

food for thought

Great minds discuss ideas; average minds discuss events; small minds discuss people.



Eleanor Roosevelt

If women didn't exist, all the money in the world would have no meaning.



Aristotle Onassis

If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit.

Self-sabotage is the proverbial hammer over the head that finally wakes us up, demanding that we pay attention. For most of us, it takes something devastating to crack us open, to get us out of our minds and into our hearts.



William J. Clinton

Action is the foundational key to all success.



Pablo Picasso



Debbie Ford, self-help author



DEBBIE FORD
WHY GOOD PEOPLE DO BAD THINGS
How to Stop Being Your Own Worst Enemy



Before



After

Bethany Hamilton, pro-surfer/shark-attack survivor with her husband Adam Dirks welcomed baby boy Tobias.

If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But 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

Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you.