

52 Weeks to a More Empowered You

A unique journey of enlightening quotes ~ and personal
journaling.



Anna Weber
4-Dimensional Success ©2010

Introduction

From the time I was thirteen I consciously sought to be better with each passing day. I do not recall what thrust me into this life-long pursuit – it was not for perfection so much as simply perfecting. I do recall, however that some days the journey was easy - as I caught bits and pieces of comments made by parents and teachers that left their mark, and other days I was compelled to dig deeper - to find gems of wisdom in the books I read.

After a time, I realized I was not alone in this quest for personal development and was eager to join those who aspired to a higher level of being. This aspiration was not such that it set me apart from - or above others, it was simply a deep desire to be more and better – for myself...my personal challenge, if you will.

I did notice, however, the company I sought to keep was amazing! I knew I could never be a Michelangelo or a Winston Churchill, but I could certainly be inspired by their words and in my journey, would be a better person for having done so.

The following pages include a small sampling of quotes I have collected through the years. I have written them in journals or on napkins and pieces of paper, I have saved clippings and cards I have collected. I share them with you now, knowing that if you set aside a few minutes just one day a week, and journal your

thoughts on the pages provided... your life will be enriched, and if you so choose – empowered by positive change.

Your journey will be different than any other person's because it is your own to experience. You will not, simply cannot, have the enrichment of that experience unless you engage in the process. Take the time on a consistent basis to read the writings of the many renowned and successful people, whose words have inspired me... take that one step further and journal how the quote may have changed your thinking. Once something is written, it becomes more a part of you and your beliefs.

My greatest joy will be that at the end of your journey with this journal, that you will have embraced thinking new thoughts... thoughts which will have inspired you to take brave, new actions... actions that will provide you with life-long, sustainable benefit.

My appreciation to all the original writers of these quotes... for the positive changes created in my life – and for the potential of changing yours!

Anna Weber

www.4-DSuccess.com

AnnaWeber@4-DSuccess.Com

Table of Contents

Desire	54
Determination	59
Direction	64
Discipline	67
Abundance	74
Love	77
Courage.....	81
Other	87
Don't Quit.....	94
Children Learn What They Live (1959)	96
Success	97





Success means having the courage, the determination, and
the will to become the person you believe you were meant to
be

George Sheehan (American physician, author and running
enthusiast, 1918 - 1993)



Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

King Whitney Jr.



Desire is the key to motivation, but its determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.

Mario Andretti (Italian born American Race driver. b. 1940)



You are not here merely to make a living. You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement.

You are here to enrich the world.

You impoverish yourself if you forget this errand.

Woodrow Wilson



Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction.

E. F. Schumacher



The way to learn to do things is to do things. The way to learn a trade is to work at it. Success teaches how to succeed. Begin with the determination to succeed, and the work is half done already.

Unknown



When you make a mistake, don't look back at it long. Take the reason of the thing into your mind, and then look forward.

Mistakes are lessons of wisdom. The past cannot be changed. The future is yet in your power.

Phyllis Bottome



Courage is the ladder on which all the other virtues mount.

Clare Booth Luce



Life may not be the party we hoped for, but while we're here
we should dance.

Unknown

Week 31



The difference between the impossible and the possible lies
in a man's determination.

Tommy Lasorda (American Baseball Player and Coach,
b.1927)



Shared laughter creates a bond of friendships. When people laugh together, they cease to be young and old, teacher and pupils, worker and boss. They become a single group of human beings.

W. Lee Grant



If you want love and abundance in your life, give it away.

Unknown



If money is your hope for independence you will never have it.
The only real security that a man will have in this world is a
reserve of knowledge, experience, and ability.

Henry Ford (1863 - 1947)



Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.

William Ellery Channing



Children should be taught not the little virtues but the great ones. Not thrift but generosity and an indifference to money; not caution but courage and contempt for danger; not a desire for success but a desire to be and to know.

Natalia Ginzburg (Italian Author who dealt unsentimentally with family relationships in her writings. 1916-1991)



Determination is the wake-up call to the human will
Anthony Robbins (American advisor to leaders)



You cannot hope to build a better world without improving the individuals. To that end each of us must work for his own improvement and at the same time share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful.

Marie Curie (1867 - 1934)



Do not spoil what you have by desiring what you have not;
but remember that what you now have was once among the
things you only hoped for.

Epicurus (341 BC - 270 BC)



They say a person needs just three things to be truly happy
in this world: someone to love, something to do, and something
to hope for.

Tom Bodett



Generosity is another quality which, like patience, letting go, non-judging, and trust, provides a solid foundation for mindfulness practice.

You might experiment with using the cultivation of generosity as a vehicle for deep self-observation and inquiry as well as an exercise in giving.

A good place to start is with yourself.

See if you can give yourself gifts that may be true blessings, such as self-acceptance, or some time each day with no purpose. Practice feeling deserving enough to accept these gifts without obligation—to simply receive from yourself, and from the universe.

~ Jon Kabat-Zinn



The best relationships--friendship and otherwise--tend to be those where you **can** say anything to the other person but you don't say **everything**.

Audrey Beth Stein



If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you.

Les Brown (American Author, Entrepreneur and motivational speaker)



You gain strength, courage and confidence by every experience in which you really stop to look fear in the face.

You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.

Eleanor Roosevelt



Never idealize others. They will never live up to your expectations. Don't over-analyze your relationships. Stop playing games. A growing relationship can only be nurtured by genuineness.

Leo F. Buscaglia (American guru, tireless advocate of the power of love, 1924-1998)



If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother and hope your guardian genius.

Joseph Addison (1672 - 1719)

I trust you have enjoyed the journaling you have completed throughout the year – there is really no better way to get to know yourself. My intention was that these quotes would serve to stimulate your thinking, and encourage your response so that you might experience a personal discovery in the process.

I am including more quotes that you can reference from time to time. They have been compiled in categories for easy reference.

Always... encouraging you to engage in positive, life-altering actions that will provide you with long-term, sustainable benefit.

Anna Weber

4-Dimensional Success

<http://www.4-DSuccess.com>

Desire



There comes that mysterious meeting in life when someone acknowledges who we are and what we can be, igniting the circuits of our highest potential.

Rusty Berkus



Your time is limited, so don't waste it living someone else's life.

Don't be trapped by dogma...which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice.

And most importantly, have the courage to follow your heart and intuition.

They somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs



Seek freedom and become captive of your desires...

Seek discipline and find your liberty.

Frank Herbert (1920 - 1986), *Dune*






Ninety percent of the world's woe comes from people not knowing themselves, their abilities, their frailties, and even their real virtues. Most of us go almost all the way through life as complete strangers to ourselves.

Sydney J. Harris (American Journalist and Author, He wrote a syndicated column, *Strictly Personal*, from 1944-86. 1917-1986)




When I was young, my ambition was to be one of the people who made a difference in this world. My hope still is to leave the world a little bit better for my having been here. It's a wonderful life and I love it.

Jim Henson, *It's Not Easy Being Green and Other Things to Consider*



Each person has an ideal, a hope, a dream which represents the soul. We must give to it the warmth of love, the light of understanding and the essence of encouragement.

Colby Dorr Dam



We grow great by dreams. All big men are dreamers. They see things in the soft haze of a spring day or in the red fire of a long winter's evening. Some of us let these great dreams die, but others nourish and protect them; nurse them through bad days till they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true.

Woodrow Wilson (1856 - 1924)



Nothing in the 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.

The slogan 'Press On' has solved and always will solve the problems of the human race.

Calvin Coolidge (1872 - 1933)

Determination



Failure will never overtake me if my determination to succeed
is strong enough.

Og Mandino (1923 - 1996)




The virtue of achievement is victory over oneself. Those
who know this can never know defeat.

Unknown




Where there's hope, there's life. It fills us with fresh courage
and makes us strong again. We'll need to be brave to endure
the many fears and hardships and the suffering yet to come.

Anne Frank



Let us not be content to wait and see what will happen, but
give us the determination to make the right things happen.

Horace Mann (US educator, the first great American
advocate of public education, 1796-1859)




If I had to select one quality, one personal characteristic that I
regard as being most highly correlated with success, whatever
the field, I would pick the trait of persistence.

Determination.


The will to endure to the end, to get knocked down seventy
times and get up off the floor saying, Here comes number
seventy-one!

Richard M. DeVos




We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves.

Francis J. Braceland, *O Magazine*, April 2003




We must believe in ourselves or no one else will believe in us; we must match our aspirations with the competence, courage, and determination to succeed.

Rosalind Sussman Yalow




Remember, always give your best. Never get discouraged. Never be petty. Always remember, others may hate you. But those who hate you don't win unless you hate them. And then you destroy yourself.

Richard M. Nixon




Hope is both the earliest and the most indispensable virtue inherent in the state of being alive. If life is to be sustained hope must remain, even where confidence is wounded, trust impaired.

Erik H. Erikson



Determination and perseverance move the world; thinking that others will do it for you is a sure way to fail.

Marva Collins (American Educator. b. 1936)



Where there is no hope, there can be no endeavor.

Johnson



You've got to get up every morning with determination if
you're going to go to bed with satisfaction.

George Lorimer (American editor and writer 1867-1937)



It was never what I wanted to buy that held my heart's hope. It
was what I wanted to be.

Lois McMaster Bujold, *Memory*, 1996

Direction



Children in a family are like flowers in a bouquet: there's always one determined to face in an opposite direction from the way the arranger desires


Marcelene Cox



More than any time in history mankind faces a crossroads. One path leads to despair and utter hopelessness, the other to total extinction. Let us pray that we have the wisdom to choose correctly.

Woody Allen (b. 1935)


American comedian, stage and movie actor, radio broadcaster



If you can't manage massive action to start – remember – even
the smallest of actions has a ripple effect!


The key then is to get started now!

Josh Hinds Speaker, Author, Entrepreneur,



Hope doesn't come from calculating whether the good news is
winning out over the bad. It's simply a choice to take action.

Anna Lappe, *O Magazine*, June 2003



A pain stabbed my heart as it did every time I saw a girl I loved
who was going the opposite direction in this too-big world

Jack Kerouac (American Poet and Novelist. Leader and
spokesman of the Beat movement. 1922-1969)

Keep your head and your heart in the right direction and
you'll never have to worry about your feet

Unknown

Discipline



In human life, art may arise from almost any activity, and once it does so, it is launched on a long road of exploration, invention, freedom to the limits of extravagance, interference to the point of frustration, finally discipline, controlling constant change and growth.

Susanne Langer (1895 - 1985)



Virtue does not come from wealth, but ~ wealth, and every other good thing which men have - comes from virtue.

Socrates (Ancient Greek Philosopher, 470 BC-399 BC)



A man of a right spirit is not a man of narrow and private views, but is greatly interested and concerned for the good of the community, to which he belongs, and particularly of the city or village in which he resides, and for the true welfare of the society of which he is a member.

Johathan Edwards (1703-58)

American theologian, philosopher




How small a portion of our life it is that we really enjoy!
In youth we are looking forward to things that are to come; in
old age we are looking backward to things that are gone past;
in manhood, although we appear indeed to be more occupied
in things that are present, yet even that is too often absorbed
in vague determinations to be vastly happy on some future
day when we have time.

C. C. Colton




Self-control is the chief element in self-respect and self-
respect is the chief element in courage.

Thucydides (471 BC - 400 BC), *Peloponnesian War*




Self discipline is that which, next to virtue, truly and essentially raises one man above another.

Joseph Addison (1672 - 1719)



Self-respect is the fruit of discipline; the sense of dignity grows with the ability to say no to oneself.

Rabbi Abraham Heschel



People grow through experience if they meet life honestly and courageously. This is how character is built.

Eleanor Roosevelt



It seems essential, in relationships and all tasks, that we concentrate only on what is most significant and important. Soren Kierkegaard (Danish Philosopher and Theologian, generally recognized as the first existentialist philosopher. 1813-1855)



Strange new problems are being reported in the growing generations of children whose mothers were always there, driving them around, helping them with their homework - an inability to endure pain or discipline or pursue any self-sustained goal of any sort, a devastating boredom with life. Betty Friedan (1921 - 2006)



Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success.

Brian Adams



In addition to self-awareness, imagination and conscience, it is the fourth human endowment - independent will-that really makes effective self-management possible. It is the ability to make decisions and choices and to act in accordance with them. It is the ability to act rather than to be acted upon, to proactively carry out the program we have developed through the other three endowments.

Empowerment comes from learning how to use this great endowment in the decisions we make every day.

Stephen R. Covey

Abundance



I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then whenever doubt, anxiety, or fear tries to call me, they keep getting a busy signal and soon they'll forget my number.

Edith Armstrong



Live your life as though there is great joy to be experienced... an abundance of goodness in each person you come in contact with, and the knowledge that you have enough inner wisdom to answer the mysteries that challenge you.

Meladee McCarty



Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart.

Sarah Ban Breathnach



You pray in your distress and in your need; would that you might also pray in the fullness of your joy and in your days of abundance.

Kahlil Gibran (1883 - 1931)



Abundance is, in large part, an attitude.

Sue Patton Thoele



The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.

Franklin D. Roosevelt (1882 - 1945)

Love



Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, and endures all things.

Bible, Paul, 1 Corinthians 13:4-7

Being deeply loved by someone gives you strength; while loving someone deeply gives you courage.

Lao Tzu



Treasure your relationships, not your possessions.

Anthony J. D'Angelo, The College Blue Book



All great things are simple, and many can be expressed in single words: freedom, justice, honor, duty, mercy, hope.

Count your blessings. Once you realize how valuable you are and how much you have going for you, the smiles will return, the sun will break out, the music will play, and you will finally be able to move forward the life that God intended for you with grace, strength, courage, and confidence.

Og Mandino



Love and respect are the most important aspects of parenting...

and of all other relationships

Jodie Foster (American Actress, b.1962)



The most valuable things in life are not measured in monetary terms. The really important things are not houses and lands, stocks and bonds, automobiles and real state, but friendships, trust, confidence, empathy, mercy, love and faith.

Bertrand Russell V. DeLong



Romance fails us and so do friendships, but the relationship of parent and child, less noisy than all the others, remains indelible and indestructible, the strongest relationship on earth

Theodore Reik



Life is to be fortified by many friendships. To love and to be loved is the greatest happiness of existence.

Sydney Smith (1771 - 1845)



Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction

Antoine de Saint-Exupery (French Pilot, Writer and Author of 'The Little Prince', 1900-1944)



Young love is a flame; very pretty, often very hot and fierce, but still only light and flickering. The love of the older and disciplined heart is as coals, deep-burning, unquenchable.

Henry Ward Beecher (1813 - 1887)

Courage



All of our dreams can come true, if we have the courage to pursue them.

Walt Disney



Courage is the power of the mind to overcome fear.

Martin Luther King Jr.



Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened.

Billy Graham



Happiness is like mercury. Hard to hold, and when we drop it, it shatters into a million pieces. Maybe the bravest of all are those who have the courage to reach for it again.

Mary Higgins Clark




Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.

Dale Carnegie




Courage is not the absence of fear, but the conquest of it.

Author Unknown




Courage is not the absence of fear, but rather the judgment
that something else is more important than fear.

Ambrose Redmoon



Pain nourishes courage. You can't be brave if you've only had
wonderful things happen to you.

Mary Tyler Moore



Courage is saying, Maybe what I'm doing isn't working; maybe
I should try something else.

Anna Lappet



Hope begins in the dark... the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: You don't give up.

Anne Lamott



To be brave is to love someone unconditionally, without expecting anything in return. To just give - that takes courage - because we don't want to fall on our faces or leave ourselves open to hurt,

Madonna



God, give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

Reinhold Niebuhr



The kind of beauty I want most is the hard-to-get kind that comes from within - strength, courage, dignity.

Ruby Dee



Few men are willing to brave the disapproval of their fellows, the censure of their colleagues, or the wrath of their society. Moral courage is a rarer commodity than bravery in battle or great intelligence. Yet it is the one essential, vital quality for those who seek to change a world which yields most painfully to change.

Robert F. Kennedy

Other

Thoughtfulness for others, generosity, modesty, and self-respect are the qualities which make a real gentleman or lady.

Thomas H. Huxley (1825 - 1895)



To keep the heart unwrinkled, to be hopeful, kindly, cheerful, and reverent - that is to triumph over old age.

Thomas Bailey Aldrich, *O Magazine*, October 2003



There is great comfort and inspiration in the feeling of close human relationships and its bearing on our mutual fortunes - a powerful force, to overcome the tough breaks which are certain to come to most of us from time to time

Walt Disney (American motion-picture Producer, pioneer of animated cartoon films. 1901-1966)



Lord, make me an instrument of Your peace!

Where there is hatred let me sow love;

Where there is injury - pardon;

Where there is doubt - faith;

Where there is despair - hope;

Where there is darkness - light;


Where there is sadness - joy.

Saint Francis of Assisi (1181 - 1226), *Prayer of St Francis*
(attributed)




Who I am today speaks far greater than what anyone can say about me. I thank God every day that I am alive and that I am able to dedicate my life to teaching others, enriching lives and acting as a vehicle for empowerment.

Tom Malin



We were meant to give our lives away. Spend more time *living*
your legacy instead of worrying about leaving it.

Lee J. Colan



Christmas gift suggestions:

To your enemy - forgiveness. To an opponent - tolerance.


To a friend - your heart. To a customer - service.

To all - charity.

To every child - a good example.

To yourself - respect.


Oren Arnold



Charity is injurious unless it helps the recipient to become independent of it.

John Davidson Rockefeller, Sr. (1839-1937)

American oil magnate, philanthropist



Imagination was given to man to compensate him for what he is not; a sense of humor to console him for what he is.

Sir Francis Bacon (1561-1626)

English philosopher, essayist, and statesman.



Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

Brian Tracy




Water, everywhere over the earth, flows to join together.

A single natural law controls it.

Each human is a member of a community and should work within it.


I Ching (BC 1150)



Music washes away from the soul the dust of everyday life.

Berthold Auerbach (1812-82)

German writer




Remember there's no such thing as a small act of kindness.

Every act creates a ripple with no logical end.

Scott Adams

American cartoonist



Music – The one incorporeal entrance into the higher world of knowledge which comprehends mankind but which mankind cannot comprehend.

Ludwig van Beethoven (1770-1827)

German composer



We find greatest joy, not in getting, but in expressing what we are...Men do not really live for honors or for pay; their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it; fun to have things but more to make them.

The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself.

R. J. Baughan

Don't Quit

Anonymous

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 its turns,
As everyone of us sometimes learns,
And many a failure turns about
When they might have won, had they 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 came 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 must not quit!

Children Learn What They Live (1959)

If a child lives with criticism, he learns to condemn . . .

If a child lives with hostility, he learns to fight . . .

If a child lives with fear, he learns to be apprehensive . . .

If a child lives with pity, he learns to feel sorry for himself . . .

If a child lives with ridicule, he learns to be shy . . .

If a child lives with jealousy, he learns to feel guilt . . . **BUT**

If a child lives with tolerance, he learns to be patient . . .

If a child lives with encouragement, he learns to be confident . . .

If a child lives with , he learns to be appreciative . . .

If a child lives with acceptance, he learns to love . . .

If a child lives with honesty, he learns what truth is . . .

If a child lives with fairness, he learns justice . . .

If a child lives with security, he learns to have faith in himself and those about him . . .

If a child lives with friendliness(sic), he learns the world is a nice place in which to live .

With what is your child living?

Dorothy L. Law

Success

He has achieved success
who has lived well,
laughed often, and loved much;
who has enjoyed the trust of pure women,
the respect of intelligent men
and the love of little children;
who has filled his niche and accomplished his task;
who has left the world better than he found it
whether by an improved poppy,
a perfect poem, or a rescued soul;
who has never lacked appreciation of Earth's beauty
or failed to express it;
who has always looked for the best in others
and given them the best he had;
whose life was an inspiration;
whose memory a benediction.

Bessie Anderson - Winning entry in a contest run by *Brown Book Magazine* in 1904.

Anna Weber has long been a trusted advisor – to young employees, to co-workers, and ultimately to referred friends and professional associates. She has always pushed the limit for her own personal and professional growth, allowing her to be a ready resource for others in a broad spectrum of areas. A multi-faceted person, Anna has experienced an exciting range of careers, developing a wide-range of skills: clothing designer (creativity and marketing); para-legal (analytical assessment and problem-solving); administrative management (organizational management and people resourcing), and ultimately coaching, where for the past 11 years she has been able to share with others through her personal philosophy, Encouraging others to engage in positive, life-altering actions that provide long-term, sustainable benefit. Anna's Life and Business Coaching has given her global recognition as she offers her own life skills and ultimately lives her life's purpose as a Change Agent: helping others to see, accept, and act upon being all of which they were destined to become.

Anna Weber 4-Dimensional Success

<http://www.4-DSuccess.com>