

Powerquotes

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"Look at everything as though you were seeing it either for the first or last time."

- Betty Smith

Questions to Ponder

- How would my day be different today if I took that advice?
- If I looked at my friends as if it were the first or last time I'd seen them, what would I do?
- What was the first thing (to see) I thought of when I read this quote?
- How does this thought influence how I learn things?

"When I let go of what I am, I become what I might be." - Lao Tzu

Questions to Ponder

- 1) What can I let go of that will be the most helpful to my future?

2) How does my image of myself inhibit my growth?

"The most drastic and usually the most effective remedy for fear is direct action." - William Burnham

Questions to Ponder

1. When have I attacked fear with action? What was the result?
2. What actions can I take today to reduce my fear or worry about a situation?

"If I had to select one quality, one personal characteristic that I regard as being most highly correlated with success, whatever the field, I would pick the trait of persistence. Determination. The will to endure to the end, to get knocked down 70 times and get up off the floor saying, 'Here comes number 71!'" -Richard M. Devos

Questions to Ponder

1. How persistent am I?
2. Do I make it to #71, or stop sometime before that?
3. What things do I believe in enough to be that persistent?

"You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime."

- Dale Carnegie

Questions to Ponder

1. Who can I share some kind words with today?
2. Who do I appreciate that I haven't told so (or done so lately)?

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way."

-Doris Lessing

Questions to Ponder

1. What am I learning today?
2. When have I had that kind of learning moment?

"A cloudy day is no match for a sunny disposition."

- William Arthur Ward

Questions to Ponder

- 1) How do I let the weather affect my outlook and attitude?
- 2) How do I feel when I have a sunny disposition?
- 3) What is MY weather report for today?



"We could never learn to be brave and patient, if there were only joy in the world."

-Helen Keller

Questions to Ponder

1. How patient and brave am I?
2. What positives come from the challenges I face?

"That man is richest whose pleasures are the cheapest."

- Henry David Thoreau

Questions to Ponder

1. What are the greatest pleasures in my life?
2. What "cheap" experiences and situations please me?

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." - Dale Carnegie

Questions to Ponder

1. Do I keep trying?
2. How does persistence relate to my life?
3. Have I ever succeeded in something after there seemed to be no hope?

"All the gold in the world cannot buy a dying man one more breath - so what does that make today worth?"

- Og Mandino

Questions to Ponder

1. What is today worth to me?

2. What will I do today to make my day more valuable to myself and those I love?

"No one can make you feel inferior without your consent."

- Eleanor Roosevelt

Questions to Ponder

1. Who makes you feel inferior? How?
2. How can acknowledging this fact improve my life?
3. What might I do differently today, having thought about this?

"If a man empties his purse into his head, no one can take it away from him. An investment of knowledge always pays the best interest."

-Benjamin Franklin

Questions to Ponder

1. How much do I invest in my knowledge?
2. What ways to I find most useful in increasing my knowledge?

"It is nonsense to say there is not enough time to be fully informed. Time given to thought is the greatest time-saver of all."

- Norman Cousins, author

Questions to Ponder

- Do I give enough time to thought?
- What could I be better informed about?
- Do I agree with Mr. Cousin's assessment?

"Just do what you do best."

- Red Auerbach, Hall of Fame Basketball Coach

Questions to Ponder

- What do I do best?
- How much of my effort do I spend on my "best things"?

"The victory of success is half won when one gains the habit of setting goals and achieving them. Even the most tedious chore will become endurable as you parade through each day convinced that every task, no matter how menial or boring, brings you closer to fulfilling your dreams."

- Og Mandino, Inspirational Author

Questions to Ponder

- Do I have meaningful goals?
- Will achieving them lead me closer to my dreams?

"An authentic leader acts in ways which serve to elevate those around him."

- Sean M. Georges, author

Questions to Ponder

- In what situations am I a leader?
- Are my goals as a leader in line with the author's
- How can I elevate those around me, even if I'm not a "leader"?

"The world is full of abundance and opportunity, but far too many people come to the fountain of life with a sieve instead of a tank car... a teaspoon instead of a steam shovel. They expect little and as a result they get little."

Ben Sweetland, author

Questions to Ponder

- What do I expect from life?

- How have my expectations influenced my results?

"It's not the answers that enlighten us, but the questions."

- Descouvertes

Questions to Ponder

- Does this make me stop & think?
- Do I have enough questions left?
- Or do I have more answers?

"Always think of what you have to do as easy and it will be."

- Emile Coue, French pyschotherapist, 1857-1926

Questions to Ponder

- How am I thinking about my tasks of today?
- What role do my expectations play in how I see, or experience an activity?

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"To read without reflecting is like eating without digesting."

- Edmund Burke, British Statesman, 1729-1797

### **Questions to Ponder**

- How much time do I spend reflecting compared to reading?
- What have I learned most recently through reflection?
- Do I realize I am reflecting by thinking about these questions everyday?

"Joy is the feeling of grinning on the inside."

- Dr. Melba Colgrove, author

### **Questions to Ponder**

- What brings me my greatest joy(s)?
- How would I describe joy, what does it feel like to me?

"Nothing makes you realize you don't know what you want more than getting what you want."

- Jane Wagner, actress

### **Questions to Ponder**

- What DO I want?
- Have I experienced what Miss Wagner describes? What did I get that I thought I wanted?



"If there is something to gain and nothing to lose by asking - by all means ask!"

- W. Clement Stone, businessman and author

### **Questions to Ponder**

- Do I, as a matter of habit, ask?
- What questions should I ask today?
- What do I typically do, if not ask?



"Nurture your mind with great thoughts; to believe in the heroic makes heroes."

- Benjamin Disraeli, British Prime Minister

### **Questions to Ponder**

- What great thoughts am I nurturing in my mind?

- Who are my heroes?



"The permanent temptation of life is to confuse dreams with reality. The permanent defeat of life comes when dreams are surrendered to reality."

- James Michener, Author

### **Questions to Ponder**

- What are my dreams?
- Have I surrendered them to reality?
- If so, how can I reclaim them?