

A WORKING WOW PROJECT

SELF HELP AND LEADERSHIP

# QUOTES OF NOTE

## VOLUME 24

QUOTES OF NOTE SERIES

IAN RODWELL

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I am not a medical practitioner, psychiatrist of any of those specialist people. The opinions expressed are my own as an experienced student of life coaching, commercial manager and well-travelled person.

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## Introduction

My website, [www.ianrodwell-limited.com](http://www.ianrodwell-limited.com) launched on 01 February 2012 (1-2-12), although I did a couple of “trial” blog posts before this. I passionately want to help people live much more fulfilling working lives.

I want you to get out of the bed in the morning enthused and fired up ready to enjoy your working day and have fun. I call this state “Working Wow!” and I have been enjoying this working life experience for years now. I want to share it with you.

As many of you may know, getting a website set up takes a bit of knowledge to do, you need to spend a little cash and get a little help. I knew nothing on 07 November 2011 on how to do this but I got it up and running by 01 February 2012, the date I had set myself. Thanks in no small part to [Chris Farrell](#).

However, the next task is to drive traffic to your website. I got some help from the teachings of the wonderful [Kim Roach](#).

One of the methods that is outlined by [Chris Farrell](#) and [Kim Roach](#) is to have EBooks as a means of publicising your website.

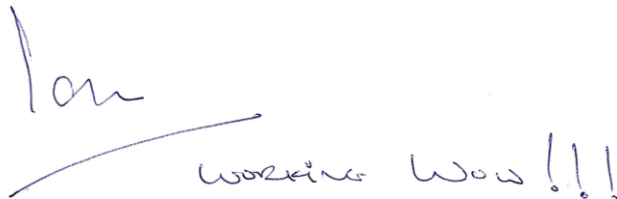
Therefore as I had collected in excess of 2,500 quotes in a Word document, I thought that I would share these with others in a series EBooks. This is one of those EBooks that I

hope that you enjoy. And what's more I am giving these away FREE on my website.

Please check the other great eBooks that I have written including more Quotes of Note volumes of 101 quotes in each.

I hope that you enjoy reading these quotes!

Thank you all so much for your support.



Ian  
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26 November 2014

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1. "When you find a man who knows his job and is willing to take responsibility, keep out of his way and don't bother him with unnecessary supervision. What you may think is co-operation is nothing but interference." - Thomas Dreier
2. "I do not have superior intelligence or faultless looks. I do not captivate a room or run a mile under six minutes. I only succeeded because I was still working after everyone else went to sleep." - Greg Evans
3. "So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable." - Christopher Reeve
4. "Success is deciding from the start what end result you want and creating the circumstances to realize that result." - Mark Victor Hansen
5. "We are made wise not by the recollection of our past, but by the responsibility for our future." - George Bernard Shaw
6. "Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved." - Jeremy Kitson
7. "Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and it puts itself in our hands. It hopes we've learned something from yesterday." - John Wayne

8. "Happiness is to be found along the way, not at the end of the road, for then the journey is over and it is too late. Today, this hour, this minute is the day, the hour, the minute for each of us to sense the fact that life is good, with all of its trials and troubles, and perhaps more interesting because of them." - Robert R. Updegraff
9. "Never accept "no." Things change—in the environment, people's perceptions, and the situation—so always seek the angles that move you toward your goal." - Rose Marie Bravo
10. "Nobody has things just as they would like them. The thing to do is to make a success with what material I have. It is a sheer waste of time and soul-power to imagine what I would do if things were different. They are not different." - Frank Crane
11. "If we listened to our intellect, we'd never have a love affair. We'd never have a friendship. We'd never go into business, because we'd be cynical. Well, that's nonsense. You've got to jump off cliffs all the time and build your wings on the way down. - Ray Bradbury
12. "Any life truly lived is a risky business, and if one puts up too many fences against the risks one ends by shutting out life itself." - Kenneth S. Davis
13. "Two people have been living in you all your life. One is the ego, garrulous, demanding, hysterical, calculating; the other is the hidden spiritual being, whose still voice of wisdom you have only rarely

heard or attended to - you have uncovered in yourself your own wise guide." - Sogyal Rinpoche

14. "In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."- Flora Edwards
15. "Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work." - William Arthur Ward
16. "Don't wait for someone to take you under their wing. Find a good wing and climb up underneath it." - Frank C. Bucaro
17. "Whenever you are asked if you can do a job, tell 'em, 'certainly I can!' - and get busy and find out how to do it." - Theodore Roosevelt
18. "Money is not required to buy one necessity of the soul." - Henry David Thoreau
19. "The world can change in an instant. So can the way you choose to see it. Why not choose to see the good in yourself and others." - Bob Perks
20. "You'll seldom experience regret for anything that you've done. It is what you haven't done that will torment you. The message, therefore, is clear. Do it! Develop an appreciation for the present moment. Seize every second of your life and savour it. Value your present moments. Using them up in any self-



defeating ways means you've lost them forever." - Wayne Dyer

21. "The best portion of a good man's life is the little, nameless, unremembered acts of kindness and love." - William Wordsworth
22. "Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it's amazing what they can accomplish." - Sam Walton
23. "The great leaders are like the best conductors - they reach beyond the notes to reach the magic in the players." - Blaine Lee
24. "The first step toward change is acceptance. Once you accept yourself, you open the door to change. That's all you have to do. Change is not something you do, it's something you allow." - Will Garcia
25. "The point is not to pay back kindness but to pass it on." - Julia Alvarez
26. "Consult not your fears but your hopes and dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what is still possible for you to do." - Pope John XXIII
27. "The time to relax is when you don't have time for it." - Sidney J. Harris

28. "We are not what we know. We are what we are willing to learn." - Council on Ideas
29. "Your mind will answer most questions if you learn to relax and wait for the answer." - William S. Burroughs
30. "Write a goal every single month to eliminate a mess from your life, and when you do - abundance will come in." - Raymond Aaron
31. "Do not think of your fault; still less of others' faults. Look for what is good and strong and try to imitate it. Your faults will drop off like dead leaves when their time comes." - John Ruskin
32. "I am convinced that the world is not a mere bog in which men and women trample themselves and die. Something magnificent is taking place here amidst the cruelties and tragedies, and the supreme challenge to intelligence is that of making the noblest and best in our curious heritage prevail." - C.A. Beard
33. "You haven't learned life's lesson very well if you haven't noticed that you can give the tone or colour, or decide the reaction you want of people in advance. It's unbelievably simple. If you want them to take an interest in you, take an interest in them first. People will treat you as you treat them." - Winston Churchill
34. "For every hope that you entertain, you have a task you must perform. For every good you wish to

preserve, you will have to sacrifice your comfort and your ease. There is nothing for nothing any longer." - Walter Lippmann

35. "People wish to learn to swim and at the same time to keep one foot on the ground." - Marcel Proust
36. "It's surprising how many persons go through life without ever recognizing that their feelings toward other people are largely determined by their feelings toward themselves, and if you're not comfortable within yourself, you can't be comfortable with others." - Sydney J. Harris
37. "If we can forgive everyone, regardless of what he or she may have done, we nourish the soul and allow our whole being to feel good. To hold a grudge against anyone is like carrying the devil on your shoulders. It is our willingness to forgive and forget that casts away such a burden and brings light into our hearts, freeing us from many ill feelings against our fellow human beings." - Sydney Banks
38. "The greatest weakness of most humans is their hesitancy to tell others how much they love them while they're alive." - O. A. Battista
39. "Always tell people how you feel about them. If you tell them, it may break your heart, but by saying nothing you might break theirs." – Unattributed
40. "It is not the answer that enlightens, but the question." – Decouvertes

41. "You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'" - George Bernard Shaw
42. "Reason can answer questions, but imagination has to ask them." - Ralph Gerard
43. "We should quietly hear both sides." - Johann Wolfgang von Goethe
44. "I think the one lesson I have learned is that there is no substitute for paying attention." - Diane Sawyer
45. "You can have anything you want - if you want it badly enough. You can be anything you want to be, have anything you desire, accomplish anything you set out to accomplish - if you will hold to that desire with singleness of purpose." - Robert Collier
46. "Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate." - Albert Schweitzer
47. "I love people. I love my family, my children . . . but inside myself is a place where I live all alone and that's where you renew your springs that never dry up." - Pearl S. Buck
48. "Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's

at work or with your family. Every minute should be enjoyed and savoured." - Earl Nightingale

49. "Let's choose today to quench our thirst for the 'good life' we think others lead by acknowledging the good that already exists in our lives. We can then offer the universe the gift of our grateful hearts." - Sarah Ban Breathnach
50. "Without involvement, there is no commitment. Mark it down, asterisk it, circle it, and underline it. No involvement, no commitment." - Stephen Covey
51. "Optimism doesn't wait on facts. It deals with prospects. Pessimism is a waste of time." - Norman Cousins
52. "An optimist is one who sees an opportunity in every difficulty. A pessimist is one who sees a difficulty in every opportunity." - L. P. Jacks
53. "Learn to get in touch with silence within yourself and know that everything in this life has purpose. There are no mistakes, no coincidences, all events are blessings given to use to learn from." - Elisabeth Kuebler-Ross
54. "I have become my own version of an optimist. If I can't make it through one door, I'll go through another door-or I'll make a door. Something terrific will come no matter how dark the present." - Rabindranath Tagore

55. "Make small commitments and keep them. Be a light, not a judge. Be a model, not a critic. Be part of the solution, not part of the problem." - Stephen R. Covey
56. "With more success comes greater problems along with greater ability to solve them." - Mark Victor Hansen
57. "Challenge everything you do. Expand your thinking. Refocus your efforts. Rededicate yourself to your future." - Patricia Fripp
58. "Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances." - Thomas Jefferson
59. "Man never made any material as resilient as the human spirit." - Bern Williams
60. "Let there be many windows to your soul, that all the glory of the world may beautify it." - Ella Wheeler Wilcox
61. "Simply give others a bit of yourself; a thoughtful act, a helpful idea, a word of appreciation, a lift over a rough spot, a sense of understanding, a timely suggestion. You take something out of your mind, garnished in kindness out of your heart, and put it into the other person's mind and heart." - Charles H. Burr
62. "Being gentle means forgiving yourself when you mess up. We should learn from our mistakes, but we

shouldn't beat the tar out of ourselves over them. The past is just that, past. Learn what went wrong and why. Make amends if you need to. Then drop it and move on." - Sean Covey

63. "The people we are in relationship with are always a mirror, reflecting our own beliefs, and simultaneously we are mirrors reflecting their beliefs. So relationship is one of the most powerful tools for growth... if we look honestly at our relationships we can see so much about how we have created them." - Shakti Gawain
64. "Every artist dips his brush in his own soul, and paints his own nature into his pictures." - Henry Ward Beecher
65. "It is always your next move." - Napoleon Hill
66. "When a defining moment comes along, you can do one of two things. Define the moment, or let the moment define you." - Tin Cup (the movie)
67. "A critic is a legless man who teaches running." - Channing Pollock
68. "Never react emotionally to criticism. Analyse yourself to determine whether it is justified. If it is, correct yourself. Otherwise, go on about your business." - Norman Vincent Peale
69. "No one 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

70. "Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight." - Helen Keller
71. "Lack of money is no obstacle. Lack of an idea is an obstacle." - Ken Hakuta
72. "Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have." - Louis E. Boone
73. "Freedom is what you do with what's been done to you." - Jean-Paul Sartre
74. "The Universe is not punishing you or blessing you. The Universe is responding to the vibrational attitude that you are emitting. The more joyful you are, the more well-being flows to you." - Abraham-Hicks
75. "That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong." - William J.H. Boetcker
76. "Courage... is taking a step forward into an area of difficulty without a solution in mind, trusting that whatever help you need will become available..."



77. "When we realize we are part of the same family then we'll come up with real solutions." - Charles H. Wright
78. "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom." - Marcel Proust
79. "The legacy of heroes is the memory of a great name and the inheritance of a great example." - Benjamin Disraeli
80. "The biggest problem in the world could have been solved when it was small." - Witter Bynner
81. "The first step in solving a problem is to tell someone about it." - John Peter Flynn
82. "Attentiveness is the path to true life; Indifference is the path to death. The attentive do not die; the indifferent are as if they are dead already." – Dhammapada
83. "The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out and meet it." – Thucydides
84. "What one heart finds hard to believe, a hundred find easy." - Nancy Willard
85. "The next message you need is right where you are." - Ram Dass

86. "He who forgives ends the quarrel." - African proverb
87. "Wise men talk because they have something to say; fools, because they have to say something." – Plato
88. "It is with words as with sunbeams; the more they are condensed, the deeper they burn." - Robert Southey
89. "Those who give when they are asked to have waited too long." - Kobi Yamada
90. "Give me the ready hand rather than the ready tongue." - Giuseppe Garibaldi
91. "Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." - Benjamin Franklin
92. "When you focus on what's wrong, you get more of what's wrong. Conversely, when you focus on what's right, you get more of what's right." - Gina Mollicone-Long
93. "What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficulty, and every difficulty has an opportunity." - J. Sidlow Baxter
94. "Thought is the sculptor who can create the person you want to be." - Henry David Thoreau

95. "You must create your own world. I am responsible for my world." - Louise Nelson
96. "When you speak of someone or about someone, you should speak as though they were in the room with you. The ears that you speak to today are attached to the mouth that could relay the message tomorrow." - William 'Biddy' Allen
97. "Life is part positive and part negative. Suppose you went to hear a symphony orchestra and all they played were the little, happy high notes? Would you leave soon? Let me hear the rumble of the bass, the crash of the cymbals, and the minor keys." - Jim Rohn
98. "Experience is that marvellous thing that enables you to recognize a mistake when you make it again." - Franklin P. Jones
99. "Beware of the thoughts you keep, because everything in reality manifests from the mind." - Justin Palmer
100. "We discover in ourselves what others hide from us and we recognize in others what we hide from ourselves." – Vauvenargues
101. "Self-discipline is when your conscience tells you to do something and you don't talk back." - W.K. Hope

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