

# Lift Me®



From the author of  
'UP! Your Service'

**Wow! That's  
Inspiring**



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**RON KAUFMAN**



**Wow! That's  
Inspiring**

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Published by Ron Kaufman Pte Ltd. - 10 9 8 7 6 5 4 3 2 1

Lift Me Up! - Wow! That's Inspiring!  
ISBN 981-05-2935-X - 136 pages.

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|----------------|----------------|----------|
| 1. Inspiration | 2. Quotations  |          |
| 3. Self-Help   | 4. Ron Kaufman | 5. Title |

Cover and page layout by The Bonsey Design Partnership.  
Cover illustrations by Ngu Hie Ling.  
Set in Times and Arial fonts. Printed in Singapore.

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# Making dreams come true



1

If you can dream it, you  
can do it.

Walt Disney

Dreams come true;  
without that possibility,  
nature would not incite  
us to have them.

John Updike

**Dream on!**

**What dreams has nature  
given you?**

If you don't have a dream, how are you going to make a dream come true?

Oscar Hammerstein

**If you could dream anything at all, what would you dream?**

Hold fast to dreams, for without them we are like birds with broken wings.

Chinese proverb

**In your darkest hours, dreams light up your life.**

So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

Christopher Reeve

**You, too, can be Superman or Superwoman.**

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

**The future belongs to you. Believe it!**

Small dreams have  
no power to move the  
hearts of men.

Johann Wolfgang von  
Goethe

**To move mountains (and  
people) dream BIG!**

When your dreams tire,  
they go underground  
and out of kindness  
that's where they stay.

Libby Houston

**Keep your dreams  
above the ground,  
vital and alive!**

You are never given  
a wish without also  
being given the power  
to make it true. You  
may have to work for it,  
however.

Richard Bach

**Do the work.**

All successful people  
are big dreamers. They  
imagine what their  
future could be, ideal  
in every respect, and  
then they work every  
day toward their distant  
vision, goal or purpose.

Brian Tracy

**Imagine yourself totally  
successful. Then work  
to make it happen.**

Peak performers develop powerful mental images of the behavior that will lead to the desired results. They see in their mind's eye the result they want, and the actions leading to it.

Charles Garfield

**To win the race, you must first win it in your mind.**

By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. What you think about comes about.

Mark Victor Hansen

**Put your future in good hands – your own.**

Only those who risk going too far can possibly find out how far one can go.

T.S. Eliot

**How far can you go?**

You have to remember that seventy percent of the horses running don't want to win. Horses are like people. Every-body doesn't have the aggressiveness or ambition to knock himself out to become a success.

Eddie Arcaro

**If you are going to run, run to win!**

Make no little plans!  
They have no magic to  
stir men's blood.

Daniel Burnham

If you can imagine it,  
you can achieve it. If  
you can dream it, you  
can become it.

William Ward

I had ambition not only  
to go farther than any  
person had ever been  
before, but as far as  
it was possible for a  
person to go.

James Cook

Without ambition one  
starts nothing. Without  
work one finishes  
nothing.

Ralph Waldo Emerson

**Become president,  
travel to space, win a  
Nobel prize. What's  
your biggest plan?**

12

**And if you can do it, you  
will enjoy it!**

**How far can you stretch  
your ambition?**

13

**Have the ambition to  
finish your work.**



Aim for the top. There is plenty of room there. There are so few at the top it is almost lonely.

Samuel Insull

It is funny about life: if you refuse to accept anything but the very best you will very often get it.

W. Somerset Maugham

The greatest amount of wasted time is the time not getting started.

Dawson Trotman

All glory comes from daring to begin.

Eugene Ware

**But not quite. And the company is very good.**

**And when you get it, enjoy it!**

**Start right now.**

**Go for it!**

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

Martin Luther King, Jr.

**Put your first foot forward.**

You can't cross the sea by standing staring at the water. At some point you must throw yourself in.

Ron Kaufman

**Dive in!**

Magic is believing in yourself. If you can do that, you can make anything happen.

Foka Gomez

**Believe in yourself. Presto!**

Only those who dare to fail greatly can ever achieve greatly.

Frank Lloyd Wright

**Take the risk.**

The world is full of abundance and opportunity, but far too many people come to the fountain of life with a sieve instead of a tank car, a teaspoon instead of a steam shovel. They expect little and as a result they get little.

Ben Sweetland

**Bring a big bucket and fill it up!**

Success is not the result of spontaneous combustion. You must set yourself on fire.

Reggie Leach

**You have within you the spark, the tinder and the fuel.**

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake.

Marie Ray

**Don't let this moment melt away. Begin now.**

Don't be afraid to take a big step. You can't cross a chasm in two small jumps.

David Lloyd George

**Everyone has fears, but some take the big step anyway. Will you?**

Ambition never comes  
to an end.

Yoshida Kenko

I want to put a ding in  
the universe.

Steve Jobs

Aim for the highest.

Andrew Carnegie

A soul without a high  
aim is like a ship  
without a rudder.

Eileen Caddy

**Let your ambition  
drive you.**

20

**Now it's your turn. Ding!**

**Aiming high can  
be unsettling in the  
beginning but highly  
rewarding in the end.**

21

**Let your soul steer your  
ship.**

If you would hit the mark, you must aim a little above it; every arrow that flies feels the attraction of earth.

Henry Wadsworth  
Longfellow

**Aim low, end up lower.  
Aim higher, end up high.**

Lord, grant that I may  
always desire more  
than I can accomplish.

Michelangelo

**Let your desire be fuel  
for the fire.**

Ah, but a man's grasp  
should exceed his  
reach, else what's a  
Heaven for?

Robert Browning

**Grasping at straws?  
Reach for Heaven!**

The man who removes  
a mountain begins by  
carrying away small  
stones.

Chinese proverb

**A huge task may seem  
insurmountable until  
you begin with a first  
small step.**

It has always seemed to me that the most difficult part of building a bridge would be the start.

Robert Benchley

**To create a bridge you must imagine reaching the end from the very beginning.**

The distance is nothing; it's only the first step that is difficult.

Marquis du Deffand

**Take the first step toward your dreams.**

If you wish to reach the highest, begin at the lowest.

Publilius Syrus

**You climb every ladder from the bottom.**

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.

Anatole France

**Have faith. Take action.**

Everything's in the mind. That's where it all starts. Knowing what you want is the first step toward getting it.

Mae West

**What do you want?**

26

Do, or do not.  
There is no 'try'.

Yoda (in *Star Wars*)

**Will you or won't you?  
Just 'trying' is lying.**

Follow your dreams, for  
as you dream you shall  
become.

Helen Keller

**Sweet dreams!**

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.

Douglas Everett

**Realistic dreamer  
or dreaming realist?  
Which are you?**

27

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

Napoleon Hill

**Let your soul create your dreams and visions.**

Dreams get you into the future and add excitement to the present.

Robert Conklin

**Let the show begin!**

The only place where your dream becomes impossible is in your own thinking.

Robert Schuller

**Make your mind a positive place for possibilities.**

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

Walt Disney

**Walt Disney went bankrupt before he succeeded. His courage brought Mickey Mouse to life. What will your courage bring?**



It takes courage to tell other people your dreams.

Erma Bombeck

The only place you'll find success before work is in the dictionary.

May Smith

There are no shortcuts to any place worth going.

Warren Buffett

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

**Share your dreams.  
Share your courage.**

**Dreams are where you're going and work is how you get there.**

**Summiteers reach the peak step by careful step.**

***You are fantastic!***

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

Oprah Winfrey

Set your goals high and  
don't stop until you get  
there.

Bo Jackson

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

Epictetus

A goal is a dream with  
a deadline.

Zig Ziglar

**Balloonists, hang-  
gliders, mountain  
climbers and you.  
Optimists all!**

32

**Keep on climbing.**

**You gotta do what you  
gotta do. There is no  
way around it.**

33

**Mark your calendar –  
done by *when?***

Opportunities multiply  
as they are seized.

Sun Tzu

Opportunity is missed  
by most people because  
it is dressed in overalls  
and looks like work.

Thomas Edison

**Grab the first one. Here  
comes another!**

34

**Get your blue jeans on  
and get to it.**

The most powerful  
weapon on earth is the  
human soul on fire.

Ferdinand Foch

**A soul on fire can  
warm the world.**

35

If you want something  
really important to  
be done you must not  
merely satisfy the  
reason, you must move  
the heart also.

Mohandas Gandhi

**Once the heart moves,  
everything moves.**

Passion, though a bad regulator, is a powerful spring.

Ralph Waldo Emerson

**You can't keep it suppressed for long!**

Load up your mind with pictures capturing your preferred tomorrow. Put remembrances of the past in a place where they won't block your view.

Gary Carter

**Put your past in the past.**

36

To chop a tree quickly, spend twice the time sharpening the axe.

Chinese proverb

**Better preparation, better performance.**

Chance favors the prepared mind.

Louis Pasteur

**When you are prepared, chance prepares to meet you.**

37

Luck is what happens  
when preparation meets  
opportunity.

Richard Bach

**Get prepared. Get lucky.**

38

The more you prepare,  
the luckier you appear.

Terry Josephson

**You can make luck  
happen.**

No one ever achieved  
greatness by playing it  
safe.

Harry Gray

**Live your life on the  
edge.**

39

Plan more than you  
can do, then do it. Bite  
off more than you can  
chew, then chew it.  
Hitch your wagon to a  
star, keep your seat,  
and there you are!

Anonymous

**Buckle up. Your life is  
taking off. Here you go!**

The most effective way  
to do it, is to do it.

Amelia Earhart

You cannot plough a  
field by turning it over  
in your mind.

Anonymous

Any questions?

40

**Time to get your hands  
dirty.**

We cannot do every-  
thing at once, but we  
can do something at  
once.

Calvin Coolidge

**Start with something.**

41

The most important  
part of doctrine is the  
first two letters.

David Egener

**Make it happen. DO it!**

Don't think too much.  
Do! Your intuition is  
often the better guide.

Ray Bradbury

**When something feels  
right, it is right for you.**

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

Wayne Gretzky

**You can't score if you  
don't take a shot.**

## Becoming an achiever



2

Scientists have proven that it's impossible to long-jump thirty feet, but I don't listen to that kind of talk. Thoughts like that have a way of sinking into your feet.

Carl Lewis

**Limitations are only limitations when you believe them.**

44

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

Doug Larson

**One who doesn't know the limits has no limits.**

When anyone tells me I can't do anything, I'm just not listening any more.

Florence Griffith Joyner

**Listen to this:  
You can do anything!**

45

What you are afraid to do is a clear indicator of the next thing you need to do.

Anthony Robbins

**What's next on your list?**



Our doubts are traitors,  
and make us lose the  
good that we oft may  
win, by fearing to  
attempt.

William Shakespeare

**Banish your doubts.  
Throw them out.**

Whether you believe  
you can, or whether  
you believe you can't,  
you're absolutely right.

Henry Ford

**What you believe is  
what you get. What are  
you believing?**

Be a possibilitarian. No  
matter how dark things  
seem to be or actually  
are, raise your sights  
and see possibilities  
– always see them, for  
they're always there.

Norman Vincent Peale

**Possibilitarians always  
see the light.**

You can often measure  
a person by the size of  
his dream.

Robert Schuller

**How big are you?  
S, M, L, XL, XXL?**

Man is the only creature that strives to surpass himself, and yearns for the impossible.

Eric Hoffer

**Beyond your very best is your even better.**

The roots of true achievement lie in the will to become the best you can become.

Harold Taylor

**What are you willing to become?**

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

**Your attitude determines your altitude. Fly high!**

There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative.

W. Clement Stone

**Be positive. Be different.**

Man is what he believes.

Anton Chekhov

First thing every morning before you arise say out loud, 'I believe', three times.

Norman Vincent Peale

**Believe in who you are.**

**And listen as the universe says, 'We believe in you, too!'**

50

Fortune favors the brave.

Terence McKenzie

**Be bold and mighty forces will come to your aid.**

Do more than you're supposed to do and you can have, be or do anything you want.

Bill Sands

**What are you supposed to do? What do you want to do? What more can you do?**

51

When I work fourteen hours a day, seven days a week, I get lucky.

Armand Hammer

**Work very hard, then take a vacation.**

I find that the harder I work, the more luck I seem to have.

Thomas Jefferson

**Make your own luck. Work hard.**

Catch on fire with enthusiasm and people will come for miles to watch you glow.

John Wesley

**When you see a superstar performing, can you feel the heat? How hot are you?**

If a man is called to be a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great streetsweeper who did his job well.

Martin Luther King, Jr.

**Whatever you are being, be the very best.**

Your limitations and success will be based on your expectations. What the mind dwells upon, the body acts upon.

Denis Waitley

**Your body follows your mind. Take the lead.**

Other people may not have had high expectations for me, but I had high expectations for myself.

Shannon Miller

**What matters is your own expectations of you. Expect the very best.**

The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be of far greater value than what you get.

Jim Rohn

**Worthwhile goals improve the goal setter.**

There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it.

Napoleon Hill

**What do you want to be, do, have? Make it crystal clear.**

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

**Shape the world to support your dreams.**

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

Winston Churchill

**Appreciate difficulties. Embrace opportunities.**

While one person hesitates because he feels inferior, another is busy making mistakes and becoming superior.

Henry Link

**Those who dare, win.**

Put yourself in a state of mind where you say: 'Here is an opportunity for me to celebrate like never before, my own power, my ability to get myself to do whatever is necessary'.

Anthony Robbins

**Your state of mind is yours to rule. Govern with compassion, care and courage.**

The real contest is always between what you've done and what you're capable of doing. You measure yourself against yourself and nobody else.

Geoffrey Gaberino

**Stay in the contest.  
Keep winning.**

58

Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability.

John Wooden

**Do you still have a long way to go? I do.**

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems.

Mohandas Gandhi

**You can close the gap.  
You can lead the world.**

59

Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used.

Richard Byrd

**Whatever you have used is just a fraction. You have so much more at your command. Use it.**

People can be divided into two classes: those who go ahead and do something, and those who sit still and inquire, why wasn't it done the other way?

Oliver Wendell Holmes

**To which class do you belong?**

60

We are told that talent creates its own opportunities. But it sometimes seems that intense desire creates not only its own opportunities, but its own talents.

Eric Hoffer

**Desire gives the spark. Intense desire provides the fuel.**

Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads.

Erica Jong

**Trust your talents. Trust yourself. Explore!**

61

Do not think that what your thoughts dwell upon is of no matter. Your thoughts are making you.

Bishop Steere

**Or breaking you. (You decide.)**



We are what we think.  
All that we are arises  
with our thoughts. With  
our thoughts, we make  
our world.

Buddha

**What do *you* think?**

62

Sooner or later, those  
who win are those who  
think they can.

Richard Bach

**Bingo! Jackpot! Score!**

Three people were at  
work on a construction  
site. All were doing the  
same job, but when each  
was asked what the job  
was, the answers varied.  
'Breaking rocks', the  
first replied. 'Earning  
my living', the second  
said. 'Helping to build  
a cathedral', said the  
third.

Peter Schultz

**What is your job?  
What are you doing?**

63

If I had thought about  
it, I wouldn't have done  
the experiment. The  
literature was full of  
examples that said you  
can't do this.

Spencer Silver

**Rewrite the literature.**

Competing in sports has taught me that if I'm not willing to give 120 percent, somebody else will.

Ron Blomberg

**The real competition starts *after* 100 percent.**

Don't be afraid to give up the good to go for the great.

Kenny Rogers

**If you settle for good, the great will slip away.**

How would the person I want to be, do what I am about to do?

Jim Cathart

**Know the person you aspire to be. Now, be that person.**

Win as if you were used to it, lose as if you enjoyed it for a change.

Eric Golnik

**In both, be grateful and gracious.**

Most of the shadows of this life are caused by standing in one's own sunshine.

Ralph Waldo Emerson

**Step aside. Let your light come shining through.**

The only disability in life is a bad attitude.

Scott Hamilton

**This disability is 100 percent curable. Change your attitude with dedication (not medication).**

66

Well begun is half done.

Aristotle

**Plan well before you begin, and you are on your way to completion.**

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.

Carl Bard

**It's never too late to enjoy a happy childhood, adulthood or senior years. Begin yours today.**

67

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

George Eliot

For those who believe, no proof is necessary. For those who don't believe, no proof is possible.

Harry Palmer

**How young are you? 18? 28? 38? 58? 88? You are never too old to begin.**

**If you believe, you believe. If you don't, you don't.**

A colt is worth little if it does not break its halter.

French proverb

**Every great achievement is preceded by breaking the halter of prior performance. Break yours.**

Nothing is easier than saying words. Nothing is harder than living them day after day.

Arthur Gordon

**All know the way. Few walk it.**

Strength is a matter of a  
made-up mind.

John Beecher

You have to do your  
own growing no  
matter how tall your  
grandfather was.

Abraham Lincoln

**Need more strength?  
Make up your mind.**

**Make your grandfather  
proud. Grow up!**

70

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

Ralph Waldo Emerson

**You are the treasure  
and the master of the  
treasure.**

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

**Be open to that person  
appearing in your life.  
Be that person in  
someone else's life.**

71

The worst bankrupt  
in the world is the  
person who has lost his  
enthusiasm.

H.W. Arnold

Faith is not something  
to grasp, it is a state to  
grow into.

Mohandas Gandhi

What you *get* by  
achieving your goals  
is not as important as  
what you *become* by  
achieving your goals.

Zig Ziglar

And the day came when  
the risk to remain tight  
in a bud was more  
painful than the risk it  
took to blossom.

Anaïs Nin

**Don't break down; keep  
your spirits up.**

72

**You will meet your faith  
along the way. And when  
you do, embrace it.**

**What are your goals?  
What are you becoming?**

73

**When your comfort zone  
becomes too small,  
break free.**

People don't grow old. When people stop growing, they become old.

Grandma Moses

**Are you growing, or growing old?**

Change is inevitable, growth is intentional.

Glenda Cloud

**Things change. People choose.**

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

Henry David Thoreau

**Dance your own dance!**

By asking for the impossible we obtain the best possible.

Giovanni Niccolini

**Go ahead and ask!**

Argue for your  
limitations and sure  
enough they're yours.

Richard Bach

Q: How can I set  
myself free?

A: Who has bound  
you?

Zen philosophy

God wisely designed  
the human body so we  
have difficulty patting  
our own backs and  
kicking our own butts.

Jimmy Carter

Learn to listen.  
Opportunity could be  
knocking at your door  
very softly.

Frank Tyger

Whatever you say, goes.

76

**You are the flying bird,  
the cage and the door.**

**Give someone else a  
positive pat on the back.**

77

**Listen. Right now.  
Can you hear it?**



Most people never run far enough on their first wind to find out if they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.

William James

**Pour it on. Open throttle.  
Full steam ahead!**

Blessed are the cracked,  
for they let  
in the light.

Omar Khan

**If everyone and every-  
thing were perfect,  
where would be the  
room for improvement?**

Life isn't about finding yourself. Life is about creating yourself.

George Bernard Shaw

**Make your life a  
masterpiece.**

You must take personal responsibility. You cannot change the circumstances, the seasons or the wind, but you can change yourself. That is something you have charge of.

Jim Rohn

**Take life personally.  
Take charge.**

Enlightenment means taking full responsibility for your life.

William Blake

You have within you right now everything you need to deal with whatever the world can throw at you.

Brian Tracy

**Every instant, every moment, right now.**

80

**Catch it. Work with it. Throw it back!**

The loftier the building, the deeper the foundation must be.

Thomas Kempis

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.

Thomas Huxley

**Build your base. Work from the ground up.**

81

**Keep climbing!**

In the arena of human life the honors and rewards fall to those who show their good qualities in action.

Aristotle

Think about it?  
Talk about it?  
Do it!

82

Concealed talent brings no reputation.

Desiderius Erasmus

Pull back the curtain and sing!

Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character, by contrast, is not given to us. We have to build it piece by piece, by thought, choice, courage, and determination.

John Adams

**Good character is like a magnificent garden. All rocks carefully placed. All weeds completely pulled. Every flower in magnificent bloom.**

83

Your talent is God's gift to you. What you do with it is your gift back to God.

Leo Buscaglia

What gifts have you received? What gifts have you given back?

Losers visualize the penalties of failure.  
Winners visualize the rewards of success.

Rob Gilbert

**What you see is what you will get. Which do you prefer?**

Excellence is when a woman asks of herself more than others do.

Jose Ortega y Gasset

**Be your own boss.  
(A demanding one!)**

## Overcoming obstacles

A large, dark blue balloon with a white number '3' inside it. The balloon is tied with a blue ribbon at the bottom. The background is a gradient of blue, lighter at the bottom and darker at the top.

I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game-winning shot and missed. I have failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

**Failure is only a stumble on the road to success.**

I never failed once. Discovering how to make a lightbulb just happened to be a two-thousand step process.

Thomas Edison

**Finding out what doesn't work is a huge step to discovering what does.**

When one door closes another door opens; but we often look so long and regretfully upon the closed door that we do not see the ones which open for us.

Alexander Graham Bell

**Opportunity is knocking. Open the door.**

You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down.

Mary Pickford

**Don't give up. Get up!**

If you lose hope,  
somehow you lose  
the vitality that keeps  
life moving, you lose  
that courage to be, the  
quality that helps you  
go on in spite of it all.  
And so today I still  
have a dream.

Martin Luther King, Jr.

**Losing hope is losing  
everything.**

Don't cry when the sun  
is gone. Tears won't let  
you see the stars.

Violeta Parra

**Look up! A galaxy of  
new joy awaits you.**

If you're going through  
hell, keep going.

Winston Churchill

**When the going gets  
tough, the tough get  
going.**

We either make  
ourselves miserable,  
or we make ourselves  
strong. The amount of  
work is the same.

Carlos Castaneda

**What are *you* working  
on?**

Always look at what you have left. Never look at what you have lost.

Robert Schuller

**Unless you are trying to lose weight!**

90

Before my accidents, there were ten thousand things I could do. I could spend the rest of my life dwelling on the things that I had lost, but instead I chose to focus on the nine thousand I still had left.

W. Mitchell

**Be grateful for all that you can, not bitter about what you cannot.**

Don't let life discourage you; everyone who got where he is had to begin where he was.

Richard Evans

**Where you are is the right place to be for where you want to go.**

91

It is during our darkest moments that we must focus to see the light.

Aristotle Onassis

**A laser beam cuts through steel.**

When it is dark enough,  
you can see the stars.

Charles Beard

When fate hands us a  
lemon, let's try to make  
lemonade.

Dale Carnegie

**Let a difficulty remind  
you of your blessings.**

**Look at what you've got  
and make the best of it.**

What does not destroy  
me makes me strong.

Friedrich Nietzsche

**Overcome a difficulty.  
Solve a problem.  
Surmount an obstacle.  
Accumulate your power.**

If you will call your  
troubles experiences,  
and remember that  
every experience  
develops some latent  
force within you, you  
will grow vigorous and  
happy, however adverse  
your circumstances may  
seem to be.

John Miller

**Appreciate your troubles  
and your life will change  
forever.**



The greatness comes not when things go always good for you. But the greatness comes when you're really tested, when you take some knocks, some disappointments, when sadness comes. Because only if you've been in the deepest valley can you ever know how magnificent it is to be on the highest mountain.

Richard Nixon

**The darkest moments of life prepare us for the brightest.**

I became an optimist when I discovered that I wasn't going to win any more games by being anything else.

Earl Weaver

**Be an optimist.  
Be a winner.**

It's hard to beat a person who never gives up.

Babe Ruth

**You can be unbeatable.**

The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology or the president. You realize that you control your own destiny.

Albert Ellis

**Make the rest of your life the best of your life.**

If you want to conquer fear, don't sit at home and think about it. Go out and get busy.

Dale Carnegie

What counts is not necessarily the size of the dog in the fight. It's the size of the fight in the dog.

Dwight Eisenhower

Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.

John Adams

Many of life's failures are people who did not realize how close they were to success when they gave up.

Thomas Edison

**Action can melt all fears.**

**What's the size of the fight in you?**

**Keep going and you will prevail.**

**Give up the thought of giving up. There's a light bulb around the corner.**

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

**No hope? No way.  
Keep trying.**

98

When I hear somebody sigh, 'Life is hard', I am always tempted to ask, 'Compared to what?'

Sydney Harris

**Love your life now.  
You can explore the  
alternatives later.**

What happens is not as important as how you react to what happens.

Thaddeus Golas

**Sit back or bounce back.  
You decide.**

99

Kites rise highest against the wind, not with it.

Winston Churchill

**In your struggles are  
the seeds of great  
achievement.**

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

Elisabeth Kübler-Ross

**Nurture the light within yourself. Admire the light in others.**

It takes twenty years to become an overnight success.

Eddie Cantor

**Overnight success happens over time.**

100

When life appears a daily grind with people and things that annoy, do something pleasant for someone else and your world will light up with joy.

Ron Kaufman

**Say something nice to the next person you meet. Watch what happens – and enjoy it.**

When I look back on all these worries, I remember the old man on his deathbed who said, 'I've had a lot of trouble in my life, most of which never happened'.

Winston Churchill

**Worrying is like scurrying. It takes lots of energy, but gets you nowhere.**

101

Our greatest glory is not in never failing, but in rising up every time we fail.

Ralph Waldo Emerson

**The only real failure is not to try again.**

If opportunity doesn't knock, build a door.

Milton Berle

**Opportunities come to those who seek them.**

Behind every successful person there's a lot of unsuccessful years.

Bob Brown

**Appreciate the hard times behind you.**

If you are right all the time, what's the point of going to school?

Brighten Kaufman

**What a gift it is to live and learn and grow.**

Freedom is what you do with what's been done to you.

Jean-Paul Sartre

Better to light a candle than to curse the darkness.

Chinese proverb

In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.

Theodore Roosevelt

The secret of success is constancy of purpose.

Benjamin Disraeli

**After what's been done, you can be a chooser: to be a winner or a loser.**

**Step into the light.**

**Do something!**

**Find your purpose – and live it.**

It takes courage to  
make a fool of yourself.

Charlie Chaplin

Patience is the  
companion of wisdom.

Augustine of Hippo

Imagine all those who  
tried to fly before Wilbur  
and Orville Wright  
succeeded. They were  
considered fools by  
many. But they were  
right: humans can fly.

Which virtues are your  
companions?



Living life fully

The minute you choose to do what you really want to do, it's a different kind of life.

R. Buckminster Fuller

**A life worth living.**

108

Look at everything as though you were seeing it either for the first or last time. Then your time on earth will be filled with glory.

Betty Smith

**Relish every moment.**

All we need to make us happy is something to be enthusiastic about.

Charles Kingsley

**Choose to enthuse!**

109

Life is a great big canvas, and you should throw all the paint you can on it.

Danny Kaye

**Make a splash!**



Let's make this dance upon the Earth the best that it can be. It's up to us together now. Life responds to you and me.

Ron Kaufman

**Move joyfully with the rhythm of life.**

110

I want to be scared. I want to feel unsure. That's the only way I learn, the only way I feel challenged.

Connie Chung

**Outside your comfort zone is much more life waiting to be lived.**

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be encumbered with your old nonsense.

Ralph Waldo Emerson

**Every day is a brand new day. No nonsense!**

111

Everything can be taken from a man or a woman but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.

Victor Frankl

**No one can decide your attitude. Only you can do that for yourself.**

I cannot always control  
what goes on outside.  
But I can always control  
what goes on inside.

Wayne Dyer

**The outer world belongs  
to all. The inner world is  
yours alone.**

You can complain  
because roses have  
thorns, or you can  
rejoice because thorns  
have roses.

Zig Ziglar

**Complain or rejoice.  
It's always your choice.**

112

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

Robert Anthony

**What do you believe  
about yourself?**

Accept the challenges  
so that you can feel the  
exhilaration of victory.

George Patton

**No challenge, no  
victory. How boring!**

113

It is not because things are difficult that we do not dare; it is because we do not dare that things are difficult.

Seneca

**If you can feel the dare,  
rise to the challenge.**

114

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

Hugh Downs

**Which attitudes make  
you happy?**

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

James Dean

**A good skipper makes  
love with the wind.**

115

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Louis Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein.

Jackson Brown

**24/7/365 is your time to  
be awake and alive.**

The secret of your future is hidden in your daily routine.

Mike Murdock

He who is not busy being born is busy dying.

Bob Dylan

If you view all the things that happen to you, both good and bad, as opportunities, then you operate out of a higher level of consciousness.

Les Brown

Do you know what my favorite part of the game is? The opportunity to play.

Mike Singletary

**If all your days are like today, what will be your future?**

116

**Are you growing old, or old and growing?**

**Everything in your life is an opportunity.**

117

**Life itself is a game. Play full out!**

I want to sing like the birds sing, not worrying about who hears or what they think.

Rumi

**What gives you great pleasure? Enjoy it.**

Yesterday's the past and tomorrow's the future. Today is a gift. That's why we call it the present.

Spencer Johnson

**Sign in a casino: 'You must be present to win.'**

You can't have a better tomorrow if you are thinking about yesterday all the time.

Charles Kettering

**You don't read a book backwards. Turn the page.**

I try to learn from the past, but I plan for the future by focusing exclusively on the present. That's where the fun is.

Donald Trump

**Have fun – right now.**

Yesterday is a cancelled check: forget it. Tomorrow is a promissory note: don't count on it. Today is ready cash: use it!

Edwin Bliss

**Cash in on a great day.**

Our task is not to fix blame for the past, but to fix a course for the future.

John F. Kennedy

**Set sail for your most beautiful horizon.**

120

Live your imagination, not your history.

Stephen Covey

**Don't just copy the old masters. Paint your own magnificent picture.**

When I am anxious it is because I am living in the future. When I am depressed it is because I am living in the past.

Shakti Gawain

**Live your life in the present.**

121

I've got a great ambition to die of exhaustion rather than boredom.

Angus Grossart

**What will you be? All used up, or bored to death?**

If, before going to bed every night, you will tear a page from the calendar and remark, 'There goes another day of my life, never to return', you will become time conscious.

Zu Tavern

**Don't waste your time.**

Every morning you are handed twenty-four golden hours. They are one of the few things in this world you get free of charge. If you had all the money in the world, you couldn't buy an extra hour. What will you do with this priceless treasure?

Anonymous

**Use it or lose it.**

Things turn out best for people who make the best of the way things turn out.

John Wooden

**Attitude is everything.**

Let us endeavor to live that when we come to die even the undertaker will be sorry.

Mark Twain

The meaning of things lies not in the things themselves, but in our attitude towards them.

Antoine de Saint-Exupéry

Our attitude toward life determines life's attitude towards us.

Earl Nightingale

Life is ten percent what you make it and ninety percent how you take it.

Irving Berlin

**It's your life. Give it all you've got.**

124

**The moon is a symbol of dark brooding, and of delicious romance.**

**What goes around, comes around.**

125

**One hundred percent is in your hands. Take it the way you like!**



In good times, prepare for bad times. In bad times remember the good times.

Ron Kaufman

Anyone who says sunshine brings happiness has never danced in the rain.

Joyce Perz

**Life is always conspiring to do better things for you than you can possibly imagine for yourself.**

**Don't be afraid to get your feet wet.**

A man is not old until regrets take the place of dreams.

John Barrymore

**Dream on!**

Always do your best. What you plant now, you will harvest later.

Og Mandino

**A foundation is required for you to reach the sky.**

That's the thing about faith. If you don't have it, you can't understand it. And if you do, no explanation is necessary.

Kira Nerys

**No explanation required.  
Understand?**

Faith is like electricity.  
You can't see it, but  
you can see the light.

Anonymous

**Faith is invisible,  
powerful and available.**

To speak gratitude is  
courteous and pleasant,  
to enact gratitude is  
generous and noble, but  
to live gratitude is to  
touch Heaven.

Johannes Gaertner

**Be grateful for Heaven  
on Earth.**

Someone's sitting in  
the shade today because  
someone planted a tree  
a long time ago.

Warren Buffett

**Have you planted many  
trees? Will you?**

Someone once asked me, 'Why do you always insist on taking the hard road?' I replied, 'Why do you assume I see two roads?'

Anonymous

**The path you see is the right path.**

Wherever you go, go with all your heart.

Confucius

**Bon voyage!**

Do not dwell in the past, do not dwell in the future, concentrate your mind on the present moment.

Buddha

**Be here now.**

Take a chance! All life is a chance. The person who goes the furthest is generally the one who is willing to do and dare. The 'sure thing' boat never gets far from shore.

Dale Carnegie

**Take a chance. Go ahead – I dare you.**

Accept that all of us can be hurt, that all of us can fail. I think we should follow a simple rule: 'If you can take the worst, take the risk'.

Joyce Brothers

**The real risk is not taking any risk.**

The way I see it, if you want the rainbow, you gotta be willing to put up with the rain.

Dolly Parton

**Be ready to pay a price for the prize.**

132

What gives light must endure burning.

Viktor Frankl

**May the light within you burn brightly.**

He who hesitates is last.

Mae West

**Life doesn't wait.**

133

Immense power is acquired by assuring yourself in your secret reveries that you were born to control affairs.

Andrew Carnegie

**Will you take control?**

Every thought we think is creating our future.

Louise Hay

**Think carefully.**

134

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

Charles Buxton

**Make an appointment to do what you really want.**

Know the true value of time: snatch, seize and enjoy every moment.

Lord Chesterfield

**Excuse me, have you got the time?**

135

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

Anyone who says sunshine brings happiness  
has never danced in the rain.

– Joyce Perz

Which is your favorite quote? Who can you share it with today – a shower of sweet sunshine, a refreshing rinse of rain?

Wishing you a life of great dancing!

A handwritten signature in blue ink that reads "Ron Korman". The signature is fluid and cursive, with the first letter of each name being significantly larger than the others.



Wow! That's Inspiring

# Sparkling quotes and brilliant notes to lift your spirits higher!

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

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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ISBN 981052935-X



9 789810 529352

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