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חברת ציטוטים



**אושר
ומוטיבציה**

אושר ומוטיבציה 1

- "Dream as if you'll live forever, live as if you'll die today." *James Dean*
- "Doing what you like is freedom. Liking what you do is happiness." *Frank Tyger*
- "Be *happy* with what you have. Be *excited* about what you want." *Alan Cohen*
- "Life is a journey, and if you fall in love with the journey, you will be in love forever." *Peter Hagerty*
- "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." *Maya Angelou*
- "Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they've started." *David Allen*
- "We forge the chains we wear in life." *Charles Dickens*
- "If you look to others for fulfillment, you will never be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the world belongs to you." *Lao Tzu*
- "Everything is a gift of the universe--even joy, anger, jealousy, frustration, or separateness. Everything is perfect either for our growth or our enjoyment." *Ken Keyes Jr.*
- "There is no such thing as a problem without a gift for you in its hands. You seek problems because you need their gifts." *Richard Bach*
- "If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." *Andrew Carnegie*
- "Tension is who you think you should be, relaxation is who you are." *Chinese Proverb*
- "For me it is sufficient to have a corner by my hearth, a book, and a friend, and a nap undisturbed by creditors or grief." *Fernandez de Andrada*
- "You cannot judge what should bring others joy, and others cannot judge what should bring you joy." *Alan Cohen*
- "The art of living lies less in eliminating our troubles than growing with them." *Bernard M. Baruch*

אושר ומוטיבציה 2

- "Our capacity to draw happiness from aesthetic objects or material goods in fact seems critically dependent on our first satisfying a more important range of emotional or psychological needs, among them the need for understanding, for love, expression and respect." *Alain De Botton*
- "If you start to think the problem is 'out there,' stop yourself. That thought is the problem." *Stephen Covey*
- "Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." *Denis Waitley*
- "Happiness is not a station you arrive at, but a manner of traveling." *Margaret Lee Runbeck*
- "Security is when everything is settled, when nothing can happen to you; security is the denial of life." *Germaine Greer*
- "Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it." *Greg Anderson*
- "Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." *Buddha*
- "The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. As long as this exists, and it certainly always will, then there will be comfort for every sorrow, whatever the circumstances may be." *Anne Frank*
- "In our lives, change is unavoidable, loss is unavoidable. In the adaptability and ease with which we experience change, lies our happiness and freedom." *Buddha*
- "Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Do what you love. Live as if this is all there is." *Mary Anne Roadacher-Hershey*
- "You never regret being kind." *Nicole Shepherd*
- "They who can give up essential liberty to obtain a little temporary safety, deserve neither liberty nor safety." *Ben Franklin*
- "Forgiveness does not change the past, but it does enlarge the future." *Paul Boese*
- "The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly." *Buddha*
- "True happiness is not attained through self-gratification, but through fidelity to a worthy purpose." *Helen Keller*

אושר ומוטיבציה 3

- "Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it's greedy or loving." *Dan Millman*
- "The need for forgiveness is an illusion. There is nothing to forgive." *Rachel England*
- "Blessed are those who can give without remembering and take without forgetting." *Bernard Meltzer*
- "Reflect upon you present blessings, of which every man has many--not on your past misfortunes, of which all men have some." *Charles Dickens*
- "Even a happy life cannot be without a measure of darkness, and the word *happy* would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity." *Carl Jung*
- "He who lives in harmony with himself lives in harmony with the universe." *Marcus Aurelius*
- "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." *Dalai Lama*
- "When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us." *Helen Keller*
- "Happiness is not having what you want. It is appreciating what you have." *Unknown*
- "True happiness...arises, in the first place, from the enjoyment of one's self." *Joseph Addison*
- "Happiness is that state of consciousness which proceeds from the achievement of one's values." *Ayn Rand*
- "Most of us are just about as happy as we make up our minds to be." *William Adams*
- "Success is getting what you want. Happiness is wanting what you get." *Dale Carnegie*
- "We can have peace if we let go of wanting to change the past and wanting to control the future." *Lester Levinson*
- "We make a living by what we get, we make a life by what we give." *Winston Churchill*

אושר ומוטיבציה 4

- "Money doesn't bring happiness and creativity. Your creativity and happiness brings money." *Sam Rosen*
- "Happiness is the experience of loving life. Being happy is being in love with that momentary experience. And love is looking at someone or even something and seeing the absolute best in him/her or it. Love is happiness with what you see. So love and happiness really are the same thing...just expressed differently." *Robert McPhillips*
- "Everything that irritates us about others can lead us to an understanding of ourselves." *Carl Jung*
- "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." *Reinhold Niebuhr*
- "I am not bound to win, I am bound to be true. I am not bound to succeed, but I am bound to live up to the light I have." *Abraham Lincoln*
- "There is no stress in the world, only people thinking stressful thoughts and then acting on them." *Dr. Wayne Dyer*
- "We all get report cards in many different ways, but the real excitement of what you're doing is in the doing of it. It's not what you're gonna get in the end--it's not the final curtain--it's really in the doing it, and loving what you're doing." *Ralph Lauren*
- "In the midst of movement and chaos, keep stillness inside of you." *Deepak Chopra*
- "Success at the highest level comes down to one question: Can you decide that your happiness can come from someone else's success?" *Bill Walton*
If you can, you take the most important step towards becoming a great leader.
- "There is only one thing more painful than learning from experience and that is *not* learning from experience." *Archibald McLeish*
- "Once you do something you love, you never have to work again." *Willie Hill*
- "Anything in life that we don't accept will simply make trouble for us until we make peace with it." *Shakti Gawain*
- "The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character." *Margaret Chase Smith*
- "Persons of high self-esteem are not driven to make themselves superior to others; they do not seek to prove their value by measuring themselves against a comparative standard. Their joy is being who they are, not in being better than someone else." *Nathaniel Branden*
- "Anxiety is the dizziness of freedom." *Soren Kierkegaard*
- "Do what you have always done and you'll get what you have always got." *Sue Knight*



מנהיגות

מנהיגות 1

- "To handle yourself, use your head; to handle others, use your heart." *Eleanor Roosevelt*
- "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." *William Arthur Ward*
- "It's hard to lead a cavalry charge if you think you look funny on a horse." *Adlai E. Stevenson II*
- "Our chief want is someone who will inspire us to be what we know we could be." *Ralph Waldo Emerson*
- "Keep your fears to yourself, but share your courage with others." *Robert Louis Stevenson*
- "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things." *Ronald Reagan*
- "Only one man in a thousand is a leader of men--the other 999 follow women." *Groucho Marx*
- "Don't waste your energy trying to educate or change opinions; go over, under, through, and opinions will change organically when you're the boss. Or they won't. Who cares? Do your thing, and don't care if they like it." *Tina Fey*
- "Power isn't control at all--power is strength, and giving that strength to others. A leader isn't someone who forces others to make him stronger; a leader is someone willing to give his strength to others that they may have the strength to stand on their own." *Beth Revis*
- "Don't tell people how to do things, tell them what to do and let them surprise you with their results." *George S. Patton Jr.*
- "I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men." *Lao Tzu*
- "Leadership is the art of getting someone else to do something you want done because he wants to do it." *Dwight D. Eisenhower*
- "Victory has a hundred fathers and defeat is an orphan." *John F. Kennedy*
- "Management is doing things right; leadership is doing the right things." *Peter F. Drucker*
- "You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand." *Woodrow Wilson*

מנהיגות 2

- "Example is not the main thing in influencing others. It is the only thing." *Albert Schweitzer*
- "Leaders must be close enough to relate to others, but far enough ahead to motivate them." *John C. Maxwell*
- "The mark of a great man is one who knows when to set aside the important things in order to accomplish the vital ones." *Brandon Sanderson*
- "Leadership is not about titles, positions, or flowcharts. It is about one life influencing another." *John C. Maxwell*
- "You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out." *Steve Jobs*
- "A leader... is like a shepherd. He stays behind the flock, letting the nimblest go out ahead, whereupon the others follow, not realizing that all along they are being directed from behind." *Nelson Mandela*
- "Being responsible sometimes means pissing people off." *Colin Powell*
- "Do you know that one of the great problems of our age is that we are governed by people who care more about feelings than they do about thoughts and ideas." *Margaret Thatcher*
- "A leader is a dealer in hope." *Napoleon*
- "The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint to keep from meddling with them while they do it." *Theodore Roosevelt*
- "I don't see myself being special; I just see myself having more responsibilities than the next man. People look to me to do things for them, to have answers." *Tupac Shakur*
- "If you would convince a man that he does wrong, do right. But do not care to convince him. Men will believe what they see. Let them see." *Henry David Thoreau*
- "I cannot trust a man to control others who cannot control himself." *Robert E. Lee*
- "The day the soldiers stop bringing you their problems is the day you stopped leading them. They have either lost confidence that you can help them or concluded that you do not care. Either case is a failure of leadership." *Colin Powell*
- "Consensus: The process of abandoning all beliefs, principles, values, and policies in search of something in which no one believes, but to which no one objects; the process of avoiding the very issues that have to be solved, merely because you cannot get agreement on the way ahead. What great cause would have been fought and won under the banner: 'I stand for consensus?' " *Margaret Thatcher*

3 מנהיגות

- "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be." *Rosalynn Carter*
- "There is a difference between being a leader and being a boss. Both are based on authority. A boss demands blind obedience; a leader earns his authority through understanding and trust." *Klaus Balkenhol*
- "You get in life what you have the courage to ask for." *Nancy D. Solomon*
- "In the end, it is important to remember that we cannot become what we need to be by remaining what we are." *Max De Pree*
- "We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark." *Whoopi Goldberg*
- "A leader isn't someone who forces others to make him stronger; a leader is someone willing to give his strength to others so that they may have the strength to stand on their own." *Beth Revis*
- "Always remember, Son, the best boss is the one who bosses the least. Whether it's cattle, or horses, or men; the least government is the best government." *Ralph Moody*
- "If you really want the key to success, start by doing the opposite of what everyone else is doing." *Brad Szollose*
- "Give as few orders as possible," his father had told him once long ago. "Once you've given orders on a subject, you must always give orders on that subject." *Frank Herbert (from Dune)*
- "The art of leadership is saying no, not yes. It is very easy to say yes." *Tony Blair*
- "Wisdom equals knowledge plus courage. You have to not only know what to do and when to do it, but you have to also be brave enough to follow through." *Jarod Kintz*
- "In a battle between two ideas, the best one doesn't necessarily win. No, the idea that wins is the one with the most fearless heretic behind it." *Seth Godin*
- "If you want to build a ship, don't drum up the men to gather wood, divide the work, and give orders. Instead, teach them to yearn for the vast and endless sea." *Antoine de Saint-Exupery*
- "Remember teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability." *Patrick Lencioni*
- "No guts, no story." *Chris Brady*

4 מנהיגות

- "Leadership is an action, not a position." *Donald McGannon*
- "Surround yourself with great people; delegate authority; get out of the way" *Ronald Reagan*
- "I cannot give you a formula for success, but I can give you the formula for failure, which is: try to please everybody." *Herbert Bayard Swope*
- "Show me the man you honor and I will know what kind of man you are." *Thomas John Carlisle*
- "The challenge of leadership is to be strong but not rude; be kind, but not weak; be bold, but not a bully; be humble, but not timid; be proud, but not arrogant; have humor, but without folly." *Jim Rohn*
- "A man always has two reasons for doing anything: a good reason and the real reason." *J.P. Morgan*
- "If you spend your life trying to be good at everything, you will never be great at anything." *Tom Rath*
- "Average leaders raise the bar on themselves; good leaders raise the bar for others; great leaders inspire others to raise their own bar." *Orrin Woodward*
- "Don't blow off another's candle for it won't make yours shine brighter." *Jaachynma N.E. Agu*
- "Whenever you see a successful business, someone once made a courageous decision." *Peter F. Drucker*
- "When you put together deep knowledge about a subject that intensely matters to you, charisma happens. You gain courage to share your passion, and when you do that, folks follow." *Jerry Porras*
- "A good leader leads the people from above them. A great leader leads the people from within them." *M.D. Arnold*
- "The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy." *Martin Luther King, Jr.*
- "The very essence of leadership is that you have to have vision. You can't blow an uncertain trumpet." *Father Theodore M. Hesburgh*
- "It is absolutely necessary...for me to have persons that can think for me, as well as execute orders." *George Washington*
- "When eagles are silent, parrots begin to chatter." *Winston Churchill*



עבודה

עבודה ועסקים

- The common question that gets asked in business is, 'why?' That's a good question, but an equally valid question is, 'why not?'. - Jeff Bezos
- There's lots of bad reasons to start a company. But there's only one good, legitimate reason, and I think you know what it is: it's to change the world. – Phil Libin
- A business that makes nothing but money is a poor business. - Henry Ford
- If you are not embarrassed by the first version of your product, you've launched too late. - Reid Hoffman
- If everything seems under control, you're not going fast enough. - Mario Andretti
- A man who wants to lead the orchestra must turn his back on the crowd. - Max Lucado
- Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. – Steve Jobs
- The man who moves a mountain begins by carrying away small stones. – Confucius
- The difference between successful people and really successful people is that really successful people say no to almost everything. - Warren Buffett
- Don't be satisfied with stories, how things have gone with others. Unfold your own myth. - Rumi
- You don't have to be a genius or a visionary or even a college graduate to be successful. You just need a framework and a dream. – Michael Dell
- Build something 100 people love, not something 1 million people kind of like. – Brian Chesky
- The two most important days in your life are the day you are born and the day you find out why. – Mark Twain
- The successful warrior is the average man, with laser-like focus. - Bruce Lee
- Try not to become a man of success, but rather try to become a man of value. - Albert Einstein
- If something is important enough, even if the odds are against you, you should still do it. – Elon Musk
- Many of life's failures are people who did not realize how close they were to success when they gave up. – Thomas Edison
- Fall seven times and stand up eight. - Japanese Proverb
- I was taught the way of progress is neither swift nor easy. – Marie Curie
- Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another. – Napoleon Hill



נחישות

נחישות 1

- Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.' - Mary Anne Radmacher, American author and artist
- Fall seven times and stand up eight.- Japanese Proverb
- It's not that I'm so smart, it's just that I stay with problems longer.- Albert Einstein (1879-1955), physicist and developer of the theory of relativity
- Many of life's failures are people who did not realize how close they were to success when they gave up.- Thomas Edison (1874-1931), inventor of the light bulb
- Failure is only the opportunity to begin again, this time more intelligently.- Henry Ford (1863-1947), founder of Ford Motor Company
- A failure is not always a mistake, it may simply be the best one can do under the circumstances. The real mistake is to stop trying.- B.F. Skinner (1904-1990), American psychologist
- Ask yourself this question: 'Will this matter a year from now?'- Richard Carlson, American psychotherapist and author of Don't Sweat the Small Stuff
- What if I told you that 10 years from now, your life would be exactly the same? I doubt you'd be happy. So, why are you so afraid of change?- Karen Salmansohn, bestselling self-help author
- As I look back on my life, I realize that every time I thought I was being rejected from something good, I was actually being re-directed to something better.- Dr. Steve Maraboli, speaker and author
- Success is the sum of small efforts, repeated day in and day out.- Robert Collier (1885-1950), American self-help author
- It does not matter how slowly you go so long as you do not stop.- Confucius (551-479 BC), philosopher
- Never confuse a single defeat with a final defeat.- F. Scott Fitzgerald (1896-1940), American author
- Perseverance is the hard work you do after you get tired of doing the hard work you already did.- Newt Gingrich (1943-), American politician, historian and author
- Perseverance is failing 19 times and succeeding the 20th.- Julie Andrews (1935-), English film and stage actress
- Through perseverance many people win success out of what seemed destined to be certain failure.- Benjamin Disraeli (1804-1881), British politician and writer

נחישות 2

- Success seems to be largely a matter of hanging on after others have let go.- William Feather (1889-1981), American author
- Develop success from failures. Discouragement and failure are two of the surest steppingstones to success.- Dale Carnegie (1888-1955), world-renowned author and speaker
- Failure is often that early morning hour of darkness which precedes the dawning of the day of success.- Leigh Mitchell Hodges (1876-1954), journalist and poet
- We will either find a way or make one.- Hannibal (247-182 BC), Carthaginian General
- It always seems impossible until it's done.- Nelson Mandela (1918-2013), South African anti-apartheid leader
- The best way out is always through.- Robert Frost (1874-1963), American poet
- A winner is just a loser who tried one more time.- George M. Moore Jr. (1862-1940), Member US House of Representatives
- I don't know the key to success, but the key to failure is trying to please everybody.- Bill Cosby (1937-), comedian and actor
- Defeat is not the worst of failures. Not to have tried is the true failure.- George Edward Woodberry (1855-1930), American poet
- When you get into a tight place and everything goes against you...never give up then, for that is just the place and time that the tide will turn.- Harriet Beecher Stowe (1811-1896), American abolitionist and author
- The man who moves a mountain begins by carrying away small stones.- Confucius (551-479 BC), philosopher
- I am a slow walker, but I never walk back. -Abraham Lincoln ,(1809-1865) 16th President of the United States
- Every strike brings me closer to the next home run.- Babe Ruth (1895-1948), baseball legend
- Courage is not having the strength to go on; it is going on when you don't have the strength. -Theodore Roosevelt ,(1858-1919)
- Character consists of what you do on the third and fourth tries.- James A. Michener (1907-1997), American author



למידה

למידה 1

- 'The ability to speak exactly is intimately related to the ability to know exactly.' – Wendell Berry
- 'Any fool can know. The point is to understand.' –Albert Einstein
- 'Tell me and I forget. Teach me and I remember. Involve me and I learn.' –Benjamin Franklin
- 'It is what we know already that often prevents us from learning.' –Claude Bernard
- 'Learning is synthesizing seemingly divergent ideas and data.' –Terry Heick
- 'The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.' –Alvin Toffler
- 'All the world is a laboratory to the inquiring mind.' –Martin Fisher
- 'It's what you learn after you know it all that counts.' –Harry S Truman
- 'You aren't learning anything when you're talking.' –Lyndon B. Johnson
- 'I never learned from a man who agreed with me.' –Robert A. Heinlein
- 'You don't learn to walk by following rules. You learn by doing, and by falling over.' –Richard Branson
- 'All our knowledge begins with the senses, proceeds then to the understanding, and ends with reason. There is nothing higher than reason.' –Immanuel Kant
- 'Education is the kindling of a flame, not the filling of a vessel.' –Socrates
- 'It is not that I'm so smart. But I stay with the questions much longer.' –Albert Einstein
- 'By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.' –Confucius

למידה 2

- 'A little learning is a dangerous thing.' –Alexander Pope
- 'The more I read, the more I acquire, the more certain I am that I know nothing.' –Voltaire
- "To endure uncertainty is difficult, but so are most of the other virtues." –Bertrand Russell
- 'It may be that when we no longer know what to do we have come to our real work, and that when we no longer know which way to go we have come to our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings.' –Wendell Berry
- 'That which we persist in doing becomes easier for us to do; not that the nature of the thing itself is changed, but that our power to do is increased.' –Ralph Waldo Emerson
- 'Don't just teach your children to read. Teach them to question what they read. Teach them to question everything.' –George Carlin
- 'A man who reads too much and uses his own brain too little falls into lazy habits of thinking.' –Albert Einstein
- 'If you haven't learned the meaning of friendship, you haven't learning anything.' –Muhammad Ali
- 'Anyone who has begun to think places some portion of the world in jepopardy.' –John Dewey
- 'A problem well-put is half-solved.' –John Dewey
- 'The more that you read, the more things you will know. The more that you learn, the more places you'll go.' –Dr. Seuss
- 'All learning has an emotional base.' –Plato
- 'Knowledge, which is acquired under compulsion, obtains no hold on the mind.' -Plato
- 'Wisdom is learning what to overlook.' William James
- 'Every student can learn, just not on the same day, or the same way.' –George Evans
- 'Knowing is not enough; We must apply. Willing is not enough; We must do.' –Bruce Lee

למידה 3

- 'Being ignorant is not so much a shame, as being unwilling to learn.' –Benjamin Franklin
- 'We must learn to live together as brothers or perish together as fools.' –Martin Luther King, Jr.
- 'Collaboration allows us to know more than we are capable of knowing ourselves.' –Paul Solarz
- 'Towering genius disdains a beaten path.' Abraham Lincoln
- 'Never let formal education get in the way of your learning.' –Mark Twain
- 'Dialogue cannot exist without humility.' –Paulo Freire
- 'Development is a series of rebirths.' –Maria Montessori
- 'Man's mind, once stretched by a new idea, never regains its original dimensions.' –Oliver Wendell Holmes
- 'It is not from ourselves that we learn to be better than we are.' –Wendell Berry
- 'Even the genius asks questions.' –Tupac Shakur
- 'Expecting all children the same age to learn from the same materials is like expecting all children the same age to wear the same size clothing.' –Madeline Hunter
- 'What you think, you become. What you feel, you attract. What you imagine, you create.' –Buddha
- 'Transfer is important, but think first about the learner, then about their native environments. Then, further, let's hope for the self-initiated application of knowledge. Unprompted. Unformatted. The spontaneous, personal, and creative application of understanding in dynamic physical and digital environments.' –Terry Heick
- 'The human mind is our fundamental resource.' –John F. Kennedy