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Most of the shadows of this life are caused by standing in one's own sunshine

- Emerson, Ralph Waldo

Once you make a decision, the universe conspires to make it happen.

- Emerson, Ralph Waldo

Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

- Emerson, Ralph Waldo

How much of human life is lost in waiting.

- Emerson, Ralph Waldo

Do the thing we fear, and the death of fear is certain.

- Emerson, Ralph Waldo

There is no despair so absolute as that which comes with the first moments of our first great sorrow, when we have not yet known what it is to have suffered and be healed, to have despaired and have recovered hope.

- Eliot, George

The greatest difficulties lie where we are not looking for them.

- Goethe, Johann Wolfgang Von

We must not take the faults of our youth with us into old age, for age brings along its own defects.

- Goethe, Johann Wolfgang Von

Feed your faith and doubt will starve to death

- Unknown, Source

We begin to see, therefore, the importance of selecting our environment with the greatest of care, because environment is the mental feeding ground out of which the food that goes into our minds is extracted.

- Hill, Napoleon

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

- Gallagher, Robert C.

Our destiny changes with our thought; we shall become what we wish to become, do what we wish to do, when our habitual thought corresponds with our desire.

- Marden, Orison Swett

There is only one thing for us to do, and that is to do our level best right where we are every day of our lives; To use our best judgment, and then to trust the rest to that Power which holds the forces of the universe in his hands.

- Marden, Orison Swett

Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such.

- Miller, Henry

Whatever needs to be maintained through force is doomed.

- Miller, Henry

The world isn't kept running because it's a paying proposition. (God doesn't make a cent on the deal.) The world goes on because a few men in every generation believe in it utterly, accept it unquestioningly; they underwrite it with their lives.

- Miller, Henry

All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience.

- Miller, Henry

The man who looks for security, even in the mind, is like a man who would chop off his limbs in order to have artificial ones which will give him no pain or trouble.

- Miller, Henry

I pray Thee, O God, that I may be beautiful within.

- Socrates

Nature has given us two ears, two eyes, and but one tongue-to the end that we should hear and see more than we speak.

- Socrates

Your decision to be, have and do something out of ordinary entails facing difficulties that are out of the ordinary as well. Sometimes your greatest asset is simply your ability to stay with it longer than anyone else.

- Tracy, Brian

Whatever you dwell on in the conscious grows in your experience.

- Tracy, Brian

It doesn't matter where you are coming from. All that matters is where you are going.

- Tracy, Brian

Develop an attitude of gratitude, and give thanks for everything that happens to you,

knowing that every step forward is a step toward achieving something bigger and better than your current situation.

- Tracy, Brian

You have within you right now, everything you need to deal with whatever the world can throw at you.

- Tracy, Brian

If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.

- Thoreau, Henry David

If one advances confidently in the directions of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

- Thoreau, Henry David

“I have learned to seek my happiness by limiting my desires, rather than in attempting to satisfy them.” -

- Mill, John Stuart

The most important ingredient we put into any relationship is not what we say or what we do, but what we are. And if our words and our actions come from superficial human relations techniques (the Personality Ethic) rather than from our own inner core (the Character Ethic), others will sense that duplicity. We simply won't be able to create and

sustain the foundation necessary for effective interdependence.

- Covey, Stephen R.

You will always move toward anyone who increases you and away from anyone who makes you less.

- Murdock, Mike

Some of the biggest challenges in relationships come from the fact that most people enter a relationship in order to get something: they're trying to find someone who's going to make them feel good. In reality, the only way a relationship will last is if you see your relationship as a place that you go to give, and not a place that you go to take.

- Robbins, Anthony

If we want to be loved, we must disclose ourselves. If we want to love someone, he must permit us to know him. This would seem to be obvious. Yet most of us spend a great part of our lives thinking up ways to avoid becoming known.

Indeed, much of human life is best described as impersonation. We are role players, every one of us. We say that we feel things we do not feel. We say things we did not do. We say that we believe things we do not believe. We pretend that we are loving when we are full of hostility. We pretend that we are calm and indifferent when we are actually trembling with anxiety and fear.

Of course we cannot tell even the people we know and love everything we think or feel. But our mistakes are nearly always in the other direction. Even in families -- good families -- people wear masks a great deal of the time.

- Jourard, Sidney

Though I might travel afar, I will meet only what I carry with me, for every man is a mirror. We see only ourselves reflected in those around us. Their attitudes and actions are only a reflection of our own. The whole world and its condition has its counter parts within us all. Turn the gaze inward. Correct yourself and your world will change.

- Zambucka, Kirsten

No one can tell what goes on in between the person you were and the person you become. No one can chart that blue and lonely section of hell. There are no maps of the change. You just... come out the other side. Or you don't.

- King, Stephen

You will never change your life until you change something you do daily.

- Murdock, Mike

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

- Niebuhr, Reinhold

All things change, nothing is extinguished. There is nothing in the whole world which is permanent. Everything flows onward; all things are brought into being with a changing nature; the ages themselves glide by in constant movement.

- Ovid

I realized the problem was me and nobody could change me except myself.

- Petworth, John

A relationship, I think, is like a shark, you know? It has to constantly move forward or it dies. And I think what we got on our hands is a dead shark.

- Allen, Woody

Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us.

- Covey, Stephen R.

Live out of your imagination, not your history.

- Covey, Stephen R.

Our character is basically a composite of our habits. Because they are consistent, often unconcious patterns, they constantly, daily, express our character

- Covey, Stephen R.

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