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Action

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Action may not always bring happiness; but there is no happiness without action. [Benjamin Disraeli](http://www.brainyquote.com/quotes/authors/b/benjamin_disraeli.html)

Action cures Fear – David Schwartz

When the time for action has arrived, stop thinking and go in ------ [Napoleon Bonaparte](http://www.brainyquote.com/quotes/quotes/n/napoleonbo386044.html)

The path to success is to take massive, determined action ------[Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin134116.html)

House: Time changes everything. That's what people say, it's not true. Doing things changes things. Not doing things leaves things exactly as they were.

"The successful person has the habit of doing the things failures don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to their purpose. So instead of settling for something that is instantly gratifying or running away from something instantly painful, they go for something that is painful now but gratifying later” 🡪 Covey

Usually what we most fear, are the things we most NEED to DO. Plan to do something everyday that you FEAR – Tim Feriss

What is costing you physically, mentally, financially, TO POSTPONE ACTION? Measure the cost of inaction. If you don’t pursue the things that excite you, where will you be in 1 year, 5 year, 10 years? How will you FEEL, having allowed reality to allow 10 years of your youth to pass, doing what you know will not fulfill you? – Tim Feriss

If RISK means never being able to achieve your dreams in your life, INACTION is the GREATEST RISK of all – Tim Feriss

“Do not wait: the time will never be 'just right'. Start where you stand, and work whatever tools you may have at your command and better tools will be found as you go along.” – Napoleon Hill

Ask yourself “What are you waiting for?” If you say “better timing” the answer is “you are afraid”. Measure the cost of inaction. Understand the unlikelihood of “mistakes” and “missteps” ruining your life and do what successful people do: Action – Tim Feriss

However many holy words you read, however many you speak, what good will they do you if you do not act on upon them? -------- [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha388832.html)

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. So the voluntary path to cheerfulness is to sit up cheerfully and to act and speak as if cheerfulness were already there – William James

A superior man is modest in his speech, but exceeds in his actions ----- [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius118667.html)  
Great acts are made up of small deeds. A journey of a thousand miles must begin with a single step -----Lao Tzu

Think of yourself as on the threshold of unparalleled success. A whole, clear, glorious life lies before you. Achieve! Achieve! [Andrew Carnegie](http://www.brainyquote.com/quotes/quotes/a/andrewcarn389883.html)

If you spend too much time thinking about a thing, you'll never get it done --- [Bruce Lee](http://www.brainyquote.com/quotes/quotes/b/brucelee384548.html)

Get busy. Your blood with start circulating, your mind will start ticking and this whole positive upsurge of life will drive worry form your mind. Keep busy. It’s the cheapest kind of medicine on this world and one of the best – Dale Carnegie

What simple action could you take today to produce a new momentum toward success in your life? How am I going to live today in order to create the tomorrow I'm committed to? [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147807.html)

I must lose myself in action, for fear that I wither in despair

Do you want to know who you are? Don't ask. Act! Action will delineate and define you ---- [Thomas Jefferson](http://www.brainyquote.com/quotes/quotes/t/thomasjeff120901.html)

Thinking is easy, acting is difficult, and to put one's thoughts into action is the most difficult thing in the world ----- [Johann Wolfgang von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf120953.html)

Begin with the end in mind. If you know your destination, you can better understand where you are now. And then you can make the decision to get yourself moving forward in the right direction – Stephen Covey

Write down the result you desire. Then write down the actions that will get you to that result. Then do those things – Covey

[You have to take risks. We will only understand the miracle of life fully when we allow the unexpected to happen.](http://www.brainyquote.com/quotes/quotes/p/paulocoelh389706.html)  [Paulo Coelho](http://www.brainyquote.com/quotes/quotes/p/paulocoelh389706.html)

The few who do are the envy of the many who only watch -------[Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147483.html)

“There is only one way to learn. It's through action. Everything you need to know you have learned through your journey.” 　― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided. You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action.  
[Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147770.html)

“Do what you can, with what you have, where you are.”   
― [Theodore Roosevelt](http://www.goodreads.com/author/show/44567.Theodore_Roosevelt)

In essence, if we want to direct our lives, we must take control of our habits. It's not what we do once in a while that shapes our lives, but what we do consistently [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147771.html)

Action may not always bring happiness; but there is no happiness without action Benjamin Disraeli

You can never go somewhere you’ve never been without doing something you’ve never done – Chris Paul

Everytime we lose, I ask myself “what MORE could I have done?” – Chris Paul

“Making a decision was only the beginning of things. When someone makes a decision, he is really diving into a strong current that will carry him to places he had never dreamed of when he first made the decision.”  ― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

Do your duty and a little more and the future will take care of itself -------- [Andrew Carnegie](http://www.brainyquote.com/quotes/quotes/a/andrewcarn121450.html)

Follow effective action with quiet reflection. From the quiet reflection will come even more effective action - [Peter Drucker](http://www.brainyquote.com/quotes/quotes/p/peterdruck120337.html)

Most people have no idea of the giant capacity we can immediately command when we focus all of our resources on mastering a single area of our lives - [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin132550.html)

It is in your moments of decision that your destiny is shaped.   
[Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147787.html)

One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin165101.html)

The truth is that we can learn to condition our minds, bodies, and emotions to link pain or pleasure to whatever we choose. By changing what we link pain and pleasure to, we will instantly change our behaviors [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147799.html)

It doesn't matter which side of the fence you get off on sometimes. What matters most is getting off. You cannot make progress without making decisions. [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147491.html)

Anger

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Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned – Buddha

“I have no time to quarrel, no time for regrets and no man can force me to stoop low enough to hate him. Can’t you see I’m busy trying to educate the poor?” – Laurence Jones

You will not be punished for your anger, you will be punished by your anger ------- [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha384547.html)

When you hate, the only one that suffers is you. Because most of the people you hate don't know it and the rest don't care Medgar Evans

“In the long run, every man will pay the penalty for his own misdeeds. He will reap what he sowed. She will reap what she sowed. The man who remembers this will be angry with no one, offend no one, hate no one, vilify no one” – Epictus

Anybody can become angry - that is easy, but to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way, that is not within everybody's power and is not easy – Aristotle

He who angers you conquers you - Elizabeth Kenny

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured [Mark Twain](http://www.brainyquote.com/quotes/quotes/m/marktwain120156.html)

I shall allow no man to belittle my soul by making me hate him Booker T. Washington

Look at me. I'm fat, black, can't dance, and I have two gay fathers. People have been messing with me my whole life. I learned a long time ago there's no sense getting all riled up every time a bunch of idiots give you a hard time. In the end, the universe tends to unfold as it should

Appreciation

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It’s good to have goals and dreams, but while you’re waiting for things to change, waiting for promises to come to pass, don’t be discontent with where you are. Learn to enjoy the season that you’re in--Pastor Joel Osteen

“Those born to wealth, and who have the means of gratifying every wish, know not what is the real happiness of life, just as those who have been tossed on the stormy waters of the ocean on a few frail planks can alone realize the blessings of fair weather.”   
― [Alexandre Dumas](https://www.goodreads.com/author/show/4785.Alexandre_Dumas), [The Count of Monte Cristo](https://www.goodreads.com/work/quotes/391568)

“This piece of iron which he had been allowed to keep aroused a more profound wave of gratitude towards Heaven in his heart than the greatest blessings that he experienced in his life outside of prison” – Alexandre Dumas, The Count of Monte Cristo, describing Edmond Dantes when he luckily finds a piece of iron to dig a hole out of his prison

Yesterday is history, tomorrow is mystery. But today is a gift. That’s why we call it the Present ------- Master Oogway

Live each day as if it were last. Savor every sunset, every laugh, every conversation, every flower

Feeling gratitude and not expressing it is like wrapping a present and not giving it ------- William Arthur Ward

Today is life-the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg395503.html)

I still find each day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see ------- [John Burroughs](http://www.brainyquote.com/quotes/quotes/j/johnburrou101053.html)

Go to foreign countries and you will get to know the good things one possesses at home ------- [Johann Wolfgang Von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf395283.html)

Career

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When you grow up you tend to get told that the world is the way it is and your life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family, have fun, save a little money. That's a very limited life. Life can be much broader once you discover one simple fact: Everything around you that you call life was made up by people that were no smarter than you and you can change it, you can influence it, you can build your own things that other people can use. Steve jobs

[Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid.](http://qusmo.com/q/25) – Albert Einstein

I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something. Steve jobs

Choose a job you love, and you will never have to work a day in your life ---------- [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius134717.html)

I never did a day’s work in my life. It was all fun – Thomas Edison

You know, my main reaction to this money thing is that it's humorous, all the attention to it, because it's hardly the most insightful or valuable thing that's happened to me ----------- [Steve Jobs](http://www.brainyquote.com/quotes/quotes/s/stevejobs416884.html)

As long as you feel you are serving others, you do the job well. When you are concerned only with helping yourself, you do it less well -- a law as inexorable as gravity

[I was not encouraged to follow the career of a writer because my parents thought that I was going to starve to death. They thought nobody can make a living from being a writer in Brazil. They were not wrong.](http://www.brainyquote.com/quotes/quotes/p/paulocoelh447401.html)  [Paulo Coelho](http://www.brainyquote.com/quotes/quotes/p/paulocoelh447401.html)

You've got to find what you love. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on. So keep looking until you find it. Don't settle.--------- [Steve Jobs](http://www.brainyquote.com/quotes/quotes/s/stevejobs416859.html)

 I'd rather be at the bottom of a ladder I want to be on than halfway up a ladder I don't want to be on

Comedy

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To truly laugh, you must be able to take your pain, and play with it! ------------ [Charlie Chaplin](http://www.brainyquote.com/quotes/quotes/c/charliecha383888.html)

[Bill Hicks](http://www.imdb.com/name/nm0382805/?ref_=tt_trv_qu): The world is like a ride at an amusement park, and when you choose to go on it, you think it's real because that's how powerful our minds are. And the ride goes up and down and round and round; it has thrills and chills and it's very brightly colored and it's very loud and it's fun... for a while. Some people have been on the ride for a long time, and they begin to question: "Is this real, or is this just a ride?" And other people have remembered, and they come back to us, and they say, "Hey - don't worry, don't be afraid -EVER- because, this is just a ride." And we... KILL those people HAHAHA! "Shut him up! We have a lot invested in this ride - SHUT HIM UP! Look at my furrows of worry! Look at my big bank account, and my family! This just HAS to be real!"... But it's just a ride. And we always kill those good guys who try and tell us that, you ever notice that? And let the demons run amok? Jesus - murdered; Martin Luther King - murdered; Malcolm X - murdered; Gandhi - murdered; John Lennon - murdered; Reagan... wounded HAHA! But it doesn't matter because: It's just a ride. And we can change it anytime we want. It's only a choice. No effort, no work, no job, no savings of money. A choice, right now, between fear and love. The eyes of fear want you to put bigger locks on your doors, buy guns, close yourself off. The eyes of love, instead, see all of us as one. Here's what we can do to change the world, right now, to a better ride: Take all that money that we spend on weapons and defense each year and instead spend it feeding and clothing and educating the poor of the world, which it would many times over, NOT ONE HUMAN BEING EXCLUDED, and we could explore space, together, both inner and outer, forever, in peace.

The secret source of humor itself is not joy but sorrow. There is no humor in heaven ------- [Mark Twain](http://www.brainyquote.com/quotes/quotes/m/marktwain131333.html)

Comedy is like boxing. All those little Open Mics are just little fighters that you're fighting along the way to get to the title – Russell Peters

That which is most personal is most general. The more authentic you become, the more genuine in your expression, particularly regarding personal experiences and even self-doubts, the more people can relate to your expression and the safer it makes them feel to express themselves.

It's extraordinary to me when you get a laugh. That you can go in front of a bunch of people you never met before, you can say some stuff and they all laugh in unison - that's amazing. It's a miracle – Chris Rock

If I had never ventured beyond being a stand-up comic, then I would be sitting in my house today working on my Leonardo DiCaprio impression …. Jim Carrey

Occasionally, people get upset because they don’t think it’s funny. Somebody asked me “Bill why can’t you do things that appeal to everybody?” … well that’s impossible! What a burden! I will please all people! No one’s done that yet. What am I supposed to do, change my beliefs and attitude for them? To be what to them? - Bill Hicks

I honestly believe we are all the same. It’s condescending to say “I will give them what THEY want”. “You are all a bunch of idiots so I will do things I don’t believe in to amuse you” - Bill Hicks

“[Sit down and put down everything that comes into your head and then you're a writer. But an author is one who can judge his own stuff's worth, without pity, and destroy most of it.](http://thinkexist.com/quotation/sit_down_and_put_down_everything_that_comes_into/201301.html)” http://thinkexist.com/i/sq/as0.gif [Sidonie Gabrielle quotes](http://thinkexist.com/quotes/sidonie_gabrielle/)

If I had no sense of humor, I would long ago have committed suicide [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan105954.html)

Passion is the genesis of genius [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147797.html)

Talent is a flame, Genius is a fire – Fortune Cookie (11/24/2012 My 24th birthday)

Compassion

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Whoever renders service to many puts himself in line for greatness - great wealth, great return, great satisfaction, great reputation, and great joy ----- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn133000.html)

You cannot judge any man beyond your knowledge of him, and how small is your knowledge - Kahlil Gibran

“We can never judge the lives of others, because each person knows only their own pain. It's one thing to feel that you are on the right path, but it's another to think that yours is the only path” -  Paulo Coelho

God Himself, sir, does not propose to judge a man until his life is over.   
Why should you and I? - Samuel Johnson

“Whenever you feel like criticizing any one...just remember that all the people in this world haven't had the advantages that you've had.”  ― [F. Scott Fitzgerald](http://www.goodreads.com/author/show/3190.F_Scott_Fitzgerald)

“Be kind, for everyone you meet is fighting a hard battle.” ~Plato

"If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not deter or neglect it, as I shall not pass this way again." -- William Penn

If you would take, you must first give, this is the beginning of intelligence ---- Lao Tzu

"Kind words can be short and easy to speak but their echoes are truly endless."   
-- Mother Teresa

Be lavish in your approbations and hearty in your praise – Dale Carnegie

Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill --------- Buddha

The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own.  
[Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu121471.html)

The world is full of people who are grabbing and self-seeking. So the rare individual who unselfishly tries to serve others has an enormous advantage. He has little competition – Dale Carnegie

Look at the weaknesses of others with compassion, not accusation. It's not what they're not doing or should be doing that's the issue. The issue is your own chosen response to the situation – Stephen Covey

[No reason is needed for loving.](http://www.brainyquote.com/quotes/quotes/p/paulocoelh381733.html)  [Paulo Coelho](http://www.brainyquote.com/quotes/quotes/p/paulocoelh381733.html)

The best way to find yourself is to lose yourself in the service of others ------------- [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan150725.html)

"A warm smile is the universal language of kindness."   
-- William Arthur Ward.

"The best portions of a good man's life, His little, nameless, unremembered acts,  
Of kindness and love."  -- William Wordsworth

“Don't be in a hurry to condemn because he doesn't do as you think or think as you think or as fast. There was a time when you didn't know what you know today” ― [Malcolm X](http://www.goodreads.com/author/show/17435.Malcolm_X)

Don't complain about the snow on your neighbor's roof when your own doorstep is unclean - Confucius

Any fool can criticize, condemn, and complain - and most fools do ----- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg108920.html)

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| You yourself, as much as anybody in the entire universe deserve your love and affection ---- Buddha |

I believe that unarmed truth and unconditional love will have the final word in reality - Martin Luther King, Jr.

Confidence

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Don’t let anybody tell you, you can’t do something. Not even your parents or family. You got a dream, you gotta protect it. People can’t do something themselves, they want to tell you “you can’t do it”. If you want something, go get it, PERIOD. Will Smith

If you can dream it, you can do it. [Walt Disney](http://www.brainyquote.com/quotes/quotes/w/waltdisney130027.html)

Never be bothered by what people say as long as you know in your heart you are right

Lack of self-confidence is due to Mismanaged Memory.

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent ----- [Arnold Schwarzenegger](http://www.brainyquote.com/quotes/quotes/a/arnoldschw164989.html)

You just wait. I'm going to be the biggest Chinese Star in the world. Bruce Lee

I am the greatest, I said that even before I knew I was [Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal148626.html)

Even when I was a little kid, I always said I would be in the movies one day, and damned if I didn't make it ----- [Richard Pryor](http://www.brainyquote.com/quotes/quotes/r/richardpry297124.html)

In my mind, I've always been an A-list Hollywood superstar. Y'all just didn't know yet ------------ [Will Smith](http://www.brainyquote.com/quotes/quotes/w/willsmith167218.html)

[I had this dream to become a writer since I was a teenager.](http://www.brainyquote.com/quotes/quotes/p/paulocoelh447387.html) [Paulo Coelho](http://www.brainyquote.com/quotes/quotes/p/paulocoelh447387.html)

You have to expect things of yourself before you can do them … [Michael Jordan](http://www.brainyquote.com/quotes/quotes/m/michaeljor104651.html)

Believe you can and you're halfway there - Theodore Roosevelt

Belief creates the actual fact - William James

Respect yourself and others will respect you – Confucius

It's lack of faith that makes people afraid of meeting challenges, and I believed in myself ----- [Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal125243.html)

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy [Norman Vincent Peale](http://www.brainyquote.com/quotes/quotes/n/normanvinc132560.html)

Never bend your head. Always hold it high. Look the world straight in the eye ------------ Helen Keller

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence ----- [Helen Keller](http://www.brainyquote.com/quotes/quotes/h/helenkelle164579.html)

Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world ----- [Helen Keller](http://www.brainyquote.com/quotes/quotes/h/helenkelle386488.html)

Better a diamond with a flaw than a pebble without.  
[Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius107048.html)

Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power [Clint Eastwood](http://www.brainyquote.com/quotes/quotes/c/clinteastw392797.html)

You want society to accept you, but you can't even accept yourself

Doubt yourself and you doubt everything you see and feel.

“No one can make you feel inferior without your consent.”  
― Eleanor Roosevelt

A man cannot be comfortable without his own approval ---- [Mark Twain](http://www.brainyquote.com/quotes/quotes/m/marktwain106097.html)

Courage & Fear

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He who is not courageous enough to take risks will accomplish nothing in life – Muhammad Ali

고민하거나 두려워하지 말고 지금 할 수 있는 작은 일을 해라. 성공이란 매일 작은 일을 차복차복 쌓아가는 것이다.

The only thing we have to fear is fear itself – Franklin D Roosevelt

I know that if I wasn't scared, something's wrong, because the thrill is what's scary ... [Richard Pryor](http://www.brainyquote.com/quotes/quotes/r/richardpry297162.html)

Do the things you fear, and the death of fear is certain – Ralph Waldo Emerson

“If you would become a success, you must resolve to confront your fears. If you do the things you fear, the death of fear is certain. Do the thing and you will have the power” – Brian Tracy

“It always seems impossible until its done.” - Nelson Mandela.

In order to succeed, your desire for success should be greater than your fear of failure [Bill Cosby](http://www.brainyquote.com/quotes/quotes/b/billcosby132430.html)

Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear.  
Dale Carnegie

Courage to face fear is developed with practice. Practice courage whenever courage is required 🡪 Brian Tracy

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.

Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful. - Mark Victor Hansen

You can conquer almost any fear if you will only make up your mind to do so. Remember, fear doesn't exist anywhere except in the mind ----- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg156628.html)

"Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it goes in search of its dreams.”   
― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment - Marcus Aurelius

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy. [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg132157.html)

Take a chance! All life is a chance. The man who goes farthest is generally the one who is willing to do and dare --- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg132642.html)

The difficulties you meet will resolve themselves as you advance. Proceed, and light will dawn, and shine with increasing clearness on your path ----- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn119868.html)

You got a dream... You gotta protect it. People can't do somethin' themselves, they wanna tell you you can't do it. If you want somethin', go get it. Period.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition ------ [Steve Jobs](http://www.brainyquote.com/quotes/quotes/s/stevejobs416854.html)

The important thing is not being afraid to take a chance. Remember, the greatest failure is to not try

Passion is energy. Feel the power that comes from focusing on what excites you – Oprah

The word impossible is not in my dictionary - [Napoleon Bonaparte](http://www.brainyquote.com/quotes/quotes/n/napoleonbo378984.html)

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.” ― H. Jackson Brown Jr.

Men do not die from overwork. They die from dissipation and worry. Yes, from dissipation of their energies-and worry because they never seem to get their work done – Dale Carnegie

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 which you think you cannot do. Eleanor Roosevelt

The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown ---- H. P. Lovecraft

Try a thing you haven’t done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not ------- Virgil Thomson

“Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do” ― Apple Inc.

“People are afraid to pursue their most important dreams, because they feel that they don't deserve them, or that they'll be unable to achieve them.”   
― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

Destiny

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It is in your moments of decision that your destiny is shaped.

Tony Robbins

24살은 아침 7시 12분이다. 한국인의 평균수명 80세, 인생을 하루24시간에 비유하면 1년은 18분 … 24살은 아침 7시 12분이다. 너무나도 이르지 않은가? 어떤 사람들은 깨어나지도 않았다. 지금 충분히 늦지않았다. 힘들어하고 좌절하고 절망하기엔 너무나도 이른 7시 12분.  아직 하루를 제대로 시작도 안한~ 학생이면 아직 학교 등교를 하고 있는, 직장인이면 출근도 아직 안한 시간 … 인생에서 무엇을 하기에 너무 늦었거나   
너무 이른 시간은 없다. 생각보다 아직 많이 남은 인생시계를 보며 꿈을 포기하지 말라– 김난도

"You are the architect of your own destiny; you are the master of your own fate; you are behind the steering wheel of your life. There are no limitations to what you can do, what you can have or who you can be. Except the limitations you place on yourself by your own thinking – Brian Tracy

[When a person really desires something, the entire universe conspires to help](http://www.brainyquote.com/quotes/quotes/p/paulocoelh387319.html) you achieve it – Paulo Coelho

"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 that has been opened for us." -Helen Keller

“Life is a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when that storm comes.”   
― [Alexandre Dumas](https://www.goodreads.com/author/show/4785.Alexandre_Dumas)

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. Margaret Mead

(I was a college drop-out, my biological parents didn’t love me, had no money in my early 20s. I just followed where my natural curiosity and instincts led me. I had no idea why certain things were happening in my life and didn’t think my curiosity in typography would ever pay off) … But you cannot connect the dots looking forward; you can only connect the dots looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something — your gut, destiny, God, karma, whatever. This approach has never let me down, and it has made all the difference in my life – Steve Jobs

There are no accidents - Master Oogway

If you are not willing to risk the unusual, you will have to settle for the ordinary - [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn385514.html)

The person born with a talent they are meant to use will find their greatest happiness in using it [Johann Wolfgang von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf119889.html)

I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're right, you believe lies so you eventually learn to trust no one but yourself, and sometimes, good things fall apart so better things can fall together.” ― Marilyn Monroe

“If you don't stand for something you will fall for anything.” [Malcolm X](http://www.goodreads.com/author/show/17435.Malcolm_X)

Find out what you really love to do, and then find a way to make a good living doing it. - Napoleon Hill

I am what I am today because of the choices I made yesterday

If you have a fucked-up map, every step you take will get you to the wrong place faster – Stephen Covey

If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much ----- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn165075.html)

I challenge you to make your life a masterpiece. I challenge you to join the ranks of those people who live what they teach, who walk their talk ----- [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147804.html)

Human salvation lies in the hands of the creatively maladjusted  
Martin Luther King Jr

I would much rather have regrets about not doing what people said, than regretting not doing what my heart led me to and wondering what life had been like if I'd just been myself - Brittany Renée

“If other people do not understand our behavior—so what? Their request that we must only do what they understand is an attempt to control us. If this is being "asocial" or "irrational" in their eyes, so be it. Mostly they resent our freedom and our courage to be ourselves. We owe nobody an explanation, as long as our acts do not hurt or infringe on them. How many lives have been ruined by this need to "explain," which usually implies that the explanation be "understood," i.e. approved. Let your deeds be judged, and from your deeds, your real intentions, but know that a free person owes an explanation only to himself—to his reason and his conscience—and to the few who may have a justified claim for explanation.”  ― [Erich Fromm](http://www.goodreads.com/author/show/8788.Erich_Fromm), [The Art of Being](http://www.goodreads.com/work/quotes/2423763)

Never doubt that a small group of thoughtful citizens can change the world.   
Indeed, it is the only thing that ever has Margaret Mead

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance.” Robert Kennedy

진정한 선비는 절대로 그릇된 군주나 사상을 위해 재능을 쓰지 않는다. 세상을 바꿀 재능을 시골구석에 숨겨야 하더라도 때를 기다리고 천기가 찾아오면 그때서야 일어나 대의를 위해 헌신한다.

People who exercise their embryonic freedom day after day will, little by little, expand that freedom. People who do not will find that it withers until they are literally "being lived." They are acting out the scripts written by parents, associates, and society

Daring ideas are like chessmen moved forward; they may be beaten, but they may start a winning game [Johann Wolfgang von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf161988.html)

“Every second of the search is an encounter with God. When I have been truly searching for my treasure, every day has been luminous...I've discovered things along the way that I never would have seen had I not had the courage to try things that seemed impossible for a shepherd to achieve.”  ― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

It seems to never occur to fools that merit and good fortune are closely united - [Johann Wolfgang von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf150539.html)

The hottest place in hell is reserved for those who remain neutral in times of great moral conflict - Martin Luther King, Jr.

I became a performer because it was what I enjoyed doing [Richard Pryor](http://www.brainyquote.com/quotes/quotes/r/richardpry297123.html)

That which we obtain too easily, we esteem too lightly. It is dearness only which gives everything its value. Heaven knows how to put a proper price on its goods - Thomas Paine

“The world’s greatest lie is that at a certain point in our lives, we lose control of what's happening to us, and our lives become controlled by fate. That's the world's greatest lie.”   
― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

“Whoever you are, or whatever it is that you do, when you really want something, it's because that desire originated in the soul of the universe. It's your mission on earth.”  ― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

“The wise men understood that this natural world is only an image and a copy of paradise. The existence of this world is simply a guarantee that there exists a world that is perfect. God created the world so that, through its visible objects, men could understand his spiritual teachings and the marvels of his wisdom.” ― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [Alchemist](http://www.goodreads.com/work/quotes/4835472)

누가 뭐라하든 상관없어. 네가 하고 싶은 공부를 해. 너의 시간이고 너의 인생이야. 네가 네 자신을 제일 잘 아니깐. 자신을 믿고 네 길을 찾아갈 때 너는 가장 큰 성공을 얻었고 앞으로도 얻을거야. 너는 할 수 있어. 지금까지 해온것 처럼. 네 꿈이 닿는 곳까지 - 부경아

Discipline

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Begin today to practice self-discipline in every area of your life. Persist in this practice until self-discipline comes to you automatically. You make yourself into a better, stronger person by persisting every time you feel like quitting. The greater your self-discipline, the greater your self-confidence and the lower will be your fear of failure and rejection. When you gain strong self-discipline, you will become unstoppable in your life – Brian Tracy

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and starting on the first one.” – Mark Twain

It is well to be up before daybreak, for such habits contribute to health, wealth, and wisdom – Aristotle

People are rewarded in public for what they practice for 10 years in private – Tony Robbins

You don’t start saying “I want to be build the biggest, greatest wall in the history of all great walls”. You don’t start there. You start by ONE BRICK and decide “I’m going to lay this one brick today as perfect as this one brick can be laid”. And you lay that one brick every single day. Before you know it, you have the Great wall. Will Smith

Disciplining yourself to do what you know is right and important, although difficult, is the highroad to pride, self-esteem, and personal satisfaction – Margaret Thatcher

Diligence is the mother of good luck – Benjamin Franklin

I get up so early in the morning to work out coz it takes discipline. It really shows me that, “when I get up in the morning, I could easily roll over” but instead, I’m like “alright let’s do it.” It’s part of the regimen – Chris Paul

As bad as it hurts, as bad as it burns right now, it will all pay off in the end – Chris Paul

I’m truly blessed to get up every morning and do what I love. If this is the hardest thing I have to endure in my day, then I’m living a pretty good life – Chris Paul

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or by demons, heaven or hell. [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha121206.html)

People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.   
[Andrew Carnegie](http://www.brainyquote.com/quotes/quotes/a/andrewcarn391523.html)

Determine never to be idle. No person will have occasion to complain of lack of time who never loses any. It is wonderful how much may be done if we are always doing - [Thomas Jefferson](http://www.brainyquote.com/quotes/quotes/t/thomasjeff120900.html)

To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent ---------- [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha118312.html)

People’s Natures are alike. It is their habits that carry them far apart – Confucius

What keeps me going is goals [Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal148630.html)

Discipline is the bridge between goals and accomplishment [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn109882.html)

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

If you wish to have a quality you don’t have, act in every instant when the quality is called for, as though you already had it, and then you will have it --- Aristotle

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him -------- [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha118245.html)

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.  
[Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha387356.html)

Have the courage to leap toward your dream but have the discipline to keep going when the going gets tough

In his fascinating book, Alone, Admiral Richard E. Byrd told about the time he spent in bewildering and soul-shattering darkness. He lived alone in a shack that was literally buried in the great glacial icecap that covers the South Pole. He spent five months there. The days were as black as the nights. No living creature of any kind existed within a hundred miles. The cold was so intense that he could hear his breath freeze and crystallize as the wind blew it past his ears. "At night, before blowing out the lantern, I formed the habit of planning the morrow's work." He had to, in order to preserve his sanity. "It was wonderful to be able to dole out time in this way. It brought me an extraordinary sense of command over myself; and without constant activity, the days would have been without purpose; and without purpose, they would have ended — as such days always end — in disintegration."

People are not lazy. They simply have impotent goals - that is, goals that do not inspire them [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147790.html)

Setting goals is the first step in turning the invisible into the visible. [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147791.html)

The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be the far greater value than what you get ---- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn121478.html)

Without a sense of urgency, desire loses its value ------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147493.html)

It does not matter how slowly you go as long as you do not stop [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius140908.html)

An ant on the move does more than a dozing ox – Lao Tzu

The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools …. [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius141110.html)

Sow a thought and you reap an action. [Sow enough actions, and you reap a habit. Sow enough habits and you reap a character. Sow a character and you reap a destiny.](http://www.brainyquote.com/quotes/quotes/j/jamesallen148442.html)

[Virtue is a habit of the mind, consistent with moderation and reason](http://www.brainyquote.com/quotes/quotes/m/marcustull118795.html) [Marcus Tullius Cicero](http://www.brainyquote.com/quotes/authors/m/marcus_tullius_cicero.html)

Sometimes you are gonna struggle, sometimes you won’t make every shot, sometimes you are going to get your ass handed to you. But that’s okay. That’s all part of the learning process. That’s how the game is played 🡪 Idan Ravin

Failure

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“Don't fear failure. — Not failure, but low aim, is the crime. In great attempts it is glorious even to fail.” Bruce Lee

Why do we fall, Bruce? So we can learn to pick ourselves up

I've failed over and over and over again in my life and that is why I succeed. [Michael Jordan](http://www.brainyquote.com/quotes/quotes/m/michaeljor167379.html)

"Our greatest glory is not in never falling, but in rising every time we fall” –---------- Confucius

Success is 99 percent failure - Soichiro Honda

"I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter into one of the most creative periods of my life. I'm pretty sure none of Pixar or the most creative things I’ve accomplished in life would have happened if I hadn't been fired from Apple. It was awful tasting medicine, but I guess the patient needed it. Sometimes life hits you in the head with a brick. Don't lose faith” – Steve Jobs

It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default –---------- [J. K. Rowling](http://www.brainyquote.com/quotes/quotes/j/jkrowlin415670.html)

Far better it is to dare mighty things, to win glorious triumphs, even though chequered by failure, than to take rank with those poor souls who neither enjoy much nor suffer much, because they live in the grey twilight that knows neither victory nor defeat. By : Theodore Roosevelt

Develop success from failures. Discouragement and failure are two of the surest stepping stones to success ------ Dale Carnegie

Failure is unimportant. It takes courage to make a fool of yourself ----------- [Charlie Chaplin](http://www.brainyquote.com/quotes/quotes/c/charliecha158954.html)

Success is a lousy teacher. It seduces smart people into thinking they can't lose. Your most unhappy customers are your greatest source of learning ... [Bill Gates](http://www.brainyquote.com/quotes/quotes/b/billgates161558.html)

Success consists of going from failure to failure without loss of enthusiasm [Winston Churchill](http://www.brainyquote.com/quotes/quotes/w/winstonchu131188.html)

It's better to lose in the struggles for your dreams than to be defeated without ever knowing what you're fighting for

Failure meant a stripping away of the inessential. I stopped pretending to myself that I was anything other than what I was, and began to direct all my energy to finishing the only work that mattered to me. Had I really succeeded at anything else, I might never have found the determination to succeed in the one area where I truly belonged. I was set free, because my greatest fear had been realized, and I was still alive, and I still had a daughter whom I adored, and I had an old typewriter, and a big idea. And so rock bottom became a solid foundation on which I rebuilt my life. – J. K. Rowling

Failure is success if we learn from it ... [Malcolm Forbes](http://www.brainyquote.com/quotes/quotes/m/malcolmfor121340.html)

I honestly think it is better to be a failure at something you love than to be a success at something you hate ... [George Burns](http://www.brainyquote.com/quotes/quotes/g/georgeburn121344.html)

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it ... Henry Ford

人生は七転び八起き

Forgiveness

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He who knows and understands all forgives all – Buddha

Father, forgive them; for they know not what they do - Bible

The weak can never forgive. Forgiveness is the attribute of the strong ------------ [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan121411.html)

To be wronged is nothing unless you continue to remember it ----------- [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius163040.html)

[The best revenge is to be unlike him who performed the injury.](http://www.brainyquote.com/quotes/quotes/m/marcusaure383110.html) [Marcus Aurelius](http://www.brainyquote.com/quotes/quotes/m/marcusaure383110.html)

He who loves 50 people has 50 woes; he who loves no one has no woes ------------------ [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha103449.html)

Hatred does not cease by hatred, but only by love; this is the eternal rule ------- [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha140929.html)

己を許し本当の自分を認める者。それが本当の強者だ。Uchiha Itachi

I look only to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others ------- [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan160813.html)

“Always forgive your enemies; nothing annoys them so much.”  
― Oscar Wilde

God

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I can do all things through Him who gives me strength – Philippians 4:13 (내게 능력 주시는 자 안에서 내가 모든 것을 할 수 있느니라) 빌립보서 4장 13절

Some pretend to be rich, yet have nothing; others pretend to be poor, yet have great wealth. – Proverbs 13:7 스스로 부유한 체하여도 아무것도 없는 자가 있고. 스스로 가난한 체하여도 재물이 많은 자가 있느니라. '잠언' 13장 7절

I will gather the outcasts and the limping and I will give them praise and fame in every land where they have been put to shame … Zephaniah 3:19

“For the happy man prayer is only a jumble of words, until the day when sorrow comes to explain to him the sublime language by means of which he speaks to God.”   
― [Alexandre Dumas](https://www.goodreads.com/author/show/4785.Alexandre_Dumas), [The Count of Monte Cristo](https://www.goodreads.com/work/quotes/21950447)

Growth

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Shedding one's skin. The snake that cannot shed its skin perishes. So do the spirits who are prevented from changing their opinions; Nietzche

Discontent is the first necessity of progress – Thomas Edison

Think of a problem you have in your life right now. Identify the first step you can take in your Influence to solve it and then take that step – Stephen Covey

“A man’s spirit is free, but his pride binds him with chains of suffocation in a prison of his own insecurities”  ― [Jeremy Aldana](http://www.goodreads.com/author/show/4737362.Jeremy_Aldana)

Everyone thinks of changing the world, but no one thinks of changing himself - Leo Tolstoy

Great talents ripen late – Lao Tzu

Going forward seems like retreat; The easy way seems hard; The highest Virtue seems empty and inadequate – Lao Tzu

The superior man is distressed by the limitations of his ability; he is not distressed by the fact that men do not recognize the ability that he has ------ [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius110218.html)

Talent develops in quiet places, character in the full current of human life. [Johann Wolfgang von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf150602.html)

If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them [Bruce Lee](http://www.brainyquote.com/quotes/quotes/b/brucelee153190.html)

The real struggle is here, now. Now it is being decided whether, in the day of your supreme sorrow or temptation, you shall miserably fail or gloriously conquer. Character cannot be made except by a steady, long continued process.

[Life is like riding a bicycle. To keep your balance, you must keep moving.](http://qusmo.com/q/450) = Einstein

It's not the daily increase but daily decrease. Hack away at the unessential -------[Bruce Lee](http://www.brainyquote.com/quotes/quotes/b/brucelee384640.html)

You cannot change your destination overnight, but you can change your direction overnight ---------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn385972.html)

Take time to gather up the past so that you will be able to draw from your experience and invest them in the future --------------------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147494.html)

“We read to know that we are not alone.” ― [C.S. Lewis](http://www.goodreads.com/author/show/1069006.C_S_Lewis)

A jug fills drop by drop ---------- Buddha

When you know what you want, and want it bad enough, you will find a way to get it.　[Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147492.html)

Work harder on yourself than you do on your job.  
[Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn379223.html)

I have never let my schooling interfere with my education ---------- [Mark Twain](http://www.brainyquote.com/quotes/quotes/m/marktwain137887.html)

School, I never truly got the knack of. I could never focus on things I didn't want to learn ---------- [Leonardo DiCaprio](http://www.brainyquote.com/quotes/quotes/l/leonardodi386225.html)

Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people ---------------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn165073.html)

“That’s what Alchemists do. They show that when we strive to become better than we are, everything around us becomes better, too.” ― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

You can turn lead into gold. You can turn yourself into gold. If you just believe.

人は何かの犠牲なしに何も得ることはできない. 何かを得るためには、それと同等の代価が必要になる. それが、錬金術における等価交換の原則だ

I learned more about life and myself in my first few years out of college than what I learned in all of my schooling combined

Happiness

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“There is neither happiness nor misery in the world; there is only the comparison of one state with another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness. We must of felt what it is to die, Morrel, that we may appreciate the enjoyments of life” – Alexandre Dumas

Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours.  
[Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg108921.html)

You feel the way you do right now because of the thoughts you are thinking at this moment. - David Burns

Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.  
Helen Keller

“Don't cry because it's over, smile because it happened.”  
― Dr. Seuss

You see, it's never the environment; it's never the events of our lives, but the meaning we attach to the events - how we interpret them - that shapes who we are today and who we'll become tomorrow. Tony Robbins

An effort made for the happiness of others lifts above ourselves.  
Lydia M. Child

Take control of your consistent emotions and begin to consciously and deliberately reshape your daily experience of life --- Tony Robbins

Happiness doesn't depend on any external conditions, it is governed by our mental attitude -- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg386071.html)

It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about -------- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg140941.html)

The walls we build around us to keep sadness out also keeps out the joy ---------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn140897.html)

Anything you're good at contributes to happiness -- Bertrand Russell

But what is happiness except the simple harmony between a man and the life he leads? ---------- Albert Camus

Don't wait around for other people to be happy for you. Any happiness you get you've got to make yourself ... Alice Walker

Happiness is when what you think, what you say, and what you do are in harmony ... [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan105593.html)

If you can do what you do best and be happy, you're further along in life than most people ... [Leonardo DiCaprio](http://www.brainyquote.com/quotes/quotes/l/leonardodi127889.html)

The firm, the enduring, the simple, and the modest are near to virtue -------------Confucius

Instead of comparing our lot with that of those who are more fortunate than we are, we should compare it with the lot of the great majority of our fellow men. It then appears that we are among the privileged --------- [Helen Keller](http://www.brainyquote.com/quotes/quotes/h/helenkelle163140.html)

Intelligence/Wisdom

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“Learning does not make one learned: there are those who have knowledge and those who have understanding. The first requires memory and the second philosophy”   
― [Alexandre Dumas](https://www.goodreads.com/author/show/4785.Alexandre_Dumas)

"It's not the STRONGEST or the most INTELLIGENT of the species that survives. It is the one MOST ADAPTABLE to CHANGE" – Darwin

A few observations and much reasoning lead to error. Many observations and a little reasoning lead to truth.

The only real wisdom is knowing you know nothing - Socrates (those who think they know everything are limited by their ego. Those who are humble enough to be ready for expansion are the wisest because they will never stop growing)

To know yet to think that one does not know is best; Not to know yet to think that one knows will lead to difficulty … [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu151130.html)

“The true sign of intelligence is not knowledge but imagination” - Albert Einstein

Imagination rules the world. [Napoleon Bonaparte](http://www.brainyquote.com/quotes/quotes/n/napoleonbo150185.html)

The man who has no imagination has no wings. [Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal163702.html)

"Believe nothing merely because you have been told it...Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be kind, conducive to the good, the benefit, the welfare of all beings -- that doctrine believe and cling to, and take it as your guide." – Buddha

You read to expose yourself to great minds

Distance lends perspective. A fish does not know that it’s wet.

He who knows himself is enlightened ----- [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu175220.html)

He who knows, does not speak. He who speaks, does not know -- Lao Tzu

Anticipate the difficult by managing the easy. [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu379184.html)

They must often change, who would be constant in happiness or wisdom ---- [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius104507.html)

“A stupid man's report of what a clever man says can never be accurate, because he unconsciously translates what he hears into something he can understand.” ― [Bertrand Russell](http://www.goodreads.com/author/show/17854.Bertrand_Russell)

The words of truth are always paradoxical. [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu133875.html)

Study the past if you would define the future – Confucius

The way of the superior person is threefold; virtuous, they are free from anxieties; wise they are free from perplexities; and bold they are free from fear.

What the superior person seeks is in themselves. What the mean person seeks is in others.

Only the wisest and the stupidest of men never change

It's not that I'm so smart, it's just that I stay with problems longer I have no special talents. I am only passionately curious.-------------------- [Albert Einstein](http://www.brainyquote.com/quotes/quotes/a/alberteins106192.html)

[Creativity is knowing how to hide your sources.](http://qusmo.com/q/451) .-------------------- [Albert Einstein](http://www.brainyquote.com/quotes/quotes/a/alberteins106192.html)

If I am walking with two other men, each of them will serve as my teacher. I will pick out the good points of the one and imitate them, and the bad points of the other and correct them in myself ---- [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius118477.html)

There are no big problems, there are just a lot of little problems.   
[Henry Ford](http://www.brainyquote.com/quotes/quotes/h/henryford383662.html)

“Insanity is doing the same thing, over and over again, but expecting different results.”

“Everything that irritates us about others can lead us to an understanding of ourselves.” ― [C.G. Jung](http://www.goodreads.com/author/show/38285.C_G_Jung)

There is no expedient to which a man will not resort to avoid the real labor of thinking - Thomas Edison

We're always thinking about new markets we could enter, but it's only by saying no that you can concentrate on the things that are really important. [Steve Jobs](http://www.brainyquote.com/quotes/quotes/s/stevejobs416938.html)

Modesty

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The great rivers and seas are kings of all mountain streams  
Because they skillfully stay below them.  
That is why they can be their kings.  
Therefore, in order to be the superior of the people,  
One must, in the use of words, place himself below them.  
And in order to be ahead of the people,  
one must, in one's own person, follow them.  
Therefore the sage places himself above the people and they do not feel his weight.  
He places himself in front of them and the people do not harm him.  
Therefore the world rejoices in praising him without getting tired of it.  
It is precisely because he does not compete that the world cannot compete with him.

Tao Te Ching 66

Do not wish to display your worth. Let others excel you.

Know that you possess the strong, masculine principle but abide by the meek, feminine principle. The one who does not contend with others flows with nature like water – Lao Tzu

The key is to intentionally reveal your weaknesses, loudly admit your weaknesses and be intentionally vulnerable to reduce competition, envy and attention. Don’t try to be strong and intelligent. Gladly act weak and foolish

Reveal your weaknesses in front of others but hold your true weakness secretly.

“Accomplish but do not boast, accomplish without show, accomplish without arrogance, accomplish without grabbing, accomplish without forcing” ------------ Lao Tzu

When you are content to be simply yourself and don't compare or compete, everybody will respect you.  
Lao Tzu

“Boasting of wealth and virtue brings your demise” – Lao Tzu

“I am struck by how sharing our weakness and difficulties is more nourishing to others than sharing our qualities and successes.”  ― [Jean Vanier](http://www.goodreads.com/author/show/123458.Jean_Vanier), [Community And Growth](http://www.goodreads.com/work/quotes/2512264)

“As one grows weaker one is less susceptible to suffering. There is less hurt because there is less to hurt.”  ― [Jack London](http://www.goodreads.com/author/show/1240.Jack_London), [The Star Rover](http://www.goodreads.com/work/quotes/1001804)

The higher the sun arises, the less shadow he casts; the greater the goodness, the less it covets praise; yet it cannot avoid its rewards in honours ----- Lao Tzu

If you modestly enjoy your fame you are not unworthy to rank with the holy [Johann Wolfgang von Goethe](http://www.brainyquote.com/quotes/quotes/j/johannwolf135018.html)

Weak dogs bark the loudest – Asian Proverb

In the world there is nothing more submissive and weak than water. Yet for attacking that which is hard and strong nothing can surpass it -------- [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu151143.html)

The softest things in the world overcome the hardest things in the world ---------- [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu151140.html)

“My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. (2 Cor. 12:9-10). It is also satisfying to know that “But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong” (1 Cor 1:27). Knowing this I/we can have full contentment with our weaknesses

 “To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some” – Paul

John Milton: Don't get too cocky my boy. No matter how good you are don't ever let them see you coming. You gotta keep yourself small. Innocuous. Be the little guy. You know, the nerd... the leper... shit-kickin' surfer. Look at me. Underestimated from day one. You'd never think I was a master of the universe, now would ya?

I think what kind of person you are during success is who you are. It's easy to be nice in failure and when you're broke - then you really need a lot of help from people. But after you win some money, that's the person you really are, because now you can be mean to people. You can act like an asshole. I've seen people trip out again and again. A lot of times this behavior, when you're up, will determine if you get another shot someday, because things in this business always go down. I want them to say, "He was a nice guy during the whole process. He never did the entourage thing." Because that ain't funny. It's annoying – Chris Rock

Pain

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거센 회오리바람도 아침 내내 계속 불지 않고, 세찬 소나기도 하루 종일 내리지 않는다. -노자(老子)

그대를 괴롭히고 슬프게 하는 일들을 하나의 시련이라고 생각하라. 쇠는 불에 달구어야 강해진다. 그대도 지금 당하고 있는 시련을 통해서 더욱 마음이 굳세질 것이다. 마르크스 아우렐리우스

홍차는 뜨거운 물을 부어넣고 왕창 흔들어야 제맛이 나온다

온실에서 키운 화초는 키워봐야 약한 풀이 되지만, 들판에서 비와 바람을 견디며 자란 묘목은 커다란 재목으로 큰다.

Do not pray for easy lives. Pray to be stronger men. [John F. Kennedy](http://www.brainyquote.com/quotes/quotes/j/johnfkenn139147.html)

I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." ---------- [Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal148629.html)

We must all suffer one of two things: the pain of discipline or the pain of regret  and disappointment --------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn132691.html)

Don’t just bear with pain but love it. Our misfortunes will help us unexpectedly – Nietche

Criticism may not be agreeable, but it is necessary. It fulfills the same function as pain in the human body. It calls attention to an unhealthy state of things. Winston Churchill

All the adversity I've had in my life, all my troubles and obstacles, have strengthened me ... You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you – [Walt Disney](http://www.brainyquote.com/quotes/quotes/w/waltdisney130929.html)

[Tell your heart that the fear of suffering is worse than the suffering itself. And no heart has ever suffered when it goes in search of its dream.](http://www.brainyquote.com/quotes/quotes/p/paulocoelh395780.html) [Paulo Coelho](http://www.brainyquote.com/quotes/quotes/p/paulocoelh395780.html)

Only a man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even - [Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal122278.html)

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved ---- Helen Keller

No pain, no gain

The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character ----------- [Arnold Schwarzenegger](http://www.brainyquote.com/quotes/quotes/a/arnoldschw146579.html)

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all ---- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg100661.html)

The last three or four reps is what makes the muscle grow. This area of pain divides the champion from someone else who is not a champion. That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens ---- [Arnold Schwarzenegger](http://www.brainyquote.com/quotes/quotes/a/arnoldschw166118.html)

"Almost all the benefit of the exercise comes at the very end, Stephen," he replied. "I'm trying to build strength. And that doesn't happen until the muscle fiber ruptures and the nerve fiber registers the pain. Then nature overcompensates and within 48 hours, the fiber is made stronger”

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength. [Arnold Schwarzenegger](http://www.brainyquote.com/quotes/quotes/a/arnoldschw116694.html)

Desperation is a necessary ingredient to learning anything, or creating anything. Period. If you ain't desperate at some point, you ain't interesting ---- [Jim Carrey](http://www.brainyquote.com/quotes/quotes/j/jimcarrey395715.html)

When written in Chinese, the word "crisis" is composed of two characters. One represents danger and the other represents opportunity –---------- [John F. Kennedy](http://www.brainyquote.com/quotes/quotes/j/johnfkenn103820.html)

It's always too early to quit ----------- [Norman Vincent Peale](http://www.brainyquote.com/quotes/quotes/n/normanvinc100962.html)

I know this sounds strange, but as a kid, I was really shy. Painfully shy. The turning point was freshman year, when I was the biggest geek alive. No one, I mean no one, even talked to me -------- [Jim Carrey](http://www.brainyquote.com/quotes/quotes/j/jimcarrey411009.html)

The world ain't all sunshine and rainbows. It's a very mean and nasty place and I don't care how tough you are it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't about how hard ya hit. It's about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That's how winning is done! Now if you know what you're worth then go out and get what you're worth. But ya gotta be willing to take the hits, and not pointing fingers saying you ain't where you wanna be because of him, or her, or anybody! Cowards do that and that ain't you! You're better than that! – Rocky

This is a ruthless world and one must be ruthless to cope with it. [Charlie Chaplin](http://www.brainyquote.com/quotes/quotes/c/charliecha396640.html)

Life is not fair; get used to it ... [Bill Gates](http://www.brainyquote.com/quotes/quotes/b/billgates379656.html)

If you don't like how things are, change it! You're not a tree ---- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147488.html)

He gets down to the end of his life, and he looks back and decides that all those years he suffered, Those were the best years of his life, 'cause they made him who he was. All those years he was happy? You know, total waste. Didn't learn a thing. So, if you sleep until you're 18... Ah, think of the suffering you're gonna miss. I mean high school? High school-those are your prime suffering years. You don't get better suffering than that.

하느님이 너를 사랑하여 고통과 시련을 주신다. 너를 더 강하게 더 새롭게 바꾸기 위하여. 우리가 어찌 하느님의 커다란 의지를 이해할 수 있겠는가? 받고 감사하라

“When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.” ― Napoleon Hill, Think and Grow Rich

“The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat.” ― [Napoleon Hill](http://www.goodreads.com/author/show/399.Napoleon_Hill), [Think and Grow Rich](http://www.goodreads.com/work/quotes/1199320)

“Do not wait: the time will never be 'just right'. Start where you stand, and work whatever tools you may have at your command and better tools will be found as you go along.”  ― [Napoleon Hill](http://www.goodreads.com/author/show/399.Napoleon_Hill)

“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.”  ― [Napoleon Hill](http://www.goodreads.com/author/show/399.Napoleon_Hill)

“Before success comes in any man’s life, he is sure to meet with much temporary defeat, and, perhaps, some failure. When defeat overtakes a man, the easiest and most logical thing to do is to quit. That is exactly what the majority of men do. More than five hundred of the most successful men this country has ever known told the author their greatest success came just one step beyond the point at which defeat had overtaken them.” ― [Napoleon Hill](http://www.goodreads.com/author/show/399.Napoleon_Hill), [Think and Grow Rich](http://www.goodreads.com/work/quotes/1199320)

“Most great people have attained their greatest success just one step beyond their greatest failure.”

“Set your mind on a definite goal and observe how quickly the world stands aside to let you pass.” ― [Napoleon Hill](http://www.goodreads.com/author/show/399.Napoleon_Hill), [Think and Grow Rich](http://www.goodreads.com/work/quotes/1199320)

Wise men, when in doubt whether to speak or to keep quiet, give themselves the benefit of the doubt, and remain silent.

“The man who does more than he is paid for will soon be paid for more than he does.”

“The strongest oak 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](http://www.goodreads.com/author/show/399.Napoleon_Hill)

“First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.” ― [Napoleon Hill](http://www.goodreads.com/author/show/399.Napoleon_Hill)

Patience

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What you plant now, you will harvest later.

Biggest tasks in the world can be accomplished when they are broken down to enough small steps. And after you’ve broken them down, just start doing one small step – Henry Ford

Nature does not hurry, yet everything is accomplished.  
[Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu151993.html)

The two strongest warriors in this world are Time and Patience - Leo Tolstoy

A wise man is superior to any insults which can be put upon him, and the best reply to unseemly behavior is patience and moderation [Moliere](http://www.brainyquote.com/quotes/quotes/m/moliere101025.html)

Wise men speak because they have something to say. Fools because they have to say something –--- Lao Tzu

Things that I felt absolutely sure of but a few years ago, I do not believe now. This thought makes me see more clearly how foolish it would be to expect all men to agree with me ---------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn119866.html)

Peace

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“He who learns to let to go of his problems instead of fighting them with all his might learns how to flow with the harmony of life” – Richard Carlson

Those who are free of resentful thoughts surely find peace ------------- Buddha

You have power over your mind - not outside events. Realize this, and you will find strength [Marcus Aurelius](http://www.brainyquote.com/quotes/quotes/m/marcusaure143090.html)

This too shall pass

Each one has to find his peace from within. And peace to be real must be unaffected by outside circumstances.  
[Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan121892.html)

He who envies others does not obtain peace of mind ---------- [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha118038.html)

Your mind is like water. When it is agitated, it becomes difficult to see. But if you allow it to settle, the answer becomes clear – Master Oogway

Lord, grant me the strength to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference

Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important. Natalie Goldberg

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment [Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha101052.html)

I will not let anyone walk through my mind with their dirty feet - Gandhi

Peace is found in libraries and laboratories because people are too absorbed in their tasks to worry about themselves. They rarely have nervous breakdowns. They haven’t time for such luxuries - P35 of Dale Carnegie

One can not reflect in streaming water. Only those who know internal peace can give it to others [Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu386561.html)

Manifest plainness, embrace simplicity, reduce selfishness, have few desires ---- Lao Tzu

To the mind that is still, the whole universe surrenders.  
[Lao Tzu](http://www.brainyquote.com/quotes/quotes/l/laotzu133381.html)

Be willing to have it so. Acceptance of what has happened is the first step in overcoming the consequences of any misfortune or mistake – William James

“If you want to reach a state of bliss, then go beyond your ego and the internal dialogue. Make a decision to relinquish the need to control, the need to be approved, and the need to judge. Those are the three things the ego is doing all the time. It's very important to be aware of them every time they come up” – Deepak Chopra

“Don't think about what you've left behind" The alchemist said to the boy as they began to ride across the sands of the desert. "If what one finds is made of pure matter, it will never spoil. And one can always come back. If what you had found was only a moment of light, like the explosion of a star, you would find nothing on your return.” 　― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [Alchemist](http://www.goodreads.com/work/quotes/4835472)

Mektoub. It is already written in God’s book.

Work out your own salvation. Do not depend on others.  
[Buddha](http://www.brainyquote.com/quotes/quotes/b/buddha108528.html)

There was a time in my life when I thought I had everything - millions of dollars, mansions, cars, nice clothes, beautiful women, and every other materialistic thing you can imagine. Now I struggle for peace [Richard Pryor](http://www.brainyquote.com/quotes/quotes/r/richardpry297165.html)

When you ain't got no money, you gotta get an attitude Richard Pryor

Remedy for worry is to get completely occupied doing something constructive

People

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It doesn't matter how this looks to other people, it matters how it looks to you. If this is something you wanna do and if this is something you gotta do, then you do it. Fighters fight - Rocky Balboa

[How much time he saves who does not look to see what his neighbor says or does or thinks.](http://www.brainyquote.com/quotes/quotes/m/marcusaure148751.html) [Marcus Aurelius](http://www.brainyquote.com/quotes/quotes/m/marcusaure148751.html)

[I have often wondered how it is that every man loves himself more than all the rest of men, but yet sets less value on his own opinions of himself than on the opinions of others.](http://www.brainyquote.com/quotes/quotes/m/marcusaure402125.html) [Marcus Aurelius](http://www.brainyquote.com/quotes/quotes/m/marcusaure402125.html)

It is during the worst times of your life that you will get to see the true colors of thepeople who say they care for you

“You can please some of the people some of the time all of the people some of the time some of the people all of the time but you can never please all of the people all of the time.” – Abraham Lincoln

A man wrapped up in himself makes a very small bundle. Benjamin Franklin

[Great spirits have always encountered violent opposition from mediocre minds.](http://qusmo.com/q/442)- Einstein

Do what you feel in your heart to be right for you will be criticized anyway. You are damned if you do, and damned if you don’t

Let people say what they want. Let them comment or not comment on what they perceive us to be. Can a block of ice become hot just because someone says so? Does the crow become white just because someone says so? The reality of an object is its reality and does not change because I say it has changed. Similarly let us not be disturbed by the opinions/attitude of people regarding our strengths and weaknesses. Instead, let us focus on our efforts -- Dhananjay

The one with deep virtue does not contend with people. Thus, he becomes above reproach – Lao Tzu

The key is to keep company only with people who uplift you, whose presence calls forth your best ------ [Epictetus](http://www.brainyquote.com/quotes/quotes/e/epictetus386523.html)

“Every man should be a part of multiple clubs and social groups, if not three. A group of like-minded achievement-oriented individuals can dramatically leverage each other’s success to do things otherwise impossible” Benjamin Franklin:

To lead people walk behind them -------- Lao Tzu

The royal road to a man's heart is to talk to him about the things he treasures most --- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg156625.html)

“Do not compare yourself to others. If you do so, you're insulting yourself” ― [Adolf Hitler](http://www.goodreads.com/author/show/30691.Adolf_Hitler)

If you get your head above the crowd, you are going to be criticized. So get used to it.

“Care about what other people think and you will always be their prisoner.” ― [Lao Tzu](http://www.goodreads.com/author/show/2622245.Lao_Tzu)

I'm not in this world to live up to your expectations and you're not in this world to live up to mine ---- Bruce Lee

Next to physical, the greatest need of a human being is psychological survival -- to be understood, to be affirmed, to be validated, to be appreciated - Covey

There is only one way... to get anybody to do anything. And that is by making the other person want to do it. [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg387415.html)

“When you possess great treasures within you and try to tell others of them, seldom are you believed.”  ― [Paulo Coelho](http://www.goodreads.com/author/show/566.Paulo_Coelho), [The Alchemist](http://www.goodreads.com/work/quotes/4835472)

When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion. Dale Carnegie

Everyone sees what you appear to be but a few really know what you are – Machiavelli

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness ------------ [Martin Luther King, Jr.](http://www.brainyquote.com/quotes/quotes/m/martinluth132188.html)

I did the very best I can without reading too much into the unjust, negative criticisms made about me. If the end brings me out all right, then what is said about me won’t matter. If the end brings me out wrong, then 10 angels swearing I was right would make no difference – Abraham Lincoln

Virtue is persecuted more by the wicked than it is loved by the good – Buddha

Smile! It will please your friends and infuriate your enemies - Lee Kennedy.

The faults of a superior person are like the sun and moon. They have their faults, and everyone sees them; they change and everyone looks up to them ------- [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius398494.html)

A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history --------------- Mahatma Gandhi

If they understood everything you said, they’d be you. If you understood everything they said, you would be them

“[We judge ourselves by what we feel capable of doing, while others judge us by what we have already done](http://thinkexist.com/quotation/we_judge_ourselves_by_what_we_feel_capable_of/11397.html)” – Henry Wadsworth Longfellow

As we look ahead into the next century, leaders will be those who empower others - Bill Gates

I believe that if you show people the problems and you show them the solutions they will be moved to act - [Bill Gates](http://www.brainyquote.com/quotes/quotes/b/billgates219056.html)

“Those who mind don't matter, and those who matter don't mind” ― Bernard M. Baruch

By not exalting the great, by not flaunting materials, by putting what is desirable out of sight, people’s hearts will remain undisturbed and without envy, anger or desire – Lao Tzu

“People are often unreasonable and self-centered. Forgive them anyway. If you are kind, people may accuse you of ulterior motives. Be kind anyway. If you are honest, people may cheat you. Be honest anyway. If you find happiness, people may be jealous. Be happy anyway. The good you do today may be forgotten tomorrow. Do good anyway. Give the world the best you have and it may never be enough. Give your best anyway. For you see, in the end, it is between you and God. It was never between you and them anyway.”

Regret

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(Hits samba on the head) What was that for? … It doesn’t matter, it’s in the Past! … But it still hurts!! … Yes the Past can hurt. But you can either run from it, or learn from it.

Remember that sometimes not getting what you want is a wonderful stroke of luck – Dalai Lama

Live out of your imagination instead of your memory. Live your limitless potential instead of your limiting past. You are your own creator – Stephen Covey

You can't go back, you have to worry only about the best way of moving forward – Paulo Coelho

Best time to plant a tree was 20 years ago. 2nd best time is now -------Chinese proverb

Stop judging the life you have lived and get on with the life you still may live. Whatever mistakes you have made and no matter how many regrets may litter your past, plant a new tree today – John Izzo

If you aren't in the moment, you are either looking forward to uncertainty, or back to pain and regret. [Jim Carrey](http://www.brainyquote.com/quotes/quotes/j/jimcarrey360647.html)

"The more you take responsibility for your past and present, the more you are able to create the future you seek."

Ask yourself this question: 'Will this matter a year from now? 5 years? 10 years?

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

What happened happened and could not have happened any other way - Morpheus

The worst thing one can do is not to try, to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized - never knowing -------------- [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn122093.html)

Success

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Roll with the punches and keep moving – Eddie Murphy

"Here is the secret of inspiration: Tell yourself that thousands and tens of thousands of people, not very intelligent and certainly no more intelligent than the rest of us, have mastered problems as difficult as those that now baffle you" By : William Feather

Being realistic is the mostly commonly traveled road to mediocrity. What’s the point of being realistic? It’s “unrealistic” to invent light bulbs, invent airplanes, be a millionaire at 24, make a living telling jokes to thousands of people. 99% of people said those things weren’t real, unrealistic. As soon as you make the decision to do it, then you just MADE it real. Nothing is unrealistic – Will Smith

Our ideas, dreams, thoughts are physical things in the universe. If we picture something, if we dream something, and we command and demand from the universe, the universe has no option but to help us. Just decide. What you are going to do, who you are going to be, how you are going to do it, just decide. And then the Universe will give you. – Will Smith

Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant. [Anthony Robbins](http://www.woopidoo.com/business_quotes/authors/tony-robbins-quotes.htm)

How can great happiness and miracles be given away like commodities to those without effort and passion?   In this way, God rewards the hard-working and gives ordinary lives to those who are not willing to act.

All successful people men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision. [Brian Tracy](http://www.brainyquote.com/quotes/quotes/b/briantracy163247.html)

Success is steady progress toward one's personal goals [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147514.html)

The men who have succeeded are men who have chosen one line and stuck to it [Andrew Carnegie](http://www.brainyquote.com/quotes/quotes/a/andrewcarn173235.html)

Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success ---- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg107994.html)

There is little success where there is little laughter [Andrew Carnegie](http://www.brainyquote.com/quotes/quotes/a/andrewcarn382305.html)

People rarely succeed unless they have fun in what they are doing ----- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg135028.html)

If you want to be successful, find someone who has achieved the results you want and copy what they do and you'll achieve the same results [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147805.html)

Success is nothing more than a few simple disciplines, practiced every day. [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn147513.html)

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”  
― Ralph Waldo Emerson

The successful man will profit from his mistakes and try again in a different way ----- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg132784.html)

Try not to become a man of success, but rather try to become a man of value. [Albert Einstein](http://www.brainyquote.com/quotes/quotes/a/alberteins131187.html)

Instead of being concerned that you have no office, be concerned to think how you may fit yourself for office. Instead of being concerned that you are not known, be worthy of being known ------- Confucius

The average person puts only 25% of his energy and ability into his work. The world takes off its hat to those who put in more than 50% of their capacity, and stands on its head for those few and far between souls who devote 100% [Andrew Carnegie](http://www.brainyquote.com/quotes/quotes/a/andrewcarn408624.html)

Success depends upon previous preparation, and without such preparation there is sure to be failure. [Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius141097.html)

You’ve got to be a dreamer. You’ve got to envision the future. You’ve got to see California while you’re climbing 14,000-foot peaks. You’ve got to see the finish line while you’re running the race. You’ve got to hear the cheers when you’re in the middle of a monster project. And you’ve got to be willing to put yourself through the paces of doing the uncomfortable until it becomes comfortable, because that’s how you realize your dreams - Jim Rohn

It has been my observation that most people get ahead during the time that others waste - Henry Ford

You can't build a reputation on what you are going to do.   
[Henry Ford](http://www.brainyquote.com/quotes/quotes/h/henryford127588.html)

You can't wait for inspiration. You have to go after it with a club.   
[Jack London](http://www.brainyquote.com/quotes/quotes/j/jacklondon161737.html)

one person's success is not achieved at the expense or exclusion of the success of others – Covey

Success has a simple formula: do your best, and people may like it. [Sam Ewing](http://www.brainyquote.com/quotes/quotes/s/samewing122129.html)

There is only one success - to be able to spend your life in your own way ---- [Christopher Morley](http://www.brainyquote.com/quotes/quotes/c/christophe116203.html)

All men who have achieved great things have been great dreamers. [Orison Swett Marden](http://www.brainyquote.com/quotes/quotes/o/orisonswet161313.html)

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.   
[Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147786.html)

“To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and to endure the betrayal of false friends. To appreciate beauty; to find the best in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is to have succeeded.” ― [Ralph Waldo Emerson](http://www.goodreads.com/author/show/12080.Ralph_Waldo_Emerson)

Enthusiasm is the yeast that makes your hopes shine to the stars. Enthusiasm is the sparkle in your eyes, the swing in your gait. The grip of your hand, the irresistible surge of will and energy to execute your ideas … [Henry Ford](http://www.brainyquote.com/quotes/quotes/h/henryford151859.html)

You do the work and you want people to see it; but while I'm doing the work, the result doesn't matter at all to me. Ultimately, I don't, I don't care whether the film is - you know - some big giant box-office bonanza and I don't care if its a complete flop. To me, when a film gets made and it's actually finished it's a success. They're all a success in their own way [Johnny Depp](http://www.brainyquote.com/quotes/quotes/j/johnnydepp410290.html)

“Be the change that you wish to see in the world” ― Mahatma Gandhi

Thoughts

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It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.   
[Muhammad Ali](http://www.brainyquote.com/quotes/quotes/m/muhammadal120238.html)

If you visualize the wrong thing, you'll produce the wrong thing – Covey

The mind is everything. What you think, You become – Buddha

A man is the product of his thoughts. What he thinks, he becomes ---------- [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan125863.html)

As you think, so shall you become --------- Bruce Lee

What we hold in our awareness, we move toward naturally – Izzo

The more man meditates upon good thoughts, the better will be his world and the world at large.  
[Confucius](http://www.brainyquote.com/quotes/quotes/c/confucius386353.html)

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well ---------- [Mahatma Gandhi](http://www.brainyquote.com/quotes/quotes/m/mahatmagan134822.html)

What a wee little part of a person's life are his acts and his words! His real life is led in his head, and is known to none but himself. [Mark Twain](http://www.brainyquote.com/quotes/quotes/m/marktwain393808.html)

It's not the events of our lives that shape us, but our beliefs as to what those events mean ----- [Tony Robbins](http://www.brainyquote.com/quotes/quotes/t/tonyrobbin147775.html)

Picture your great self in the future. The competent, lovable person you desire to be. That thought will transform you into that very individual. Thought is supreme. All things come through desire and thought. We become like that on which our hearts are fixed.

The greatest battles of life are fought out daily in the silent chambers of the soul. If you find victory there, love, peace, acceptance and success will follow naturally.

If I thought about it, I could be bitter, but I don't feel like being bitter. Being bitter makes you immobile, and there's too much that I still want to do. [Richard Pryor](http://www.brainyquote.com/quotes/quotes/r/richardpry297138.html)

One person with a belief is equal to a force of ninety-nine who have only interests -------------- [Peter Marshall](http://www.brainyquote.com/quotes/quotes/p/petermarsh120339.html)

Do not waste time and energy on trivial matters that do not have a great impact on your life. Focus your attention on your big goals at all times and do not waver – David Schwartz   
  
MISCELLANEOUS

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Respect and Obedience should not be automatic. They should be earned – George Carlin

We believe in stupid things because we are pounded ideas as children. Kids are too young to argue against ideas from adults. Up to a certain age, kids believe everything grown-ups tell them. EVERYTHING. So they don’t learn how to question things. They become adults, they still don’t question things – Carlin

Children should be taught to question everything they read and hear. They should be taught to question authority. Parents and teachers don’t want to teach kids to question authority because they themselves are authority figures. So they don’t want to undermine their own bullshit inside the household and classrooms. So they stroke the kid, the kid strokes them, they all stroke each other and they all grow up fucked up and come to shows like this – Carlin

It usually takes me more than three weeks to prepare a good impromptu speech -------- [Mark Twain](http://www.brainyquote.com/quotes/quotes/m/marktwain100433.html)

“The difference between treason and patriotism is only a matter of dates.”   
― [Alexandre Dumas](https://www.goodreads.com/author/show/4785.Alexandre_Dumas), [The Count of Monte Cristo](https://www.goodreads.com/work/quotes/391568)

Your purpose is to make your audience see what you saw, hear what you heard, feel what you felt. Relevant detail, couched in concrete, colorful language, is the best way to recreate the incident as it happened and to picture it for the audience --------------- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg156630.html)

Only the prepared speaker deserves to be confident.  
[Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg156633.html)

Speakers who talk about what life has taught them never fail to keep the attention of their listeners. Dale Carnegie

The essence of all art is to have pleasure in giving pleasure ----- [Dale Carnegie](http://www.brainyquote.com/quotes/quotes/d/dalecarneg119289.html)

For every thousand hacking at the leaves of evil, there is one striking at the root – Thoreau

Old age, believe me, is a good and pleasant thing. It is true you are gently shouldered off the stage, but then you are given such a comfortable front stall as spectator – Confucius

Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed --- Martin Luther King JR

There are only 3 colors, 10 digits, and 7 notes; it’s what we do with them that's important ------ [Jim Rohn](http://www.brainyquote.com/quotes/quotes/j/jimrohn119864.html)

Must I fear what others fear? What nonsense!  
Other people live as if they will be the last one to miss the biggest party  
Other have more than enough, I alone seem to have nothing.  
I am content to be a fool. I alone am different   
Others are practical and bright  
I alone seem dim and weak  
Others are sharp and clever  
I alone seem dull and stupid  
I drift like the waves of the sea.  
Without direction, like the restless wind. But I am nourished by the great Mother – Lao Tzu

MONEY

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Whoever controls the volume of money in our country is absolute master of all  
industry and commerce...when you realize that the entire system is very easily  
controlled, one way or another, by a few powerful men at the top, you will not  
have to be told how periods of inflation and depression originate – James A Garfield

TERRY’S (MY OWN QUOTES)

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Do not measure your life by the measuring sticks of other people. 99% of the time, “other people” are dumber than you – Terry Bu

“Stop focusing on the people who don’t believe in you and defending yourself against their mockery. Focus on the people who believe in you and proving them right” – Terry Bu

Wealth and fame will follow a man of value like a shadow follows the real person. A bee follows a fragrant flower. A fish to water – Terry Bu

“Great athletes don’t let missed shots bother them on the next shot. Remember that you did the best with your ability at the time, learn from it and move on. If God wanted you to have it differently, you would have experienced it differently. ” Terry Bu 11/16/2012

“Irrational fear makes me create mountains out of molehills. Fear and doubt are the hurdles that divides me from my greater self” --- Terry Bu

Self-Management is like cleaning out your pipes. Bad habits will always creep in if you are not paying attention. But even when you revert back to old habits, don’t give up and try again – Terry

“When I don’t focus, I am lazy, unambitious, a waste of life. Precious time goes into a trash can and never comes back. But If I’m disciplined and focused intensely on a purpose, I pass out at night thinking “Damn, I liked me today” --- Terry Bu

I’m catching up on the education I missed out because of college. That’s why life right after college was so damn difficult – Terry

Who cares if somebody else is going faster or slower? God didn’t create other people to be measuring sticks of your own worth. God put other people in your life to show you friendship, love and expand you beyond your personal limits. To bless you. To mature you. To teach you.

When you or He dies, will his or your job title matter? Will his or your salary matter? What matters is now, how you feel about yourself, how you are improving yourself, how you will live in the future, and how you will die.

Time and Death are the great equalizers.

God gives you hardships in your life to make you stronger. If God gives you more hardships than your peers, then God wants you to become stronger than everybody else. If God gives you hardships earlier than your peers, then God wants you to become strong earlier than everybody else – Terry Bu 11/2012

READING

“My Best Friend is a person who will give me a book I have not read.”   
― [Abraham Lincoln](http://www.goodreads.com/author/show/229.Abraham_Lincoln)

“Books serve to show a man that those original thoughts of his aren't very new after all.”   
― [Abraham Lincoln](http://www.goodreads.com/author/show/229.Abraham_Lincoln)

“A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one.”   
― [George R.R. Martin](http://www.goodreads.com/author/show/346732.George_R_R_Martin)

“The more that you read, the more things you will know. The more that you learn, the more places you'll go.”

― [Dr. Seuss](http://www.goodreads.com/author/show/61105.Dr_Seuss)

“Today a reader, tomorrow a leader.”   
― [Margaret Fuller](http://www.goodreads.com/author/show/113907.Margaret_Fuller)

“Many a book is like a key to unknown chambers within the castle of one’s own self.”   
― [Franz Kafka](http://www.goodreads.com/author/show/5223.Franz_Kafka)

“What a blessing it is to love books as I love them;- to be able to converse with the dead, and to live amidst the unreal!”

― [Thomas Babington Macaulay](http://www.goodreads.com/author/show/234077.Thomas_Babington_Macaulay)

“Reading is the sole means by which we slip, involuntarily, often helplessly, into another's skin, another's voice, another's soul.”   
― [Joyce Carol Oates](http://www.goodreads.com/author/show/3524.Joyce_Carol_Oates)

“A great book should leave you with many experiences, and slightly exhausted at the end. You live several lives while reading.”   
― [William Styron](http://www.goodreads.com/author/show/7565.William_Styron)

“A room without books is like a body without a soul.”   
― [Cicero](http://www.goodreads.com/author/show/13755.Cicero)

“Good friends, good books, and a sleepy conscience: this is the ideal life.”  
― [Mark Twain](http://www.goodreads.com/author/show/1244.Mark_Twain)

“If you only read the books that everyone else is reading, you can only think what everyone else is thinking.”   
― [Haruki Murakami](http://www.goodreads.com/author/show/3354.Haruki_Murakami)

“If there's a book that you want to read, but it hasn't been written yet, then you must write it.”   
― [Toni Morrison](http://www.goodreads.com/author/show/3534.Toni_Morrison)

“Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors, and the most patient of teachers.”   
― [Charles William Eliot](http://www.goodreads.com/author/show/4398096.Charles_William_Eliot)

“A mind needs books as a sword needs a whetstone, if it is to keep its edge.”   
― [George R.R. Martin](http://www.goodreads.com/author/show/346732.George_R_R_Martin)

“I cannot live without books.”   
― [Thomas Jefferson](http://www.goodreads.com/author/show/1673.Thomas_Jefferson)

“Books are the perfect entertainment: no commercials, no batteries, hours of enjoyment for each dollar spent. What I wonder is why everybody doesn't carry a book around for those inevitable dead spots in life.”   
― [Stephen King](http://www.goodreads.com/author/show/3389.Stephen_King)

“You think your pain and your heartbreak are unprecedented in the history of the world, but then you read. It was books that taught me that the things that tormented me most were the very things that connected me with all the people who were alive, or who had ever been alive.”   
― [James Baldwin](http://www.goodreads.com/author/show/10427.James_Baldwin)

“I cannot remember the books I've read any more than the meals I have eaten; even so, they have made me.”   
― [Ralph Waldo Emerson](http://www.goodreads.com/author/show/12080.Ralph_Waldo_Emerson)

“There is more treasure in books than in all the pirates' loot on Treasure Island and best of all, you can enjoy these riches every day of your life.”   
― [Walt Disney](http://www.goodreads.com/author/show/3510823.Walt_Disney_Company)

“My alma mater was books, a good library.... I could spend the rest of my life reading, just satisfying my curiosity.”   
― [Malcolm X](http://www.goodreads.com/author/show/17435.Malcolm_X)

“We read books to find out who we are. What other people, real or imaginary, do and think and feel... is an essential guide to our understanding of what we ourselves are and may become.”   
― [Ursula K. Le Guin](http://www.goodreads.com/author/show/874602.Ursula_K_Le_Guin)

“When asked, "How do you write?" I invariably answer, "One word at a time," and the answer is invariably dismissed. But that is all it is. It sounds too simple to be true, but consider the Great Wall of China, if you will: one stone at a time, man. That's all. One stone at a time. But I've read you can see that motherfucker from space without a telescope.”   
― [Stephen King](http://www.goodreads.com/author/show/3389.Stephen_King)