



## Speech and Workshop Quotes

*The following collection of quotes is just a sampling of the thousands of meaningful quotes that exist. It is always important to give credit to the author for the quote when using it in your presentation.*

### ■ Arthur Ashe

*“One important key to success is self-confidence. An important key to self-confidence is preparation.”*

*“If it had not been for the wind in my face, I would not have been able to fly at all.”*

### ■ Winston Churchill

*“The price of greatness is responsibility.”*

*“Without courage, all other virtues lose their meaning.”*

*“Eating words has never given me indigestion.”*

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

### ■ Confucius

*“To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right.”*

*“Choose a job that you love and you will never have to work a day in your life.”*

*“He who is really kind can never be unhappy. He who is really wise can never be confused. He who is really brave is never afraid.”*

*“The superior man is modest in his speech but exceeds in his actions.”*

### ■ Amelia Earhart

*“Courage is price that life exacts for granting peace. The soul that knows it not, knows no release from little things.”*

*“Adventure is worthwhile in itself.”*

*“There are two kinds of stones, as everyone knows, one of which rolls.”*

■ **Albert Einstein**

*“When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge.”*

*“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”*

*“You cannot achieve a new goal by applying the same level of thinking that got you where you are today.”*

■ **Henry Ford**

*“Failure is only the opportunity to begin again, more intelligently.”*

*“Whether you think you can or think you can’t - you are right.”*

*“Coming together is a beginning, keeping together is progress; working together is success.”*

■ **Thomas Jefferson**

*“The most valuable of all talents is that of never using two words when one will do.”*

*“I’m a great believer in luck, and I find the harder I work the more I have of it.”*

*“He who permits himself to tell a lie once, finds it much easier to do it a second time.”*

■ **Helen Keller**

*“Keep your face to the sunshine and you cannot see the shadows.”*

*“I thank God for my handicaps, for through them, I have found myself, my work and my God.”*

*“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.”*

## ■ Martin Luther King Jr.

*“If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted or Beethoven composed music or Shakespeare wrote poetry. He should sweep the streets so well that all the hosts of heaven and earth will pause to say, “Here lived a great street sweeper who did his job well.”*

*“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”*

*“The time is always right to do what is right.”*

*“In the end, we will remember not the words of our enemies, but the silence of our friends.”*

## ■ Abraham Lincoln

*“Nearly all men can stand adversity, but if you want to test the character of a man, give him power.”*

*“The best thing about the future is that it comes one day at a time.”*

*“Always bear in mind that your own resolution to succeed is more important than any other one thing.”*

*“It often requires more courage to dare to do right than to fear to do wrong.”*

## ■ Vince Lombardi

*“It’s not whether you get knocked down; it’s whether you get up.”*

*“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of skill.”*

*“Build for your team a feeling of oneness, of dependence upon one another and of strength to be derived by unity.”*

*“If you can’t accept losing, you can’t win.”*

*“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”*

■ **Golda Meir**

*“You cannot shake hands with a clenched fist.”*

*“A leader who does not hesitate before sending a nation into battle is not a leader.”*

■ **Norman Vincent Peale**

*“Think enthusiastically about everything, but especially about your job. If you do so, you’ll put a touch of glory in your life. If you love your job with enthusiasm, you’ll shake it to pieces.”*

*“Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities – always see them, for they’re always there.”*

*“The trouble with most of us is that we would rather be ruined by praise than saved by criticism.”*

*“Any fact facing us is not as important as our attitude toward it, for that determines our success or failure.”*

■ **Eleanor Roosevelt**

*“It is better to light a candle than to curse the darkness.”*

*“No one can make you feel inferior without your consent.”*

*“The future belongs to those who believe in the beauty of their dreams.”*

■ **Albert Schweitzer**

*“Do something for someone else everyday for which you do not get paid.”*

*“Example is not the main thing in influencing others. It is the only thing.”*

*“Man must cease attributing his problems to his environment and learn again to exercise his will - his personal responsibility.”*

*“An optimist is a person who sees a green light everywhere, while a pessimist sees only the red spotlight. The truly wise person is colorblind.”*

### ■ Mother Teresa

*"We can do no great things – only small things with great love."*

*"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."*

*"The biggest disease today is not leprosy or tuberculosis, but rather the feeling of being unwanted."*

*"Loneliness and the feeling of being unwanted is the most terrible poverty."*

*"I am a little pencil in the hand of God who is sending a love letter to the world."*

*"To keep a lamp burning, we must put oil in it."*

### ■ Mark Twain

*"Few things are harder to put up with than a good example."*

*"It's not the size of the dog in the fight; it's the size of the fight in the dog."*

*"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great people make you feel that you, too, can become great."*

### ■ Booker T. Washington

*"No race can prosper until it learns that there is as much dignity in tilling a field as in writing a poem."*

*"Excellence is to do a common thing in an uncommon way."*

*"You can't hold another down without staying down with them."*

*"The world cares very little about what a man or woman knows; it is what the man or woman is able to do that counts."*

### ■ Maya Angelou

*"If you find it in your heart to care for someone else," she says, "you have succeeded."*

*“Life loves to be taken by the lapel and told: I’m with you kid, let’s go.”*

■ **Leonard Kleinrock**

*“Self-expression must pass into communication for its fulfillment.”*

■ **Sir Alexander Fleming**

*“It is the lone worker who makes the first advance in a subject. The details may be worked out by a team, but the prime idea is due to the enterprise, thought and perception of an individual. “*

■ **Mahatma Gandhi**

*“We must be the change we wish to see in the world.”*

■ **André Gidé**

*“One doesn’t discover new lands without consenting to lose sight of the shore for a very long time.”*

■ **Gertrude Ederle**

*“Desire is transformed into drive when a dream creates a passion for action.”*

■ **Thomas A. Edison**

*“If we did all the things we are capable of doing, we would literally astound ourselves.”*

■ **H. Norman Schwarzkopf, Sr.**

*“The success of our lives will be written in your deeds.”* in a letter to his son on his 10th birthday

■ **Davy Crockett**

*“Be sure you are right, then go ahead.”*

■ **Gail Borden Jr.**

*“Success is that old ABC...ability, breaks and courage.”*

■ **Harrison Ford**

*“When it was fashionable to say ‘May the Force be with you’ I always said ‘Force Yourself.’”*

■ **Nelson Mandela**

*”We are born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. As we let our own Light shine, we unconsciously give other people permission to do the same.”*

■ **Norman Cousins**

*“Laughter may or may not activate the endorphins or enhance respiration, as some medical researchers contend. What seems clear, however, is that laughter is an antidote to apprehension and panic.”*

■ **Van Gogh**

*“A single sunbeam is enough to drive away many shadows.”*

**Other Quotes:**

*“My advice is to think positive and find fuel in failure. Sometimes failure gets you closer to where you want to be. The greatest inventions in the world had hundreds of failures before answers were found. A leader has to earn that title. You aren’t the leader just because you’re the best player on the team, smartest person in the class or the most popular. You have to gain the respect of others by your actions.”*

Michael Jordan  
Former NBA Star

*“Do you know what my favorite part of the game is? The opportunity to play - it is as simple as that. I love that opportunity.”*

Mike Singletary  
NFL Linebacker

*“A person always doing his or her best becomes a natural leader, just by example.”*

Joe DiMaggio  
Baseball Legend

*“Quality is never an accident. It is always the result of high intention, sincere effort, intelligent direction, and skillful execution; it represents the wise choice of many alternatives.”*

Willa A. Foster

*“All of our dreams can come true – if we have the courage to pursue them.”*

Walt Disney

*“Light tomorrow with today.”*

Elizabeth Barrett Browning  
English Poet

*“Love what you do. Believe in your instincts. And you’d better be able to pick yourself up and brush yourself off every day. While life is not always fair, it is manageable. It is a matter of attitude and confidence.”*

*“Desire is the key to motivation, but it’s the determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek.”*

Mario Andretti  
Race Car Driver

*“Mistakes are a part of the dues one pays for a full life. Learn from all mistakes.”*

Sophia Loren  
Italian Actress

*“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 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, a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.”*

Ralph Waldo Emerson

*“I have learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances.”*

Martha Washington  
Former First Lady of the United States

*“Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act, but a habit.”*

Aristotle  
Greek Philosopher

*“The way I see it, if you want the rainbow, you gotta put up with the rain.”*

Dolly Parton  
American Country Music Singer and Actress

*“I have crossed over on the backs of Sojourner Truth, Harriet Tubman, Fannie Lou Hamer and Madam C.J. Walker. Because of them I can now live the dream. I am the seed of the free, and I know it. I intend to bear great fruit.”*

*“I think education is power. I think that being able to communicate with people is power. One of my main goals on the planet is to encourage people to empower themselves.”*

*“My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.”*

Oprah Winfrey  
American Actress and Talk Show Host

*“Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy nor suffer much, because they live the gray twilight that knows neither victory nor defeat.”*

Theodore Roosevelt  
Former United States President and Conservationist

*“I don’t know anything about luck. I’ve never banked on it, and I’m afraid of people who do. Luck to me is something else; hard work – and realizing what opportunity is and what isn’t.”*

Lucille Ball  
American Actress and Comedienne

*“Do not follow where the path may lead. Go instead where there is no path and leave a trail. Only those who will risk going too far can possibly find out how far one can go.”*

T.S. Eliot  
Author

*“Let me win, but if I cannot win, let me be brave in the attempt.”*

Special Olympics motto

*“Well done is better than well said.”*

Benjamin Franklin  
Statesman and Author

*“Did is a word of achievement,  
Won’t is a word of retreat,  
Might is a word of bereavement,  
Can’t is a word of defeat,  
Ought is a word of duty,  
Try is a word each hour,  
Will is a word of beauty,  
Can is a word of power.”*

Anonymous

*“Motivation is everything. You can do the work of two people, but you can’t be two people. Instead, you have to inspire the next guy down the line and get him to inspire his people.”*

Lee Iacocca  
Former CEO, Chrysler Corporation

*“I go to where the puck is going to be, not where the puck is.”*

Wayne Gretzky  
Hockey Legend

*“The task ahead is never as great as the power behind us.”*

Ralph Waldo Emerson  
Author

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

Henry David Thoreau  
Writer and Philosopher

*“If we have not achieved our early dreams, we must either find new ones or see what we can salvage from the old. If we have accomplished what we set out to do in our youth, then we need not weep like Alexander the Great that we have no more worlds to conquer. There is clearly much left to be done, and whatever else we are going to do, we had better get on with it.”*

Rosalynn Smith Carter  
Former First Lady of the United States

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*“The function of leadership is to produce more leaders, not more followers.”*

Ralph Nader  
Consumer Rights Advocate

*“Leadership is a harder job to do than just choosing sides, it must bring sides together.”*

Jesse Jackson  
Minister, Civil Rights Leader and Politician

*“As we look to the next century, leaders will be those who empower others.”*

Bill Gates  
CEO, Microsoft

*“Satisfaction lies in the effort, not in the attainment. Full effort is full victory.”*

*“A ‘no’ uttered from the deepest conviction is better and greater than a ‘yes’ merely uttered to please, or what is worse, to avoid trouble.”*

Mahatma Gandhi  
Former Prime Minister of India

*“Excellence is not a destination you arrive at ... It is the benchmark for your journey.”*

Erwin “Magic” Johnson  
Former NBA Star

*“To excel is to reach your own highest dream. But you also help others, where and when you can, to reach theirs. Personal gain is empty if you do not feel you have positively touched another’s life.”*

Barbara Walters  
Journalist

*“Ultimately all you have left at the end of the day are your name and reputation. Invest in them wisely and you and others will simultaneously reap the rewards.”*

Leonard A. Schlesinger  
Management Authority

## Quotes Categorized by Content Area

### Ability

*“People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most men succeed because they are determined to.”*

George H. Allen (1922–1990)  
US NFL football coach  
Coached LA Rams '66-70; & Washington Redskins '71-77

*“Native ability without education is like a tree without fruit.”*

Aristippus (c. 535–c. 356)  
Greek philosopher  
Studied under Socrates

*“To show your true ability is always, in a sense, to surpass the limits of your ability, to go a little beyond them: to dare, to seek, to invent; it is at such a moment that new talents are revealed, discovered, and realized.”*

Simone de Beauvoir

*“Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life.”*

Dr. David M. Burns

*“If we all did the things we are capable of doing, we would literally astound ourselves.”*

Thomas Alva Edison (1847–1931)  
US inventor  
Genius in applying scientific principles

*“Looking at the championship-winning quarterbacks, Edwards remembered their particular talents: Jim McMahon: A great natural leader. Great ability. Great presence. For a guy who was supposed to be blind in one eye, he had as much vision as anyone I've ever seen. He'd know instinctively where he should turn and where he should throw the ball. He was never a problem on the field. He was kind of cocky, but that didn't bother me. He had such a quick delivery and such a natural ability. I told Chicago he'd win them a Super Bowl.”*

LaVell Edwards (1931– )  
Head football coach, Brigham Young University

*“They who lack talent expect things to happen without effort. They ascribe failure to a lack of inspiration or ability, or to misfortune, rather than to insufficient application. At the core of every true talent there is an awareness of the difficulties inherent in any*

*achievement, and the confidence that by persistence and patience something worthwhile will be realized. Thus talent is a species of vigor.”*

Eric Hoffer

*“Flash powder makes a more brilliant light than the arc lamp, but you can't use it to light your street corner because it doesn't last long enough. Stability is more essential to success than brilliancy.”*

Richard Lloyd Jones

### **Accomplishment**

*“The greatest pleasure in life is doing what people say you cannot do.”*

Walter Bagehot (1826–1877)  
English social scientist & literary critic

*“Being busy does not always mean real work. The object of all work is production or accomplishments and to either of these ends there must be forethought, system planning, intelligence, and honest purpose, as well as perspiration. Seeming to do is not doing.”*

Thomas Alva Edison (1847–1931)  
US inventor, genius in applying scientific principles

*“We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.”*

Henry Wadsworth Longfellow (1807–1882)  
American poet, professor of Modern Languages at Harvard

*“There are two primary forces in this world, fear and faith. Fear can move you to destructiveness or sickness or failure. Only in rare instances will it motivate you to accomplishment. But faith is a greater force. Faith can drive itself into your consciousness and set you free from fear forever.”*

Norman Vincent Peale (1898–1993)  
US pastor, Marble Collegiate Church, NYC

*“Large trees give more shade than fruit.”*

Unknown

*"I always turn to the sports pages first, which record people's accomplishments. The front page has nothing but man's failures."*

Earl Warren (1891–1974)  
United States Supreme Court, 14th Chief Justice, 1953–1969

*"The power of accomplishment is often a hairline between success and failure."*

Proverb

*"The chief executive who knows his strengths and weaknesses as a leader is likely to be far more effective than the one who remains blind to them. He also is on the road to humility — that priceless attitude of openness to life that can help a manager absorb mistakes, failures or personal shortcomings."*

John Adair (1757–1840)  
American pioneer in Kentucky, Governor 1820-24, Congress

*"There's a very fine line between winning and losing. Every team in the NFL has talent, but attitude is the biggest thing that counts — that, and playing together as a team. If you can capture that feeling, then you'll have success."*

Ray Bentley  
NFL linebacker

*"To Achieve Your Dreams Remember Your ABC's. Avoid negative sources, people, places, things and habits. Believe in yourself Consider things from every angle. Don't give up and don't give in. Enjoy life today, yesterday is gone, tomorrow may never come. Family and friends are hidden treasures, seek them and enjoy their riches. Give more than you planned to. Hang on to your dreams. Ignore those who try to discourage you. Just do it. Keep trying no matter how hard it seems, it will get easier. Love yourself first and most. Make it happen. Never lie, cheat or steal, always strike a fair deal. Open your eyes and see things as they really are. Practice makes perfect. Quitters never win and winners never quit. Read, study and learn about everything important in your life. Stop procrastinating. Take control of your own destiny. Understand yourself in order to better understand others. Visualize it. Want it more than anything. 'Excellerate' your efforts. You are unique of all God's creations, nothing can replace YOU. Zero in on your target and go for it!"*

Wanda Hope Carter

*"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes."*

Hugh Downs  
Co-host ABC-TV's 20/20

*"Our attitude determines our altitude."*

Paul H. Dunn  
(1924–1998) American religious leader, author, popular speaker

*"Weakness of attitude becomes weakness of character."*

Albert Einstein  
(1879–1955) German-Swiss-American mathematical physicist  
Famous for his theories of relativity.

*"The greatest revolution in our generation is that of human beings, who by changing the inner attitudes of their minds, can change the outer aspects of their lives."*

Marilyn Ferguson

*" . . . Everything can be taken from a man but one thing; the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."*

Viktor E. Frankl  
(1905–1997) Jewish psychiatrist in Holocaust  
Opened new avenues for modern psychotherapy.

*"Leadership is practiced not so much in words as in attitude and in actions."*

Harold Geneen  
Founder, MCI Communications

*"Fate determines who comes into our lives. Our attitude and actions determine who stays in our lives."*

Javan

*"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."*

Thomas Jefferson  
(1743–1826) 3rd US President, 1801-09, Virginia Governor  
Wrote the Declaration of Independence

*President Lincoln was once criticized for his attitude toward his enemies. "Why do you try to make friends of them?" asked an associate. "You should try to destroy them." "Am I not destroying my enemies," Lincoln gently replied, "when I make them my friends?"*

Abraham Lincoln (1809–1865)  
16th US president 1861-65, elected 2 terms, assassinated 4/14/65

*“People are just about as happy as they make up their minds to be.”*

Abraham Lincoln (1809–1865)

16th US president 1861-65, elected 2 terms, assassinated 4/14/65

*“THE MAN WHO THINKS HE CAN: If you think you are beaten, you are, If you think that you dare not, you don't, If you'd like to win, but you think you can't, It's almost certain you won't. If you think you'll lose, you've lost, for out in the world you'll find, Success begins with a fellow's will, it's all in the state of mind. If you think you are outclassed, you are, you've got to think high to rise, you've got to be sure of yourself before You can ever win a prize. Life's battles don't always go to the stronger or faster man, but soon or late the man who wins Is the man who thinks he can.*

*NOTE: A copy of this inspirational poem hangs on the wall in Arnold Palmer's office. Arnie has made it a practice to read the poem at the start of each day. It serves him as a source of inspiration, courage and motivation that enables him to attack whatever problems and challenges that day might bring. It works for Arnie. It will work for you. Try it.”*

Arnold Palmer

Champion professional golfer

### **Attitude**

*“The chief executive who knows his strengths and weaknesses as a leader is likely to be far more effective than the one who remains blind to them. He also is on the road to humility — that priceless attitude of openness to life that can help a manager absorb mistakes, failures or personal shortcomings.”*

John Adair

(1757–1840) American pioneer in Kentucky, Governor 1820-24, Congress

*“There are two big forces at work, external and internal. We have very little control over external forces such as tornadoes, earthquakes, floods, disasters, illness and pain. What really matters is the internal force. How do I respond to those disasters? Over that I have complete control.”*

Leo F. Buscaglia

Professor at Univ. of So. Calif.

American author & lecturer on love & relationships

*“Weakness of attitude becomes weakness of character.”*

Albert Einstein (1879–1955)

German-Swiss-American mathematical physicist

Famous for his theories of relativity.

*“Attitudes are contagious. Are yours worth catching?”*

Proverb

*“A healthy attitude is contagious but don’t wait to catch it from others. Be a carrier.”*

Proverb

*“Things turn out best for the people who make the best of the way things turn out.”*

John Wooden

(1910– ) All-American player at Purdue

Coached most ever NCAA basketball champions at UCLA

*“Pride is a personal commitment. It is an attitude which separates excellence from mediocrity.”*

Unknown

## **Change**

*“What single ability do we all have? The ability to change.”*

George Leonard Andrews

(1828–1899) US Army major general

*“Ancient laws remain in force long after the people have the power to change them.”*

Aristotle (384–322 BC)

Greek philosopher

Studied under Plato, tutored Alexander the Great

*“It is change, continuing change, inevitable change, that is the dominant factor in society today. No sensible decision can be made any longer without taking into account not only the world as it is, but the world as it will be. . . . This, in turn, means that our statesmen, our businessmen, our every man must take on a science fictional way of thinking.”*

Isaac Asimov (1920-1992)

American scientist & science-fiction author

Born, Petrovichi, Russia.

*“It was pride that changed angels into devils; it is humility that makes men as angels.”*

Saint Augustine of Hippo

(354–430) doctor of the church, Bishop of Hippo, b. Algeria,

Great influence on church

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

Richard David Bach (1936– )  
US author; wrote Jonathan Livingston Seagull

*“Not everything that is faced can be changed. But nothing can be changed until it is faced.”*

James Baldwin (1924–1987)  
US author with eloquence & unsparing honesty  
Black civil rights spokesman in 50s-60s

*“Vision without action is merely a dream.  
Action without vision just passes the time.  
Vision with action can change the world.”*

Joel Barker

## **Character**

*“The loftier the building, the deeper must the foundation be laid.”*

Thomas á Kempis (1380–1471)  
German monk, devotional author

*“There is a certain blend of courage, integrity, character and principle which has no satisfactory dictionary name but has been called different things at different times in different countries. Our American name for it is "guts.”*

Louis Adamic (1899–1951)  
Author

*“Everyone knows that weeds eat out the life of the garden and of the productive fields. The gardener and farmer alike each has to keep the weeding process alive. It’s like that in the building and developing of character. No one knows our own faults and tendencies better than we do ourselves, so that it is up to each one of us to keep the weeds out, and to keep all growth vigorous and fruitful.”*

George Matthew Adams

*“Men of genius are admired, men of wealth are envied, men of power are feared; but only men of character are trusted.”*

Alfred Adler (1870–1937)  
Austrian psychologist & psychiatrist

*“In Aristotelian terms, the good leader must have ethos, pathos and logos. The ethos is his moral character, the source of his ability to persuade. The pathos is his ability to*

*touch feelings to move people emotionally. The logos is his ability to give solid reasons for an action, to move people intellectually.”*

Mortimer Jerome Adler (1902– )  
American philosopher, educator, professor, author, editor, innovator  
Quoted in Time, June 15, 1974

*“Whether you be man or woman you will never do anything in this world without courage. It is the greatest quality of the mind next to honor.”*

James Lane Allen (1849–1925)  
American novelist, school & college teacher

*“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”*

Aristotle (384–322 BC)  
Greek philosopher  
Studied under Plato, tutored Alexander the Great

*“No man can tell whether he is rich or poor by turning to his ledger. It is the heart that makes a man rich. He is rich according to what he is, not according to what he has.”*

Henry Ward Beecher (1813–1887)  
US Congregational preacher  
Powerful convincing speaker, author

*“We need to be more grateful. I think there is no true character without gratitude. It is one of the marks of a real strong character to have a feeling of thanksgiving and gratitude for blessings. We need more of that spirit in our homes, in our daily associations, in the church, everywhere. It doesn't cost anything, and it is so easy to cultivate.”*

Ezra Taft Benson (1899–1994)  
American church leader, Secretary of Agriculture 1953-61

### **Circumstances**

*“Occasions do not make a man either strong or weak; they show what he is.”*

Thomas á Kempis (1380–1471)  
German monk, devotional author

*“A man cannot directly chose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances.”*

James Allen (1864–1912)  
American author of As A Man Thinketh, and influenced thousands

*“Circumstances may cause interruptions and delays, but never lose sight of your goal.”*  
Mario Andretti (1940– )  
US champion auto race driver

*“Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstances.”*  
Bruce Barton (1886–1967)  
American Advertising Executive, Religious Writer, Copy Writer & Congressman

*“This is as true in everyday life as it is in battle: we are given one life and the decision is ours whether to wait for circumstances to make up our mind, or whether to act, and in acting, to live.”*  
General Omar Nelson Bradley (1893–1981)  
US General of the Army, largest command in World War 2, chairman of joint chiefs

*“To be able under all circumstances to practice five things constitutes perfect virtue; these five things are gravity, generosity of soul, sincerity, earnestness, and kindness.”*  
Confucius (c. 551–c. 479 BC)  
Chinese philosopher

*“Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances.”*  
Thomas Jefferson (1743–1826)  
3rd US President, Governor of Virginia, wrote the Declaration of Independence

*“I have but one system of ethics for men and for nations—to be grateful, to be faithful to all engagements and under all circumstances, to be open and generous, promoting in the long run even the interests of both.”*  
Thomas Jefferson (1743–1826)  
3rd US President, Governor of Virginia, wrote the Declaration of Independence

*“Circumstances are the rulers of the weak; they are but the instruments of the wise.”*  
Samuel Lover

*“The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.”*  
George Bernard Shaw (1856–1950)  
British playwright, novelist; art, music & critic

## Competition

*"American business can out-think, out-work, out-perform any nation in the world. But we can't beat the competition if we don't get in the ball game."*

George Herbert Walker Bush (1924– )  
41st US president 1989-1993  
Vice President, Congressman, Businessman, Navy Pilot

*"My grandfather once told me that there are two kinds of people: those who work and those who take the credit. He told me to try to be in the first group; there was less competition there."*

Shrimati Indira Gandhi (1917–1984)  
Indian stateswoman  
Daughter of Nehru, prime minister of India, assassinated

*"Life is a competition not with others, but with ourselves. We should seek each day to live stronger, better, truer lives; each day to master some weakness of yesterday; each day to repair a mistake; each day to surpass ourselves."*

David B. Haight (1906– )  
American religious leader, mayor of Palo Alto, CA,  
Regional Manager of large retail store chain

*"The only competition worthy a wise man is with himself."*

Anna Brownell Jameson (1794-1860)

*"The healthiest competition occurs when average people win by putting in above-average effort."*

Colin Powell (1937– )  
US army general, chairman joint Chiefs of Staff,  
Highest rank African-American in history

*"I don't like to lose, and that isn't so much because it is just a football game, but because defeat means the failure to reach your objective. I don't want a football player who doesn't take defeat to heart, who laughs it off with the thought, "Oh, well, there's another Saturday." The trouble in American life today, in business as well as in sports, is that too many people are afraid of competition. The result is that in some circles people have come to sneer at success if it costs hard work and training and sacrifice."*

Knute Kenneth Rockne (1888–1931)  
US head football coach Notre Dame 1918-31,  
Gave 'Win one for the Gipper' speech at halftime during game against Army

*“Life is not a competition with others. In its truest sense it is rivalry with ourselves. We should each day seek to break the record of our yesterday. We should seek each day to live stronger, better, truer lives; each day to master some weakness of yesterday; each day to repair past follies; each day to surpass ourselves. This is, simply, progress.”*

C. Smith Sumner (1933– )

American entrepreneur, computer company executive

*“Competition doesn't create character, it exposes it.”*

Unknown

## **Courage**

*“Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.”*

John Quincy Adams (1767–1848)

6th US president 1825-9, John Adams' son, Secretary of state under Monroe

*“It is easy to be brave from a safe distance.”*

Aesop (620–560 BC)

Greek author, Aesop's Fables

*“He who is not courageous enough to take risks will accomplish nothing in life.”*

Muhammad Ali (1942– )

US world champion boxer, still regarded as 'the greatest,'

Stricken with Parkinson's disease

*“While an open mind is priceless, it is priceless only when its owner has the courage to make a final decision which closes the mind for action after the process of viewing all sides of the question has been completed. Failure to make a decision after due consideration of all the facts will quickly brand a man as unfit for a position of responsibility. Not all of your decisions will be correct. None of us is perfect. But if you get into the habit of making decisions, experience will develop your judgment to a point where more and more of your decisions will be right. After all, it is better to be right 51% of the time and get something done, than it is to get nothing done because you fear to reach a decision.”*

H. W. Andrews

*“One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, “generous, or honest.”*

Maya Angelou  
Born: Marguerite Annie Johnson (1928– )  
African-American author, actress, singer, poet laureate

*“Courage is a special kind of knowledge; the knowledge of how to fear what ought to be feared and how not to fear what ought not to be feared.”*

David Ben-Gurion

*“The Art of Success . . . Success is ninety-nine percent mental attitudes. It calls for love, joy, optimism, confidence, serenity, poise, faith, courage, cheerfulness, imagination, initiative, tolerance, honesty, humility, patience, and enthusiasm. Success is having the courage to meet failure without being defeated. It is refusing to let present loss interfere with your long-range goal.. Success is relative and individual and personal. It is your answer to the problem of making your minutes, hours, days, weeks, months, and years add up to a great life.”*

Wilfred A. Peterson

### **Dreams**

*“Have faith in your dreams and someday your rainbow will come shining through. No matter how your heart is grieving, if you keep believing, the dream that you wish will come true.”*

Cinderella

*“When we are motivated by goals that have deep meaning; by dreams that need completion; by pure love that needs expressing; then we truly live life.”*

Greg Anderson (1964– )  
US basketball player  
NBA forward/center for San Antonio Spurs & Atlanta Hawks.

*“Make no little plans, they have no magic to stir men's blood and will not be realized. Make big plans; aim high in hope and work, remembering that a noble and logical plan never dies, but long after we are gone will be a living thing.”*

Lita Bane  
President, A.H.E.A.

*“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.”*

Joel Barker

*“A child on a farm sees a plane fly overhead and dreams of a faraway place. A traveler on the plane sees the farmhouse — and dreams of home.”*

Carl Burns

*“ To laugh is to risk appearing the fool. To weep is to risk being called sentimental. To reach out to another is to risk involvement. To expose feelings is to risk exposing your true self. To place your ideas, your dreams before the crowd is to risk being called naive. To love is to risk not being loved in return. To live is to risk dying. To hope is to risk despair, and to try is to risk failure. But risks must be taken because the greatest hazard in life is to risk nothing. The person who risks nothing does nothing, has nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn and feel and change and grow and love and live. Chained by his certitudes, he is a slave, he's forfeited his freedom. Only the person who risks is truly free.”*

Leo F. Buscaglia

American author & lecturer on love & relationships, professor at Univ. of So. Calif.

*“When your heart is in your dreams, no request is too extreme.”*

Jiminy Cricket  
Pinnochio

*“All our dreams can come true, if we have the courage to pursue them.”*

Walter Elias “Walt” Disney (1901–1966)

US cartoonist, animation pioneer, producer, created Mickey Mouse, Donald Duck

*“I like the dreams of the future better than the history of the past.”*

Thomas Jefferson (1743–1826)

3rd US President, Governor of Virginia, wrote the Declaration of Independence

*“If you can keep your head when all about you, are losing theirs and blaming it on you; If you can trust yourself when all men doubt you, but make allowance for their doubting too. If you can wait and not be tired by waiting, or being lied about, don't deal in lies; Or being hated don't give way to hating, and yet don't look too good, nor talk too wise; If you can dream and not make dreams your maste;. If you can think — and not make thoughts your aim; If you can meet with Triumph and Disaster, and treat those two impostors just the same;\* If you can bear to hear the truth you've spoken, twisted by knaves to make a trap for fools, or watch the things you gave your life to, broken, and stoop and build 'em up with worn-out tools; If you can make one heap of all your winnings, and risk it on one turn of pitch-and-toss, and lose, and start again at your*

*beginnings, and never breathe a word about your loss; If you can force your heart and nerve and sinew, to serve your turn long after they are gone, and so hold on when there is nothing in you, except the will which says to them: "Hold on!" If you can talk with crowds and keep your virtue, or walk with kings — nor lose the common touch, If neither foes nor loving friends can hurt you; If all men count with you, but none too much; If you can fill the unforgiving minute, with sixty seconds' worth of distance run. Yours is the Earth and everything that's in it, and — which is more — You'll be a Man, my son!"*

\*These two lines are inscribed over the door to the center court at Wimbledon.  
Rudyard Kipling (1865–1936)  
English author, poet, b. Bombay, India, educated in England

## **Friendship**

*"A friend is one who believes in you when you have ceased to believe in yourself."*  
proverb

*"I keep my friends as misers do their treasure, because, of all the things granted us by wisdom, none is greater or better than friendship."*  
Pietro Aretino (1492–1556)  
Italian poet, writer, dramatist.

*"Wishing to be friends is quick work, but friendship is a slow ripening fruit."*  
Aristotle (384–322 BC)  
Greek philosopher, studied under Plato, tutored Alexander the Great

*"You don't just luck into things as much as you'd like to think you do. You build step by step, whether it's friendships or opportunities."*  
Barbara Pierce Bush (1925– )  
American First Lady, wife of President George Bush

*"My best friend is the one who brings out the best in me."*  
Henry Ford (1863-1947)  
US engineer, founder Ford Motor Co., 1903

*"When the character of the person is not clear to you, look at his friends."*  
Japanese Proverb

## **Greatness**

*"No student ever attains very eminent success by simply doing what is required of him: it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction."*

Charles Kendall Adams

*“Goodness does not consist in greatness, but greatness in goodness”.*

Athenaeus (c. 200 AD)  
Greek scholar of Naucratis, Egypt

*“Show me a man who cannot bother to do little things and I'll show you a man who cannot be trusted to do big things.”*

Lawrence D. Bell

*“Greatness after all, in spite of its name, appears to be not so much a certain size as a certain quality in human lives. It may be present in lives whose range is very small.”*

Phillips Brooks (1835–1893)  
US Episcopal minister, sermon at Lincoln's funeral

*“As human beings, our greatness lies not so much in being able to remake the world — that is the myth of the atomic age — as in being able to remake ourselves.”*

“Mahatma” Mohandas Karamchand Gandhi (1869–1948)  
Indian nationalist & Hindu reformer, lawyer, called Mahatma ‘great soul’

*“Mistakes may lead to greatness if we learn from them.”*

unknown

## **Heroes**

*“Never in the field of human conflict was so much owed by so many to so few.”*

Sir Winston Leonard Spencer Churchill (1874–1965)  
British prime minister, WW2, orator, writer, Nobel Prize, literature 1953  
Tribute to the Royal Air Force, House of Commons, 20 August 1940

*“No one knows where he who invented the plow was born, nor where he died; yet he has done more for humanity than the whole race of heroes who have drenched the earth with blood and whose deeds have been handed down with a precision proportionate only to the mischief they wrought.”*

Charles Caleb Colton (c.1780–1832)  
English clergyman, sportsman, wine merchant, author

*“If everybody was satisfied with himself, there would be no heroes.”*

Mark Twain  
Pen name for Samuel Langhorne Clemens (1835–1910)  
US writer, humorist, lecturer, river pilot

*“The ability to accept victory graciously and take defeat without bitterness is what makes heroes.”*

unknown

## **Leadership**

*“Leadership should be born out of the understanding of the needs of those who would be affected by it.”*

Marian Anderson (1897–1993)

American contralto, opera singer, 1st black to perform at Metropolitan Opera

*“He who has never learned to obey cannot be a good commander.”*

Aristotle (384–322 BC)

Greek philosopher, studied under Plato, tutored Alexander the Great

*“. . . power is the basic energy needed to initiate and sustain action or, to put it another way, the capacity to translate intention into reality and sustain it. Leadership is the wise use of this power: Transformative leadership.”*

Warren G. Bennis (1925– )

US psychologist, management educator, and consultant, distinguished prof. at USC

*“The key to successful leadership today is influence, not authority.”*

Kenneth Blanchard

Author of The One minute Manager

*“No man will make a great leader who wants to do it all himself, or to get all the credit for doing it.”*

Andrew Carnegie (1835-1919)

US steel manufacturer, philanthropist

*“Leadership is not magnetic personality — that can just as well be a glib tongue. It is not “making friends and influencing people” — that is flattery. Leadership is lifting a person's vision to high sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations.”*

Peter F. Drucker

US Management Professor, NYU,

Advisor to world's business & government, ‘the dean of management’

*“The first responsibility of a leader is to define reality. The last is to say thank you. In between, the leader is a servant.”*

Max DuPree

CEO of Herman Miller, Inc.

*“Do not go where the path may lead, go instead where there is no path and leave a trail.”*

Ralph Waldo Emerson (1803–1882)  
American philosopher, essayist, poet & lecturer

*“Leadership is practiced not so much in words as in attitude and in actions.”*

Harold Geneen  
Founder, MCI Communications

*“A good leader is a person who takes a little more than his share of the blame and a little less than his share of the credit.”*

John C. Maxwell  
American pastor, leadership instructor & counselor  
Author of over a dozen books

### **Obstacles**

*“If you can find a path with no obstacles, it probably doesn't lead anywhere.”*

Frank A. Clark

*“Obstacles are things a person sees when he takes his eyes off his goal.”*

E. Joseph Crossman

*“A set back is the opportunity to begin again more intelligently.”*

Henry Ford (1863-1947)  
US engineer, founder Ford Motor Co., 1903

*“Braving obstacles and hardships is nobler than retreat to tranquility. The butterfly that hovers around the lamp until it dies is more admirable than the mole that lives in a dark tunnel.”*

Kahlil Gibran (1883–1931)  
Syrian “Lebanese” symbolist poet, writer, painter,

*“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.”*

Michael Jordan (1963-)  
African-American pro basketball player, actor,  
6 world championships for Chicago Bulls

*“One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity.”*

Dr. Albert Schweitzer (1875–1965)

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French philosopher, music scholar, physician-missionary in Africa

## **Success**

*"If at first you don't succeed, you're running about average."*

- M. H. Alderson

*"One important key to success is self-confidence. An important key to self-confidence is preparation."*

*"Success is a journey not a destination. The doing is usually more important than the outcome. Not everyone can be Number One."*

Arthur Ashe (1943–1993)  
American college & pro tennis champion  
First black international tennis champion

*"Keep in mind that neither success nor failure is ever final."*

Roger Ward Babson (1875–1967)  
American financial statistician, lecturer on statistics & economics

*"You've achieved success in your field when you don't know whether what you're doing is work or play."*

James Beatty (1735–1803)  
Scottish poet

*"Consider the postage stamp, my son. It secures success through its ability to stick to one thing till it gets there."*

Josh Billings  
Pseudonym of Henry Wheeler Shaw (1856–1950)  
Irish playwright & critic

*"Don't confuse fame with success. Madonna is one; Helen Keller is the other."*

Erma Bombeck (1927-1996)  
American writer, humorist

*"Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life."*

Dr. David M. Burns