

Readings for 2/26/17
The Science of Well-Being, V
The Growth Zone

We make a living by what we get, but we make a life by what we give. Winston Churchill

Go the extra mile. It's never crowded. Unknown

I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. Maya Angelou

I have learned that as long as I hold fast to my beliefs and values - and follow my own moral compass - then the only expectations I need to live up to are my own. Michelle Obama

“Values aren't buses... They're not supposed to get you anywhere. They're supposed to define who you are.”

— Jennifer Crusie

It is the heart that does the giving; the fingers only let go. Nigerian saying

“Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.”

— Mahatma Gandhi

“Tell me what you pay attention to and I will tell you who you are.”

— José Ortega y Gasset

“It's not hard to make decisions when you know what your values are.” Roy Disney

The true meaning of life is to plant trees, under whose shade you do not expect to sit. Nelson Henderson