

'Just Do It'



The Ultimate in Coaching Quotes

A resource of 450 Inspirational Coaching Quotes

By Peter Mackechnie

Contents

- Dedication 3
- Acknowledgements 3
- Welcome 4
- Warning 4
- Disclaimer 4
- Quotes 5 – 42
- Your Notes 43
- Peter Mackechnie's Profile 44

Dedication.

'Just Do It' is dedicated to June Letham, my partner, for her support, encouragement, inspiration and coaching. Her input led me to Just Doing It and now I'd like you to follow suit.

Acknowledgements

There are many people that I am grateful to for their effort and dedication to completing the work that arose out of the coaching outcomes. Well done and thank you for your commitment, feedback and quotes.

FIRST AND FOREMOST

***"The past is exactly where it should be – in the past,
and that is where it must stay.***

***You have immediate control of the present, accept the responsibility
and use it to your advantage.***

***Take accountability and responsibility for your future and
plan your actions now.***

Then?.....

Just Do It."
Peter Mackechnie

Welcome

Welcome to ***Just Do It***, a comprehensive coaching quote resource ebook for you to use with your business, staff and you personally.

I wrote and compiled this eBook because I wanted to share with you some of the quotes and stories that I have used to ensure successful ***outcomes*** with the great people I have had the pleasure of working with during my time in business management and leadership development & coaching.

It is up to you to decide on the best way to read the book and I would suggest that you browse through it first, and then read it more slowly a second time and work with the quotes that you find most relevant for you. It works best when you really reflect on these quotes, focus on key areas and then apply the ***outcomes*** to your business and/or personal life.

Once you've finished reading the whole eBook, continue to read it many times over so that you can truly understand and appreciate the quotes. One quote read today may not mean much to you now, but next week it could cause you to experience a major revelation.

It may be that you want support in dealing with the ***outcomes*** of working with the quotes, in which case email or phone me at info@simplicitycoaching.co.uk – 0845 458 2549 so we can start work sooner rather than later.

You may wonder why the quotes are not listed by Author, or subject matter. Simply – work life doesn't happen in order, or by subject, it just happens and this is how I wanted your experience of this eBook to be structured.

Each experience has an ***outcome*** and it's what you do with that ***outcome*** that is the key. Any client I work with knows that the ***OUTCOMES*** and the subsequent ***ACTIONS*** are the fundamental principles for their ***SUCCESS***. I urge you to write down your ***outcomes*** and then create, and implement the actions you devise (there is space on page 43 for you to do just that).

As author and compiler I've taken the liberty of highlighting some of my favourite quotes in ***red***, there is one per page.

Enjoy the eBook and go with the flow. Speak to you soon.

Peter Mackechnie
Simplicity Coaching

Disclaimer

The eBook is intended for information only. The publisher and author do not imply any results to those using this eBook, nor are they responsible for any results brought about by the usage of the information contained herein.

Coaching

"Coaching for me is an art, a dance between two people, a conversation which challenges and swirls both with visions and practicalities, but which above all communicates with the wisest parts of the soul, encouraging great choices and positive actions."

George Metcalfe

"A coach is a metal detector for life."

Paul Pyle

"It doesn't matter where you are coming from. All that matters is where you are going."

Brian Tracy

"Warning: Authorities warn that "try" is a dangerous expression that has enormous power to influence your behaviour. It's toxic. Use it very carefully. When "try" creeps into your language or into your thoughts, pluck it out quickly."

Walter Anderson

"Try not. Do or do not, there is no try."

Yoda – Star Wars



"If you shoot for the stars and hit the moon, it's OK. But you've got to shoot for something. A lot of people don't even shoot."

Robert Townsend

Our Worst Fear

"Our worst fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?
Actually, who are you not to be?

You are a child of the universe.
Your playing small doesn't serve the world.
There is nothing enlightened about shrinking so that other people won't feel insecure around you...
..as we let our own light shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson commonly attributed to Nelson Mandela

"If you have built castles in the air your work need not be lost. That is where they should be, now put the foundations under them."

Henry David Thoreau

"People often say that motivation doesn't last.
Well, neither does bathing - that's why we recommend it daily."

Zig Ziglar

Success

"That some achieve great success, is proof to all that others can achieve it as well."

Abraham Lincoln

"There is no absolute relationship between any two experiences in life."

W. Mitchell

"If your goal is to see a sunset and you're continually travelling east, then you've got a significant challenge."

Anthony Robbins

"People seldom see the halting and painful steps by which the most insignificant success is achieved."

Anne Sullivan

"Ones best success comes after their greatest disappointments."

Henry Ward Beecher

"What would you attempt to do if you knew you would not fail?"

Robert Schuller

"He who has a why to live for can bear almost any how."

F. Nietzsche

"Real difficulties can be overcome;
it is only the imaginary ones that are unconquerable."

Theodore N. Vail

"Our greatest battles are that with our own minds."

Jameson Frank

"You cannot change fate – but you can change your attitude toward it."

F. Nietzsche

"Our true voyage of discovery begins not in seeking new lands, but in having new eyes."

M. Proust

"Triumphs without difficulties are empty. Indeed, it is difficulties that make the triumph. It is no feat to travel the smooth road."

Anonymous

"The past does not equal the future (unless you live there)."

Anthony Robbins

"People say I started with nothing. They are wrong. I started with all there is."

Henry Ford

Projects

"Life is too short for non wow projects."

Tom Peters

"For every mountain there is a miracle."

Robert H. Schuller

"The Laws of Aerodynamics suggest that a bee cannot fly.

A bee doesn't know that... So it just flies

Who makes up your mind for you?"

Anonymous

"Believe in yourself, what you think, what you feel.

Believe in the truth, in the good, the ideal.

Believe that your dreams can someday become real...

Forever and always, Believe.

Believe in yourself and what you can do.

Believe in the goals that you strive to pursue.

Believe in the friends who believe in you too...

Forever and always, Believe."

Jessica Lucas

***"Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; they become destiny."***
Frank Outlaw

"Flatter me, and I may not believe you.

Criticize me, and I may not like you.

Ignore me, and I may not forgive you.

Encourage me, and I may not forget you."

William Arthur Ward

"The ultimate freedom – the ability to choose our attitude."

Viktor Frankl

"It is unwise to pay too much, but it is unwise to pay too little. When you pay too much, you lose a little money: that is all. When you pay too little, you sometimes lose everything because the thing you bought was incapable of doing the things you bought it to do. The common law of business balance prohibits paying a little and getting a lot. It cannot be done. If you deal with the lowest bidder it is well to add something for the risk you run. If you do that, you will have enough to pay for something better."

John Ruskin

Strive

"It is in vain to expect our prayers to be heard, if we do not strive as well as pray."

Aesop

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

If you think you'll lose, you've 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 outclassed, you are.
You've got to be sure of yourself before;
you can ever win a prize.

Life's battles don't always go;
to the stronger or faster man,
but sooner or later the man who wins;
Is the one who thinks he can."

Walter D. Wintle

"Treat a man as he is and he will remain as he is. Treat a man as he can and should be and he will become as he can and should be."

Johann Wolfgang von Goethe

"The best and most beautiful things in the world cannot be seen or even touched.
They must be felt with the heart."

Helen Keller

"Happiness always looks small while you hold it in your hands, but let it go and you learn at once how big and precious it is."

Maxim Gorky

"Wisest is he who knows he does not know."

Eastern Saying

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible."

Doug Larson

"I slept and I dreamed that life is all joy, I woke and I saw that life is all service. I served and I saw that service is joy."

Mother Theresa

"He who wishes to be rich in a day will be hanged in a year."

Leonardo da Vinci

Grandson

"I don't know who my grandfather was; I am much more concerned to know what his grandson will be."

Abraham Lincoln

"Cowards die many times before their deaths; the valiant never taste death but once."

William Shakespeare

"We often want one thing and pray for another, not telling the truth even to the gods."

Seneca

"Past the beggar and the suffering walked he who asks, "Why, oh God, do you not do something for these people?" To which God replied, "I did do something, I made you.""

Sufi Saying

"We must view young people not as empty bottles to be filled, but as candles to be lit."

Robert H. Shaffer

"Children have never been very good at listening to their elders, but they have never failed to imitate them."

James Baldwin

"Life's most persistent and urgent question is: What are you doing for others?"

Martin Luther King Jr.

"If you want to touch the past TOUCH A ROCK.
If you want to touch the present TOUCH A ROSE.
If you want to touch the future TOUCH A LIFE."

Anonymous

"It is one of the blessings of old friends that you can afford to be stupid with them."

Ralph Waldo Emerson

"With a sweet tongue and kindness, you can drag an elephant by a hair."

Persian Proverb

"You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life."

Albert Camus

"Life is a tragedy for those who feel, and a comedy for those who think."

Jean de La Bruyere

The Three Rules of Work

1. Out of clutter, find simplicity.
2. From discord, find harmony.
3. In the middle of difficulty, lies opportunity."

Albert Einstein

"We praise a man who feels angry on the right grounds and against the right persons and also in the right manner at the right moment and for the right length of time."

Aristotle

"If the only tool you have is a hammer, you tend to treat everything as if it were a nail."

Abraham Maslow

"Our doubts are traitors and make us lose the good we oft might win by fearing to attempt."

William Shakespeare

*"I believe in the Sun,
Even when it's not shining.
I believe in Love,
Even when I feel it not.
I believe in God,
Even when he is silent."
Anonymous*

"Yesterday is but today's memory, and tomorrow is today's dream."

Kahlil Gibran

"We like someone because. We love someone although."

Henri de Montherlant

"Yesterday is a cancelled check.
Tomorrow is a promissory note.
Today is cash... spend it wisely."

Kay Lyons

"As a rule, man is a fool.
When it's hot, he wants it cool;
When it's cool, he wants it hot.
Always wanting, what is not."

Benjamin Disraeli

"You can buy people's time; you can buy their physical presence at a given place; you can even buy a measured number of their skilled muscular motions per hour. But you cannot buy enthusiasm ... you cannot buy loyalty ... you cannot buy the devotion of hearts, minds and souls. You must earn these."

Clarence Francis

Money

"Money will buy you a pretty good dog,
but it won't buy the wag of his tail."

Henry Wheeler Shaw

"A good listener is not only popular everywhere, but after a while he
gets to know something."

Wilson Mizner

"There is nothing either good or bad, but thinking makes it so."

William Shakespeare

***"Never argue with a stupid person.
First they'll drag you down to their level,
then they will beat you with experience."***

Anonymous

"When angry, count four; when very angry, swear."

Mark Twain

"Faith sees the invisible,
Feels the intangible,
And achieves the impossible."

Corrie Ten Boom

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

Winston Churchill

"Smile, even if it is a sad smile, because sadder than a sad smile
Is the sadness of not knowing how to smile."

Anonymous

"The true measure of a man is not how he behaves in moments of comfort and
convenience but how he stands at times of controversy and challenges."

Martin Luther King Jr.

"Smooth seas do not make skilful sailors."

African Proverb

"We will either find a way, or make one!"

Hannibal

"In order to discover new lands, one must be willing to lose sight of the shore for a
very long time."

Anonymous

"He who is not courageous enough to take risks will accomplish nothing in life."

Muhammad Ali

Fell

"Do not look where you fell, but where you slipped."

African Proverb

"If you can't make a mistake, you can't make anything."

Marva Collins

"Far better it is 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 that gray twilight that knows neither victory nor defeat."

Theodore Roosevelt

"So go ahead and make mistakes. Make all you can. Because that's where you will find success. On the far side of failure."

Thomas J. Watson, Sr.

"Knowing is not enough;

We must Apply.

Willing is not enough;

We must Do."

Johann Wolfgang von Goethe

"The Challenge is not to win,

But to conquer the fear.

It is not the other people you have to beat,

It is your self."

Herman Melville

"A single conversation with a wise man is better than ten years of study."

Chinese Proverb

"It is better to fail in originality than to succeed in imitation."

Herman Melville

"Our eyes are placed in front because it is more important to look ahead than look back."

Ingles

"If you want to know your past life,

look into your present condition;

if you want to know your future,

look into your present action."

Padmisambha

"Remember happiness doesn't depend upon who you are or what you have; it depends solely on what you think."

Dale Carnegie

Today

"The best preparation for tomorrow is to do today's work superbly well."

William Osler

"Total silence does not exist for where there is life there is sound."

Anonymous

"My grandfather once told me that there are two kinds of people; those who do the work and those who take the credit. He told me to try to be in the first group; there was less competition there."

Indira Gandhi

"Life is like riding a bicycle. You don't fall off unless you stop pedalling."

Claude Pepper

"When friends are in trouble, don't bother them by asking if there is anything you can do. Think of something appropriate and do it."

Benjamin Franklin

"Some people build walls and some people build gates learn to break down walls and open gates."

Ian Bidwell

"Success is to be measured not so much by the position that one has reached in life as by the obstacles that one has overcome while trying to succeed."

Booker T. Washington

"Sing like nobody's listening, dance like nobody's watching, love like you've never been hurt, and live like it's heaven on earth."

Mark Twain



"Sorrow looks back
Worry looks around
Faith looks up."

Ralph Waldo Emerson

"Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom."

Theodore Isaac Robin

"Often, the best way to win is to forget to keep score."

Marianne Espinosa Murphy

"Anyone can become angry -- that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way -- that is not easy."

Aristotle

Man

"Man is harder than iron, stronger than stone and more fragile than a rose."

Turkish Proverb

"Success is more a function of consistent common sense than it is of genius."

An Wang

"See everything.
Overlook a great deal.
Improve a little."

Pope John XXIII

"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down."

Oprah Winfrey

"Consultants are people who borrow your watch and tell you what time it is, and then walk off with the watch."

Robert Townsend

"It's easy to halve the potato where there's love."

Irish Proverb

"Another flaw in the human character is that everybody wants to build and nobody wants to do maintenance."

Kurt Vonnegut

"A true friend is one who overlooks your failures and tolerates your successes."

Doug Larson

"Ability is what you're capable of doing.
Motivation determines what you do.
Attitude determines how well you do it."

Lou Holtz

"A wise man, when asked how he had learned so much about everything, replied:
"By never being ashamed or afraid to ask questions about anything
of which I was ignorant."

John Abbott

"The soul would have no rainbow had the eyes no tears."

John Vance Cheney

"Nothing is interesting if you're not interested."

Helen MacInness

"The best thing about the future is that it comes only one day at a time."

Abraham Lincoln

Strength

"The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun. Effort only fully releases its reward after a person refuses to quit."

Napoleon Hill

"Success is more a function of consistent common sense than it is of genius."

An Wang

"You can give without loving, but you can't love without giving."

Amy Carmichael

"There is a great man who makes every man feel small. But the really great man is the man who makes every man feel great."

Chinese Proverb

"I am a great believer in luck, and I find the harder I work, the more I have of it."

Stephen Leacock

"If you are feeling low, don't despair. The sun has a sinking spell every night, but it comes back up every morning."

Anonymous

"When love becomes thin, faults become thicker."

S. Mahadev Prasad

"I don't want to be what I was when I wanted to be what I am now."

Andrew Patterson 1998

"To see what is in front of one's nose needs a constant struggle."

George Orwell

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

"The value of life can be measured by how many times your soul has been deeply stirred."

Soichiro Honda

"Yesterday is history. Tomorrow is a mystery. Today is a gift - that's why it's called the present."

Anonymous

"Do the hard jobs first. The easy jobs will take care of themselves."

Dale Carnegie

I will not...

"I Will Not Live an Unlived Life
I will not live an unlived life
I will not live in fear
Of falling or catching fire,
I choose to inhabit my days,
To allow my living to open me,
To make me less afraid, More accessible,
To loosen my heart Until it becomes a wing, A torch, a promise,
I choose to risk my significance;
To live So that which came to me as seed
Goes to the next as blossom And that which came
To me as blossom, Goes on as fruit."

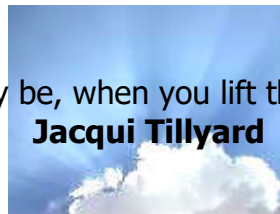
Dawna Markova

"I used to dream about winning the Lottery and travelling around the world without a care in my head - now, I dream about travelling inside my head without a care in the world"

Hugh McEnaney

"Our only limitations are those which we set up in our minds or permit others to establish for us."

Elizabeth Arden



"How much higher can your sky be, when you lift the dark clouds that surround it?"

Jacqui Tillyard

"Self esteem happens after action, not before"

Olivia Landsberg

"To see the world in a grain of sand
And heaven in a wild flower
Is to hold infinity in the palm of your hand
And eternity in an hour."

William Blake

***"Would you tell me please, which way I ought to go from here?
That depends a good deal on where you want to get to, said the cat.
I don't much care where, said Alice.
Then it doesn't matter which way you go, said the cat."
Alice in Wonderland by Lewis Carroll***

"I'm giving the best advice I have. You get to decide whether it's true for you."

Anonymous

"Focused mind power is one of the strongest forces on earth."

Mark Victor Hansen

What is Success?

"To laugh often and much;
To win the respect of intelligent people
and the affection of children;
To earn the appreciation of honest critics
and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To leave the world a bit better,
whether by a healthy child, a garden
patch or a redeemed social condition;
To know even one life has breathed
easier because you have lived;
this is to have succeeded."

Ralph Waldo Emerson

"Whether you think you can, or you think you can't - you're right."

Henry Ford

"We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time."

T.S. Eliot

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Michelangelo

"The difficulties you meet will resolve themselves as you advance. Proceed, and light will dawn, and shine with increasing clearness on your path."

Jean-le-Rond d'Alembert

"Vision without action is a daydream. Action without vision is a nightmare."

Japanese proverb

"Cherish your visions and your dreams as they are the children of your soul; the blueprints of your ultimate achievements."

Napoleon Hill

"A plan in your head isn't worth the paper it's written on."

Yogi Berra

"Allow yourself to dream and fantasize about your ideal life; what it would look like, and what it would feel like. Then do something everyday to make it a reality!"

Brian Tracy

"It is what you are inside that matters. You, yourself, are your only real capital."

Vladimir Zworykin

Glow worm

"I wish I was a glow worm
a glow worm is never glum
for how can you be gloomy
when the sun shines out your bum."

Anonymous

"Life isn't over until your last heartbeat. Start today, then, to make your heart beat with joy, love and light."

Joseph J Mazzella

"One unhappy minute is 60 happy seconds wasted."

Peter Martin

"It is in the moments of your decision that your destiny is shaped!"

Anthony Robbins

***"I went to the book shop and asked the salesman for the self help section.
He said if he told me, it would defeat the purpose."***

Anonymous

"You cannot take charge of the present if you are busy reliving the setbacks of the past."

Newan Berkowitz

"Leaders think and talk about the solutions. Followers think and talk of the problems."

Brian Tracy

"Make the most of yourself, for that is all there is of you."

Ralph Waldo Emerson

"You can have anything you want in life, but you do have to pay... attention."

Ancient Hawaiian Proverb

"The only thing which likes change is a wet baby."

Arthur Koestler

"The decision to have a child is momentous. It is to decide forever to have your heart walking around outside your body."

Elizabeth Stone

"Life begets life, energy begets energy. It is by spending oneself that one becomes rich."

Sarah Bernhardt

"The most important choice you make is what you choose to make important."

Michael Neill

Tending the Flame

"If I had to live my life over again, I would have made a rule to read some poetry and listen to some music at least once a week; for perhaps the parts of my brain now atrophied would have thus been kept active through use.

The loss of these tastes is a loss of happiness, and may possibly be injurious to the intellect, and more probably to the moral character, by enfeebling the emotional part of our nature."

Charles Darwin

"We can be knowledgeable with other men's knowledge, but we cannot be wise with other men's wisdom."

Montaigne

"What I fear the most about stress is not that it kills, but that it prevents one from savoring life."

Jean-Louis Seven-Schreiber

"The great enemy of the truth is very often not the lie, deliberate, contrived and dishonest, but the myth - persistent, persuasive and unrealistic."

John F. Kennedy

"We learn wisdom from failure much more than from success; we often discover what will do, by finding out what will not do; and probably he who never make a mistake never made a discovery."

Samuel Smiles

"A life spent in making mistakes is not only more honourable but more useful than a life spent doing nothing."

George Bernard Shaw

"There are two mistakes one can make along the road to truth - not going all the way, and not starting."

Buddha

"If you want to increase your success rate, double your failure rate."

Thomas Watson, Sr

"Success is going from failure to failure without losing your enthusiasm."

Winston Churchill

"I honestly think it is better to be a failure at something you love than to be a success at something you hate."

George Burns

"Who has never tasted what is bitter does not know what is sweet."

German Proverb

Success

"Remember: Success is nothing but luck. Just ask any failure."

Anonymous

"What ever the mind of man can conceive and believe, it can achieve."

Napoleon Hill

'It is said an Eastern monarch once charged his wise men to invent him a sentence to be ever in view and appropriate in all times and situations. They presented him the words, 'And this, too, shall pass away.' How much it expresses! How chastening in the hour of pride! How consoling in the depths of affliction.'

**Abraham Lincoln, in an address to the
Wisconsin State Agricultural Society in 1859**

"It's always darkest just before it's totally black."

Mao Tse Tung

"Nothing is more important than independence and freedom."

Ho Chi Mihn, Communist Leader of North Vietnam

"Trust is a beautiful thing, but control is much better."

Dzierzynski, KGB Founder

"Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything."

Napoleon Hill

"The purpose of the Senate is to protect the rights of the minority, however, the rich are always fewer in number than the poor."

John A. MacDonald first Canadian Prime Minister

"Those who make peaceful revolution impossible will make violent revolution inevitable."

John F. Kennedy

"Truth uncommunicated, is useless".

Mahatma Ghandi



"They laughed at Galileo, they laughed Charles Darwin, but they also laughed at Bozo the Clown."

Carl Sagan

"Art is a passion pursued with discipline, science is a discipline pursued with passion."

Arthur Sackler

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."

Albert Einstein

Common Sense

"Common sense is the collection of prejudices acquired by age 18."

Albert Einstein

"A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die and a new generation grows up that is familiar with it."

Max Planck

"We live in a society exquisitely dependent on science and technology, in which hardly anyone knows anything about science and technology."

Carl Sagan

"...the Internet will have a larger effect on civilization than the invention of the printing press!"

Bill Gates

"In science, it doesn't matter if you're wrong, as long as you're not stupid. In business, it doesn't matter if you're stupid, so long as you're not wrong."

Anonymous

"Set too many goals and keep adding more goals. Goals have a tendency to be realized all at once."

Mark Victor Hansen

"A foolish consistency is the hobgoblin of small minds."

Ralph Waldo Emerson

"Good judgment is the result of experience; experience is the result of bad judgment."

Fred Brooks

"Success comes in cans, not cants."

Anonymous

"I have always wanted to be somebody, but I see now I should have been more specific."

Lily Tomlin

"The hen was involved in producing the egg. The pig was committed to producing the bacon."

Anonymous

"You don't become enormously successful without encountering some really interesting problems."

Mark Victor Hansen

"We fail because we give up, and we give up because we never had a plan in the first place."

Robin Sieger

Hofstadters law

"Hofstadter's Law, 'It always takes longer that you think it will, even after accounting for Hofstadter's Law.'"

Douglas Hofstadter

"Every problem contains its own solution."

Mr. Collins, Kevin Arnold's math teacher in the Wonder years

"It costs \$30,000 to \$50,000 per year to send someone to jail. You don't have to pay so much to send someone to school at Johns Hopkins."

Dr John Money

"Tobacco, the Indians revenge."

Doug Hurd

"Choose a job you love and you'll never work a day in your life."

Confucius

"...like trying to fine tune an anvil."

Ken Dye, referring to the Canadian economy

"Only kings, editors, and people with tapeworms have the right to use the editorial 'we'."

Mark Twain

"Mohandas K. Gandhi often changed his mind publicly. An aide once asked him how he could so freely contradict this week what he had said just last week. The great man replied that it was because this week he knew better."

Anonymous

"In the information economy, our ability to create wealth is not bound by physical limits, but by our ability to come up with new ideas - in other words, it's unlimited."

Wired Magazine

"Success is getting what you want. Happiness is wanting what you get."

Dale Carnegie

"I'd rather be sceptical than gullible."

Anonymous

"The biggest challenge you have is to challenge your own self-doubt and your laziness."

Robert Kiyosaki

"The mind wobbles."

Kelly Bundy

"Life affords no higher pleasure than that of surmounting difficulties, passing from one step of success to another, performing new wishes and seeing them gratified."

Dr Samuel Johnson

Blame

"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

George Bernard Shaw

"If you don't risk anything, you risk even more."

Erica Jong

"Success is something you attract by the person you become."

Mr Shoaff via Jim Rohm

"To be courageous means to be afraid but to go a little step forward anyway."

Beverly Smith

"Facts do not cease to exist because they are ignored."

Aldous Huxley

"Imagination is more important than knowledge."

Albert Einstein

"It's not what you don't know that hurts you - it's what you think you know that isn't so."

Anonymous

"The best measure of courage is the fear that is overcome."

Norman F Dixon

"Dare to be yourself."

Andre Gide

"When I compose I sit down to the piano, shut my eyes, and play what I hear."

Ernst Theodor Amadeus Hoffmann

"It is only a step from victory to disaster. My experience is that, in a crisis, some detail always decides the issue."

Napoleon

"Great men are rarely isolated mountain peaks;
they are the summits of ranges."

Thomas Wentworth Higginson

"Everyone is aware of the vast difference between a number of men as a chance collection of individuals and the same number as an organized group..."

J. Glenn Gray

"Everyone who got where he is had to begin where he was."

Robert Louis Stevenson

Destiny

"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."

William Jennings Bryan

"Everyone who has ever taken a shower has had an idea. It's the person who gets out of the shower, dries off, and does something about it that makes a difference."

Nolan Bushnell, Founder of Atari

"The boundaries of a person's reality often do not change until that person forsakes what he or she feels confident in and then goes blindly with faith."

Robert Kiyosaki

"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

"To be nobody but yourself - in a world which is doing its best, night and day, to make you like everybody else -- means to fight the hardest battle which any human being can fight, and never stop fighting."

E.E.Cummings

"The goal you set must be challenging. At the same time, it should be realistic and attainable, not impossible to reach. It should be challenging enough to make you stretch, but not so far that you break."

Rick Hansen

"Most people are so busy rushing back and forth that they seldom take the time to think seriously about who they are and why they are doing what they are doing."

Brian Tracy

"Fear is that little dark room where negatives are developed."

Michael Pritchard

"No person can be a great leader unless he takes genuine joy in the success of those under him"

W.A. Nance

"Goals are a means to an end, not the ultimate purpose of our lives. They are simply a tool to concentrate our focus and move us in a direction. The only reason we really pursue goals is to cause ourselves to expand and grow. Achieving goals by themselves will never make us happy in the long term; it's who you become, as you overcome the obstacles necessary to achieve your goals, that can give you the deepest and most long-lasting sense of fulfillment."

Anthony Robbins

"What would you have the courage to do if you knew you could not fail?"

Robert Schuller

"I Keep Six Honest..."

I keep six honest serving-men
(They taught me all I knew);
Their names are What and Why and When
And How and Where and Who.
I send them over land and sea,
I send them east and west;
But after they have worked for me,
I give them all a rest.
I let them rest from nine till five,
For I am busy then,
As well as breakfast, lunch, and tea,
For they are hungry men.
But different folk have different views;
I know a person small-
She keeps ten million serving-men,
Who get no rest at all!
She sends them abroad on her own affairs,
From the second she opens her eyes-
One million Hows, two million Wheres,
And seven million Whys!

The Elephant's Child - Kipling

"He who loses wealth loses much; he who loses a friend loses more; but he who loses courage loses all."

Cervantes

"Don't be afraid to fail. Don't waste energy trying to cover up failure. Learn from your failures and go on to the next challenge. It's ok. If you're not failing, you're not growing."

H. Stanley Judd

"Courage is resistance to fear, mastery of fear - not absence of fear."

Mark Twain

"You can do anything in this world if you're prepared to take the consequences."

W. Somerset Maugham

"Progress always involves risk; you can't steal second base and keep your foot on first."

Frederick Wilcox

"Thoughts and ideas are the source of all wealth, success, material gain, all great discoveries, inventions and achievements."

Mark Victor Hansen

"Heroism consists of hanging on one minute longer."

Norwegian Proverb

Failure

"The difference between failure and success is doing a thing nearly right and doing a thing exactly right."

Edward Simmons

"The happiness in your life is in direct proportion to the character of your thoughts."

Anonymous

"Mistakes are the portals of discovery."

James Joyce

"He who laughs, lasts."

Robert Fulghum

"A person always doing his or her best becomes a natural leader, just by example."

Joe DiMaggio

"Giving of oneself is another winning value... It's important to develop the ability of stepping into another person's shoes. I love being able to walk through life with the thought that 'I make a difference.'"

Christel DeHaan

"He who is not courageous enough to take risks will accomplish nothing in life."

Mohammad Ali

"Life is either a daring adventure or nothing."

Helen Keller

"Failure is the opportunity to begin again more intelligently."

Henry Ford

"Nothing in life is to be feared. It is only to be understood."

Marie Curie

"It looks impossible until you do it, and then you find it possible."

Evelyn Underhill

"If we define a winner as someone who tries their hardest to do their best, then we can have a lot more winners."

Tom McNab

"If you can dream it, you can do it."

Walt Disney



"The greatest mistake a man can make is to be afraid of making one."

Elbert Hubbard

"One must eat to live, and not live to eat."

Moliere

Future
"The best way to predict the future is to create it."
Peter Drucker

"The daily habits of people have a great deal more to do with what makes them sick and when they die than all the influences of medicine."

Lester Breslow MD

"Predetermine the objectives you want to accomplish. Think big, act big and set out to accomplish big results."

Mark Victor Hansen

"Many of us spend half our time wishing for things we could have if we didn't spend half our time wishing."

Alexander Wollcott

"Nothing in the world can take the place of persistence."

Calvin Coolidge

"One of the main reasons people are not rich is that they worry too much about things that might never happen."

Robert Kiyosaki

"You will never find time for anything. If you want time you must make it."

Charles Buxton

"Spirit... has fifty times the strength and staying power of brawn and muscle."

Mark Twain

"Any idiot can train himself into the ground, the trick is to work in training to get gradually stronger."

Keith Brantly

"The word accounting comes from the word accountability. If you are going to be rich, you need to be accountable for your money."

Robert Kiyosaki

"The introduction of resistance in the form of sand and hill is too important to be ignored."

Percy Cerutti

"Only passions, great passions, can elevate the soul to great things."

Denis Diderot

"Success is a journey not a destination."

Ben Sweetland

"Every cloud has its silver lining but it is sometimes a little difficult to get it to the mint."

Don Marquis

Autobiography in Five Short Steps

Chapter 1

I walk down the street

There is a hole in the sidewalk

I fall in

I am lost

It isn't my fault

It takes forever to find a way out.



Chapter 2

I walk down the same street

There is a deep hole in the sidewalk

I pretend I don't see it

I fall in again

I can't believe I'm in the same place

But it isn't my fault

It still takes a long time to get out.

Chapter 3

I walk down the same street

There is a deep hole in the sidewalk

I see it there

I still fall in

It's a habit

My eyes are open

I know where I am

It is my fault

I get out immediately.

Chapter 4

I walk down the same street

There is a deep hole in the sidewalk

I walk around it.

Chapter 5

I walk down another street.

Portia Nelson



"It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult."

Seneca

"Kites rise highest against the wind – not with it."

Winston Churchill

"One who makes no mistakes never makes anything."

Anonymous

Critic

"Pay no attention to what the critics say; no statue has ever been erected to a critic."

Jean Sibelius

"The men who try to do something and fail are infinitely better than those who try to do nothing and succeed."

Lloyd Jones

"Behold the turtle. He only makes progress when he sticks his neck out."

James Bryant Conant

"Ask yourself this question: "Will this matter a year from now?"

Richard Carlson Ph.D.

"The successful man will profit from his mistakes and try again in a different way."

Dale Carnegie

"Seldom does an individual exceed his own expectations."

Anonymous

"If you want to retire young and retire rich, it is very important that your money be like a bird dog, going out every day and bringing home more and more assets."

Robert Kiyosaki

"One hundred percent of the shots you don't take don't go in."

Wayne Gretzky

"It takes as much stress to be a success as it does to be a failure."

Emilio James Trujilo

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

Mark Twain

"A man's dreams are an index to his greatness."

Zadok Rabinwitz

"The harder you fall, the higher you bounce."

Anonymous

"Do not go where the path may lead, go instead where there is no path and leave a trail."

Ralph Waldo Emerson

"Motivation is like food for the brain. You cannot get enough in one sitting. It needs continual and regular top ups."

Peter Davies

Moon

"Shoot for the moon. Even if you miss, you'll land among the stars."

Les Brown

"The greater the obstacle, the more glory in overcoming it."

Moliere

"May you live all the days of your life."

Jonathan Swift

"Surround yourself with only people who are going to lift you higher."

Oprah Winfrey

"There are no short cuts to any place worth going."

Anonymous

"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together."

Vista M. Kely

"Your belief determines your action and your action determines your results, but first you have to believe."

Mark Victor Hansen

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success."

Dale Carnegie

"Don't be afraid your life will end; be afraid that it will never begin."

Grace Hansen

"Take heed: you do not find what you do not seek."

English Proverb

"In the confrontation between the stream and the rock, the stream always wins - not through strength, but through persistence."

Buddha

"Who dares wins."

Winston Churchill

"Leap and the net will appear."

Julia Cameron

"If you learn only methods, you'll be tied to your methods, but if you learn principles you can devise your own methods."

Ralph Waldo Emerson

Best Job

"The best job goes to the person who can get it done without passing the buck or coming back with excuses."

Napoleon Hill

"You see things and say, 'Why?', but I dream things and say, 'Why not?'"

George Bernard Shaw

"If you are in a hurry you will never get there."

Chinese Proverb

"The smoothest way is full of stones."

Yiddish Proverb

"Better a diamond with a flaw than a pebble without one."

Chinese Proverb

"Men trip not on mountains they trip on molehills."

Chinese Proverb

"Problems cannot be solved by the same level of thinking that created them."

Anonymous

"My grandfather told me that there are two kinds of people; those who: do the work and those who take the credit. He told me to try and be in the first group; there was less competition there."

Indira Gandhi

"British management doesn't seem to understand the importance of the human factor."

Charles, Prince Of Wales

"Seek first to understand, then to be understood."

Stephen Covey

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get people interested in you."

Dale Carnegie

"If you would win a man to your cause, first convince him that you are his sincere friend."

Abraham Lincoln

"The more goals you set - the more goals you get."

Mark Victor Hansen

"Good supervision is the art of getting average people to do superior work."

Anonymous

Objectives

"Predetermine the objectives you want to accomplish. Think big, act big and set out to accomplish big results."

Mark Victor Hansen

"There is a great man who makes every man feel small. But the real great man is the man who makes every man feel great."

G.K. Chesterton

"So much of what we call management consists in making it difficult for people to work."

Peter Drucker

"The real leader has no need to lead - he is content to point the way."

Henry Miller

"The used key is always bright"

Benjamin Franklin

"It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about."

Dale Carnegie

"We cannot direct the wind, but we can adjust the sails."

Anonymous

"We know what happens to people who stay in the middle of the road. They get run over."

Aneurin Bevan

"Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity."

General S. Patton

"Big goals get big results. No goals get no results or somebody else's results. Every liability is just an asset in hiding."

Mark Victor Hansen

"Communication is a two way street."

Anonymous

"We have two ears, one mouth that we may listen the more and talk the less."

Zeno

"The more you say, the less people remember."

Francois Fenelon

"Men of few words are the best."

William Shakespeare

Good Communication

"Good communication is characterised by providing employees with Information which they want and getting information to them quickly and Through the channels they prefer."

Louis I Gelfand

"The only place where success comes before work is in the dictionary."

Anonymous

"Neither a wise man nor a brave man lies down on the tracks of history to wait for the train of the future to run over him"

Dwight D. Eisenhower

"Few men are lacking in capacity, but they fail because they are lacking in application"

Anonymous

"Take a chance! All life is a chance. The man who goes farthest is generally the one who is willing to do and dare."

Dale Carnegie

"The greatest glory in living lies not in never falling, but in rising every time we fall."

Nelson Mandela

"He who angers you conquers you."

Elizabeth Kenny

"It is never too late to be what you might have been."

George Elliot

"Experience is simply the name we give our mistakes."

Oscar Wilde

"People who enjoy what they are doing invariably do it well."

Joe Gibbs

"The ladder of success is best climbed by stepping on the rungs of opportunity."

Sir Walter Scott

"One person with a belief is equal to ninety nine who have only interests."

John Stuart Mill

"Rise above the storm and you will find the sunshine."

Marjo Fernandez

"Take your life in your own hands and what happens? A terrible thing: no one to blame."

Erica Jung

STARFISH

"A man was walking along the beach when he noticed a young boy apparently picking something off the ground and throwing it out into the sea. As the man got closer to the boy he saw that the objects were starfish. And the boy was surrounded by them. For miles all along the shore there seemed to be millions of them.

"Why in the world are you throwing starfish into the water?" he asked.

"If these starfish are on the beach tomorrow morning when the tide goes out they will die", replied the boy, continuing with his work.

"But that's ridiculous!" cried the man. "Look around you. There are thousands of miles of beach and millions of starfish. How can you believe that what you're doing could possibly make a difference?"

The young boy picked up another starfish, paused thoughtfully, and remarked as he tossed it out into the waves, "It makes a difference to this one."

Loren Eiseley

"Since you are like no other being created since the beginning of time, you are incomparable."

Brenda Veland

"Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year - and underestimate what they can achieve in a decade!"

Anthony Robbins

"Saying No can be the ultimate self care."

Claudia Black

"Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are."

Dale Carnegie

"Goals are new, forward-moving objectives. They magnetize you towards them. It's time to stop tiptoeing around the pool and jump into the deep end, head first. It's time to think big, want more and achieve it all!"

Mark Victor Hansen

"All personal breakthroughs begin with a change in beliefs. So how do we change? The most effective way is to get your brain to associate massive pain to the old belief. You must feel deep in your gut that not only has this belief cost you pain in the past, but it's costing you in the present and, ultimately, can only bring you pain in the future. Then you must associate tremendous pleasure to the idea of adopting a new, empowering belief."

Anthony Robbins

Freedom

"Between stimulus and response, one has the freedom to choose."

Dr. Stephen Covey

"The unique ability to take decisive action while maintaining focus on the ultimate mission is what defines a true leader."

Robert Kiyosaki

"Who said it could not be done? And tell me what great victories does he have to his credit which qualifies him to judge what can and can't be accomplished."

Napoleon Hill

"Today is life, the only life you are sure of. Make the most of today. Get interested in something. Shake yourself awake. Develop a hobby. Let the winds of enthusiasm sweep through you. Live today with gusto."

Dale Carnegie

"Experience is a hard teacher because she gives the test first, the lesson afterwards."

Vernon Sanders Law

"Imposing limitations on yourself is cowardly because it protects you from having to try, and perhaps failing."

Vladimir Zworykin

"You cannot escape the responsibility of tomorrow by evading it today".

Abraham Lincoln

"Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success."

Dale Carnegie

"The surest way of gaining success is believe you can succeed."

Anonymous

"The only time success comes before work is in the dictionary."

Vince Lombardi

"Better to light a small candle than to curse in the dark."

Chinese Proverb

"The average man finds life very uninteresting as it is. And I think that the reason why, is that he is always waiting for something to happen to him instead of setting to work to make things happen."

A A Milne

"Behold the tortoise. He only makes progress when he sticks out his neck."

Anonymous

Persistence

"The majority of people meet with failure because they lack the persistence to create new plans to take the place of failed plans."

Mark Victor Hansen

"Failing to plan, is planning to fail."

Anonymous

"A man should speak for no longer than he can make love."

Mark Twain

"I see myself hitting all the routines, doing everything perfectly. I imagine all the moves and go through them in my mind."

Mary Lou Renton (Olympic Gold Medallist 1984)

"Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear."

Dale Carnegie

"Action is the real measure of intelligence. Do it now"

Napoleon Hill

"You don't get a second chance to make a first impression."

Anonymous

"Smile! It breaks the ice, gets the audience on your side and you fool them into believing that you're enjoying yourself!"

Bryan Edward

"Focus on remedies, not faults."

Jack Nicklaus

"Training that brings about no change is as effective as a parachute that opens on the first bounce."

Ed Bova

"Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime."

Proverb

"The mind is like a parachute - it works best when it's open."

Anthony J. D'Angelo

"The more extensive a man's knowledge of what has been done, the greater will be his power of knowing what to do."

Benjamin Disraeli

"It's better to be an authentic loser than a false success, and to die alive than to live dead."

William Markiewicz

Always
"If you always do what you've always done, you'll always get what you've always got."
Ed Foreman

"If you believe in what you are doing, then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities. The thing is to get the work done."
Dale Carnegie

"If you've always done it that way, it is probably wrong."
Charles Kettering

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."
George Bernard Shaw

"First you have to have fun. Second, you have to put love where your labour is. Third, you have to go in the opposite direction to everyone else."
Anita Roddick

"If you're not failing every now and again, it's a sign that you're not doing anything very innovative."
Woody Allen

"The most important of my discoveries has been suggested by my failures."
Humphrey Davy

"With vision, every person, organization and country can flourish. The Bible says, 'Without vision we perish.'"
Mark Victor Hansen

"Failure is, in a sense, the highway to success."
John Keats

"It takes 72 muscles to frown and only 14 to smile."
Anonymous

"Its funny but the more I practice the luckier I get."
Gary Player

"When you stand up in front of an audience, you should say a lot about a little - don't say a little about a lot."
Kimberley Clark

"Lower your voice and make the tone intimate when saying something really important, and use pauses to build suspense."
Vice President of H.R.-Credit Suisse

Mastery

"To master one's time is to gain mastery of oneself."

Jean-Louis Servan-Schreiber

"If you're not nervous, you should start worrying."

Head of People Development - Asda

"A journey of a thousand miles begins with but a single step."

Confucius

"Procrastination is the thief of time."

Edward Young

"Procrastination is opportunity's natural assassin."

Victor Kiam

"Some students drink deeply at the fountain of knowledge - others only gargle."

Anonymous

"I don't measure a man's success by how high he climbs, but how high he bounces when he hits bottom."

George S Patton

"The art of being wise is the art of knowing what to overlook".

William James

"Never forget that only dead fish swim with the stream."

Malcolm Muggeridge

"If you want the rainbow, you gotta put up with the rain."

Dolly Parton

"We think too small. Like the frog at the bottom of the well. He thinks the sky is only as big as the top of the well. If he surfaced he would have an entirely different view."

Mao Tse Tung

"Don't wish it were easier - wish you were tougher."

Jim Rohn

"I know it's hard - but you can do hard."

Bo Lozoff

"Coaching moves people from awareness to responsibility to action and leads to results."

Dr. Anthony Grant

"To be a champ, you have to believe in yourself when nobody else will".

Sugar Ray Robinson



Obvious

Sherlock Holmes and Dr Watson go on a camping trip. After a good dinner and a bottle of wine, they retire for the night, and go to sleep.

Some hours later, Holmes wakes up and nudges his faithful friend. "Watson, look up at the sky and tell me what you see."

"I see millions and millions of stars, Holmes" replies Watson.

"And what do you deduce from that?"

Watson ponders for a minute.

"Well, astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I can see that God is all powerful, and that we are a small and insignificant part of the universe. What does it tell you, Holmes?"

Holmes is silent for a moment. "Watson, you idiot!" he says.

"Someone has stolen our tent!"

And the Point is - Look for the obvious solution first.

"I believe that the level of success we experience in life is in direct proportion to the level of our commitment to CANI!, to Constant and Never-Ending Improvement."

Anthony Robbins

"You take a number of small steps which you believe are right, thinking maybe tomorrow somebody will treat this as a dangerous provocation. And then you wait. If there is no reaction, you take another step: courage is only an accumulation of small steps."

George Konrád

"The only difference between rich people and poor people is what they do in their spare time."

Robert Kiyosaki

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

Margaret Mead

"For a man to achieve all that is demanded of him he must regard himself as greater than he is."

Johann Wolfgang Von Goethe

"It'll do shouldn't do?"

T Mobile advertising slogan, 2003

"Happiness is not a state to arrive at, but a manner of travelling."

Margaret Lee Runback

"Wisdom is supreme; therefore make a full effort to get wisdom. Esteem her and she will exalt you; embrace her and she will honour you."

Proverb

Equals

"If you want to know what a man is like, take a good look at how he treats his inferiors, not his equals."

Sirius Black, Harry Potter and the Goblet of Fire

"What we hope ever to do with ease, we must learn first to do with diligence."

Samuel Johnson

"First say to yourself what you would be and then do what you have to."

Epictetius

"Prepare your mind for the best that life has to offer."

Ernest Holmes

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly."

Buddha

"Education is the power to think clearly, the power to act well in the world's work and the power to appreciate life."

Brigham Young

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

Eleanor Roosevelt

"Education is what is left when you have forgotten all the facts you learned."

B F Skinner

"Quotes are nothing but inspiration for the uninspired."

Richard Kempf

"Great spirits have always encountered violent opposition from mediocre minds."

Albert Einstein

"Whilst involvement can be accidental commitment is always deliberate."

Phil Olley

"One man can be a crucial ingredient on a team, but one man cannot make a team."

Kareem Abdul-Jabbar

"The most important thing about goals is having one."

Geoffrey F. Abert

"The future comes one day at a time."

Dean Acheson

"Prosperity depends more on wanting what you have than having what you want."

Geoffrey F. Abert

Knowing

"It's not what you don't know that hurts you - it's what you think you know that isn't so."

Mark Twain

"I don't want to get to the end of my life and find that I have just lived the length of it. I want to have lived the width of it as well."

Diane Ackerman

"A memorandum is not written to inform the reader, but to protect the writer."

Dean Acheson

"I don't want to be a passenger in my own life."

Diane Ackerman

"A wise person does at once, what a fool does at last. Both do the same thing; only at different times."

Lord Acton

"It seemed that each time we would become proficient at a given task there would be a change made for no apparent reason. It sometimes appeared that changes were made simply because sufficient time had elapsed since the last change. And then our efforts would begin again from the beginning."

General Adalphos

"A molehill man is a pseudo-busy executive who comes to work at 9 am and finds a molehill on his desk. He has until 5 p.m. to make this molehill into a mountain. An accomplished molehill man will often have his mountain finished before lunch."

Fred A. Allen

"Every day you waste is one you can never make up."

George Allen

"When I was born I was so surprised I didn't talk for a year and a half."

Gracie Allen

"The Law of Win/Win says, "Let's not do it your way or my way; let's do it the best way."

Greg Anderson

"If you don't change your beliefs, your life will be like this forever.
Is that good news?"

Dr. Robert Anthony

"Better to be pruned to grow than cut up to burn."

John Trapp

"Nobody holds a good opinion of a man who has a low opinion of himself."

Anthony Trollope

And finally.....

Happiness

"No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change."

Barbara De Angelis

Profile - Peter Mackechnie, Simplicity Coaching



Peter manages ***Simplicity Coaching*** and his focus is on enabling his clients to successfully implement focussed and specific change, develop effective leadership and management skills, experience positive results, and enhance productive business relationships at all levels within challenging and demanding environments.

He has extensive senior leadership and managerial experience which cover business management, corporate communications, leadership & management development, people development, business and strategic planning systems, organisational and change management.

To ensure the best possible service to his clients Peter regularly updates his skills set. He has qualified as a coach with the Coaching and Mentoring Institute and Mindstore. Peter's qualified in Team Role analysis, behavioural profiling and Neuro-Linguistic Programming. Academically he has an Honours degree in psychology and two business diplomas and is a member of the Chartered Management Institute and a Mentor for the Scottish Chamber of Commerce and the West Lothian Chamber of Commerce. He's a founder member of both the Association of Coaching and the International Association of Coaching.

Peter has written a range of articles for a number of different publications and organisations including HR Network Scotland and the Small Business Club. He has also presented to a range of different organisations including the International Conference for Coaching, CIPD chapters, colleges and a range of business and networking meetings.

Peter's client group includes different sized companies ranging from the Royal Bank of Scotland, Highlands and Islands Enterprise Companies, Scottish Water, Menzies Hotel Group, Royal Mail through to smaller companies such as Unique Marketing Solutions, Living Solutions and Framework Osteopaths Ltd. Some client testimonials are included below.

What Peter's clients say...

"Our work with Pete has directly increased our profits this year and our investment in ***Simplicity Coaching*** has been the best one we have made in our business career to date."
Ruth MacKay MD Unique Marketing Solutions

"Peter enabled us to identify and focus on our key business goals and developed effective management strategies that have ensured we successfully met each one"
Andrew Paterson Director Framework Osteopaths Ltd.

"Pete's extensive business experience has been a great resource to me and the development of my business. He is able to quickly identify a problem and help me find solutions to it. He has also been able to provide extremely useful skills transference sessions in areas such as presentation skills, Leadership, management and business planning skills"
Mary Combe MD Minuteman Press

What Peter says...

"If you are serious about wanting to develop significant business outcomes, are ready to take effective action, and are prepared for the challenge then start now by meeting with me – it'll be the opportunity you've been waiting for."

Contact me to set up an initial meeting or simply to ask a question on info@simplicitycoaching.co.uk or 0845 458 2549.