Great leaders don't blame the tools they are given. They work to sharpen them.

- Simon Sinek

Always be a work in progress.

- Emily Lillian

Life is a great big canvas, and you should throw all the paint you can at it.

- Danny Kaye

When you reach the end of your rope, tie a knot and hold on.
- Franklin D. Roosevelt

The measure of who we are is what we do with what we have.

- Vince Lombardi

Give me six hours to chop down a tree and I will spend the first four sharpening the axe.

- Abraham Lincoln

There are no walls, no no bolts and no locks that anyone can put on your mind.

- Otto Frank

See the light in others and treat them as if that is all you see.

- Dr. Wayne Dyer

To plant a garden is to believe in tomorrow.

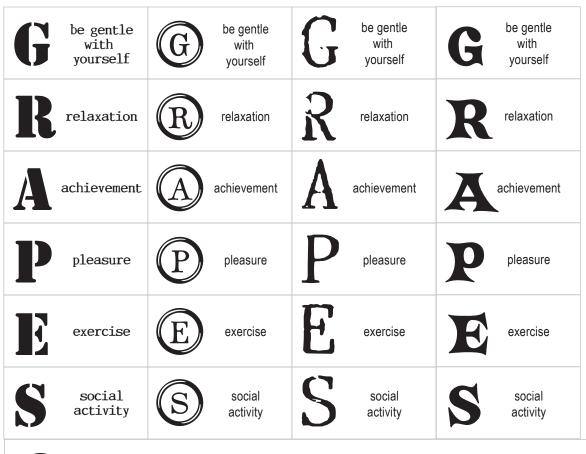
- Audrey Hepburn

The doors of wisdom are never shut.
- Benjamin Franklin

You cannot push anyone up the ladder unless he is willing to climb.

- Andrew Carnegie

The way to get started is to quit talking and begin doing.
- Walt Disney





be gentle with yourself



relaxation



achievement



pleasure



exercise



social activity