

## Some things to Ponder.....

*Excerpted from Tim Cork's "Tapping The Iceberg"*

### Your Recipe for Success

**My list of ingredients for success is divided into four basic groups.  
Inward. Outward. Upward. And Onward. – David Thomas**

New ingredients can improve any recipe – including your recipe for success. Most of the time, both consciously and subconsciously, we borrow ingredients. We create our recipes from what we hear and see – after all, very few things these days are original. But we are all unique and can make use of these ingredients in unique ways. We are ever evolving. Depending on our present circumstances, the ingredients we create, choose, and borrow, we may come up with a success that's totally different from other people's.

The three essential ingredients of anyone's recipe for success are the Straight A's of attitude, aptitude, and action. You can't have one without the others. What's your recipe for success? Here is a great recipe for success in life:

3 cups love

2 cups loyalty

3 cups forgiveness

5 table spoons hope

2 table spoons tenderness

4 quarts sharing

2 barrels of laughter Take the love and loyalty and mix it with sharing. Blend it with tenderness, forgiveness, and hope. Sprinkle abundantly with laughter. Bake it with sunshine. Serve daily in generous helpings

The ingredients you put into life make a powerful statement about you. My favorite recipe is:

Start with a huge amount of attitude, created through a combination of dreaming, vision, passion, belief, desire, self-esteem, confidence, and body language. Add aptitude, which is created by a combination of knowledge, learning, education, study, intelligence, books, and CD's. Add action, which is created from a combination of planning, networking, goals, execution, determination, discipline, and polite persistence. Then add a pinch of failure, fear, rejection and change. Sift until it becomes experience. Stir until it's ready to serve.

Have a Straight A's Day !

## **Join the G7 Club**

**“The best way to find yourself is to lose yourself in the service of others.” – *Gandhi***

When you meet with another person for the purpose of networking, you generally fall into the trap of, “What can I get out of this?” This is the first mistake many make. The most successful people give of their time and resources to other people and groups without expecting anything in return. I call this the G7 Club: people who give, give, give, give, give, give ... and give again.

### **Giving is Rule #1**

Giving is the essence of networking and success in life. It is Rule #1, whether you have a job or not. Reciprocation may not occur immediately. It may take months or even years. But what goes around comes around and eventually it will come back to you, in one form or another. It is important to note that there is no timeframe for expecting something in return. You must keep an open mind that it will come back at some point. It's not easy giving all the time; it takes practice. But once you have mastered this philosophy, you will always be in the giving mode. You will always have the giving attitude. I like to refer to this as Netgiving rather than Networking. Netgiving takes the "work" out of Networking.

**“We make a living by what we get, but we make a life by what we give.” – *Winston Churchill***

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## **Something to Think About....**

### **Believe in Yourself !**

**"If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started." - Cicero**

What gets people into the history books is being crazy enough to think they can change history. The only thing in life that can hold you back is you, so be careful what you wish! If you make a commitment to your goal in time and persistence, it will happen. Thomas Edison believed. Henry Ford believed. Helen Keller believed. They believed in themselves.

#### **Play the confidence game**

Find a successful athlete and he will speak of confidence. Find a failing athlete and he will speak of its absence. You must be optimistic. Confidence is gained with experience and success or continual success. Even the most pessimistic person can find a speck of optimism in a sand dune of failure, if they believe.

#### **Feeling good about yourself is contagious**

If you feel good about yourself, others will feel good about you, too. First you must love yourself in order to be able to genuinely give love to others. We can be very hard on ourselves. Whenever I ask audiences, "Who is your number-one critic?" They always point to themselves. Taking care of yourself is the greatest gift you can give to your loved ones. My wife and I always say to each other, "Please take care of you for me and I will take care of me for you." To me, this is very powerful. It is the greatest, most unselfish gift we can give. Treat yourself as if you are your best friend, because you should be! Love yourself first and foremost if you want to extend that love and friendship to others. Who knows you better than you? Work on training your inner voice to be positive about you, repeating constructive feedback to yourself.

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## ***Something to Think About...***



### **Oprah Says...**

By: Joanne Aika Castillo

Do you feel uninspired lately? Do you feel like going to work or to school is a total chore? Are you worried about doing something? Are you feeling unhappy again?

Negative thinking has a way of dragging us into inactivity and depression. When we start thinking and entertaining those sample questions, it will eventually become a habit. Positive thinking is the only way that we can get ourselves out of a sticky situation. If we want to become a healthy, happy, and productive individual we need to constantly remind ourselves that a positive disposition is the way to go.

The thing to remember is that it's a conscious effort on your part. You have to remember that happiness is a choice. So every day is an opportunity for you to exercise an optimistic personality. You'll be amazed at how it will naturally become a habit. One of the most crucial parts of our daily routine is waking up in the morning. This is the time when you set up your mood for the entire day. Some people take time to eat their breakfast or drink their coffee to prepare them for a fruitful day ahead. Some people take some time alone and meditate as a form of cleansing and relaxation. This time try to incorporate motivational and success quotations to your daily routine. Not only are inspirational quotes accessible but they also make great daily mantras for you stay focused on your goals.

Here is a list of ten motivational and success quotes to get you started. These inspirational quotes are the words of one of America's most influential women, Oprah Winfrey. Oprah's quotes offer a clear cut, direct, and honest message that is sympathetic to everyone. Her motivational quotes are meant to be practical sources of wisdom and inspiration to empower those who feel uninspired and depressed. She is a credible source of such empowerment because her life is a grand testament of her success. Whenever you feel unsure of yourself, just read the following quotations to keep you going.

Oprah says ...

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.

Passion is energy. Feel the power that comes from focusing on what excites you.

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

I was raised to believe that excellence is the best deterrent to racism or sexism. And that's how I operate my life.

So go ahead. Fall down. The world looks different from the ground.

Turn your wounds into wisdom.

My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.

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

I always knew I was destined for greatness.

Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.

These are only some of Oprah's take on happiness, success, failure, and self-improvement. Write down the quotes that you find most applicable to your situation and try to use them as daily reminders. In no time, you will be surprised that you have already made a habit out of it.

Extracted from: [www.quotesummit.com](http://www.quotesummit.com)