

WISDOM QUOTATIONS ON MENTAL HEALTH: **LEARNING TO PLAY YOUR “A-GAME” IN LIFE! (see *)**

The Darker Side of Life

Change and Growth

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Truth and Wisdom

* I recently listened to an insightful interview with iconic jazz singer, Tony Bennett, who, at the age of 85, was celebrating a number one record (CBC TV and radio show, “Studio Q,” with Jian Ghomeshi; web upload January 24, 2012). Among other things, Ghomeshi asked Bennett about the issues he had experienced with cocaine earlier in his career in the 1970s and 80s, and how he was able to overcome the habit. Bennett responded with a story about a single statement made to him about Lenny Bruce, an American philosopher and poet who was addicted to drugs. The person remarked that Bruce “sinned against his talent.” Bennett described his response to this observation as follows:

“He said one sentence that changed my life (‘He sinned against his talent’). And that stopped me cold. I had no withdrawal period. It was just a relief for me to stop everything. And I’ve been sober ever since. I love it. That’s made me very sane.”

This extraordinary story illustrates the power that a single, value-changing quotation can have on a person, a remark that created the motivation for Tony Bennett to make dramatic changes in his life. Although overcoming addictive behaviour typically involves more comprehensive treatment, this story nonetheless illustrates the power of insightful ideas to help create a shift in people's values and attitudes, and thus their behaviours and lifestyle. The following selected Wisdom Quotations are meant to provide a deeper look into human nature, with the hope that at least a few of the quotations are meaningful to you.

- Notes:**
1. These categories of wisdom quotations are not mutually exclusive, and sometimes a quotation will also be relevant in another area of life.
 2. Suggested wisdom quotations and feedback are welcome. This input may be included in future updates of this website.

Dr. Peter MacLean, C.Psych.

WISDOM QUOTATIONS ON MENTAL HEALTH: LEARNING TO PLAY YOUR “A-GAME” IN LIFE!

The Darker Side of Life

The madness of depression is, generally speaking, the antithesis of violence. It is a storm indeed, but a storm of murk. Soon evident are the slowed-down responses, near paralysis, psychic energy throttled back close to zero. Ultimately, the body is affected and feels sapped, drained

What I had begun to discover is that, mysteriously and in ways that are totally remote from normal experience, the gray drizzle of horror induced by depression takes on the quality of physical pain. But it is not an immediately identifiable pain, like that of a broken limb. It may be more accurate to say that despair, owing to some evil trick played upon the sick brain by the inhabiting psyche, comes to resemble the diabolical discomfort of being imprisoned in a fiercely overheated room. And because no breeze stirs this caldron, because there is no escape from this smothering confinement, it is entirely natural that the victim begins to think ceaselessly of oblivion.

- William Styron, author of Darkness Visible: A Memoir of Madness

Depression is a prison where you are both the suffering prisoner and the cruel jailer.

- Dorothy Rowe

Insanity is doing the same thing over and over again and expecting different results.

- Albert Einstein

Loneliness and being unwanted is the most terrible poverty.

- Mother Teresa

Man is not worried by real problems so much as by his imagined anxieties about real problems.

- Epictetus

He who fears he will suffer, already suffers from his fear.

- Michel de Montaigne

FEAR: False Expectations Appearing Real

Worrying is like a rocking chair: it gives you something to do, but doesn't get you anywhere.

- Van Wilder

Worrying is carrying tomorrow's load with today's strength—carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.

- Corrie ten Boom

Worry often gives a small thing a big shadow.

- Swedish proverb

No one knows enough to be a pessimist.

- Wayne Dyer

Stress is caused by being “here,” but wanting to be “there,” or being in the present, but wanting to be in the future. It is a split that tears you apart inside.

- Eckhart Tolle

But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

- Max Erhmann (from “Desiderata” poem)

Change and Growth

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

- M. Scott Peck

One of the greatest moments in anybody’s developing experience is when (s/he) no longer tries to hide from (her- or himself) but determines to get acquainted.

- Norman Vincent Peale

Every saint has a past, and every sinner has a future.

- Oscar Wilde

Your vision will become clear only when you can look into your own heart.

Who looks outside dreams; who looks inside, awakes.

- Carl Jung

There is only one journey. Going inside yourself.

- Rainer Maria Rilke

I’ve learned that if you keep doing what you’ve always done,

You’ll keep getting what you’ve always gotten.

- Age 51 (from the book, *Live and Learn and Pass It On*)

You can’t change what you don’t acknowledge.

- Dr. Phil McGraw

Self-development is a higher duty than self-sacrifice.

- Elizabeth Cady Stanton

To venture causes anxiety, but not to venture is to lose one’s self. ... And to venture in the highest is precisely to be conscious of one’s self.

-Soren Kierkegaard

The saddest summary of a life contains three descriptions: could have, might have, and should have.

- Louis E. Boone

That's what learning is after all ... not whether we lose the game, but how we lose and how we've changed because of it and what we take away from it that we never had before, to apply to other games. Losing, in a curious way, is winning.

- Richard Bach

Out of clutter, find simplicity
From discord, find harmony
In the middle of difficulty lies opportunity.

- Albert Einstein

When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity.

- John F. Kennedy

When life hands you a lemon, make lemonade.

- Author unknown

We shall draw from the heart of suffering itself the means of inspiration and survival.

- Winston Churchill

When the going gets depressing, the depressed need to get going.

- A. Peter MacLean

If you're going through hell, keep going.

- Winston Churchill

To fear is one thing. To let fear grab you by the tail and swing you around is another.

- Katherine Paterson

Nothing diminishes anxiety faster than action.

- Walter Anderson

Feel the fear, and do it anyway

- Book title (Dr. Susan Jeffers, Psychologist)

I am not afraid of storms, for I am learning how to sail my ship.

- Louise May Alcott

I am the master of my fate, I am the captain of my soul.

- William Ernest Henley

It always seems impossible until it is done.

- Nelson Mandela

Men acquire a particular quality by constantly acting a particular way ... you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.

- Aristotle

Action seems to follow feeling, but really action and feeling go together; and by regulating the action, which is under the more direct control of the will, we can indirectly regulate the feeling, which is not.

- William James (*rationale for modern-day Behavioural Therapy*)

Where there's a will there's a way.

- Author unknown

The change process in therapy is threefold: "Bad Auto-Pilot" (a number of bad habits) → Conscious Living (the "work of therapy," e.g., the discipline of self-monitoring, reconnecting with one's emotional life) → "Good Auto-Pilot" (many good habits).

- A. Peter MacLean

This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man.

- William Shakespeare

Self-Knowledge and Living Consciously

The easiest person to deceive is one's own self.

- Edward Bulwer-Lytton

The unexamined life is not worth living.

- Socrates

Socrates said the unexamined life is not worth living. But the (over)examined life makes you wish you were dead. Given the alternative, I'd rather be living.

- Saul Bellow

Habit rules the unreflecting herd.

- William Wordsworth

I think there is only one quality worse than hardness of heart, and that is softness of head.

- Theodore Roosevelt

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

- Aristotle (cited in the classic, *The 7 Habits of Highly Effective People*, by Stephen R. Covey)

Time Management and Goal Setting

Procrastination is the thief of time.

- Edward Young

Things which matter most must never be at the mercy of things which matter least.

- Goethe

Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do when it ought to be done, whether you like it or not. It is the first lesson that ought to be learned, and however early a (person's) training begins, it is probably the last lesson that (s/he) learns thoroughly.

- Thomas Huxley

Favourite Ways to say 'No'

- Thanks for asking, but I'm going to have to say 'No.'
- I'm particularly busy right now, so I'm going to have to pass on your request. But thank you anyway.
- I need to think about this. I'll get back to you in the next few days.
- Suggest a *quid pro quo*—a favour in return for a favour.
- If you can't comply with the entire request, consider how you might give partial help.

- From handout, "Just Say 'No.' Here's How."

Decide what you want, decide what you are willing to exchange for it, establish your priorities, and go to work.

- H. L. Hunt

Failing to plan is planning to fail.

- Author unknown

Organize and execute around priorities.

- Stephen Covey

Goals are dreams with deadlines.

- Sign in Lafayette, Indiana

A goal that is not written out is simply a 'wish.' The moment you commit it to paper, it becomes real. The moment you act on it, it becomes possible. The moment you create a deadline, it becomes probable.

- David Bach

The difference between a dream and a goal lies in following four steps: identifying a specific, realistic goal; creating a timeline; having an action plan; and becoming accountable. That's what changes a meaningless resolution into something with teeth.

- Dr. Phil McGraw

Commitment + Planning + Action + Persistence = Accomplishing Your Dream

- Don Gabor

"PACE" Model of Decision-Making

("PACE" yourself in life with solid problem identification and execution of prudent choices.)

P - Identify the **p**roblem

A - Generate **a**lternative solutions; identify pros and cons of each

C - **C**hoose the best alternative based on 'A' (as well as how you feel about each choice); then "Just Do It!"

E - **E**valuate your decision

- A. Peter MacLean

It's amazing what you can accomplish if you do not care who gets the credit.

- Harry S. Truman

Diplomacy is the art of letting someone have your way.

- Daniele Vare

***The 7 Habits of Highly Effective People*, by Stephen R. Covey**

The 7 Habits provide a sequential approach to move us progressively on a Maturity Continuum from dependence to independence to interdependence.

Habits 1, 2, and 3 deal with self-mastery and will help you achieve the Private Victory, and progress from dependence to independence:

Habit 1 - Be Proactive

Habit 2 - Begin with the End in Mind

Habit 3 - Put First Things First

Habits 4, 5, and 6 deal with the Public Victories of teamwork, cooperation, and communication, and facilitate progress from independence to interdependence:

Habit 4 - Think Win-Win

Habit 5 - Seek First to Understand, Then to Be Understood

Habit 6 - Synergize

Habit 7 is the habit of renewal—a regular, balanced renewal of the four basic dimensions of life (physical, social/emotional, mental, spiritual). Habit 7 circles and embodies all the other habits, and sustains the process of growth.

Habit 7 - Sharpen the Saw

The Time Quadrants

Quadrant I - The **Procrastinator** (important tasks; urgent timeframe)

Quadrant II - The **Prioritizer** (important tasks; nonurgent timeframe)

Quadrant III - The **Yes-Man** (nonimportant tasks; urgent timeframe)

Quadrant IV - The **Slacker** (nonimportant tasks; nonurgent timeframe)

By maximizing our time in the judicious Quadrant II, we create essential time in our lives to do what matters most, which enables us to experience greater happiness and meaning in life.

- *The 7 Habits of Highly Effective Teens*, by Sean Covey

Some Thoughts on Living Life

The deepest urge in human nature is “the desire to be important.”

- Professor John Dewey (cited in the classic, *How to Win Friends and Influence People*, by Dale Carnegie)

Every day, it's important to ask and answer these questions: “What's good in my life?” and “What needs to be done?”

- Nathaniel Branden

Life is ten percent what you experience and ninety percent how you respond to it.

- Dorothy M. Neddermeyer

Life is like riding a bicycle. To keep your balance you must keep moving.

- Albert Einstein

Life is becoming who you really are.

- OWN (Oprah Winfrey Network)

A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty.

- Winston Churchill

If you argue and rankle and contradict, you may achieve a victory sometimes. But it will be an empty victory because you will never get your opponent's good will.

- Ben Franklin

Be respectful of others, but do the math.

- A. Peter MacLean

The people to fear are not those who disagree with you, but those who disagree with you and are too cowardly to let you know.

- Napoleon Bonaparte

Experience teaches slowly and at the cost of mistakes.

- J. A. Froude

The first rule of holes: when you are in one, stop digging.

- Molly Ivins

Learn how to say "No!," without having to fight a battle.

-Carolyn Myss

An honest man's word is as good as his bond.

- Miguel de Cervantes

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

- Winston Churchill

I have never let my schooling interfere with my education.

- Mark Twain

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

- Eleanor Roosevelt

In regard to mental health, 'avoid' is a four-letter word, and 'should' is usually a four-letter word, but sometimes it is not.

- A. Peter MacLean

We don't work-out for the sheer joy of exercising,
but for the many benefits that exercise brings to our lives.

- A. Peter MacLean

The Serenity Prayer

God, grant me the ...

SERENITY to accept the things I cannot change,
COURAGE to change the things I can, and the
WISDOM to know the difference.

- Reinhold Niebuhr

The Serenity Prayer (Extended Version)

God, grant me the ...

SERENITY to accept the things I cannot change,
COURAGE to change the things I can, and the
Wisdom to know the difference.
Patience for the things that take time,
Appreciation for all that I have, and
Tolerance for those with different struggles,
Freedom to live beyond the limitations of our past ways, the
Ability to feel your love for us and our love for each other, and the
Strength to get up and try again even when I feel it is hopeless.

- Reinhold Niebuhr

Continuous effort—not strength or intelligence—is the key to unlocking our potential.

- Winston Churchill

Lead, follow, or get out of the way.

- Ballroom dancing maxim

Don't let the perfect be the enemy of the good.

- Voltaire

Don't strive for perfection—strive for success.

- Elvis Stojko – Canadian World Champion Figure Skater

What you think of me is none of my business.

- Wayne Dyer

Nobody can make you feel inferior without your consent.

- Eleanor Roosevelt

Those who wish to sing always find a song.

- Author unknown

Live with no excuses and love with no regrets.

- Montel

To avoid criticism, do nothing, say nothing—and be nothing.

- Author unknown

If you did it, it ain't brag, it's fact.

- Dizzy Dean (famous American pitcher)

If you did it, admit it;

If you lost it, replace it;

If you broke it, repair it;

These are the big boys' rules.

- Author unknown

Take fast hold of instruction;
Let her not go; keep her;
For she is thy life.

- Proverbs 4: 13

Don't complain about the snow on your neighbour's roof, when your own doorstep is unclean.

- Confucius

Have more than thou showest. Speak less than thou knowest.

- William Shakespeare

Don't ever take a fence down until you know the reason why it was put up.

- Gilbert Keith Chesterton

If you make people think that you're making them think, they'll love you.

If you actually make them think, they'll hate you.

- Author unknown

Personally I am always ready to learn, although I do not always like being taught.

- Winston Churchill

If you can give your son or daughter only one gift,

Let it be enthusiasm.

- Bruce Barton

Balance

It is very important in life to apply the wisdom of the great philosopher, Aristotle, by pursuing balance. This idea is called the "Golden Mean," i.e., striving to find and follow a middle road between the extremes of life. It is living in these imbalanced extremes where much of our misery derives, e.g., the dialectics of reason-emotion, work-play, doing-being, journey-destination, dependent-independent, enmeshed-detached, and so forth.

- A. Peter MacLean

The Serenity Prayer of Balance

God, grant me the serenity to accept my tendency to be imbalanced,
Courage to change for the sake of my sanity and well-being,
And wisdom to pursue balance by learning when to use my head, my heart, or both.

- A. Peter MacLean

It is good to have an end to journey toward.

But it is the journey that matters, in the end.

- Ursula K. Le Guin

The relationship continuum is dynamic, i.e., persons in our "relationship universe" will typically become either closer to us (greater self-disclosure and intimacy; move to the right) or farther away (increased distance or disconnection; move to the left). Whether we move a person to the left or to the right on our personal relationship continuum will be determined predominantly by two things:

i) experiencing, expressing and ultimately acting on our underlying primary feelings, e.g., the key five emotion categories of "sad, mad, glad, afraid, embarrassed," etc. (emotion), and ii) the pros vs. cons of his/her presence in our life (reason).

- A. Peter MacLean (from handout, "Relationship Continuum")

Emotions and Living in the Moment

The heart has its reasons which reason knows nothing of. We know the truth not only by the reason, but by the heart.

- Blaise Pascal

Trust instinct to the end,
Even though you can give no reason.

- Ralph Waldo Emerson

Joy and woe are woven fine
A clothing for the soul divine
Under every grief and pine
Runs a joy with silken twine.

- William Blake, *Auguries of Innocence*

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

- Author unknown

It is not death that a man should fear, but he should fear never beginning to live.

- Marcus Aurelius (121 – 180 AD)

Do not be afraid of death, but rather the unlived life.

- From the movie, "Tuck Everlasting"

Life isn't about waiting for the storm to pass ... it's learning to dance in the rain.

- Author unknown

Your business is not to 'get somewhere.' It is to be here.

- Dan Millman

Beware the barrenness of a busy life.

-Socrates

The degree of one's emotion varies inversely with one's knowledge of the facts: the less you know, the hotter you get.

- Bertrand Russell

However much we are affected by the things of the world, however deeply they may stir and stimulate us, they become human for us only when we can discuss them with others. We humanize what is going on in the world and in ourselves only by speaking of it, and in the course of it, we learn to be human.

- Hannah Arendt

Live like today is your last.
Dance like nobody is watching.
Love like you've never been hurt before.
- Author unknown

live with intention. walk to the edge. listen hard. practice wellness. play with abandon. laugh.
choose with no regret. continue to learn. appreciate your friends. do what you love. live as if this
is all there is.
-Mary Anne Radmacher

Live simply and laugh often.
- Author unknown

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

The richness I achieve comes from Nature, the source of my inspiration.
-Claude Monet

Come Out and Play: Nine Ways to Get More Out of Life

- 1. Break the Time Barrier** - Make play a priority and put it on your daily or weekly schedule. Make a date to recreate.
- 2. ETC (Entertain the Choices)** - Make a list of things you've always wanted to try but just didn't seem to have the time, the money, or the skill.
- 3. Connect/Disconnect** - Humans are both happier and healthier when they interact, but sometimes it's just as important to get away from it all.
- 4. Be a Tourist in Your Own Town** - Become acquainted with what's happening locally. Contact your local parks and recreation department.
- 5. Healthy Pleasures** - Find something that you enjoy that helps you unwind, relax, laugh and have fun. Walk, dance, get a hobby.
- 6. Don't Break the Bank** - The best things in life are free. Fish. Play cards. Watch birds. Volunteer. Take a walk on the wild side.
- 7. Find Your Fun Focus** - Pinpoint the focus for your recreational activities and you may be able to restore balance in your life.
- 8. Go for the Flow** - Seek out activities that create feelings of enjoyment, are engaging and challenge your abilities.
- 9. Carpe Diem** - Seize the day. Enjoy the moment. Do it because it's good for you. Do it because it's fun, and do it now.

- Active Living, Healthy Lifestyles
A project of the National Recreation & Park Association, U.S.A.

Friendship

No man is an island, entire of itself;
Every man is a piece of the continent.
- John Donne

Be courteous to all, but intimate with few; and let those few be well tried before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation.

- *George Washington*

Love all, trust a few. Do wrong to none.

- *William Shakespeare*

Apply the knowledge that there are two kinds of people in the world—enemies and friends—and the difference between them is that enemies make you laugh while friends are willing to make you cry. Choose friends who will be honest in giving you feedback you may not get anywhere else.

- *Sam Deep and Lyle Sussman*

A relationship is a series of tests. If the person passes a test, then the relationship gets stronger; if the person fails a test, the relationship gets weaker and can even end.

- *Author unknown*

The Serenity Prayer (A Variation)

God, grant me the ...

SENILITY to forget the people I never liked anyway,
GOOD FORTUNE to run into the ones I do like, and the
EYESIGHT to tell the difference.

- *Author unknown*

God, defend me from my friends;
From my enemies I can defend myself.

- *Author unknown*

True friendship is seen through the heart, not through the eyes.

- *Author unknown*

Genuine friendship needs to be the training ground for future romantic relationships.

- *A. Peter MacLean*

Good fences make good neighbours.

- *Author unknown*

Keep company with those who make you better.

- *English saying*

Those friends thou hast, and their adoption tried,
Grapple them unto thy soul with hoops of steel.

- *William Shakespeare*

Forgiveness and Reconciliation

An eye for an eye only ends up making the whole world blind.

- *Mohatma Ghandi*

Resentment is like taking poison and waiting for the other person to die.

- Malachy McCourt

There are no justified resentments.

- Wayne W. Dyer

At ev'ry trifle, scorn to take offense.

- Alexander Pope

It is often better not to see an insult, than to avenge it.

- Saying in Chinese Fortune Cookie

Everyone says that forgiveness is a lovely idea, until they have something to forgive.

- C. S. Lewis

One forgives to the degree one loves.

- La Rochefaucauld

Forgiveness is letting go of all hopes for a better past.

- Gerald G. Jampolsky

If one by one we counted people out for the least sin, it wouldn't take us long to get so we had no one left to live with. For to be social is to be forgiving.

- Robert Frost

The six most important words are: "I admit I made a mistake"

- from handout, "A Short Course in Human Relations"

An apology is a good way to have the last word.

- Author unknown

To be able to move on, one has to learn to forgive not only the person (or people) who have done wrong, but also one's self.

- Eugenia Tripputi

If we open a quarrel between past and present, we shall find that we have lost the future.

- Winston Churchill

In the practice of tolerance, one's enemy is the best teacher.

- Author unknown

Always forgive your enemies, nothing annoys them so much.

- Oscar Wilde

Hatred is never ended by hatred, but by love.

- Buddha

Love

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

- Pearl S. Buck

Those who love deeply never grow old;
They may die of old age, but they die young.

- Sir Arthur

To be loved, be lovable.

- Ovid

Love does not consist in gazing at each other, but in looking outward together in the same direction.

- Antoine De Saint-Exupery

Love is not getting everything on your list;
It's accepting those things that are aren't.

- Author unknown

Love is a choice you make from moment to moment.

- Barbara De Angelis

Love many, trust few.
Always paddle your own canoe.

- Plaque in family home

Love is reciprocated altruism.

- A. Peter MacLean

Love looks forward, hate looks back, and anxiety has eyes all over it's head.

-Mignon McLaughlin

We waste time looking for the perfect lover, instead of creating the perfect love.

- Tom Robbins

Love is better than lust because love (genuine caring) has lust,
But lust doesn't have love.

- Raymond Servin

True love comes quietly, without banners or flashing lights. If you hear bells, get your ears checked.

- Erich Segal

It is not a lack of love, but a lack of friendship that makes unhappy marriages.

- Friedrich Nietzsche

A great marriage requires two healthy people, and the time to get healthy is **before** you get married.

- Neil Clark Warren

A good marriage is one which allows for change and growth in the individuals and in the way they express their love.

- Pearl S. Buck

In love the paradox occurs that two beings become one and yet remain two.

- Erich Fromm

Kindness

In this world, you must be a bit too kind in order to be kind enough.

- Christian Nestell Bovee

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

- Edward Bulwer-Lytton

Those who bring sunshine to the lives of others cannot keep it from themselves.

- Sir James Matthew Barrie

Few of us can do great things, but all of us can do small things with great love.

- Mother Teresa

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

- Winston Churchill

Work

Choose a job you love and you'll never have to work a day in your life.

- Confucius

The true way to render ourselves happy is to love our work and find in it our pleasure.

- Francoise De Motteville

Blessed is he who has found his work;

Let him ask no other blessedness.

- Thomas Carlyle

Work like you don't need the money.

- Author Unknown

I believe you are your work. Don't trade the stuff of your life, time, for nothing more than dollars. That's a rotten bargain.

- Rita Mae Brown

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

- Albert Schweitzer

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.

- Frank Lloyd Wright

Happiness and Success

Happiness is the whole aim and end of human existence.

-Aristotle

What is the meaning of life? To be happy and useful.

-Dalai Lama

Happiness is not something ready made. It comes from your own actions.

- Dalai Lama

Happiness is neither virtue nor pleasure nor this thing nor that, but simply growth. We are happy when we are growing.

-William Butler Yeats

If you want to be happy, be!

-Henry David Thoreau

We are not unhappy today because of the complexities of life. We are unhappy because we miss it's underlying simplicities.

- Elizabeth Kubler-Ross & David Kessler

The secret of happiness, you see is not found in seeking more, but in developing the capacity to enjoy less.

-Dan Millman

Happiness lies in the joy of achievement and the thrill of creative effort.

-Franklin D. Roosevelt

Happiness is when what you think, what you say, and what you do are in harmony.

- Mohandas K. Gandhi

My popularity, my happiness and sense of worth depend to no small extent upon my skill in dealing with people.

- Dale Carnegie

The secret to happiness is to admire without desiring.

- F. H. Bradley

He who plants a garden, plants happiness.

-Chinese Proverb

I think a garden should delight the eye, warm the heart, and feed the soul.

-H.R.H. The Prince of Wales

A gardener is the spirit of the garden, the organizing force, the heart and soul of it all.

-Jeff Cox

Joy is permanent. Happiness is temporary. Joy depends upon what happens inside of you. Happiness depends upon what happens outside of you. ... Joy versus happiness is a choice. It occurs

many times each day, each hour, and sometimes each minute. ... Happiness requires changing circumstances, including people. Joy requires changing yourself.

-Gary Zukav

You have to be happy to be successful.

- Author Unknown

If there is any one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own.

- Henry Ford

If success can be defined as "getting what you want,"
Then happiness can be defined as "wanting what you get."

- Author unknown

Some people dream of success while others wake up and work hard at it.

- Winston Churchill

Success is a journey, not a destination.

- Author unknown

Success consists of going from failure to failure without loss of enthusiasm.

- Winston Churchill

Riches lie inside you, not in material possessions.

- Author unknown

It's not how much or how little you have,
It's how much you appreciate what you have that is of key importance.

- Author unknown ("Positive Thought for the Day")

Wealth without enjoyment is little consolation.
Your real prosperity lies in being thankful.
Real riches are riches of the heart and spirit.
Satisfaction comes from appreciating what you have.

- Author unknown

Truth and Wisdom

The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.

-Winston Churchill

A vocabulary of truth and simplicity will be of service throughout your life.

-Winston Churchill

Integrity is telling myself the truth.
Honesty is telling the truth to other people.

- Spencer Johnson

Justice is truth in action.

-Benjamin Disraeli

The truth is rarely pure and never simple.

-Oscar Wilde

A lie gets halfway around the world before the truth has a chance to get its pants on.

- Winston Churchill

A loving heart is the truest wisdom.

-Charles Dickens

Knowledge is proud that he has learned so much.

Wisdom is humble that he knows no more.

- William Cowper

The difference between stupidity and genius is that genius has its limits.

- Albert Einstein

Man is a rationalizing creature, not a rational one.

- David Ausubel

Intellectuals solve problems; geniuses prevent them.

- Albert Einstein

All the great things are simple, and many can be expressed in a single word: freedom, justice, honour, duty, mercy, hope.

- Winston Churchill

Courage is rightly esteemed the first of human qualities ... because it is the quality which guarantees all others.

- Winston Churchill

A wise person cares not for what he cannot have, but for what he can achieve.

- Saying in a Chinese fortune cookie

Great spirits have always encountered violent opposition from mediocre minds.

- Albert Einstein

Education is not the filling of a pail, but the lighting of a fire.

- William Butler Yeats

Education is the ability to meet life's situations.

- John G. Hibben (past-president of Princeton University)

The 8th Habit: From Effectiveness to Greatness, by Stephen R. Covey

Habit 8 gives you a mind-set and skill-set to constantly look for the potential in people. It's the kind of leadership that communicates to people their worth and potential so clearly they come to see it in themselves. To do this, we must listen to people.

Habit 8 – Find your Voice and Inspire Others to Find Theirs