

# Lift Me<sup>®</sup>

From the author of  
'UP! Your Service'



Loving  
Your Life



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RON KAUFMAN

Lift   
Me<sup>®</sup>

**Loving  
Your Life**

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|--------------|----------------|----------|
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## Loving yourself



1

To love one's self is the beginning of a lifelong romance.

Oscar Wilde

You must begin to think of yourself as becoming the person you want to be.

David Viscott

**Love yourself, love your life. One is a starting point for the other.**

**You are a unique being, blessed with special talents. Only you can bring them alive.**

Lifespan is measured in breaths, not years.

Hindu belief

Age is of no importance unless you are a cheese.

Billie Burke

Some people, no matter how old they get, never lose their beauty – they merely move it from their faces into their hearts.

Martin Buxbaum

Watch what you choose to do. Someone might want you to smoke. Don't do it. Someone might ask you to try a drug. Don't touch it. Stay away from it. It can destroy you. Make your choices wisely.

Gordon Hinckley

Age is a state of mind. Breathe deeply.

How old would you be if you didn't know how old you were?

Beauty can be seen on the outside, and on the inside.

**Life has no mandatory directions. Turn left or right? Head uphill or down? Stop, pause, or move forward? It's your life – and your choice. Choose wisely.**

A 'No' uttered from the deepest conviction is better than a 'Yes' uttered merely to please, or worse, to avoid trouble.

Mohandas Gandhi

**Speak for what you stand for.**

8

What happens to a person is less significant than what happens within a person.

Louis Mann

**It's not what happens that really matters. It's how you use *whatever* happens to learn, improve and grow.**

It's up to you: Get discouraged or get determined. Get bitter or get better. Focus on liabilities or possibilities.

Ron Kaufman

**A loving person sees love all around. An angry person sees reasons to be angry. Your world is a reflection of yourself.**

9

Love. Fall in love and stay in love. Write only what you love, and love what you write. The key word is love. You have to get up in the morning and write something you love, something to live for.

Ray Bradbury

**What you say is what you get. Say out loud, 'I love my life.'**

Years may wrinkle the skin, but to give up interest wrinkles the soul.

Douglas MacArthur

**Hang in there! Keep yourself in the game.**

Many a man thinks he is buying pleasure, when he is really selling himself to it.

Benjamin Franklin

**Enjoy pleasure, but don't become a slave to it.**

Enjoy yourself. It's later than you think.

Chinese proverb

**Have a good time. Better now than never.**

When you are content to be simply yourself and don't compare or compete, everyone will respect you.

Lao-tzu

**To respect yourself, be yourself.**

Patience is the key to contentment.

Muhammad

I don't consider myself bald, I'm just taller than my hair.

Tom Sharp

A forest bird never wants a cage.

Henrik Ibsen

Don't go through life, grow through life.

Eric Butterworth

What's the rush?

**Half empty or half full?  
Dark clouds or silver lining?  
Every coin has two sides.**

**The most opulent palace cannot contain a free spirit.**

**From seed to sprout, to sapling, to tree, and back to seed again. The cycle of nature includes both trees and people.**



Tell me what you eat,  
and I will tell you what  
you are.

Anthelme Brillat-Savarin

If I'd known I was  
gonna live this long, I'd  
have taken better care  
of myself.

Eubie Blake

**It's never too late to  
start taking better care  
of yourself.**

**To be fresh, eat fresh!**

He who enjoys good  
health is rich, though he  
knows it not.

Italian proverb

**Good health is priceless.  
When you've got it, be  
sure to enjoy it!**

Only dead fish go with  
the flow.

Anonymous

**Swim upstream.**

When we lose the right to be different, we lose the privilege to be free.

Charles Evans

Be yourself; who else is better qualified?

Frank GIBLIN

Success rests with having the courage, endurance and will to become the person you are, however peculiar that may be. Then you can say, I found my hero – and he is me.

George Sheehan

I'm a brand! I've done it by aping the successes of Oprah, Dennis Rodman, Martha Stewart, Anita Roddick, Richard Branson, and all the other distinctive I-AM-MY-BRAND types.

Tom Peters

**No two people are alike; no two lives come into this world for the same purpose.**

**Stop comparing.  
Be more daring!**

**Be heroic. Be peculiar.  
Be yourself.**

**To brand out, stand out.**

As we grow old, the  
beauty steals inward.

Ralph Waldo Emerson

Though we travel the  
world over to find the  
beautiful, we must  
carry it with us or we  
find it not.

Ralph Waldo Emerson

**Beauty is not skin deep.**

**Beauty is all around you  
– and within you.**

Learn to be calm and  
you will always be  
happy.

Paramahansa Yogananda

**Sit down. Take a deep  
breath. Relax.**

The mind that turns  
forever outward will  
have no end to craving.  
Only the mind turned  
inward will find a still  
point of peace.

Lao-tzu

**Action on the outside.  
Rest on the inside.**

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

Ralph Waldo Emerson

**The greatest adventure of life is the voyage of self-discovery.**

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Live by what you believe so fully that life blossoms. When you believe something you don't follow, it hurts. Live your belief, or let that belief go. If you are not actively living a belief, it's not really your belief anyway.

John Roger

**A life of integrity is like a tree with strong roots – nourishing, sheltering, resilient even in a storm.**

The walls we build around us to keep sadness out also keep out the joy.

Jim Rohn

**High points only exist because there are also lows. Welcome both. Embrace the variety and beauty and difficulties of your life.**

Spend time with people who make you feel good about yourself, and make time for them.

Jo Richards

**Quality companions deserve quality time and attention.**

21

Letting go is easy. It's the holding on that hurts.

Paul Buckingham

**There comes a time to move on. It's hard to do that if you don't let go.**

Create your future from your future not your past.

Werner Erhard

**Enjoy the future.  
Explore the future.  
Create the future.**

What wound did ever heal but by degrees?

William Shakespeare

**Time heals all wounds.  
My grandmother would remind me, 'This, too, shall pass.'**

Optimism is the one quality more associated with success and happiness than any other.

Brian Tracy

**There is always an upside, a bright side, a positive point of view. Find it. Choose it. Live it!**

I don't know the key to success, but the key to failure is trying to please everybody.

Bill Cosby

We would worry less about what others think of us if we realized how seldom they do.

Ethel Barrett

**You can please all the people some of the time, and some of the people all the time, but you are responsible to yourself every time.**

**So don't worry about it.**

Do not expect the world to look bright if you habitually wear gray-brown glasses.

Charles Eliot

**This life is a brilliant with colors. Enjoy the full palette all around you.**

Every thought you think contributes to the results of your life. Want a pleasant life? Think pleasant thoughts.

Ron Kaufman

**Life is a self-fulfilling prophecy. You become what you believe yourself to be.**

The greatest success  
is successful self-  
acceptance.

Ben Sweet

A man has to live with  
himself, and he should  
see to it that he always  
has good company.

Charles Hughes

The person who seeks  
all their applause  
from outside has their  
happiness in another's  
keeping.

Claudius Claudianus

Until you make peace  
with who you are, you'll  
never be content with  
what you have.

Doris Mortman

**You are who you are.  
And that's enough.**

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**Good company respects  
good company.  
Appreciate and respect  
yourself.**

**Another person's  
approval is a weak  
foundation for your  
own happiness.**

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**Peace of mind outweighs  
the value of all material  
possessions.**

If you can't get rid of the skeleton in your closet, you'd best teach it to dance.

George Bernard Shaw

Whatever you are, be a good one.

Abraham Lincoln

Don't forget until too late that the business of life is not business but living.

B.C. Forbes

You yourself, as much as anybody in the entire universe, deserve your love and affection.

Buddha

**Come to terms with your weaknesses – good terms.**

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**Be the very best that you can be.**

**Enjoy a day on the beach, a picnic in the park, a long walk in the woods.**

29

**Loving yourself is the greatest love of all.**



I am now quite cured of seeking pleasure in society, be it country or town. A sensible man ought to find sufficient company in himself.

Emily Brontë

**Time alone is a special gift in this busy world. Enjoy it.**

He who is in love with himself has at least this advantage – he won't encounter many rivals.

George Lichtenberg

**Be your own best friend.**

When you feel good about yourself, others will feel good about you, too.

Jake Steinfeld

**People feel good around people who feel good.**

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

Lucille Ball

**Once you love yourself, the next steps are easy.**

It is of practical value to learn to like yourself. You spend so much time with yourself you might as well get some satisfaction out of the relationship.

Norman Vincent Peale

**Here's to your satisfaction!**

Simplify your life. Get rid of clutter because it is stealing your energy. Clear away a little and you'll be amazed at the vast amount of energy released inside you. Keep around you only the things that give you energy.

John Panama

**Don't clutter your home with junk. Don't clutter your mind with it either.**

Forgive yourself for your faults and your mistakes and move on.

Les Brown

**Making mistakes is how we learn to do better.**

A smile will gain you ten more years of life.

Chinese proverb

**And ten more years worth living!**

She who laughs, lasts.

Mary Poole

One should treat one's self as one does one's friends – critically but with affection.

Frances Partridge

**Laugh loud, laugh long,  
laugh often.**

**And with acceptance,  
and forgiveness, and  
most of all, with humor!**

Children, you must remember something. A man without ambition is dead. A man with ambition but no love is dead. A man with ambition and love for his blessings here on earth is ever so alive.

Pearl Mae Bailey

**Harness your ambition,  
release your love, and  
count your blessings  
daily.**

Be a good human being, a warm-hearted, affectionate person. That is my fundamental belief. Having a sense of caring, a feeling of compassion, will bring happiness and peace of mind and automatically create a positive atmosphere.

Dalai Lama

**Compassion makes all  
the sense in the world.  
What you send out to  
others finds its way  
back to you.**

The only interest in living comes from believing in life, from loving life and using all the power of your intelligence to know it better.

Emile Zola

**How miraculous and magnificent to be alive.**

Believe that life is worth living, and your belief will help create the fact.

William James

**Attitude changes everything: your fortune, your friendships, your family and your future.**

## Loving your work



2

There are two things to aim at in life: First, to get what you want; and after that to enjoy it. Only the wisest of mankind achieve the second.

Logan Smith

**Enjoy your labor – and the fruits of your labor.**

Let us learn to appreciate there will be times when the trees will be bare, and look forward to the time when we may pick the fruit.

Peter Sellers

**A time for everything and everything in its time.**

Chance can allow you to accomplish a goal every once in a while, but consistent achievement happens only if you love what you are doing.

Bart Conner

**Do what you love. Do it a lot. And do it well.**

A desire accomplished is sweet to the soul.

Anonymous

**Savor your victories as sweet desserts.**

A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do.

Bob Dylan

**This is your life.  
Live it your own way.**

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Choose a job you love and you will never have to work another day in your life.

Confucius

**Make your occupation a daily celebration. The right job rewards you.**

You never achieve success unless you like what you are doing.

Dale Carnegie

**To enjoy your success,  
enjoy yourself!**

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We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile.

Earl Nightingale

**Be thankful for your tasks and grateful for your goals.**

A master in the art of living makes little distinction between work and play, labor and leisure, mind and body, love and religion. He hardly knows which is which. He simply pursues excellence at whatever he does, leaving others to decide whether he is working or playing. To him he's always doing both.

James Michener

**Work, play, live, love,  
give, take, learn.**

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

Joe Gibbs

**How well do you do  
what you do? How much  
do you enjoy it?**

He who enjoys doing and enjoys what he has done is happy.

Johann Wolfgang von Goethe

**Success is loving  
whatever you do.**

If you always do what interests you, at least one person is pleased.

Katharine Hepburn

**And that is a person  
worth pleasing – you!**

The biggest mistake people make in life is not trying to make a living at doing what they most enjoy.

Malcolm Forbes

**Work you do not enjoy is a double error.**

Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results.

James Allen

**That's right!**

Writing became such a process of discovery that I couldn't wait to get to work in the morning: I wanted to know what I was going to say.

Sharon O'Brien

**Fill your occupation with your imagination.**

What we call creative work ought not to be called work at all, because it isn't. I imagine that Thomas Edison never did a day's work in his last fifty years.

Stephen Leacock

**He enjoyed every moment.**



We could hardly wait to get up in the morning.

Wilbur Wright

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.

Bertrand Russell

**Advice worth dispensing: no one is indispensable.**

**And fly!**

Man must realize his own unimportance before he can appreciate his importance.

R.M. Baumgardy

**To do something when you could do nothing is a source of inspiration and power.**

Do it no matter what. If you believe in it, it is something very honorable. If somebody around you or your family does not understand it, then that's their problem. But if you do have a passion, an honest passion, just do it.

Mario Andretti

**There comes a time when you should *not* ask your mother for advice.**

Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit.

W. Somerset Maugham

**Let yourself go, let the adrenalin overtake you, let your spirit soar.**

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.

Anthony Robbins

**Healthy body, healthy mind, healthy life. Use your talents well. Keep your energy high.**

You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the heck she is.

Ellen Degeneres

**Keep on walking!**

A successful person will profit from mistakes and try again in a different way.

Dale Carnegie

**When you learn and profit from an error, it is no longer a mistake.**

As long as we are persistent in our pursuit of our deepest destiny, we will continue to grow. We cannot choose the day or time when we will fully bloom. It happens in its own time.

Denis Waitley

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

Foster McClellan

**It takes months to make a baby, years to create an elephant. It will take a lifetime to bring forth all the magnificence in you.**

**Trust yourself.  
Encourage yourself.  
Praise yourself.  
Love yourself.**

You will recognize your own path when you come upon it, because you will suddenly have all the energy and imagination you will ever need.

Jerry Gillies

**Go with what turns you on.**

The self is only that which it is in the process of becoming.

Søren Kirkegaard

**Your moments of choice are the moments in which you invent yourself.**

No one ever finds life worth living – he has to make it worth living.

Anonymous

**A life full of meaning is not an accident, it is a choice and a creation.**

Select a goal. Then determine a course of action that will bring you to that goal. Hold to that action until the goal is reached.

Michael Hansen

**Take one step, then take another. Do it again, over and over.**

Just go out there and do what you have to do.

Martina Navratilova

**Roll up your sleeves and get started!**

The wise see knowledge and action as one; they see truly.

Bhagavadgita

**When you fully understand what needs to be done, you will find yourself doing it.**

The first thing to do in life is to do with purpose whatever one proposes to do.

Pablo Casals

**What do you propose to do with your life? What is your larger purpose?**

The thing has already taken form in my mind before I start it. The first attempts are absolutely unbearable. If you see something worthwhile in what I am doing, it is not by accident but because of direction and purpose.

Vincent van Gogh

**What you see is what you (eventually) get, but only if you keep seeing it.**

When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life.

Greg Anderson

**Live for love and your dreams will appear.**

The purpose held firm is equal to the deed.

Edward Young

**What matters is not what you say you are going to do. What matters is what you do.**

The man who does things makes mistakes, but he never makes the biggest mistake of all – doing nothing.

Benjamin Franklin

**Don't just think about it, do it!**

When you believe that a difficulty can be overcome, you are more than halfway to victory over it already.

Norman Vincent Peale

**As you believe, so it shall become.**

Never turn down a job because you think it's too small; you don't know where it could lead.

Julia Morgan

**Fly through a small window and you can reach the entire world.**

In order that people may be happy in their work, three things are needed. They must be fit for it. They must not do too much of it. They must have a sense of success in it.

John Ruskin

**Work hard. Take time off. Celebrate your accomplishments.**

Thank God every morning you get up that you have something which must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you a hundred virtues the idle will never know.

Charles Kingsley

**Work well done can be its own reward.**

‘I need to do something’ will resolve more problems than ‘Something needs to be done.’

Glenn van Ekeren

**You may not be fond of your responsibilities, but you must embrace them.**

It is impossible to enjoy idling unless one has plenty to do.

Jerome Watkins

**A midday nap can be more rewarding than a full night’s sleep.**

To my mind, the best investment a young man starting out in business could possibly make is to give all his time, all his energies, to work – just plain hard work.

Charles Schwab

**From your experience comes your wisdom. There is no other way.**

The glory of a workman, that he does his work well, ought to be his most precious possession; like the 'honor' of a soldier, dearer to him than life.

Thomas Carlyle

**Work can define who you are – so do yours very well.**

The force, the mass of character, mind, heart and soul a person puts into work, is the most important factor in that work.

A.P. Peabody

**Cultivate a plant with love and you will reap more fruit.**

It is work that gives flavor to life.

Henri Frederic Amiel

**Challenge adds spice to the dulllest day.**

It is only when I am doing my work that I feel truly alive. It is like having sex.

Federico Fellini

**He obviously loved his work. Do you love yours as much?**



To love what you do  
and feel that it matters  
– how could anything  
be more fun?

Katherine Graham

**Making a difference  
in the world makes a  
difference in your life.**

62

Think your best, study  
your best, try your best,  
have a goal for the best,  
and never be satisfied  
with less than your  
best. In the long run  
things will turn out for  
the best.

Henry Ford

**Do not waver, do not  
rest, until your average  
is good and your better  
is best.**

Do one more useful  
thing at the end of the  
day and at the end of  
the year you'll have  
done 365 more useful  
things.

Richard Pratt

**Accumulated effort will  
yield a treasure of useful  
achievements.**

63

Achievement is  
largely the product of  
steadily raising one's  
level of aspiration and  
expectation.

Jack Nicklaus

**Don't let the bar get in  
your way. Push it higher.**

All successful people have a goal. No one can get anywhere unless he knows where he wants to go and what he wants to do or be.

Norman Vincent Peale

**The journey is easier when you know where you are going.**

Do your work with all your heart and you will succeed – there's so little competition.

Elbert Hubbard

**Your biggest competitor is your lazy self.**

Success is to be measured not so much by the position one has reached in life, as by the obstacles which one has overcome.

Booker T. Washington

**You grow more from the journey than from reaching the destination.**

The great essentials to happiness in this life are something to do, something to love and something to hope for.

Joseph Addison

**May you enjoy all three.**

To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.

Buddha

**Be diligent. Be wise.  
Be alive!**

Continuity of purpose is one of the most essential ingredients of happiness in the long run.

Bertrand Russell

**Great projects come and go, but great purpose endures and matures.**

Work is love made visible. And if you cannot work with love, it is better that you should leave your work and sit at the gate of the temple and ask for alms of those who work with joy.

Kahlil Gibran

**Take this job and love it!**

Satisfaction lies in the effort not the attainment. Full effort is full victory.

Mohandas Gandhi

**The game could stop at any moment. If you put your full heart into what you are doing, you are already winning.**

There are two kinds of people: those who do the work and those who take the credit. Try to be in the first group; there is less competition there.

Indira Gandhi

**Do the work now. The credit comes later.**

The faster you run, the faster you have to go. If you're not improving at a faster rate than other providers, then you're perceived as going backwards.

Elmar Toime

**Catching up is not good enough. You've got to stay one step ahead.**

If a man does only what is required of him, he is a slave. If a man does more than is required of him, he is a free man.

Chinese proverb

**No one can force you to go the extra mile. You must do it of your own free will.**

Contemplate in the morning, pull weeds in the afternoon. The joys and labor of a single day are part of a whole journey.

Tao te Ching

**This is your life. Embrace every moment.**

## Loving and playing



Enjoy the journey, enjoy every moment, and quit worrying about winning and losing.

Matt Biondi

**Life is an amazing quest with surprises and great beauty along the way.**

Never clutter your days with so many menial or unimportant things that you have no time to accept a real challenge when it comes along. No more busy work. No more hiding from success. Make time, make space, to grow.

Og Mandino

**Spend your time wisely on things that matter and with people who make a difference in your life.**

Whenever we trace the origin of a skill or practice which played a crucial role in the ascent of man, we usually reach the realm of play.

Eric Hoffer

**In the freedom of play we create and discover.**

Play has been man's most useful preoccupation.

Frank Caplan

**And woman's!**

In every real person a child is hidden that wants to play.

Friedrich Nietzsche

**Your hair will thin, your skin will wrinkle, but the child in you will still want to play.**

We don't stop playing because we grow old; we grow old because we stop playing.

George Bernard Shaw

**You can be young at any age. Play!**

You can discover more about a person in an hour of play than in a year of conversation.

Plato

**Which is why so much business is conducted on the golf course!**

74

Just as certain selections of music will nourish your physical body and your emotional layer, so other musical works will bring greater health to your mind.

Hal Lingerman

**Music is an antidote to ailments – let it play.**

Without music, life is a journey through a desert.

Pat Conroy

**Enjoy the oasis of symphony and song.**

75

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

Red Auerbach

**Bathe in the sweet sounds of music.**

The best remedy for those who are afraid is to go somewhere where they can be with nature. Then one feels all is as it should be, that God wishes people to be happy. As long as nature exists, there will be comfort for every sorrow, whatever the circumstances may be. Nature brings solace in all troubles.

Anne Frank

**Allow yourself to be comforted in the loving arms of nature.**

Nothing is more beautiful than the loveliness of the woods before sunrise.

George Washington  
Carver

**You can be one with the stillness of the trees.**

Nature has been for me, for as long as I remember, a source of solace, inspiration, adventure, and delight; a home, a teacher, a companion.

Lorraine Anderson

**It is natural to yearn for nature; we are part of it.**

The greatest gift is a passion for reading. It is cheap, it consoles, it distracts, it excites, it gives knowledge of the world and experience of a wide kind. It is a moral illumination.

Elizabeth Hardwick

**Read widely. Read deeply. Read freely.**



For fast-acting relief, try  
s-l-o-w-i-n-g d-o-w-n.

Lily Tomlin

There is more to life  
than increasing its  
speed.

Mohandas Gandhi

It is all right letting  
yourself go, as long as  
you can get yourself  
back.

Mick Jagger

You will soon break  
the bow if you keep it  
always stretched.

Plato

**Close your eyes. Take a  
long deep breath. Take  
another. Ahhhh.**

78

**The faster you go, the  
less you can see. Slow  
down and enjoy the view  
along the way.**

**Indulge – but know your  
limits. Too much of a  
good thing is not a good  
thing.**

79

**Work hard. Relax well.  
Keep the two in balance.**

The time to relax is when you don't have time for it.

Sydney Harris

**A 20-minute nap. A walk around the park. An evening enjoyed with good friends.**

I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive.

Joseph Campbell

**Meaning is in your mind. Being is in your whole mind and body.**

The meaning of life is to give life meaning.

Ken Hudgins

**You were born into this world with a purpose. Expressing that purpose is your fulfillment.**

Time you enjoyed wasting was not wasted.

John Lennon

**Investing time in pleasure brings you dividends of peace.**

A well-spent day brings  
happy sleep.

Leonardo da Vinci

You cannot hold back  
a good laugh any more  
than you can the tide.  
Both are forces of  
nature.

William Rostler

**A good day's work  
deserves a good night's  
sleep. Sweet dreams!**

**May you enjoy great  
waves of laughter.**

Do not take life too  
seriously. You will  
never get out of it alive.

Elbert Hubbard

**But while you are here  
and playing, play the  
game completely – with  
passion and pleasure  
and pride.**

If you must play, decide  
on three things at the  
start: the rules of the  
game, the stakes, and  
the time to stop playing.

Chinese proverb

**You can play to win,  
or play to enjoy the  
playing. Both are  
worthwhile approaches.**

If you really want to play freely, stop keeping score.

Sheldon Kopp

**Play for your love of the game.**

The primary obstacle to serious play is a person's inability to play seriously.

Shaun McNiff

**Life is a fabulous game. And it's your turn!**

When you delight in the game, the effort seems unimportant.

Anonymous

**The joy of play can become a zest for living.**

And forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

Kahlil Gibran

**Let nature be your lifelong playmate. Run, swim, hike, dance, climb, dive, sing!**

Be glad of life because it gives you the chance to love and work and play and look up at the stars.

Henry van Dyke

**Play is the joyful essence of living. Play more, live longer.**

86

If you aren't playing well, the game isn't as much fun. When that happens I tell myself just to go out and play as I did when I was a kid.

Thomas Watson, Sr.

**There is a child within you that remembers the love of the game.**

It doesn't matter if you win or lose, it's how you play the game.

Anonymous

**The spirit of the game is more important than the score.**

87

Man is most nearly himself when he achieves the joy of a child at play.

Heraclitus

**Go to a park and watch children play. Remember how that feels?**

Necessity may be the mother of invention, but play is certainly the father.

Roger von Oech

Man is a game-playing animal and a computer is just another way to play games.

Scott Adams

**The worst advice you ever got as a child may have been to 'quit playing around'.**

88

**All materials in this world are merely props for the great play of living.**

The true object of all human life is play. Earth is a task garden; heaven is a playground.

G.K. Chesterton

**Play in the garden of life is access to heaven on earth.**

89

There is work that is work and there is play that is play; there is play that is work and work that is play. And in only one of these lies happiness.

Gelett Burgess

**Which one did you choose?**

Work and play are words used to describe the same thing under different conditions.

Mark Twain

Work consists of whatever a body is obliged to do. Play consists of whatever a body is not obliged to do.

Mark Twain

**You give your attention and take your action, but you must *choose* your point of view.**

90

**Do your work. Choose your play.**

This is the real secret of life – to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.

Alan Watts

**Change your view and you change your world.**

91

It is only in playing that the individual is able to be truly creative and use the whole personality. And it is only in being creative that the individual discovers the self.

Donald Winnicott

**Play is a point of entry into life, an opportunity for discovery.**

Live a balanced life  
– learn and think and  
draw and paint and sing  
and dance and work  
and play every day.

Robert Fulghum

**You are capable of doing  
many things. Celebrate  
them all!**

When I grow up I want  
to be a little boy.

Joseph Heller

**You can't take the boy  
out of the man. Just ask  
any woman.**

We give up leisure in  
order that we may have  
leisure, just as we go  
to war in order that we  
may have peace.

Aristotle

**Remember to have some  
fun along the way.**

The end of labor is to  
gain leisure.

Aristotle

**After the toil, the  
pleasure.**



It is well to lie fallow  
for a while.

Martin Tupper

Leisure is the time for  
doing something useful.

Benjamin Franklin

It is better to have  
loafed and lost than  
never to have loafed  
at all.

James Thurber

The supreme  
accomplishment is to  
blur the line between  
work and play.

Arnold Toynbee

**A recharge a day keeps  
burn out at bay.**

94

**Reap the rewards of  
relaxation.**

**What's the point of  
always winning if you  
never stop to enjoy the  
rewards?**

95

**What line?**

I would not exchange  
my leisure hours for all  
the wealth in the world.

Comte de Mirabeau

Leisure is the mother of  
philosophy.

Thomas Hobbes

Few women and fewer  
men have enough  
character to be idle.

E.V. Lucas

He did nothing in  
particular, and did it  
very well.

W.S. Gilbert

**The freedom to  
pursue your dreams is  
priceless.**

96

**Thinking is the father.**

**It takes a lot to do  
nothing.**

97

**It's really something to  
do nothing successfully.**

Leisure may prove to be a curse rather than a blessing, unless education teaches a flippant world that leisure is not a synonym for entertainment.

William Bogan

**Free time is precious  
– do not squander it.**

The real problem of leisure time is how to keep others from using yours.

Arthur Lacey

**Every minute of your life  
deserves to be used to  
the fullest.**

All intellectual improvement arises from leisure.

Samuel Johnson

**Want to get smarter?  
Have more fun!**

He enjoys true leisure who has time to improve his soul.

Henry David Thoreau

**That which moves you  
improves you.**

A poor life this if, full  
of care, we have no time  
to stand and stare.

William Davies

**A high-quality life  
includes high-quality  
relaxation.**

100

After all is said and  
done, a lot more is said  
than done.

Murphy's Laws

**Action speaks much  
louder.**

It is in his pleasure that  
a man really lives; it  
is from his leisure that  
he constructs the true  
fabric of self.

Agnes Repplier

**The most effective  
soul-searching happens  
when you are most  
relaxed.**

101

Once in a while you  
have to take a break  
and visit yourself.

Audrey Giorgi

**And enjoy the company  
while you are there!**

I will age ungracefully  
until I become an old  
woman in a small  
garden, doing whatever  
the heck I want.

Robin Chotzinoff

If bread is the first  
necessity of life,  
recreation is a close  
second.

Edward Bellamy

**It's your life. Live it up!**

**Recreation is food for  
the soul. Eat well!**



**Loving your  
circumstances**

We must make the best of those ills which cannot be avoided.

Alexander Hamilton

**Change the things that can be changed. Accept those that cannot.**

Take the world as it is, not as it ought to be.

German proverb

**Then make it into what you will, serving others along the way.**

We win half the battle when we make up our minds to take the world as we find it, including the thorns.

Orison Marden

**Rose petals teach us beauty. Berries teach us sweetness. Thorns teach valuable lessons, too: care, respect and caution.**

Happiness is not having what you want, but wanting what you have.

Anonymous

**Counted your blessings lately?**

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

B.R. Hayden

I was angered, for I had no shoes. Then I met a man who had no feet.

Chinese proverb

What a wonderful life I've had. I only wish I'd realized it sooner.

Collette

In America we cultivate an appreciation for art. In Japan they cultivate the art of appreciation.

Steve Chandler

**Enjoy your life, every step of the way.**

106

**Be grateful for who you are, where you are, how you are. Lucky you.**

**Every breath, every sight and sound, every meal and moment – a miracle.**

107

**How much sensitivity can you bring to the next moment? How much appreciation to the next person you meet?**

If you don't appreciate it, you don't deserve it.

Terry Josephson

The talent for being happy is appreciating and liking what you have, instead of what you don't have.

Woody Allen

**Then give the gift to someone else who does!**

**Appreciating your life right now is as important as going for your goals.**

No one ever went broke by saying 'no' too often.

Harvey Mackay

**When it feels just right, say 'yes'. Until then, just say 'no'.**

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

Albert Einstein

**Which way do you choose?**



Be so strong that nothing can disturb your peace of mind. Talk health, happiness and prosperity to every person you meet. Make all your friends feel there is something special in them. Be as enthusiastic about the success of others as you are about your own. Spend so much time improving yourself that you have no time left to criticize others.

Christian Larsen

**Order your eggs sunny side up. Your life, too!**

I find that it is not the circumstances in which we are placed, but the spirit in which we face them, that constitutes our comfort.

Elizabeth King

**Without down there can be no up. Without dark, no light. Without challenge, no reward. Without sadness from time to time, no joyful sense of being.**

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes their way.

Anonymous

**Whatever comes is fuel for your fire. Burn brightly!**

There is no cosmetic for beauty like happiness.

Marguerite Blessington

**When you feel good, you look good!**

Keep your faith in all beautiful things; in the sun when it is hidden, in the Spring when it is gone.

Roy Gilson

**Faith itself has beauty.**

For a long time it seemed to me that real life was about to begin, but there was always some obstacle in the way. Something had to be got through first, some unfinished business; time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life.

Bette Howland

**The challenges in your life are the fabric of your life.**

It's never too late to have a happy childhood.

Tom Robbins

**Memories can become positive when you become grateful for where you are.**

He is happy whose circumstances suit his temper; but he is more excellent who can suit his temper to any circumstances.

David Hume

**How quickly can you convert a problem into a project, a hassle into a happy undertaking?**

People are just about as happy as they make up their minds to be.

Abraham Lincoln

Learn to drink the cup of life as it comes.

Agnes Turnbull

A great obstacle to happiness is expecting too much happiness.

Bernard de Fontanelle

Happiness is not something we see, like a rainbow, or feel, like the heat of a fire. Happiness is something we are.

John Sheerin

How much happiness did you choose today?

114

**Foam at the top, thick at the bottom. Hot at first, then cooler by degrees. How boring if life had no taste or texture.**

**A candle can be more romantic than a fire.**

115

**Happiness is not in your circumstances, but in yourself.**

It is not how much we have, but how much we enjoy, that makes happiness.

Charles Spurgeon

Happiness is the absence of the striving for happiness.

Chuang-tzu

The secret of happiness is to admire without desiring.

Francis Bradley

Every moment you are happy is a gift to the rest of the world.

Harry Palmer

**There is no limit to acquiring material possessions, nor to enjoying personal contentment. Which infinity is more appealing to you?**

**The gold at the end of the rainbow is already in your pocket.**

**Desire to admire, not acquire.**

**When you shine on the inside, everyone can see you glow.**

What we call the secret of happiness is no more a secret than our willingness to choose life.

Leo Buscaglia

Happiness is a butterfly always just beyond our grasp, but if you sit quietly, it may come to rest upon you.

Anonymous

**Your life is precious.  
Choose to live it well.**

118

**Happiness flies on  
gentle wings and often  
lands on quiet things.**

For every minute you are angry you lose sixty seconds of happiness.

Ralph Waldo Emerson

**It takes 42 muscles to  
frown and 17 to smile.  
Don't work so hard.**

119

Joy is not in things;  
it is in us.

Richard Wagner

**Joy is ethereal,  
not material.**

The nice thing about being imperfect is the joy it brings to others.

Doug Larson

You are richer today if you have laughed, given or forgiven.

Anonymous

**To seek perfection is human; to be imperfect even more so.**

120

**What you say today and give away can make you very wealthy.**

The art of living lies not in eliminating but in growing with troubles.

Bernard Baruch

**To be in charge of your life, embrace your losses as well as your gains.**

121

It's not good for all of our wishes to be fulfilled. Through sickness, we recognize the value of health; through evil, the value of good; through hunger, the value of food; through exertion, the value of rest.

Greek proverb

**Problems lead to solutions and then to resolutions.**

What worries you,  
masters you.

Haddon Robinson

Sometimes I pause and think of all the things that might have been, all the golden chances I let slip by which never returned again. It fills me with gloom when I ponder this, until I look on the other side. How I might have been completely engulfed by any of misfortune's surging tides.

G.J. Russell

**Every day disasters strike and some do not survive. You are still alive this day. What will you do with your good fortune?**

**Worry highlights your lessons to be learned.**

I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know quite certainly that just to be alive is a grand thing.

Agatha Christie

**Nothing is more sacred than the gift of life. Live it wisely and well.**

If you don't think every day is a good day, just try missing one.

Cavett Robert

**Each day is a gift. Open it joyfully.**

Write it on your heart  
that every day is the  
best day in the year.

Emerson

Man only likes to count  
his troubles, but he  
does not count his joys.

Fyodor Dostoevski

You can't let one bad  
moment spoil a bunch  
of good ones.

Dale Earnhardt

Life is part positive and  
part negative. Suppose  
you went to hear a  
symphony orchestra  
and all they played  
were the little happy  
high notes. Wouldn't  
you leave soon? Let me  
hear the rumble of the  
bass, the crash of the  
cymbals and the minor  
keys.

Jim Rohn

Live your life so when  
you look back in the final  
days you are delighted by  
what you see.

124

Perhaps because it is  
so much easier to count  
small quantities than  
enormous numbers.

In every smooth voyage  
there are a few bumpy  
moments. You can still  
enjoy the ride.

125

**Life is a symphony,  
every note essential in  
the whole performance.  
Listen carefully, and  
then applaud!**



A multitude of small  
delights constitute  
happiness.

Charles Baudelaire

**H**ere and now  
**A**ppreciation  
**P**ositive outlook  
**P**leasure  
**I**nspiration  
**N**ew beginnings  
**E**motional energy  
**S**ensitivity  
**S**ervice to others

It is only possible to live  
happily ever after on a  
day-to-day basis.

Margaret Bonnano

**L**ive today with the  
joy you hope to have  
tomorrow.

God gave us memory  
so that we might have  
roses in December.

Italo Svevo

**E**njoy your precious  
moments more than  
once.

Nobody ever died of  
laughter.

Max Beerbohm

**L**augh hard, live long.

Life is short. Be swift  
to love! Make haste to  
be kind!

Henri Amiel

Hope is the power  
of being cheerful in  
circumstances that  
we know to be  
desperate.

G.K. Chesterton

**Offer a compliment.  
Extend a hand. Do it now.**

128

**There is a light at the  
end of the tunnel, gold at  
the end of the rainbow, a  
silver lining in that cloud.**

Do not fear to hope.  
Each time we smell the  
autumn's dying scent,  
we know that primrose  
time will come again.

Samuel Coleridge

**Without winter there  
would be no melting  
snow, no vibrant spring,  
no soothing summer.**

129

There are no hopeless  
situations; there are  
only people who have  
grown hopeless about  
them.

Clare Booth Luce

**In your darkest moment,  
be patient. The light will  
come.**

Hold your head high,  
stick your chest out.  
You can make it. It gets  
dark sometimes but  
morning comes. Keep  
hope alive.

Jesse Jackson

**It takes courage to  
believe in the sun when  
the storm is raging all  
around you.**

We must accept finite  
disappointment, but we  
must never lose infinite  
hope.

Martin Luther King, Jr.

**Accept your failures.  
Cherish your dreams.**

130

Great hopes make  
great men.

Thomas Fuller

**Before you can change  
the world, you must  
believe you can.**

If there were nothing  
wrong in the world,  
there wouldn't be  
anything for us to do.

George Bernard Shaw

**Find something that  
could be done better.  
Then get busy doing it.**

131

Go forth into the busy world and love it. Interest yourself in life, mingle kindly with its joys and sorrows. Try what you can do for others rather than what you can make them do for you, and you will know what it is to have friends.

Ralph Waldo Emerson

**Don't live your life standing still. Set your gears in motion.**

Expect trouble as an inevitable part of life, and when it comes, hold your head high, look it squarely in the eye and say, 'I will be bigger than you, you cannot defeat me.'

Ann Landers

**Trouble is an inevitable part of life. Be ready to confront it.**

Even at the worst there is a way out, a hidden secret that can turn failure into success and despair into happiness. No situation is so dark that there is not a ray of light.

Norman Vincent Peale

**The darkest tunnel has a door. The deepest dungeon a key. Find it.**

If we make our goal to live a life of compassion and unconditional love, then the world will indeed become a garden where all kinds of flowers can bloom and grow.

Elisabeth Kübler-Ross

**Plant seeds of compassion and you will be blessed with a harvest of love.**

Life at any time can become difficult: life at any time can become easy. It all depends upon how one adjusts oneself to life.

Morarji Desai

**It takes wisdom to smile at the storm.**

A pessimistic statement reminds us that not everything is rosy all the time. But the greater the challenge, the more creativity is released from the people.

Jose Almonte

**Friction polishes a gem.  
Challenge polishes a person.**

To be content, look backward on those who possess less than your-self, not forward to those who possess more.

Benjamin Franklin

**Help others attain what you have achieved in order to appreciate all you have accomplished.**

I find my joy of living in the fierce and ruthless battles of life.

August Strindberg

**Approach life with boldness and daring.  
Approach others with kindness and caring.**

Thank you for choosing, reading and sharing this book. With 512 positive quotes, notes and anecdotes this one is my favorite:

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

– Lucille Ball

Which quote do you love? Who can you share it with?  
What will you get done in this magnificent world today?

Wishing you a life full of love!

A handwritten signature in blue ink that reads "Ron Lukman". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.



Loving Your Life

# Positive quotes and personal notes to bring you joy and pleasure!

Nuture the light within yourself. Admire the light in others.

Ron Kaufman is is the author and founder of UP! Your Service.® He is one of the world's most sought-after educators and thought-leaders for uplifting service and building service cultures.



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