

Inspire Yourself

Directions:

- Step 1: Copy down all 15 quotes on the next pages of this document. The quotes must be written on notebook paper by hand.
- Step 2: Choose the one quote you that feel has the most important message for you and write a 1 page (front and back) essay explaining how that quote applies to your life. Include all steps of the writing process. This can be handwritten or typed. **OR** Underneath each quote, write in 4-5 sentences what that quote means and how you can apply it to your life. Use a variety of sentences for each response. This can be handwritten or typed.

Please note that grammar, spelling, punctuation, and neatness do count.

Due Date:

This extra credit assignment may be turned in once every nine weeks. The due dates are as follows:

- Quarter 1 – Wednesday, September 26, 2012 at 4:00pm
- Quarter 2 – Wednesday, December 12, 2012 at 4:00pm
- Quarter 3 – Wednesday, March 6, 2013 at 4:00pm
- Quarter 4 – Wednesday, May 15, 2013 at 4:00pm

Inspire Yourself with these 15 quotes

1. From "Anyway - The Paradoxical Commandments" by Kent M Keith

- People are illogical, unreasonable, and self-centered. Love them anyway.
- If you do good, people will accuse you of selfish ulterior motives. Do good anyway. If you are successful, you win false friends and true enemies. Succeed anyway.
- The good you do today will be forgotten tomorrow. Do good anyway. Honesty and frankness make you vulnerable. Be honest and frank anyway.
- The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds. Think big anyway.
- People favor underdogs but follow only top dogs. Fight for a few underdogs anyway. What you spend years building may be destroyed overnight. Build anyway.
- People really need help but may attack you if you do help them. Help people anyway.
- Give the world the best you have and you'll get kicked in the teeth. Give the world the best you have anyway.

2. From "Being Happy" by Andrew Matthews

Each of us must work continually on maintaining our positive and healthy self-image. The following behavior traits are evidence that there is room for improvement in our self-image: jealousy, negative talk about ourselves, experiencing guilt, failure to give compliments, non-acceptance of compliments, not taking our own needs into account, not asking for what we want, starving ourselves of luxuries unnecessarily, failure to give affection, inability to receive and enjoy affection, criticism of others, comparison of ourselves with others, constant poor health.

3. From "Happiness in a Nutshell" by Andrew Matthews

- Whatever thoughts are causing you pain, they are only thoughts. You can change a thought.
- Where did we get the idea that if we don't forgive people, they suffer?
- The only way to beat fear is to face it.
- If we are honest with ourselves, we can list almost everything that's ever happened to us - and see how we helped create it.
- The happiest people don't worry too much about whether life is fair or not. They just get on with it.
- If you want peace of mind, stop labeling everything that happens as good or bad.
- You give your best not because you need to impress people. You give your best because that's the only way to enjoy your work.
- When life is sweet and that little voice says, "It can't last!" Tell yourself, "Maybe it's about to get better!"
- Loving people means giving them freedom to be who they choose to be and where they choose to be. Love is allowing people to be in your life out of choice.

4. An old Sufi story (traditional literature)

A man entered a village and went to see the Sufi Master.

The visitor said, "I'm deciding whether I should move here or not - and I'm wondering what the people here are like?"

The Sufi Master said, "Tell me, what kind of people live where you come from."

The visitor said, "They were robbers, cheats and liars."

The Sufi Master said, "You know, those are exactly the same kind of people who live here." The visitor left and never came back.

Another visitor entered the village and asked the same question of the Sufi Master, "I am thinking of moving here - can you tell me what the people are like?"

Again the Sufi Master asked, "Tell me, what kind of people live where you come from?"

The visitor said, "Oh, they are the kindest, gentlest, most compassionate, loving people. I shall miss them terribly."

The Sufi Master said, "Those are exactly the kinds of people who live here too."

5. From Paulo Coelho "The Lesson of the Butterfly"

A man spent hours watching a butterfly struggling to emerge from its cocoon. It managed to make a small hole, but its body was too large to get through it. After a long struggle, it appeared to be exhausted and remained absolutely still. The man decided to help the butterfly and, with a pair of scissors, he cut open the cocoon, thus releasing the butterfly. However, the butterfly's body was very small and wrinkled and its wings were all crumpled. The man continued to watch, hoping that, at any moment, the butterfly would open its wings and fly away.

Nothing happened; in fact, the butterfly spent the rest of its brief life dragging around its shrunken body and shriveled wings, incapable of flight. What the man - out of kindness and his eagerness to help - had failed to understand was that the tight cocoon and the efforts that the butterfly had to make in order to squeeze out of that tiny hole were nature's way of training the butterfly and of strengthening its wings.

6. From "Life Lessons" by Dave Pelzer

There can be endless reasons why folks may not like us, no matter what we do. In the end, we must have the will to simply be ourselves. When you please others in the hope of being accepted, you lose your self-worth in the process. As elementary as this sounds, to help yourself, you have to be yourself. Be the best person you can possibly be. Stand up for yourself. Without being rude and arrogant, speak your piece. Every day do your best and if there are those who disagree with you, it's not the end of the world. By being more self-assured, you're not only taking a stand but you will actually learn more quickly to adapt to a negative environment.

7. From "Edward de Bono's Textbook of Wisdom"

- Boredom means that you contribute nothing to the world, but demand that the world amuse you.
- We may be hostage to our own personal self-images. We act out the role which we have designed for ourselves. We cannot think of stepping outside that role.

8. From "The Heart of the Enlightened" by Anthony de Mello

DISCIPLE: "Why learn something new one week before you die?"

MASTER: "For exactly the same reason that you would learn something new fifty years before you die."

9. From "The Dalai Lama's Little Book of Wisdom"

If you think only of yourself, if you forget the rights and well-being of others, or, worse still, if you exploit others, ultimately you will lose. You will have no friends who will show concern for your well-being. Moreover, if a tragedy befalls you, instead of feeling concerned, others might even secretly rejoice. By contrast, if an individual is compassionate and altruistic, and has the interests of others in mind, then irrespective of whether that person knows a lot of people, wherever that person moves, he or she will immediately make friends. And when that person faces a tragedy, there will be plenty of people who will come to help.

10. From "The Dalai Lama's Little Book of Inner Peace"

Our happiness comes from others. In this world, all qualities spring from preferring the wellbeing of others to our own, whereas frustrations, confusion, and pain result from selfish attitudes. By adopting an altruistic outlook and by treating others in the way they deserve, our own happiness is assured as a byproduct. We should realize that self-centeredness is the source of all suffering, and that thinking of others is the source of all happiness.

11. From "A Manual for Living" (Epictetus) by Sharon Labell: "Events Don't Hurt Us, But Our Views of Them Can."

Things themselves don't hurt or hinder us. Nor do other people. How we view these things is another matter. It is our attitudes and reactions that give us trouble. ... We cannot choose our external circumstances, but we can always choose how we respond to them.

12. From "Instant Life Coach - 200 Brilliant Ways To Be Your Best" by Lynda Field

A person with self-belief: Never compares herself with others. Knows that she is her own woman and that nobody can understand her as well as she can. Listens to helpful advice and comments but never blindly follows others' opinions. Trusts her instincts and listens to her heart. Recognizes that she will make mistakes and learns from them and moves on. Depends upon her own judgment and always gives herself time to work things through. Values rest and relaxation as much as action planning and activity. Knows that when she is calm and focused she will make the best decisions. Accepts that there will be days when her self-belief is not so strong and will wait until she is feeling more positive before committing herself to any course of action. When you are high in self-belief you will trust your own thoughts and feelings and will be able to follow through with appropriate action.

13. From "How to Change Your Life in 7 Steps" by John Bird

Don't think you have failed just because you have to change your plans or ideas. The cleverest scientists in the world do that all the time. They don't think of themselves as failures.

14. From "Not always so - practicing the true spirit of Zen" by Shunryu Suzuki

To open your innate nature and to feel something from the bottom of your heart, it is necessary to remain silent. Through this kind of practice you will have a more intuitive understanding of the teaching. Not to talk does not mean to be deaf and dumb, but to listen to your intuition.

15. From "The Four Agreements" by Don Miguel Ruiz

1. **Be Impeccable With Your Word** - Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.
2. **Don't Take Anything Personally** - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
3. **Don't Make Assumptions** - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
4. **Always Do Your Best** - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.