

Thriving!

Selected Quotes by Chapter

1. BUILDING CHARACTER

“Life is like a grindstone. It will grind you down into grains of sand, or it will polish you like a beautiful gem. It all depends on what you are made of.” Lavey Derby

“Pressure is a privilege.” Billie Jean King

“Live in such a way that if someone spoke badly about you, no one would believe it.” Zig Ziglar

2. RELATIONSHIP WITH OURSELVES

“Don’t accept your dog’s admiration as conclusive evidence that you are wonderful.” Ann Landers

“Experience is not what happens to you; it is what you do with what happens to you.” Aldous Huxley

“The older the violin, the sweeter the music.” Hank Thompson

3. MANAGING OURSELVES

“Practice isn’t something you do when you’re good. It’s the thing you do that makes you good.” Malcolm Gladwell

“Concentration is the secret of strength in politics, in war, in trade—in short, in all management of human affairs.” Ralph Waldo Emerson

“Talent wins games, but teamwork and intelligence win championships.”
Michael Jordan

4. MONEY

“Yet to have more is not to be more.” Abraham Joshua Heschel

“Too many people spend money they haven’t earned, to buy things they don’t want, to impress people they don’t like.” Will Rogers

“The highest reward for man’s toil is not what he gets for it, but what he becomes by it.” John Ruskin

5. EMOTIONS

“Happiness is a how, not a what; a talent, not an object.” Hermann Hesse

“People are like stained glass windows. They sparkle and shine when the sun is out, but when darkness sets in their true beauty is revealed only if there is a light from within.” Elisabeth Kübler-Ross

“May your choices reflect your hopes, not your fears.” Nelson Mandela

6. SPIRITUALITY AND RELIGION

“Engage in a spiritual life, a life of service and a life of healing: to resist the impulse to shy away from difficulty, suffering, and the grotesque, but instead to cultivate an eye for beauty, a curious mind, and a fearless heart.” Maggid Jhos Singer

“Our spiritual life is our own—on our lips and in our hearts.” Krista Tippett

“The fruit of silence is prayer, the fruit of prayer is faith, the fruit of faith is love, the fruit of love is service, the fruit of service is peace.” Mother Teresa

7. GRATITUDE

“The hardest arithmetic to master is that which enables us to count our blessings.” Eric Hoffer

“Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.” Voltaire

“The struggle ends when gratitude begins.” Neale Donald Walsh

8. PURPOSE AND MEANING

“The two most important days of your life are the day you are born and the day you discover why.” Mark Twain

“He who has a why to live can bear almost any how.” Friedrich Nietzsche“

If my mind can conceive it, and my heart can believe it— then I can achieve it.”
Muhammad Ali

9. RELATIONSHIP WITH OTHERS

“Treasure your relationships, not your possessions.” Anthony J. D’Angelo

“Any problem, big or small, within a family always seems to start with bad communication. Someone isn’t listening.” Emma Thompson

“And remember, we all stumble, every one of us. That’s why it’s a comfort to go hand in hand.” Emily Kimbrough

10. LEADERSHIP AND MANAGEMENT

“You don’t lead by pointing and telling people some place to go. You lead by going to that place and making a case.” Ken Kesey

“Abundance is a dance with reciprocity—what we can give, what we can share, and what we receive in the process.” Terry Tempest Williams

“The elevator to success is out of order. You’ll have to use the stairs . . . one step at a time.” Joe Girard

11. CHARITY, PHILANTHROPY, AND SERVICE

“Life’s most persistent and urgent question is ‘What are you doing for others?’”
Martin Luther King Jr.

We make a living by what we get. We make a life by what we give.” Sir
Winston Churchill

“A good Board of Directors team is one where ideas are flowing fluidly—and where each idea is met with an initial welcome, an intellectual challenge, an expression of gratitude, a rigorous scrutiny and a readiness for action.”
Hendrith Vanlon Smith Jr.

12. CONSERVATION AND THE ENVIRONMENT

“As we and our land are part of one another, so all who are living as neighbors here, human and plant and animal, are part of one another, and so cannot possibly flourish alone.” Wendell Berry

“Our challenge is keeping affluence under control. This doesn’t mean everyone gets poorer. It means everyone gets enough and stops.” Donella Meadows

We believe that interest in nature leads to knowledge, which is followed by understanding and, later, appreciation. Once respect is gained, it is a short step to responsibility, and ultimately, action—to preserve our earth.” The Wilderness Leadership School

13. EVOLVING —AGING WITH SOUL

“There is nothing noble in being superior to your fellow man. True nobility is being superior to your former self.” Ernest Hemingway

“When I was young, I admired clever people. Now that I am old, I admire kind people.” Abraham Joshua Heschel

“Life shrinks or expands in proportion to one’s courage.” Anaïs Nin

14. GAINING WISDOM

“Be wise not only in words but in deeds; mere knowledge is not the goal but action.” The Talmud

“A smart person knows what to say. A wise person knows whether to say it or not.” David Wolfe

“The only person who can transform your life is the one you see every day in the mirror. Be the one who shapes your own destiny.” Federico Navarrete

TAKING HOLD OF THE REINS!

“Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now.” Goethe

“Creativity that carves out the future; Performance that measures up time after time; Relationships that nurture and empower; Effectiveness that triumphs over circumstances.” Werner Erhard

“After a long time of practice, our work will become natural, skillful, swift, and steady.” Bruce Lee

“Could this coming year be the best year of your life thus far? What would it take for this to be so?” Rand Selig