDY

When you have exhausted all possibilities, re-
member this—you haven't.

THOMAS EDISON

If there is no price to be paid, it is also not of
value.

ALBERT EINSTEIN

Go within every day and find the inner strength
so that the world will not blow your candle out.

KATHERINE DUNHAM

No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.

ALFRED NORTH WHITEHEAD

True love is not a strong, fiery, impetuous passion. It is, on the contrary, an element calm and deep. It looks beyond mere externals, and is attracted by qualities alone. It is wise and discriminating, and its devotion is real and abiding.

ELLEN G. WHITE

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.

TONY ROBBINS



It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.

GERMANY KENT

Be happy. It's one way of being wise.

COLETTE

The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.

AMELIA EARHART

Let there be room left in your heart for the unimaginable—serendipity has a way of showing itself just when you feel like giving up.

NIKKI ROWE



Chess masters know that to win you have to avoid losing. The first thing they do after an opponent makes a move isn't to think about strategy or winning, but rather to ask themselves: What's the threat? Avoid stupidity before seeking brilliance.

SHANE PARRISH

PRESIDENTS DAY

Any man worth his salt will stick up for what he believes right, but it takes a slightly better man to acknowledge instantly and without reservation that he is in error.

ANDREW JACKSON

The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.

ULYSSES S. GRANT

Honor lies in honest toil.

GROVER CLEVELAND

The only limit to our realization of tomorrow will be our doubts of today.

FRANKLIN D. ROOSEVELT

Yesterday is not ours to recover, but tomorrow is ours to win or lose.

LYNDON B. JOHNSON

You can do anything as long as you have the passion, the drive, the focus, and the support.

SABRINA BRYAN

The saddest people I've ever met in life are the ones who don't care deeply about anything at all.

NICHOLAS SPARKS

Your art is what you do when no one can tell you exactly how to do it. Your art is the act of taking personal responsibility, challenging the status quo, and changing people.

SETH GODIN

The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.

THOMAS PAINE

Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before.

JACOB A. RIIS

If you don't love what you do, you won't do it with much conviction or passion.

MIA HAMM



Nobody cares if you can't dance well.
Just get up and dance.

MARTHA GRAHAM

History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeat.

B.C. FORBES

The most courageous act is still to think for yourself. Aloud.

COCO CHANEL

A failure is not always a mistake. It may simply be the best one can do under the circumstances. The real mistake is to stop trying.

B.F. SKINNER

Feel the power that comes from focusing on what excites you.

OPRAH WINFREY

Persistence. Perfection. Patience. Power. Prioritize your passion. It keeps you sane.

CRISS JAMI

BRAVERY Bravery is being the only one who knows you're afraid.

FRANKLIN P. JONES

Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave.

MARY TYLER MOORE

You go on. You set one foot in front of the other, and if a thin voice cries out, somewhere behind you, you pretend not to hear, and keep going.

GERALDINE BROOKS

The two most powerful warriors are patience
and time.

LEO TOLSTOY

It is the time you have wasted for your rose that
makes your rose so important.

ANTOINE DE SAINT-EXUPÉRY

Time is a storm in which we are all lost.

WILLIAM CARLOS WILLIAMS

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