

# One Time Around...

*Roy E. Hadley, Jr.*

*Reflections and thoughts on  
a thing called Life and  
on living it to the fullest.*

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## *About Roy...*



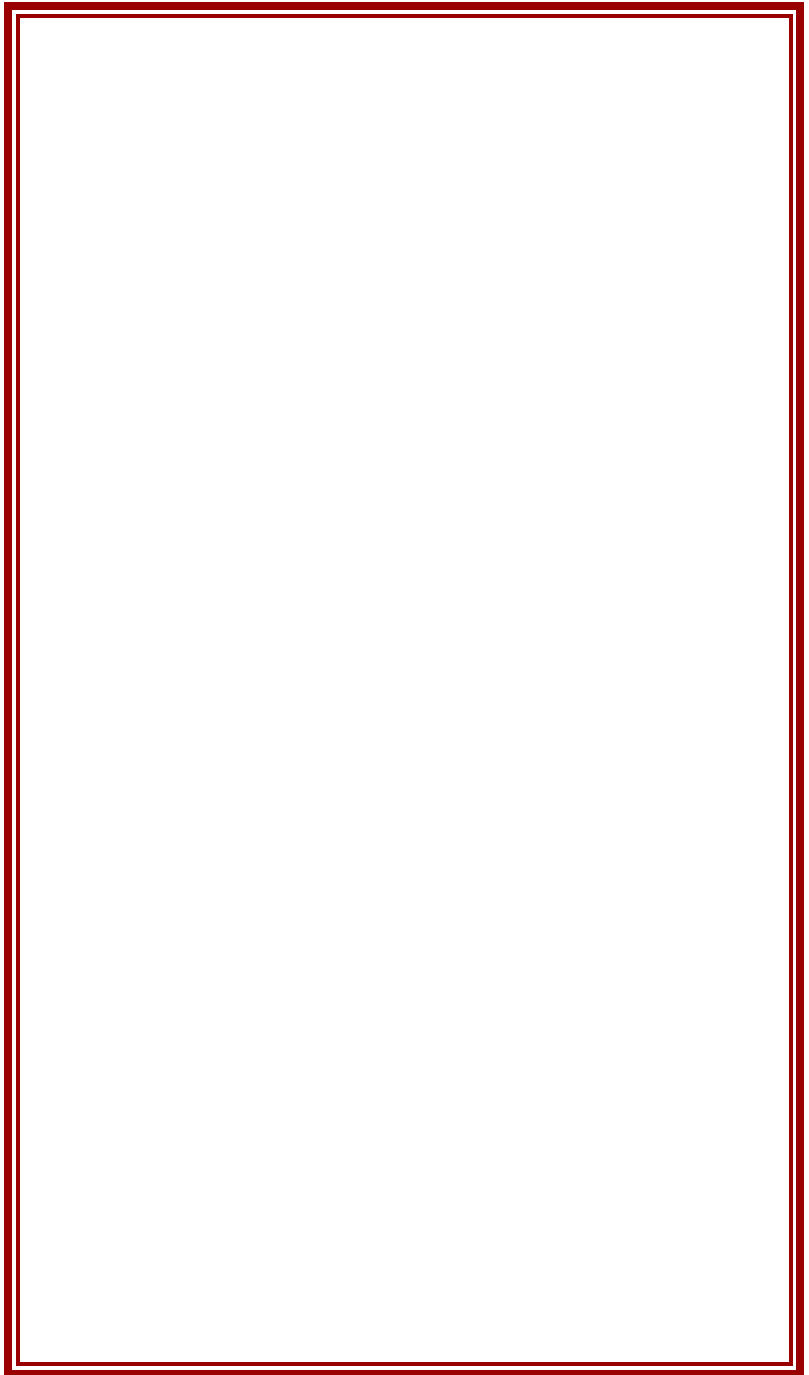
Roy has a long history of handling the personal affairs and business transactions of affluent families, professional athletes, entertainers and business owners in a variety of sectors. His private, confidential and trusted counsel is valued by his clients worldwide.

Roy counsels and advises clients on how to build their personal and family brands, create the foundations of multi-generational success and prosperity, and foster meaningful legacies to insure that their wealth has a purpose and is put to good use.

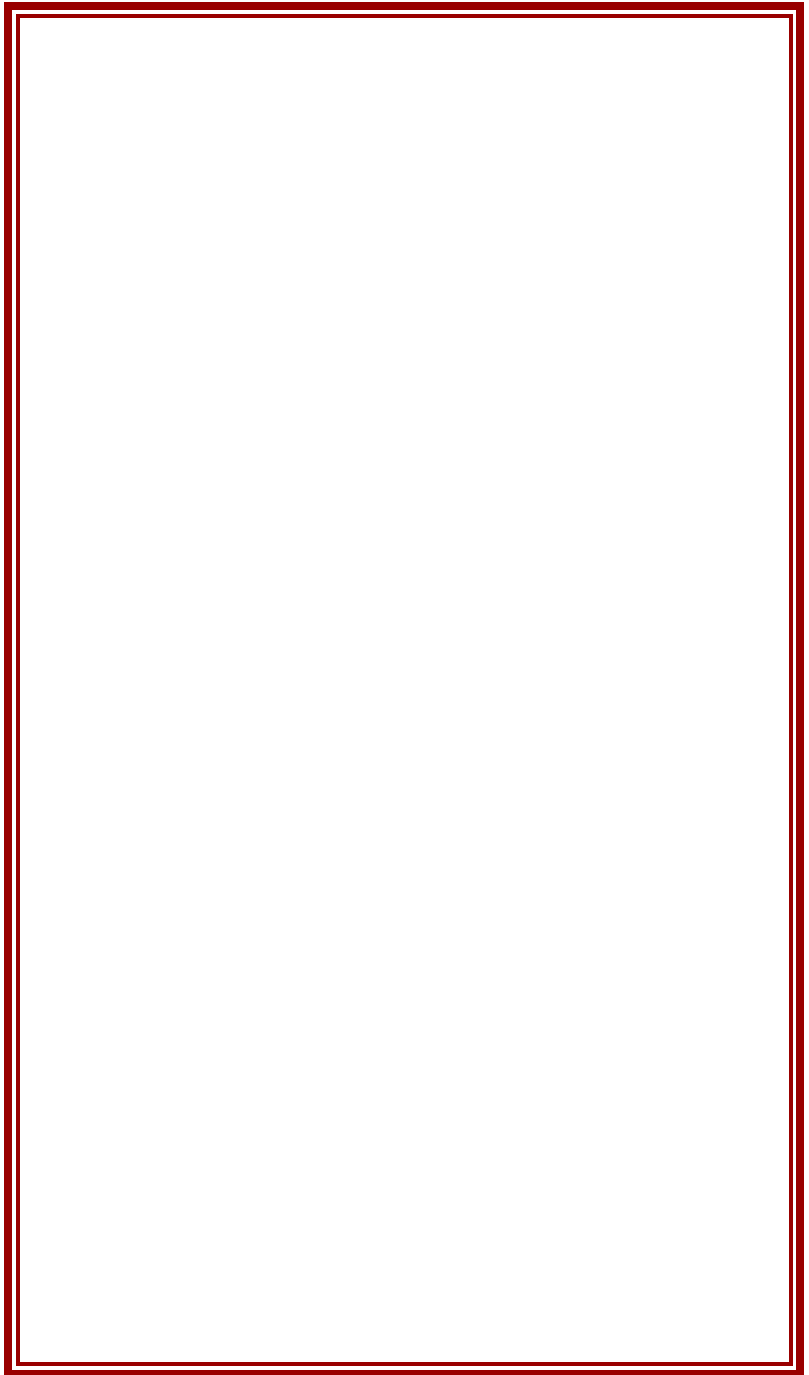
Some clients call Roy their Sensei. Some call him their life Guru. Some even call him their Consigliere. Many just call him their good friend or their trusted confidant. Whatever they call him, the result is the same - he helps them to live life to the fullest.

You can learn more about Roy, his thoughts on life, and how he can help you to "live well" at [ThinkHadley.com](http://ThinkHadley.com) or at [HadleyWorldwide.com](http://HadleyWorldwide.com).

**Think Success! ThinkHadley!**



For my children...  
may they be successful in  
whatever they seek to do.



# The Power of Choice.

(And why it matters)

There have been many self-help books written and many self-help books read. Some try to give you the latest and greatest “wisdom” to change your life.

This book is not one of them.

I am not trying to reinvent the wheel. However, I am trying to share with you some of my favorite thoughts and anecdotes, both from myself and from people far greater and wiser than me.

The thoughts in this volume are things that I have heard, seen, and said over the years. They all have meaning for me and I hope that they will have meaning for you.

This book is designed to be read in one short sitting with an eye towards making you think about life and about “true success.”

The reality for all of us is that we have one shot at life. One time around the

proverbial block. Once we are gone, we don't get a second chance here on Earth.

However, up until the time of our death, we do have the power to change things. The power to constantly reinvent ourselves. The power to make our lives and the lives around us better.

That is what this book is about.

The power of positive choice.

Needless to say, I recognize that I have omitted many great thoughts from many great people. Perhaps they will make it into the next volume.

That said, I think you will find many of the thoughts in this book relevant to your life, both now and in the future.

Perhaps if there is one thing that I would like for you to take away from this book, it is that nothing changes until you do. Someone once said that lunacy is doing the same thing over and over and expecting a different result.



In order for positive change to happen,  
you have to take positive steps.

Commit to taking those steps. Right now.

Remember, nothing changes until you do.



Lastly, I hope that the thoughts that I am sharing will lead you to understand that “true wealth” and personal greatness are so much more than money and material possessions. True wealth comes from within and from those who love you.

One wish - After you have finished reading this book please share it with someone else. Or, put it away with the goal of reading it again at some point in the future.

All the best,

Roy

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"Everyone thinks of changing  
the world, but no one thinks  
of changing himself."

~ *Leo Tolstoy*

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One Time  
Around...

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~1~

**Success is about will  
and determination.**



*“Genius is one percent  
inspiration and  
ninety-nine percent  
perspiration.”*

*– Thomas A. Edison*

**Nobody remembers, or  
respects, quitters.**

~2~

**BEFORE YOU BEGIN ANY  
TASK OR ENDEAVOR,  
KNOW THE END RESULT  
YOU WANT.**



*If you don't know where  
you are going, you won't  
know when you get there.*

**The road of life is littered  
with people who took the  
wrong turn and didn't  
know it.**



~3~

**Ask yourself:**

What is the conventional  
wisdom?



*Then question it.*

*Remember, when  
everyone agrees with  
you, something is  
wrong.*

~4~

**Make your personal  
development a  
priority.**



*Invest in yourself. Spend  
time learning, spend time  
growing, spend time  
exercising.*

**It is worth it.**

~5~

**Your time on earth is  
not infinite.**

**Manage it wisely.**



*Only undertake high  
value activities that will  
bring you closer to  
your goals.*

**Every minute lost is a  
minute lost forever.**

~6~

**SET BOLD GOALS.**



*Write them down.*

*Act on them.*

*Keep acting on them.*

*Fortune favors the  
BOLD, not the meek.*

~7~

**Always keep moving.**

**Always keep  
working.**



"Even if you are on the right track, you will get run over if you just sit there."

**- Will Rogers**

~8~

**Listen.**

**Listen well.**



*And then listen some  
more. There is a  
reason God gave you  
two ears (and just one  
mouth).*

**Think about it.**

~9~

**SUCCESSFUL PEOPLE  
SURROUND  
THEMSELVES WITH  
OTHER SUCCESSFUL  
PEOPLE.**



*You are who you hang out  
with. Hang out with the  
best.*

*Always “play up”.*

~10~

**FIND YOUR PASSION.**



***And then live it.***

***If you have nothing that  
you are passionate about,  
life will have very little  
meaning.***

***Why be drab?***



~11~

Successful people have  
drive and a strong  
work ethic.



*Lazy won't cut it.*

*Show me a successful  
person and I will show  
you a hard (and smart)  
worker.*

~12~

**RICH PEOPLE  
INVEST.**



*Poor people spend.*

*Invest in yourself.*

*Invest in your family.*

*Invest in your business.*

**Invest in LIFE.**

~13~

**Neither wealth nor  
poverty will bring  
you happiness.**



*True happiness comes  
from success.*

*Success in life, in family, in  
business, and in love.*

~14~

YOU CAN'T FAKE  
PROSPERITY.  
OR GOODNESS.



*Sooner or later you will  
be found out.*

*Live a good life, and you  
will be "rich".*

~15~

**FAILURE IS  
YOUR FRIEND.**



*Don't be afraid of it.*

*Embrace it.*

*Learn from it.*

*Success goes to those  
who do not give up.*

~16~

**Hope is not a  
strategy.**



***Neither is wishing.***

***Success goes to those  
who plan, who think,  
who act, who execute,  
who follow through.***

***Not to those who hope.***

~17~

**Always have  
a “Can Do”  
attitude.**



*Otherwise, you won't.*

*If you don't believe that  
you can, nobody else will  
be you can either.*

~18~

BEING SUCCESSFUL  
IS A STATE OF MIND.



***Practice mental  
toughness.***

***Visualize success.***

***See it. Feel it.***



~19~

Define what success  
means to you.



*Write it down.*

*Know where you  
are going.*

*Know when you  
get there.*

~20~

God gave you the  
ability to be either  
rich or poor.



*It's your choice.*

*Choose to be wealthy.*

*Choose to be healthy.*

*Choose to be wise.*

~21~

Settling is never good.



*Never settle.*

**Ever.**

*To settle is to lose a  
small part of yourself.*

*Eventually, there will be  
nothing left.*

~22~

**Focus on  
opportunities.**



*Not obstacles.*

*The successful person  
sees the possibilities in  
life. Look for the  
positive. Look for the  
green grass.*

~23~

**Do something. Now.**



“THE BEST TIME TO  
PLANT A TREE WAS  
20 YEARS AGO. THE  
SECOND BEST TIME IS  
NOW.”

**- Chinese Proverb**

~24~

**Look for Heroes.**



*Heroes inspire you to  
Think.*

*To Dream.*

*To Hope.*

**Be a Hero.**

~25~

Nobody ever said “I wish  
I had worked more”  
when lying on their  
death bed.



***WHAT WILL YOU SAY?***

***LIFE IS SHORT.***

***CALL YOUR FAMILY.***

***TALK TO YOUR FRIENDS.***

~26~

**Keep your  
friends  
close.**



*And your enemies  
closer. Learn from  
others, even those who  
oppose you. They may  
have a point worth  
considering.*



~27~

Think “Win-Win”.



*HAVE PARTNERS IN  
SUCCESS. IT IS THE  
LONELY PERSON WHO  
SITS ON THE THRONE  
OF SUCCESS WITH NO  
FAMILY OR FRIENDS  
TO ENJOY IT WITH  
THEM.*

~28~

**ACT. NOW.**



*Even if you are afraid.*

Every journey, no  
matter how long or  
how short, begins with  
the first step.

*Step now.*

~29~

## Don't waste your gifts.



“Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can.”

- 14th Dali Lama

~30~

**You have to believe...  
in yourself  
and in your success.**



*If you don't, they won't.*

***Believe.***

~31~

**THINK SUCCESS.**

**THINK GREATNESS.**



“Whatever the mind  
can conceive and  
believe, it can  
achieve.”

**- Napoleon Hill**

~32~

# **Have Faith.**



*"Leap and the net  
will appear."*

**- Zen saying**

~33~

Read a good book.



*Expand your mind.*

*Read books you agree with, and books you don't agree with. Learn what others think, even if you think they are wrong.*

~34~

*Determination is key.*



"Some people  
succeed because they  
are destined to, but  
most people succeed  
because they are  
determined to."

**- Henry Ford**



~35~

No guts. No glory.



*Enough said.*

*The world is full of  
people with great ideas  
but who were too afraid  
to act upon them.*

*Don't be one of them.*

~36~

**Be consistently  
great.**



*Good is not good  
enough.*

*Excellence is not  
a one-time thing.*

*Excellence is a  
habit.*

~37~

**Focused persistence and  
doggedness are  
hallmarks of genius.**



*Any less is mediocrity.*

*Genius is doing great  
things, over and over and  
over.*

~38~

Persistence is  
**Power.**



“Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

- *Calvin Coolidge*

~39~

**Procrastination.**

**Fear.**

**Doubt.**



*The three greatest enemies  
of success.*

*Never wait. Never fear.*

*Never doubt.*

~40~

## **DARE TO BE GREAT.**



“Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure...than to rank with those poor spirits who neither enjoy nor suffer much, because they live in a gray twilight that knows not victory nor defeat.”

**- Theodore Roosevelt**

~41~

Fortune favors the  
**Bold.**



*Great thoughts and  
great actions lead to  
great results.*

**Be Bold.**

*Be first.*

~42~

## **Be optimistic.**



*Positive thoughts lead to  
positive outcomes.*

*Focus on the positive.*

*Never the negative.*

*Truly believe and it shall  
be so.*



~43~

Be absolutely clear about  
who you are and what you  
stand for.



*If you don't know,  
neither will they.*

*Leave no doubt.*

~44~

# **TRUTHFULNESS**

is the main element of  
character.



*Statistics lie.*

*Numbers lie.*

*People shouldn't.*

*Once lost, honesty is seldom  
found again.*

~45~

When times are tough,  
**STAND TALL.**



“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.”

**- Martin Luther King**

~46~

Be a master  
of your craft.



*Whatever that craft may be.*

*Study it. Perfect it.*

*Be the best.*

~47~

## **Be the best. Always.**



“If a man is called to be a street sweeper, he should sweep streets even as a Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep 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.'”

*- Martin Luther King*

~48~

**Y.O.L.O.**



*You only live once.*

**Embrace life. Live it.**

*What is done is done.*

*Learn from it and move  
on. Never look back.*

~49~

## **Live without regrets.**



“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

**- Mark Twain**

~50~

**Keep your promises.**



*People remember.*

*The world is full of unkept  
promises.*

*Promises made and  
promises broken.*

*Don't add to the mess.*



~51~

*Successful people save  
in prosperous times.*



There is nothing worse  
than an opportunity  
without the ability to  
act on it.

Prepare now to act then.

~52~

Read another good book.



*Read something outside of  
your norm.*

*You will learn something.*

*Never stop learning. Never  
stop growing.*

*To do so is to die, slowly.*

~53~

**Avoid negative people at  
all costs.**



*They will bring you  
down.*

*You are who you  
associate with.*

*Negativity kills. **Really.***

~54~

**Learn something new.**



*You are never too old.*

*Or too smart.*

***Old dogs CAN be  
taught new tricks.***

*Try it.*

~55~

Try something  
different.



You will be surprised at  
the outcome.

Go skydiving.

Climb Mt. Kilimanjaro.

Take a chance.

~56~

**Convince yourself that  
you have no limits.**



*Otherwise, you will.*

*Life is full of people  
who never try because  
they believe they can't.*

*And they don't.*

~57~

## TRUE LEADERSHIP

is the ability to get  
extraordinary things  
from ordinary people.



*If you are not the lead  
dog, the view never  
changes.*

*Lead.*

*Don't follow.*

~58~

**Sometimes,  
be afraid.**



“Do one thing every  
day that scares you.”

- *Eleanor Roosevelt*



~59~

NEVER CONSIDER  
THE POSSIBILITY OF  
FAILURE.



No one will remember  
the failures.

“I have not failed. I’ve  
just found 10,000 ways  
that don’t work.”

- *Thomas Edison*

~60~

**MOST PEOPLE  
ACHIEVED THEIR  
GREATEST SUCCESS  
ONE STEP BEYOND  
WHAT LOOKED LIKE  
THEIR GREATEST  
FAILURE.**



*Nothing ventured...  
nothing gained.*

~61~

**Integrity is the  
foundation  
upon which all  
other values  
are built.**



*A person is only as good  
as their word.*

*Once broken, your word  
is forever tarnished.*

~62~

Every morning in Africa, a Gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed.

Every morning a Lion wakes up. It knows it must outrun the slowest Gazelle or it will starve to death.

The moral: It doesn't matter whether you are a Lion or a Gazelle... when the sun comes up, you'd better be running.

- African fable

~63~

Always keep your  
eyes on the prize.



“Obstacles are those  
frightful things you  
see when you take  
your eyes off your  
goals.”

- Henry Ford

~64~

Spend your time  
focusing on the  
opportunities of  
tomorrow rather than  
the problems of  
yesterday.



*What's done is done.*

*You can't change the past.*

*Move on.*

~65~

**Dream BIG  
dreams.**



*Or live the nightmare of  
small ones.*

*Dream your dreams.*

*Nurture them.*

*Embrace them.*

~66~

## **Keep your dreams alive.**



*“Hold fast to dreams  
For if dreams die  
Life is a broken-winged bird  
That cannot fly.  
Hold fast to dreams  
For when dreams go  
Life is a barren field  
Frozen with snow.”*

**- Langston Hughes**



~67~

**Make your own luck.**

**If you believe in luck.**



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

**-Thomas Jefferson**

~68~

**Learn how  
to network.**



*You can never know  
too many (good)  
people.*

*Remember, it is not  
what you know but*

**WHO YOU KNOW.**

~69~

**Expect good fortune.**

**Work for it.**



“It seems to never occur to  
fools that merit and good  
fortune are closely  
united.”

**- Johann Wolfgang von  
Goethe**

~70~

Be the best you can be.

**ALWAYS.**



“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.”

- Vince Lombardi

~71~

**LOVE**  
**WHAT YOU**  
**DO.**



*And do what you love.*  
*You will be better at it.*

*Passion = Excellence.*

*Excellence = Passion.*

~72~

**Great relationships  
are a choice.**



*Choose wisely. In your  
friends. In your lovers.*

*Just remember, however,  
you can't choose your  
family.*

~73~

BE A GOOD FRIEND.



*They are really  
hard to come by.*

*One good friend is  
worth a hundred  
mediocre ones.*

~74~

Ask someone to tell  
you their story.



***Listen to it.***

No, really listen to it.

***You might just learn  
something.***



~75~

See friends and not  
strangers when you walk  
into a room.



*Act like it is your party.*

One of the greatest  
abilities is the ability  
to talk to people.

~76~

Live in the present.

Not in the past.



“Yesterday is history.

Tomorrow is a mystery.

Today is a gift. That’s why we  
call it ‘The Present’.”

- ELEANOR ROOSEVELT

*What are you doing with your  
“gift” of today?*

~77~

PASSIONATE PEOPLE  
CHANGE YOUR  
REALITY.



*It matters who you  
surround yourself with.*

*It does.*

*Really, it does.*

~78~

**Commit to leaving  
the world a better  
place.**



*People die.*

*Legacies live forever.*

*What will you be  
remembered for?*

*And by whom?*

~79~

**Don't take things  
too seriously.**



“Blessed are they who  
can laugh at themselves  
for they shall never  
cease to be amused.”

**- Unknown**

~80~

What do you want  
people to say at your  
funeral?



*Will people even come?*

*What will they say?*

**An empty church =  
an empty legacy.**

~81~

**Live your  
legacy.**



Live **LARGE.**

Leave **LARGE.**

“Dream as if you will live  
forever. Live as if you will  
die today.”

- James Dean

~82~

# **CREATE A LIFE PLAN.**



*“If you don’t where you  
are going, you won’t know  
when you get there.”*

**- Yogi Berra**



~83~

Life is best lived in  
service to others.



**“If you can't feed a  
hundred people, then feed  
just one.”**

**- Mother Teresa**

~84~

**DARE  
TO  
FAIL.**



“Only those who dare  
to fail greatly can ever  
achieve greatly.”

***- ROBERT F. KENNEDY***

~85~

**LOVE YOUR  
NEIGHBOR.**



*EVEN IF YOU DON'T  
REALLY LIKE THEM.*

“Thou shalt love thy neighbor  
as thyself. There is none other  
commandment greater than  
these.”

**- THE BIBLE**

~86~

**You reap  
what you sow.**



*What will your  
harvest be?*

*Will it be bountiful?*

*Or a bust?*

~87~

**Smile.**



***And the world will  
smile back.***

“Let us always meet each other with smile, for the smile is the beginning of love.”

- Mother Teresa

~88~

Your greatest assets:

**Your family, your  
friends, and your  
health.**



*Protect them.*

*Nurture them.*

~89~

*Don't complain.*



*Nobody really cares.*

**They really  
don't.**

*Except maybe your  
mother (and she  
probably doesn't either).*

~90~

**YOU CAN'T TAKE IT  
WITH YOU.**



*It is better to be the  
poorest man alive than  
the richest man in the  
cemetery.*

**This is an absolute  
truism.**



~91~

**Stop,  
and smell  
the roses  
from  
time-to-time.**



*You might be surprised  
at how sweet they are.*

~92~

“The man who  
moves a mountain  
does so one pebble  
at a time.”

- Confucian Proverb



*What pebble will you  
move today?*

~93~

**NEVER give up.**

**Or give in.**



*Once you learn to quit,  
it becomes a habit.*

*Nothing is as sad as one  
who quits right before  
victory.*

~94~

**Let others  
live small lives.**



*Think BIG.*

*Think BOLD.*

*Be DECISIVE.*

~95~

“There is no passion  
to be found in  
playing small, in  
settling for a life  
that is less than the  
one you are capable  
of living.”

- Nelson Mandela

~96~

**Giving is  
Truly Living.**



***Live like it.***

“We make a living by  
what we get, we make a  
life by what we give.”

**- Sir Winston Churchill**

~97~

***Will your song be  
unsung?***



“Spring has passed. Summer  
has gone. Winter is here and  
the song I meant to sing  
remains unsung.

For I have spent my days  
stringing and unstringing my  
instrument.”

**- Rabindranath Tagore**

~98~

**Money can buy  
many things. But  
it can't buy good.**



*The world is full of rich  
people who do no good  
and with poor people  
who will live forever  
through their deeds.*



~99~

**Ultimately, we are all  
dead. Choose wisely.**



*“Remembering that  
I’ll be dead soon is the  
most important tool  
I’ve ever encountered  
to help me make the  
big choices in life.”*

- Steve Jobs

~100~

**Believe in God.**



*Or believe in  
something greater  
than you.*

**Why take the  
chance?**

*And a few more...*

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~101~

## *Understanding Life.*



“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

**- John Lennon**

~102~

## **When in Doubt... Press On!!!**



Nothing in this world can take the place of persistence.

Talent will not; nothing is more common than unsuccessful people with talent.

Genius will not; unrewarded genius is almost a proverb.

Education will not; the world is full of educated derelicts.

Persistence and determination alone are omnipotent.

The slogan "press on" has solved and always will solve the problems of the human race.

**Calvin Coolidge**

(30th US president, 1872-1933)

~103~

**Above all else, be the  
best “You”.**



My mother said to me,  
“If you are a soldier, you  
will become a general. If  
you are a monk, you will  
become the Pope.”

Instead, I was a painter,  
and became Picasso.

- Pablo Picasso

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*Finished...for now.*

*Or not...*

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*A little bonus...*

*Some of my favorite  
inspirational poems and  
reflections.*

*Enjoy!*

ThinkHadley.com

# The Victor

If you think you are beaten, you are.  
If you think you dare not, you don't.  
If you like to win but think you can't,  
It's almost a cinch you won't.

If you think you'll lose, you're lost.  
For out in the world we find  
Success begins with a fellow's will.  
It's all in the state of mind.

If you think you are out classed, you are.  
You've got to think high to rise.  
You've got to be sure of yourself before  
You can ever win the prize.

Life's battles don't always go  
To the stronger or faster man.  
But sooner or later, the man who wins  
Is the man who thinks he can.

*C. W. Longenecker*

## Still I Rise

You may write me down in history  
With your bitter, twisted lies,  
You may tread me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops.  
Weakened by my soulful cries.

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own back yard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise

Up from a past that's rooted in pain  
I rise

I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.  
Leaving behind nights of terror and fear  
I rise

Into a daybreak that's wondrously clear  
I rise

Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.

I rise

I rise

I rise.

**Maya Angelou**

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# Invictus

Out of the night that covers me,  
Black as the Pit from pole to pole,  
I thank whatever gods may be  
For my unconquerable soul.

In the fell clutch of circumstance  
I have not winced nor cried aloud.  
Under the bludgeonings of chance  
My head is bloody, but unbowed.

Beyond this place of wrath and tears  
Looms but the Horror of the shade,  
And yet the menace of the years  
Finds, and shall find, me unafraid.

It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate:  
I am the captain of my soul.

**William Ernest Henley**

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## The Road Not Taken

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim  
Because it was grassy and wanted wear,  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I,  
I took the one less traveled by,  
And that has made all the difference

*Robert Frost*

# IF

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 master;  
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!

***Rudyard Kipling***

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# Don't Quit

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won had he stuck it out;  
Don't give up though the pace seems slow-  
You may succeed with another blow.

Often the goal is nearer than  
It seems to a faint and faltering man,  
Often the struggler has given up,  
When he might have captured the victor's cup,  
And he learned too late when the night slipped  
down,  
How close he was to the golden crown.

Success is failure turned inside out-  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems so far,  
So stick to the fight when you're hardest hit-  
It's when things seem worst that you mustn't quit.

Author unknown

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## Start Where You Stand

Start where you stand and never mind the past,  
The past won't help you in beginning new,  
If you have left it all behind at last  
Why, that's enough, you're done with it, you're through;  
This is another chapter in the book,  
This is another race that you have planned,  
Don't give the vanished days a backward look,  
Start where you stand.

The world won't care about your old defeats  
If you can start anew and win success,  
The future is your time, and time is fleet  
And there is much of work and strain and stress;  
Forget the buried woes and dead despairs,  
Here is a brand new trial right at hand,  
The future is for him who does and dares,  
Start where you stand.

Old failures will not halt, old triumphs aid,  
To-day's the thing, to-morrow soon will be;  
Get in the fight and face it unafraid,  
And leave the past to ancient history;  
What has been, has been; yesterday is dead  
And by it you are neither blessed nor banned,  
Take courage, man, be brave and drive ahead,  
Start where you stand.

*Berton Braley*

# I Know Why The Caged Bird Sings

by Maya Angelou

A free bird leaps on the back  
Of the wind and floats downstream  
Till the current ends and dips his wing  
In the orange sun's rays  
And dares to claim the sky.

But a bird that stalks down his narrow cage  
Can seldom see through his bars of rage  
His wings are clipped and his feet are tied  
So he opens his throat to sing.

The caged bird sings with a fearful trill  
Of things unknown but longed for still  
And his tune is heard on the distant hill for  
The caged bird sings of freedom.

The free bird thinks of another breeze  
And the trade winds soft through  
The sighing trees  
And the fat worms waiting on a dawn-bright  
Lawn and he names the sky his own.

But a caged bird stands on the grave of dreams  
His shadow shouts on a nightmare scream  
His wings are clipped and his feet are tied  
So he opens his throat to sing.

The caged bird sings with  
A fearful trill of things unknown  
But longed for still and his  
Tune is heard on the distant hill  
For the caged bird sings of freedom.

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# Life

“Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.”

*Mother Teresa*

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## My Wish For You

“This is my wish for you:  
Comfort on difficult days,  
smiles when sadness intrudes,  
rainbows to follow the clouds,  
laughter to kiss your lips,  
sunsets to warm your heart,  
hugs when spirits sag,  
beauty for your eyes to see,  
friendships to brighten your being,  
faith so that you can believe,  
confidence for when you doubt,  
courage to know yourself,  
patience to accept the truth,  
Love to complete your life.”

*Ralph Waldo Emerson*

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***The End.***

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