



SOME DAMN GOOD IDEAS FROM OTHER DAMN GOOD PEOPLE

"If you were depressed, you were living in the past. If you were anxious, you were living in the future. If you were at peace, you were living in the present." Lau Tsu

"The more we value things outside our control, the less control we have." Epictetus

"When working with people, assume good intentions. When listening to people, interpret their words in a generous way. You will occasionally get burned and mistreated by always assuming the best in others, but it is a far better way to live than the opposite." James Clear

"The question isn't who is going to let me: it's who is going to stop me." Ayn Rand

"What bullshit excuses do you have for not going after whatever you want?"

"The really efficient laborer will be found not to crowd his day with work, but will saunter to his task surrounded by a wide halo of ease and leisure. There will be a wide margin for relaxation to his day." Henry David Thoreau

"Tough times never last, but tough people do." Robert Schueller

"If an emotion is merely energy, or a sensation, moving in the body, then it is neither good nor bad, right nor wrong—it just is. That means we are not our feelings any more than we are our hunger pangs or the discomfort associated with a sprained ankle. Feelings just occur."
Dethmer, Jim; Chapman, Diana; Klemp, Kaley. *The 15 Commitments of Conscious Leadership*.

"Even when you don't feel inspired, move forward." Paulo Coelho

"Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials." Lin Yutang

"Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything—anger, anxiety, or possessions—we cannot be free." Thich Nhat Hanh

"Life shrinks or expands in proportion to one's courage." Anais Nin.

"You have power over your mind—not outside events. Realize this, and you will find strength."
Marcus Aurelius

"Happiness comes when you stop complaining about the troubles we have and offer thanks for all the troubles we don't have." Thomas S. Monson

"You never know how strong you are, until being strong is your only choice." Bob Marley



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“Don’t stumble over something behind you.” Seneca

“If you can dream it, you can do it.” Walt Disney

“Life is not waiting for the storm to pass; it’s learning how to dance in the rain.” Vivian Green.

“Hope is not a strategy. Luck is not a factor. Fear is not an option.” James Cameron

“It doesn’t matter how many people don’t get it. What matters is how many people do.”

“Some people come into your life as blessings. Other people come into your life as lessons.”
Mother Teresa

“Either you run the day or the day runs you.” Jim Rohn

“Always remember you are braver than you believe, stronger than you seem, and smarter than you think.” A. A. Milne

“Life is 10% what happens to you and 90% how you react to it.” Charles R. Swindoll

“It’s your road, and yours alone. Others may walk it with you, but no one can walk it for you.”
Rumi

“The day before something is truly a breakthrough, it’s a crazy idea. Trying out crazy ideas means bucking expert opinion and taking big risks. It means not being afraid to fail. Because you will fail. The road to bold is paved with failure, and this means having a strategy in place to handle risk and learn from mistakes is critical.” Peter H. Diamandis

“Live as if you were to die tomorrow. Learn as if you were to live forever.” Mahatma Gandhi

“It is amazing what you can accomplish if you do not care who gets the credit.” Harry S Truman

“Perfection is not attainable, but if we chase perfection, we can catch excellence.” Vince Lombardi

“Success is getting what you want. Happiness is wanting what you get.” Dale Carnegie

“Kindness is doing what you can, where you are, with what you have.” –RAKtivist

“10% of people find a way to take anything personally. Expect it and treat it as math.”

“The secret of getting ahead is getting started.” Mark Twain

“Always make your future bigger than your past. Always make your learning greater than your experience. Always make your contribution bigger than your reward. Always make your



performance greater than your applause. Always make your gratitude greater than your success. Always make your enjoyment greater than your effort. Always make your cooperation greater than your status. Always make your confidence greater than your comfort. Always make your purpose greater than your money. Always make your questions bigger than your answers.” Dan Sullivan

“You wouldn't worry so much about what others think of you if you realized how seldom they do.” Eleanor Roosevelt

“The fastest way to bring more wonderful examples of abundance into your personal experience is to take constant notice of the wonderful things that are already there.” Esther Hicks

“If you want to conquer the anxiety of life, live in the moment, live in the breath.” Amit Ray

“Our work is the presentation of our capabilities.” Edward Gibbon

“The first job of a leader—at work or at home—is to inspire trust. It's to bring out the best in people by entrusting them with meaningful stewardships, and to create an environment in which high-trust interaction inspires creativity and possibility.” Steven Covey, *The Speed of Trust*

“When you realize there is nothing lacking, the whole world belongs to you.” – Lao Tzu