



# 365 Motivational Quotes



**Steve Gavatorta**

*[www.Gavatorta.com](http://www.Gavatorta.com)*

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## ABOUT STEVE GAVATORTA

As owner of Steve Gavatorta Group, Steve specializes in helping individuals and organizations identify, develop and exceed their performance goals. With a vast 19-year career in high profile Fortune 500 companies such as GlaxoSmithKline, Pfizer and Eastman Kodak, as well as the last five years in the “people-development” business, he has ***coached, trained and developed hundreds of high performance individuals and teams*** in maximizing their full potential. His background and experience is very diverse which allows for deeper insights into the depth and breadth of his clients’ needs.

Steve believes goals are built on a solid foundation of fundamentals and principles. He follows a proven process that first allows his clients to build that foundation and set goals accordingly. Once the foundation is in place and goals are set, he systematically helps his clients eclipse their highest potential. For those clients who already have the foundation in place, he coaches them to transcend their previous performance levels. His philosophy can be simply stated by the following ancient Chinese Proverb.

***“Give a person a fish and you feed them for a day, teach a person how to fish and you feed them for a lifetime.”***

Steve’s approach is process-driven and focuses on very practical, tailored and proven strategies that lead to “*real world*” application. The methods include one-on-one coaching and group workshop formats – the format will depend upon each individual client’s need. His clients include individuals, professionals, small business owners, entrepreneurs, athletic teams and corporations.

Steve is a Certified Professional Behavioral Analyst (CPBA), Certified Professional Values Analyst (CPVA) and he is accredited to coach and train for Emotional Intelligence (EQ). He is a member of National Speakers Association (NSA), the International Coach Federation (ICF), the American Society for Training and Development (ASTD), the Tampa Rotary Club and a recommended resource for The Network of Executive Women (NEW). He holds a degree in Economics from Allegheny College where he was voted to the school’s All-Century Football Team. In his spare time, he is active in the community. He’s also a former board member and speaker for the Tampa based non-profit organization S.E.R.V.E., as well as Big Brothers.

His book ***The Reach Out Approach: A Communication Process for Initiating, Developing & Leveraging Mutually Rewarding Relationships*** will be out early 2009.



## MOTIVATIONAL QUOTES

1. *"No man for any considerable period can wear one face to himself and another to the multitude, without finally getting bewildered as to which may be the true."* - Nathaniel Hawthorne
2. *"No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction."* - Charles Kendall Adams
3. *"Obstacles can't stop you. Problems can't stop you. Most of all, other people can't stop you. Only you can stop you."* - Jeffrey Gitomer
4. *"There are no limitations to the mind except those we acknowledge; both poverty and riches are the offspring of thought."* - Napoleon Hill
5. *"Like an ability or muscle, hearing your inner wisdom is strengthened by doing it."* - Robbie Gass
6. *"All great masters are chiefly distinguished by the power of adding a second, a third, and perhaps a fourth step in a continuous line. Many a man had taken the first step. With every additional step you enhance immensely the value of you first."* - Ralph Waldo Emerson
7. *"The greatest weapon against stress is our ability to choose one thought over another."* - William James
8. *"What is important is not what happens to us, but how we respond to what happens to us."* - Jean-Paul Sartre
9. *"I've failed over and over and over again in my life. And that is why I succeed."* - Michael Jordan
10. *"The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom."* - James Allen
11. *"Our worst fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be?"* - Marianne Williamson
12. *"Make it a point to rid your speech and thoughts of all forms of negative self-talk."* - Karl Albrecht
13. *"The art of living lies less in eliminating our troubles than in growing with them."* - Bernard Baruch

14. *"Failure is a necessary part of learning, and to me each day is an opportunity to learn. You don't get character because you are successful, you get character because of the hardships you face."* - Herman Edwards
15. *"When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge."* - Albert Einstein
16. *"The beginning of a habit is like an invisible thread, but every time we repeat the act we strengthen the strand, add to it another filament, until it becomes a great cable and binds us irrevocably in thought and act."* - Orison Swett Marden
17. *"Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight... When we do the best we can, we never know what miracle is wrought in our life, or in the life of another."* - Helen Keller
18. *"Instead of frittering away your vibrancy with worry or distraction, realize your mind and body are inextricably united. What calms and tones up one, soothes and improves the other."* - Marsha Sinetar
19. *"The value of all our daily efforts is greater and more enduring if they create in each one of us a person who grows and understands and really lives."* - Vince Lombardi
20. *"The critical ingredient is getting off your butt and doing something. It's as simple as that. A lot of people have ideas, but there are few who decide to do something about them now. Not tomorrow. Not next week. But today. The true entrepreneur is a doer, not a dreamer."* - Nolan Bushnell
21. *"The fast pace of our lives makes it difficult for us to find grace in the present moment, and when the simple gifts at our fingertips cease to nourish us, we have a tendency to crave the sensational."* - Macrina Wiederkehr
22. *"What you risk reveals what you value."* - Jeannette Winterson
23. *"If we are basically positive in attitude, expecting and envisioning pleasure, satisfaction and happiness, we will attract and create people, situations, and events which conform to our positive expectations."* - Shakti Gawain
24. *"I learned so much, so very much about myself in defeat. I've learned very little to nothing in victory."* - Floyd Patterson
25. *"Any man's life will be filled with constant and unexpected encouragement if he makes up his mind to do his level best each day."* - Booker T. Washington
26. *"Life is in the here and now. Either we meet it, we live it -- or we miss it."* - Vimala Thakar

27. *"People will try to tell you that all the great opportunities have been snapped up. In reality, the world changes every second, blowing new opportunities in all directions, including yours."* - Ken Hakuta
28. *"Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. Unconditional self acceptance is the core of a peaceful mind."* - St. Francis de Sales
29. *"To solve big problems you have to be willing to do unpopular things."* - Lee Iacocca
30. *"The best opportunities in life are the ones we create. Goal setting provides for you the opportunity to create an extraordinary life."* - Gary Ryan Blair
31. *"Peace means loyalty to self - and loyalty to one's self means never a gap between thought, speech and act."* - Ruth Beebe Hill
32. *"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."* - Norman Vincent Peale
33. *"Friendship with oneself is all-important, because without it one cannot be friends with anyone else in the world."* - Eleanor Roosevelt
34. *"Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen."* - Leonardo Da Vinci
35. *"It is not the straining for great things that is most effective; it is the doing of the little things, the common duties, a little better and better."* - Elizabeth Stuart Phelps
36. *"You can't have a better tomorrow if you are thinking about yesterday all the time."* - Charles F. Kettering
37. *"Decisions are easy when values are clear."* - Unknown
38. *"Don't spend your precious time asking 'Why isn't the world a better place?' It will only be time wasted. The question to ask is 'How can I make it better?' To that there is an answer."* - Leo Buscaglia
39. *"The past cannot be regained, although we can learn from it; the future is not yet ours even though we must plan for it. Time is now. We have only today."* - Charles Hummell
40. *"He that does good for good's sake seeks neither paradise nor reward, but he is sure of both in the end."* - William Penn

41. *"Because many professionals are almost always successful at what they do, they rarely experience failure. And because they have rarely failed, they have never learned how to learn from failure."* - Chris Argyris
42. *"Take a chance! All life is a chance. The person who goes the furthest is generally the one who is willing to do and dare."* - Dale Carnegie
43. *"It seems clear to me that in an enterprise, if everybody concerned is absolutely clear about the goals and objectives and far purposes of the organization, practically all other questions then become simple technical questions of fitting means to the ends."* - Abraham Maslow
44. *"You can't think your way out of a box; you've got to act."* - Tom Peters
45. *"The wise man thinks about his troubles only when there is some purpose in doing so; at other times he thinks about other things."* - Bertrand Russell
46. *"Procrastination is the fear of success. People procrastinate because they are afraid of the success that they know will result if they move ahead now. Because success is heavy, carries a responsibility with it, it is much easier to procrastinate and live on the "Someday I'll..." philosophy."* - Denis Waitley -
47. *"Success is going from failure to failure without losing enthusiasm."* - Winston Churchill
48. *"Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength."* - August Wilson
49. *"To me success means effectiveness in the world, that I am able to carry my ideas and values into the world--that I am able to change it in positive ways."* - Maxine Hong Kingston
50. *"The foolish man seeks happiness in the distance; the wise grows it under his feet."* - James Oppenheim
51. *"When you can do the common things of life in an uncommon way you will command the attention of the world."* - George Washington Carver
52. *"I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor."* - Henry David Thoreau
53. *"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."* - Christopher Reeve
54. *"Learn from the past, live in the now and be optimistic about the future."* - Anonymous
55. *"Here's a test to find out whether your mission on earth is finished: If you are alive, it isn't!"* - Richard Bach

56. *"It is man's foremost duty to awaken the understanding of the inner self and to know his own real inner greatness. Once he knows his true worth, he can know the worth of others." - Swami Muktananda*
57. *"We can achieve what we can conceive and believe." - Mark Twain*
58. *"The trouble with most people is that they think with their hopes or fears or wishes rather than with their minds." - Will Durant*
59. *"Consider the postage stamp...It secures success through its ability to stick to one thing until it gets there." - Josh Billings*
60. *"It is inevitable that some defeat will enter even the most victorious life. The human spirit is never finished when it is defeated... it is finished when it surrenders." - Ben Stein*
61. *"There is no royal road to anything. One thing at a time, all things in succession. That which grows fast, withers as rapidly. That which grows slowly, endures." - Josiah Gilbert Holland*
62. *"So many of our dreams at first seem impossible, then they seem improbable, and then when we summon the will, they soon become inevitable." - Christopher Reeve*
63. *"If you want to be prosperous for a year, grow grain. If you want to be prosperous for ten years, grow trees. If you want to be prosperous for a lifetime, grow people." - Proverb*
64. *"Slow down and enjoy life. It's not only the scenery you miss by going too fast, you also miss the sense of where you are going and why." - Eddie Cantor*
65. *"Circumstances may cause interruptions and delays, but never lose sight of your goal. Prepare yourself in every way you can by increasing your knowledge and adding to your experience, so that you can make the most of opportunity when it occurs." - Mario Andretti*
66. *"Every good thing flows from the attitude of respect. For this reason, the most important action you can perform is to welcome yourself and others with respect and love." - Baba Muktananda*
67. *"Your PURPOSE explains WHAT you are doing with your life. Your VISION explains how you are living your PURPOSE. Your GOALS enable you to realize your VISION." - Bob Proctor*
68. *"A person of power embraces challenges in complete gratitude. No matter the situation life may bring, discontent is never justified, rather all is experienced as an opportunity and a privilege to adventure and grow." - James Ray*
69. *"Courage means to keep working a relationship, to continue seeking solutions to difficult problems, and to stay focused during stressful periods." - Denis Waitley*
70. *"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead*

71. *"When you make a mistake, don't look back at it long. Take the reason of the thing into your mind, and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power." - Phyllis Bottome*
72. *"Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible." - St. Francis of Assisi*
73. *"Never measure the height of a mountain until you have reached the top. Then you will see how low it was." - Dag Hammarskjold*
74. *"Believing in fate produces fate. Believing in freedom will create infinite possibilities." - Ayn Rand*
75. *"Present-moment living, getting in touch with your 'now,' is at the heart of effective living. When you think about it, there really is no other moment you can live. Now is all there is, and the future is just another present moment to live when it arrives. One thing is certain, you cannot live it until it does appear." - Wayne Dyer*
76. *"The truest greatness lies in being kind, the truest wisdom in a happy mind." - Ella Wheeler Wilcox*
77. *"You can end half your troubles immediately by no longer permitting people to tell you what you want." - Vernon Howard*
78. *"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Buscaglia*
79. *"Everything that happens, happens as it should, and if you observe carefully, you will find this to be true." - Marcus Aurelius*
80. *"The greatest achievement was at first and for a time a dream. The oak sleeps in the acorn; the bird waits in the egg; and the highest vision of the soul a waking angel stirs. Dreams are the seedlings of realities.*  
  
*Your circumstances may be uncongenial, but they shall not remain so if you but perceive an ideal and strive to reach it. You cannot travel within and stand still without...Whatever your present environment may be, you will fall, remain, or rise with your thoughts, your vision, your ideal. You will become as small as your controlling desire; as great as your dominant aspiration." - James Allen*
81. *"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." - Thomas Jefferson*
82. *"The victory of success is half won when one gains the habit of setting goals and achieving them. Even the most tedious chore will become endurable as you parade through each day*



- convinced that every task, no matter how menial or boring, brings you closer to fulfilling your dreams." - Og Mandino*
83. *"Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savored." - Earl Nightingale*
84. *"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life." - Christiane Northrup*
85. *"Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward*
86. *"Find your true path. It's so easy to become someone we don't want to be, without even realizing it's happening." - Bernie Siegel*
87. *"You can't escape the responsibility of tomorrow by evading it today." - Abraham Lincoln*
88. *"Often the difference between a successful person and a failure is not the one that has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk - and to act." - Dr. Maxwell Maltz*
89. *"Failure is a part of success. There is no such thing as a bed of roses all your life. But failure will never stand in the way of success if you learn from it." - Hank Aaron*
90. *"Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment." - Benjamin Franklin*
91. *"No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction." - Charles Kendall Adams*
92. *"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you." - Barbara Sher*
93. *"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing." - Helen Keller*
94. *"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." - Ralph Waldo Emerson*
95. *"You must give some time to your fellow men. Even if it's a little thing, do something for others - something for which you get no pay but the privilege of doing it." - Albert Schweitzer*

96. *"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." - Stephen A. Brennan*
97. *"The goal you set must be challenging. At the same time, it should be realistic and attainable, not impossible to reach. It should be challenging enough to make you stretch, but not so far that you break." - Rick Hansen*
98. *"My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose - somehow we win out." - Ronald Reagan*
99. *"Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment." - Grenville Kleiser*
100. *"Persistence is what makes the impossible possible, the possible likely, and the likely definite." - Robert Half*
101. *"If criticism is mistaken or mean-spirited, rise above it. Maintain the high ground when you're under fire. No victory is worth winning at the expense of picking up the mud that has been slung at you and throwing it back." - Rubel Shelly*
102. *"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome." - William James*
103. *"Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace. And if you have that, along with physical health, you will have had more success than you could possibly have imagined." - Johnny Carson*
104. *"Concentrate all your thoughts upon the work at hand. The sun's rays do not burn until brought to a focus." - Alexander Graham Bell*
105. *"A life spent in making mistakes is not only more honorable but more useful than a life spent doing nothing." - George Bernard Shaw*
106. *"Those who are not looking for happiness are the most likely to find it, because those who are seeking forget that the surest way to be happy is to seek happiness for others." - Martin Luther King, Jr.*
107. *"If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges." - Pat Riley*
108. *"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved." - Helen Keller*

109. *"I find television very educating. Every time somebody turns on the set, I go into the other room and read a book."* - Groucho Marx
110. *"There are two big forces at work, external and internal. We have very little control over external forces such as tornadoes, earthquakes, floods, disasters, illness and pain. What really matters is the internal force. How do I respond to those disasters? Over that I have complete control."* - Leo Buscaglia
111. *"We cannot alter external things, nor shape other people to our liking, nor mold the world to our wishes. But we can alter internal things - our desires, passions, thoughts - we can shape our liking to other people, and we can mold the inner world of our mind in accordance with wisdom, and so reconcile it to the outer world of men and things. The turmoil of the world we cannot avoid, but the disturbances of the mind we can overcome. The duties and difficulties of life claim our attention, but we can rise above all anxiety concerning them. Surrounded by noise, we can yet have a quiet mind; involved in responsibilities, the heart can be at rest; in the midst of strife, we can know abiding peace."* - James Allen
112. *"Nothing else can quite substitute for a few well-chosen, well-timed, sincere words of praise. They're absolutely free - and worth a fortune."* - Sam Walton
113. *"You cannot keep determined people from success. If you place stumbling blocks in their way, they will use them for stepping-stones and climb to new heights."* - Mary Kay Ash
114. *"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."* - Mortimer J. Adler
115. *"The indispensable first step to getting the things you want out of life is this: Decide what you want."* - Ben Stein
116. *"There are no hopeless situations; there are only people who have grown hopeless about them."* - Clare Boothe
117. *"It's a sign of troubled times when the concept of 'pressure' becomes an acceptable excuse for ethical shortcuts. Pressures are just temptations in disguise and it's never been acceptable to give in to temptation."* - Michael Josephson
118. *"I am an old man and have known a great many troubles, but most of them never happened."* - Mark Twain
119. *"It's not the will to win, but the will to prepare to win that makes the difference."* - Bear Bryant
120. *"He was not a born king of men...but a child of the common people, who made himself a great persuader, therefore a leader, by dint of firm resolve, patient effort and dogged perseverance...He was open to all impressions and influences and gladly profited by the teachings of events and circumstances no matter how adverse or unwelcome. There was probably no year of his life when his was not a wiser, cooler and better man than he had been the year preceding."* - Horace Greeley on Abraham Lincoln

121. *"No person was ever honored for what he received. Honor has been the reward for what he gave." - Calvin Coolidge*
122. *"When you rule your mind you rule your world. When you choose your thoughts you choose results." - Imelda Shanklin*
123. *"Never be afraid to ask a question, especially of yourself. Discovery is the mission of life." - Brian Kates*
124. *"Few will have the greatness to bend history itself, but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation." - John F. Kennedy*
125. *"You are the only problem you will ever have and you are the only solution. Change is inevitable, personal growth is always a personal decision." - Bob Proctor*
126. *"Great works are performed not by strength, but by perseverance." - Samuel Johnson*
127. *"The strongest oak tree of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun." - Napoleon Hill*
128. *"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 lead." - Charles M. Schwab*
129. *"The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark." - Michelangelo*
130. *"The self-explorer, whether he wants to or not, becomes the explorer of everything else." - Elias Canetti*
131. *"Either control your destiny or someone else will." - John F. Welch Jr.*
132. *"Minds are like parachutes, they only function when they are open." - Sir James Dewar*
133. *"I have yet to find the man, however exalted his station, who did not do better work and put forth greater effort under a spirit of approval than under a spirit of criticism." - Charles M. Schwab*
134. *"Mindfulness places us where choice is possible; the greater our awareness, the greater our freedom to choose." - Gil Fronsdal*
135. *"The greatest gifts my parents gave to me were their unconditional love and a set of values. Values that they lived and didn't just lecture about." - Colin Powell*
136. *"He who believes is strong; he who doubts is weak. Strong convictions precede great actions." - James Freeman Clarke*

137. *"One day at a time - this is enough. Do not look back and grieve over the past, for it is gone: and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful that it will be worth remembering."* - Ida Scott Taylor
138. *"To listen is to know for a moment. To hear is to know forever."* - Dana Cowley
139. *"You cannot always control your circumstances, but you can always control your own thoughts."* - Charles E. Popplestone
140. *"If you look for the truth outside yourself, it gets farther and farther away."* - Tung Shan
141. *"I lived in solitude in the country and noticed how the monotony of a quiet life stimulates the creative mind."* - Albert Einstein
142. *"Laugh at yourself, but don't ever aim your doubt at yourself. Be bold. When you embark for strange places, don't leave any of yourself safely on shore. Have the nerve to go into unexplored territory."* - Wayne Rogers
143. *"An invincible determination can accomplish almost anything and in this lies the great distinction between great men and little men."* - Thomas Fuller
144. *"When we change our perception we gain control. Stress becomes a challenge, not a threat. When we commit to action, to actually doing something rather than feeling trapped by events, the stress in our life becomes manageable."* - Greg Anderson
145. *"Some people have greatness thrust upon them. Few have excellence thrust upon them...They achieve it. They do not achieve it unwittingly by doing what comes naturally and they don't stumble into it in the course of amusing themselves. All excellence involves discipline and tenacity of purpose."* - John William Gardner
146. *"One kernel is felt in a hoghead; one drop of water helps to swell the ocean; a spark of fire helps to give light to the world. None are too small, too feeble, too poor to be of service. Think of this and act."* - Hannah More
147. *"You are never given a dream without also being given the power to make it true."* - Richard Bach
148. *"How much better to get wisdom than gold. To get understanding is to be chosen rather than silver."* - Proverbs
149. *"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them."* - Denis Waitley
150. *"Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them."* - W. Clement Stone

151. *"One's philosophy is not best expressed in words; it is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And, the choices we make are ultimately our own responsibility."* - Eleanor Roosevelt
152. *"You will become as small as your controlling desire; as great as your dominant aspiration."* - James Allen
153. *"Should you shield the canyons from the windstorms, you would not see the beauty of their carvings."* - Elisabeth Kubler-Ross
154. *"Everyone's got it in him, if he'll only make up his mind and stick at it. None of us is born with a stop-valve on his powers or with a set limit to his capacities. There's no limit possible to the expansion of each one of us."* - Charles M. Schwab
155. *"Promise yourself to be so strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only of the best, to work only for the best and expect only the best. To be just as enthusiastic about the success of others that you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance of all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble."* - Christian D. Larsen
156. *"I have simply tried to do what seemed best each day, as each day came."* - Abe Lincoln
157. *"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."* - William James
158. *"Better to remain silent and be thought a fool than to speak out and remove all doubt."* - Abe Lincoln
159. *"Worry does not empty tomorrow of its sorrow; it empties today of its strength."* - Corrie Bloom
160. *"Accept no one's definition of your life, but define yourself."* - Harvey Fierstein
161. *"All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work."* - John Calvin Coolidge
162. *"Success is a little like wrestling with a gorilla. You don't quit when you're tired -- you quit when the gorilla is tired."* - Robert Strauss
163. *"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it."* - Margaret Thatcher

164. *"Doubt, of whatever kind, can be ended by action alone."* - Thomas Carlyle
165. *"Cherish your visions and your dreams as they are the children of your soul; the blue prints of your ultimate achievements."* - Napoleon Hill
166. *"We lift ourselves by our thought. If you want to enlarge your life, you must first enlarge your thought of it and of yourself. Hold the ideal of yourself as you long to be, always everywhere."* - Orison Swett Marden
167. *"When you give someone a book, you don't give him just paper, ink, and glue. You give him the possibility of a whole new life."* - Christopher Morley
168. *"Don't blame others for your failure to be fully accountable for your own life. If others are to blame then you have given them control."* - Bob Perks
169. *"Begin to free yourself at once by doing all that is possible with the means you have, and as you proceed in this spirit the way will open for you to do more."* - Robert Collier
170. *"Words are nothing but words; power lies in deeds. Be a person of action."* - Mali Oriot Mamadu Konyate
171. *"It is time for us all to stand and cheer for the doer, the achiever - the one who recognizes the challenges and does something about it."* - Vince Lombardi
172. *"Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand."* - Albert Einstein
173. *"Ability may get you to the top, but it takes character to keep you there."* - John Wooden
174. *"Do not wait; the time will never be 'just right.' Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along."* - Napoleon Hill
175. *"To create you must quiet your mind. You need a quiet mind so that ideas will have a chance of connecting."* - Eric Maisil
176. *"People seem not to see that their opinion of the world is also a confession of character."* - Ralph Waldo Emerson
177. *"The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail."* - Napoleon Hill
178. *"A merry heart doeth good like a medicine."* - Fortune Cookie
179. *"Every memorable act in the history of the world is a triumph of enthusiasm. Nothing great was ever achieved without it because it gives any challenge or any occupation, no matter how*

- frightening or difficult, a new meaning. Without enthusiasm you are doomed to a life of mediocrity but with it you can accomplish miracles." - Og Mandino*
180. *"People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily." - Zig Ziglar*
181. *"I don't know the key to success, but the key to failure is to try to please everyone." - Bill Cosby*
182. *"There has never yet been a man in our history who led a life of ease whose name is worth remembering." - Theodore Roosevelt*
183. *"To look backward for a while is to refresh the eye, to restore it, and to render it the more fit for its prime function of looking forward." - Margaret Barber*
184. *"The heart that gives...gathers." - English Proverb*
185. *"Inside yourself or outside, you never have to change what you see, only the way you see it." - Thaddeus Golas*
186. *"First, have a definite, clear practical idea; a goal, an objective. Second, have the necessary means to achieve your ends; wisdom, money, materials, and methods. Third, adjust all your means to that end." - Aristotle*
187. *"Those who fight fire with fire burn their houses down twice as fast." - Vietnamese Proverb*
188. *"You've got to get to the stage in life where going for it is more important than winning or losing." - Arthur Ashe*
189. *"I've had a few arguments with people, but I never carry a grudge. You know why? While you're carrying a grudge, they're out dancing." - Buddy Hackett*
190. *"If you want your life to be more rewarding, you have to change the way you think." - Oprah Winfrey*
191. *"A fresh mind keeps the body fresh. Take in the ideas of the day, drain off those of yesterday. As to the morrow, time enough to consider it when it becomes today." - Edward G. Bulwer-Lytton*
192. *"One's dignity may be assaulted, vandalized and cruelly mocked, but cannot be taken away unless it is surrendered." - Michael J. Fox*
193. *"Bitterness imprisons life; love releases it. Bitterness paralyzes life; love empowers it. Bitterness sours life; love sweetens it. Bitterness sickens life; love heals it. Bitterness blinds life; love anoints its eyes." - Harry Emerson Fosdick*
194. *"Believe in yourself and there will come a day when others will have no choice but to believe with you." - Cynthia Kersey*



195. *"I'm very determined and stubborn. There's a desire in me that makes me want to do more and more, and to do it right. Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it lit."* - Mary Lou Retton
196. *"No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change."* - Barbara DeAngelis
197. *"Difficulty is the excuse history never accepts."* - Edward R. Murrow
198. *"Don't be distracted by criticism. Remember the only taste of success some people have is when they take a bite out of you."* - Zig Ziglar
199. *"When you speak of someone or about someone, you should speak as though they were in the room with you. The ears that you speak to today are attached to the mouth that could relay the message tomorrow."* - William 'Biddy' Allen
200. *"Nature has given us two ears but only one mouth."* - Benjamin Disraeli
201. *"The more and more you listen, the more and more you will hear. The more you hear, the more and more deeply you will understand."* - Khyentse Rinpoche
202. *"Each day, and the living of it, has to be a conscious creation in which discipline and order are relieved with some play and pure foolishness."* - May Sarton
203. *"Virtue is more clearly shown in the performance of fine actions than in the nonperformance of base ones."* - Aristotle
204. *"It wasn't raining when Noah built the ark."* - Howard Ruff
205. *"Whether or not we realize it each of us has within us the ability to set some kind of example for people. Knowing this would you rather be the one known for being the one who encouraged others, or the one who inadvertently discouraged those around you?"* - Josh Hinds
206. *"Failure will never overtake me if my determination to succeed is strong enough."* - Og Mandino
207. *"The world can change in an instant. So can the way you choose to see it. Why not choose to see the good in yourself and others."* - Bob Perks
208. *"You were intended not only to work, but to rest, laugh, play, and have proper leisure and enjoyment."* - Grenville Kleiser
209. *"People who consider themselves victims of their circumstances will always remain victims unless they develop a greater vision for their lives."* - Stedman Graham
210. *"Your enthusiasm will be infectious, stimulating and attractive to others. They will love you for it. They will go for you and with you."* - Norman Vincent Peale

211. *"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." - Melody Beattie*
212. *"Even the most daring and accomplished people have undergone tremendous difficulty. In fact, the more successful they became, the more they attributed their success to the lessons learned during their most difficult times." - Barbara Rose*
213. *"Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us." - Stephen R. Covey*
214. *"An idea is never given to you without you being given the power to make it reality." - Richard Bach*
215. *"Life is not complex. We are complex. Life is simple, and the simple thing is the right thing." - Oscar Wilde*
216. *"Never tell people to do things. Tell them what to do and they will surprise you with their ingenuity." - George Patton*
217. *"Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!" - Anneliese Marie Frank*
218. *"Only the strongest egos escape the trap of perfectionism. To solve problems successfully, you must believe you can, must feel capable enough to improvise. Yet too many adults have been schooled away from their ability to experiment freely." - Marsha Sinetar*
219. *"Every great work, every great accomplishment, has been brought into manifestation through holding to the vision, and often just before the big achievement, comes apparent failure and discouragement." - Florence Scovel Shinn*
220. *"There is something greater and purer than what the mouth utters. Silence illuminates our souls, whispers to our hearts, and brings them together. Silence separates us from ourselves, makes us sail the firmament of spirit, and brings us closer to heaven." - Kahlil Gibran*
221. *"Lots of people limit their possibilities by giving up easily. Never tell yourself this is too much for me. It's no use. I can't go on. If you do you're licked, and by your own thinking too. Keep believing and keep on keeping on." - Norman Vincent Peale*
222. *"I have always struggled to achieve excellence. One thing that cycling has taught me is that if you can achieve something without a struggle it's not going to be satisfying." - Greg LeMond*
223. *"Being extremely honest with oneself is a good exercise." - Sigmund Freud*

224. *"We seldom regret talking too little, but very often talking too much. This is a well-known maxim which everybody knows and nobody practices."* - La Bruyere
225. *"The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible."* - Richard M. DeVos
226. *"Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it."* - Diane Sawyer
227. *"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have."* - Norman Vincent Peale
228. *"Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment."* - Grenville Kleiser
229. *"Dreaming is a muscle, you need to exercise it. Just like any other muscle in your body, when you don't use it, it atrophies."* - Daena Giardella
230. *"If you watch how nature deals with adversity, continually renewing itself, you can't help but learn."* - Bernie Siegel, MD
231. *"I do not know anyone who has gotten to the top without hard work. That is the recipe. It will not always get you to the top, but it will get you pretty near."* - Margaret Thatcher
232. *"Your living is determined not so much by what life brings you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens."* - Lewis L. Dunnington
233. *"Four short words sum up what has lifted most successful individuals above the crowd: a little bit more. They did all that was expected of them and a little bit more."* - A. Lou Vickery
234. *"Reach for the high apples first; you can get the low ones anytime."* - Fortune Cookie
235. *"Don't fight a problem, solve it!"* - Millard Fuller
236. *"I always have this innate desire to do my best. Being the best isn't as important to me as doing my best. I cannot go to sleep with a clear conscience knowing that I cheated myself in the slightest way, so that drives me more than anything!"* - NY Jet Curtis Martin
237. *"Good timber does not grow with ease; the stronger the wind, the stronger the trees."* - J. Willard Marriott
238. *"Security is not the meaning of my life. Great opportunities are worth the risks."* - Shirley Hufstедler
239. *"Behold the turtle: He only makes progress when he sticks his neck out."* - James Bryant Conant

240. *"Courage is the enforcing virtue, the one that makes possible all the other virtues common to exceptional leaders: honesty, integrity, confidence, compassion, and humility."* - John McCain
241. *"When you help someone up the hill you get that much closer to the top yourself."* - Anonymous
242. *"Nothing will ever be attempted if all possible objections must first be overcome."* - Samuel Johnson
243. *"Things turn out best for the people who make the best of the way things turn out."* - Art Linkletter
244. *"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision."* - Muhammad Ali
245. *"I have had dreams, and I have had nightmares. I overcame the nightmares because of my dreams."* - Jonas Salk
246. *"Really big people are, above everything else, courteous, considerate and generous - not just to some people in some circumstances - but to everyone all the time."* - Thomas J. Watson
247. *"Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it."* - William Feather
248. *"May my faith always exceed my fears - the price is too great to go through life afraid."* - Fortune Cookie
249. *"If you must compromise, compromise up."* - Eleanor Roosevelt
250. *"If things are not going well with you, begin your effort at correcting the situation by carefully examining the service you are rendering, and especially the spirit in which you are rendering it."* - Roger Babson
251. *"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."* - Lance Armstrong
252. *"Great hearts steadily send forth the secret forces that incessantly draw great events."* - Ralph Waldo Emerson
253. *"Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we can transcend it."* - M. Scott Peck
254. *"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

255. *"One of the secrets of getting more done is to make a TO DO List every day, keep it visible, and use it as a guide to action as you go through the day."* - Alan Lakein
256. *"Persistent people begin their success where others end in failure."* - Edward Eggleston
257. *"The happiness of a person in this life does not consist in the absence but in the mastery of their passions."* - Alfred Lord Tennyson
258. *"The bravest thing you can do when you are not brave is to profess courage and act accordingly."* - Corra May Harris
259. *"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself."* - Og Mandino
260. *"I think what I represent is achieving what you want in life. It's a matter of your attitude. Some people have a negative attitude, and that's their disability."* - Marla Runyan
261. *"You must go after your wish. As soon as you start to pursue a dream, your life wakes up and everything has meaning."* - Barbara Sher
262. *"A life of reaction is a life of slavery, intellectually and spiritually. One must fight for a life of action, not reaction."* - Rita Mae Brown
263. *"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."* - Vince Lombardi
264. *"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I shall have the belief that I can do it, I shall surely acquire the capacity to do it, even if I may not have it at the beginning."* - Mahatma Gandhi
265. *"By your thoughts you are daily, even hourly, building your life; you are carving your destiny."* - Ruth Barrick Golden
266. *"The place to improve the world is first in one's heart and head and hands, and then work outward from there."* - Robert M. Pirsig
267. *"The secret of concentration is the secret of self-discovery. You reach inside yourself to discover your personal resources, and what it takes to match them to the challenge."* - Arnold Palmer
268. *"The greatest obstacle to discovery is not ignorance -- it is the illusion of knowledge."* - Daniel J. Boorstin

269. *"Continuous effort – not strength or intelligence – is the key to unlocking our potential."* - Winston Churchill
270. *"Prosperity proves the fortunate; adversity the great."* - Pliny the Younger
271. *"There comes that mysterious meeting in life when someone acknowledges who we are and what we can be, igniting the circuits of our highest potential."* - Rusty Berkus
272. *"Only one thing has to change for us to know happiness in our lives: where we focus our attention."* - Greg Anderson
273. *"Defeat is not the worst of failures. Not to have tried is the true failure."* - George E. Woodberry
274. *"People are always blaming their circumstances for what they are. I do not 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 cannot find them, make them."* - George Bernard Shaw
275. *"If you do not know what your priorities are, someone else will determine them for you."* - Judy Suiter
276. *"The road to success is filled with many obstacles."* - Anonymous
277. *"Success in the knowledge economy comes to those who know themselves, their strengths, their values and how best to perform."* - Peter Drucker
278. *"Effective people don't just do things differently; they do different things."* - Stephen Covey
279. *"Leaders aren't born, they are made. And they are made just like anything else, through hard work."* - Vince Lombardi
280. *"The one unchangeable certainty is that nothing is certain or unchangeable."* - John F. Kennedy
281. *"The fishermen know that the sea is dangerous and the storm terrible, but they have never found these dangers sufficient reason for remaining ashore."* - Vincent van Gogh
282. *"He who overcomes others has force; he who overcomes himself is strong."* - Lao-tzu
283. *"You're going to make mistakes in life. It's what you do after the mistakes that counts."* - Brandi Chastain
284. *"Achievement is largely the product of steadily raising one's level of aspiration and expectation."* - Jack Nicklaus

285. *"I can feel guilty about the past, apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness." - Abraham Maslow*
286. *"What does not destroy me, makes me stronger." - Friedrich Nietzsche*
287. *"Example is not the main thing in influencing others. It is the only thing." - Albert Schweitzer*
288. *"You may be disappointed if you fail, but you are doomed if you don't try." - Beverly Sills*
289. *"While no road is ever straight, dedication and persistence will always lead you to your dreams." - Arte Moreno*
290. *"The person who goes farthest is generally the one who is willing to do and dare." - Dale Carnegie*
291. *"Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires...courage." - Ralph Waldo Emerson*
292. *"Before you begin a thing remind yourself that difficulties and delays quite impossible to foresee are ahead...You can only see one thing clearly, and that is your goal. Form a mental vision of that and cling to it through thick and thin." - Kathleen Norris*
293. *"I know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen." - Frank Lloyd Wright*
294. *"People underestimate their capacity for change. There is never a right time to do a difficult thing." - John Porter*
295. *"Excellence is not an exception, it is a prevailing attitude." - Colin L. Powell*
296. *"I am responsible for my own well-being, my own happiness. The choices and decisions I make regarding my life directly influence the quality of my days." - Kathleen Andrus*
297. *"It's always too soon to quit." - Norman Vincent Peale*
298. *"Start by doing what is necessary, then do what is possible, and suddenly you are doing the impossible." - St. Francis of Assisi*
299. *"Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late. Today, this hour, this minute is the day, the hour, the minute for each of us to sense the fact that life is good, with all of its trials and troubles, and perhaps more interesting because of them." - Robert R. Updegraff*
300. *"Any man's life will be filled with constant and unexpected encouragement if he makes up his mind to do his level best each day." - Booker T. Washington*

301. *"When we can begin to take our failures seriously, it means we are ceasing to be afraid of them. It is of immense importance to learn to laugh at ourselves."* - Katherine Mansfield
302. *"The man who removes a mountain begins by carrying away small stones."* - Chinese Proverb
303. *"Good plans shape good decisions. That's why good planning helps to make elusive dreams come true."* - Lester Bittle
304. *"Never give in, never give in, never, never, never."* - Sir Winston Churchill
305. *"Giving people a little more than they expect is a good way to get back more than you'd expect."* - Robert Half
306. *"There is a way to look at the past. Don't hide from it. It will not catch you - if you don't repeat it."* - Pearl Bailey
307. *"Most of the things worth doing in the world had been declared impossible before they were done."* - Louis D. Brandeis
308. *"The gem cannot be polished without friction, nor man perfected without trials."* - Chinese Proverb
309. *"Courage is not the absence of fear, but the capacity to act despite our fears."* - John McCain
310. *"Often you get the best insights by considering extremes--by thinking of the opposite of that which you are directly concerned."* - C. Wright Mills
311. *"Think of yourself as on the threshold of unparalleled success. A whole, clear, glorious life lies before you. Achieve! Achieve!"* - Andrew Carnegie
312. *"Focus on the little things and the big things will take care of themselves."* - Joe Paterno
313. *"Throughout all history, the great wise men and teachers, philosophers, and prophets have disagreed with one another on many different things. It is only on this one point that they are in complete and unanimous agreement. - We become what we think about."* - Earl Nightingale
314. *"Strength does not come from winning. Your struggles develop your strength. When you go through hardship and decide not to surrender, that is strength."* - Arnold Schwarzenegger
315. *"Just as a small fire is extinguished by the storm whereas a large fire is enhanced by it - likewise a weak faith is weakened by predicament and catastrophes whereas a strong faith is strengthened by them."* - Viktor E. Frankl
316. *"Success is not an entitlement. It has to be earned."* - Howard Schultz
317. *"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."* - Eleanor Roosevelt



318. *"Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them."* - Orison Swett Marden
319. *"To accomplish great things, we must not only act, but also dream, not only plan, but also believe."* - Anatole France
320. *"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstances."* - Bruce Barton
321. *"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously and never permit it to fade. Your mind will seek to develop this picture!"*  
- Dr. Norman Vincent Peale
322. *"Always do what you are afraid to do."* - Ralph Waldo Emerson
323. *"What you do speaks so loudly that I cannot hear what you say."* - Ralph Waldo Emerson
324. *"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."* - Michael Jordan
325. *"A person must not deny their manifest abilities, for that is to evade their obligations."* - Robert Louis Stephenson
326. *"I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition."* - Martha Washington
327. *"Success is liking yourself, liking what you do, and liking how you do it."* - Maya Angelou
328. *"Don't judge each day by the harvest you reap, but by the seeds you plant."* - Robert Louis Stevenson
329. *"Forget about the consequences of failure. Failure is only a temporary change in direction to set you straight for your next success."* - Denis Waitley
330. *"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."* - Helen Keller
331. *"No success is linear, there will always be bumps in the road."* - Jack Welch
332. *"I know of no more encouraging fact than the unquestionable ability of man to elevate himself through conscious endeavor."* - Dale Carnegie
333. *"Iron rusts from disuse, stagnant water loses its purity, and in cold weather becomes frozen: even so does inaction sap the vigors of the mind."* - Leonardo da Vinci

334. *"I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time." - Anna Freud*
335. *"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - John Quincy Adams*
336. *"Pessimism leads to weakness, optimism to power." - William James*
337. *"Time is limited, so I better wake up every morning fresh and know that I have just one chance to live this particular day right, and to string my days together into a life of action, and purpose." - Lance Armstrong*
338. *"A leader leads through inspiration. People like to work with people going places and are starved for the energy and excitement that business was always meant to have." - Loral Langemeier*
339. *"If you want something new, you must do something different today. There's no finish line to this pursuit; you should always be planning for what's possible. Diligence, planning, knowing what you want - these are what it takes to get to a better place. Opportunities swirl around this planet constantly. I'm sure that if each of us felt we deserved the best, we would believe more in ourselves, and in others, and in all that's out there to share, and we would reach out for a handful of that opportunity." - Loral Langemeier*
340. *"Sometimes you've got to let everything go...purge yourself. If you are unhappy with anything...whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out." - Tina Turner*
341. *"Knowing when to keep your mouth shut is invariably more important than opening it at the right time." - Malcolm Forbes*
342. *"One who fears failure limits his activities." - Henry Ford*
343. *"There are no secrets to success: don't waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those for whom you work, and persistence." - Colin Powell*
344. *"I shall pass through this world but once. Any good, therefore, that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again!" - Jerry Lewis*
345. *"You can be greater than anything that can happen to you." - Norman Vincent Peale*
346. *"When plans are laid in advance, it is surprising how often the circumstances fit in with them." - Sir William Osler*
347. *"Tell me and I forget. Teach me and I remember. Involve me and I learn." - Benjamin Franklin*

348. *"Why not go out on a limb? Isn't that where the fruit is?"* - Frank Scully
349. *"A stumbling block to the pessimist is a stepping stone to the optimist."* - Eleanor Roosevelt
350. *"The will to win is important, but the will to prepare is vital."* - Joe Paterno
351. *"Pressure is a word that is misused in our vocabulary. When you start thinking of pressure, it's because you've started to think of failure."* -Tommy Lasorda
352. *"So what do we do? Anything - something. So long as we just don't sit there. If we screw it up, start over. Try something else. If we wait until we've satisfied all the uncertainties, it may be too late."* - Lee Iacocca
353. *"There are some things which cannot be learned quickly, and time, which is all we have, must be paid heavily for their acquiring. They are the very simplest things, and because it takes a man's life to know them the little new that each man gets from life is very costly and the only heritage he has to leave."* - Ernest Hemingway
354. *"My father used to say to me, 'Whenever you get into a jam, whenever you get into a crisis or an emergency...become the calmest person in the room and you'll be able to figure your way out of it.'"* - Rudolph Giuliani
355. *"It is not the straining for great things that is most effective; it is the doing of the little things, the common duties, a little better and better."* - Elizabeth Stuart Phelps
356. *"Learn to smile at every situation. See it as an opportunity to prove your strength and ability."*  
- Joe Brown
357. *"The real contest is always between what you've done and what you're capable of doing. You measure yourself against yourself and nobody else."* - Geoffrey Gaberino
358. *"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee." – Marian Wright Edelman*
359. *"Effective leadership is putting first things first. Effective management is discipline, carrying it out." – Stephen Covey*
360. *"The roots of true achievement lie in the will to become the best that you can become."*  
- Harold Taylor
361. *"There are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction."* - John F Kennedy
362. *"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all."* - Dale Carnegie

363. *"Learn to smile at every situation. See it as an opportunity to prove your strength and ability."*  
- Joe Brown
364. *"All you have to do is look straight and see the road, and when you see it, don't sit looking at it - walk."* - Ayn Rand
365. *"As the heart, so is the life. The within is ceaselessly becoming the without. Nothing remains unrevealed. That which is hidden is but for a time; it ripens and comes forth at last. Seed, tree, blossom, and fruit are the fourfold order of the universe. From the state of a man's heart proceed the conditions of his life. His thoughts blossom into deeds; and his deeds bear the fruitage of character and destiny."*

*Life is ever unfolding from within, and revealing itself to the light, and thoughts engendered in the heart at last reveal themselves in words, actions, and things accomplished. As the fountain from a hidden spring, so flows forth a man's life from the secret recesses of his heart." - James Allen*

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