

# **A Load of Jocular Wit, and a Smidgeon of Wisdom**



Selected from my journal collection of over 40 years

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## Why this Journal Collection?

At my age of 87, perhaps like yourself, I've been a long-term collector of interesting statements that have either been inspiring, humorous, or added something of significance to my perspective of the very precious life I lead.

This collection has become something of great worth to me because it has opened many doors and given me a vision of what I can do in the many different positions I've been involved in---in Church assignments, business leadership, civic etc, etc, responsibilities, and in dealing with a host of youth in leadership development.

But most importantly, it is my interaction with my precious family and making a wealth of wisdom that can be passed along to each to enrich their lives long after I'm gone. President Kimball once said that "you don't die if someone still remembers you."

This random wealth of stated pearls, when implemented, can be infinitely more valuable than any money or earthly riches in developing that which will ultimately provide the greatest personal happiness.

Galileo made this profound and timeless statement:

"You cannot teach a man anything;  
You can only help him discover it in himself."  
True!

My hope is that this collection will enrich and help you "discover" your life's greatest challenge---that of developing who you truly are, or can be, and equally that of your family. Perhaps even as a pass-along to them.

Thank you for accepting my very personal gift to you.

1. A single thought will change the attitudes of a lifetime
2. Don't let trifles of life take away from the importance of the individual.
3. Next to being a good husband and father, home teaching is one our most important callings. He is directly responsible for the welfare and exaltation of his families to bless, teach and help them.
4. All the great thoughts in the world don't equal one good action.
5. I'm disappointed in you...a very effective discipline tool.
6. I will prepare now and take my chances later...Lincoln.
7. Don't worry about things you cannot change and be effective in those you can.
8. **Live** every day of your life.
9. If we think celestial thoughts, which are the kinds of thoughts God thinks, then we develop celestial minds. --Sterling W. Sill
10. A friend is someone who knows you but likes you anyway.
11. Three types of parents: 1. Authoritarian: first sergeant. 2. Authoritative: control with reason. 3. Permissive: wishy washy
12. We are told often what to do, but far less often how to do it.
13. He that teaches any other gospel let him be accursed.
14. Preparation precedes power. C. A. Lindbergh
15. Priesthood is a calling to serve.
16. Socialism is a philosophy of failure, the creed of ignorance and the gospel of envy. Its inherent virtue is the equal sharing of misery. Winston Churchill
17. Success is giving the greatest gift of all...the gift of love.
18. You cannot light a fire in another soul unless it is burning in your own.--H.B. Lee
19. Success is looking for beauty wherever you are.
20. A winner knows where he is, where he's been, and where he's going.
21. You will never have a greater or lesser dominion than over yourself. The height of a man's success is gauged by his self-mastery, the depth of his failing by his self-abandonment; and this law is the expression of eternal justice. He who cannot establish dominion over himself will have no dominion over others. --DaVinci
22. You're only as good as your next assignment.

23. Maintain good balance in your life.
24. Advertising standard: AIDA: Attention, Interest, Desire, Action
25. Filling positions: Pick the right person for the right job. Does he know what to do? Does he know how to do it. Make him accountable with follow-up.
26. The only possession we have is self-possession. Unhappy is the man who only reacts to others. He is the servant of their whims toward him.
27. We often act the way people think we should. People often fill role expectations.
28. **How to create a feeling of importance:** Learn his name and all about him. Show interest in something he's doing. Get him to talk about himself and listen actively. Avoid criticism, embarrassment or probing private feelings unless he wants it. Praise him for his achievements. Always greet him with a smile and a handshake. Do a kindness for him in secret. Pray for him and with him. If feelings of unkindness exist between you, go to him and seek understanding. Make him feel that he is a very important person to you. Send him a birthday card. Express appreciation to him. Attend activities where he performs. Think of him as a brother. Be sensitive to his feelings and problems. Be more sincere. Ask him to do something for you. Don't show partiality for another. Always be positive with him. Avoid letting trivialities bother you. Involve him in activities. Give him a reputation to live up to. Don't threaten or argue. Laugh with him. Say something good about him before he performs. Tell him you like him.
29. Keep fit. If you want to keep it, use it.
30. Success often consists of nine misses and one bull's eye.
31. Man is saved on the basis of what he is and on no other principle. JS
32. The first four minutes of knowing someone or them knowing you are the most important.
33. One of the great fulfillments of self is a lifetime of service. --DLO
34. Profanity is the attempt of a feeble mind to express itself forcibly. --SWK
35. You are only happiest when you are your best self.
36. Those who are appreciated most in a family are those who are self starters and who start early, complete, quickly, and well, and even do a little more than asked.
37. Success is using wisdom in all things.
38. The Lord does not choose us for our capability, but for our availability and when we have proven our worth.
39. Success is seeking the Spirit.
40. Success is narrowing the gap between the knowledge of doing what's right and the action itself.

41. Law is simply truth in action.
42. Nothing brings greater joy or success than living the Gospel.
43. History repeats itself because we don't listen.
44. You are not a chicken, but a mighty eagle. Spread forth your wings and fly into the blue.
45. Complimenting builds, criticism destroys.
46. Success is giving your children/wife a hug once a day.
47. Success is knowing you are different and special.
48. Winning isn't everything. More often it's the will to win.
49. After a swearing episode in a hospital, President Kimball was heard to say. "Don't talk like that about my friend."
50. He's just a bang beat, bell ringin', big haul, great go necker nothing, rip roaring, every time a bull's eye salesman. That's Professor Harold Hill, Harold Hill. (The Music Man)
51. Success is making every day a five-dollar lawn job.
52. Success is making your family some of your best friends.
53. If you must kill time, work it to death.
54. The man who does not know where he is going, never gets very far.
55. There is no service without sacrifice.
56. Our bodies: a marvelous majestic gift.
57. The power of the human mind is infinite.
58. When we have learned, we will be able to teach.
59. A king's advice to his son: Be wise my son and make my heart glad.
60. In hell they drift. In heaven they steer.
61. Get out of debt. Get a supply of food, fuel, supplies. Have productive land. Don't depend on government. Awaken to the situation and prevent enslavement.  
--Gaylord Swim
62. **Funeral notes:** Information on friends and relatives and related attributes to the deceased. A close look at the person's life. President Kimball's thoughts on death and life. A man never dies as long as there is someone alive who loves him or thinks of him.  
--SWK

63. A goal unwritten is only a wish.
64. Mention any organizations or connecting relations he had.
65. It's the game where you prove yourself. No where else.
66. Don't do for them. Help them do it for themselves.
67. All things being equal, people buy from people they like.
68. **Selling:** Show benefits. Analyze needs. Plan for objections. Objections are really questions. Use proof from an authority. Any other questions? Summarize. Don't argue. Keep friends.
69. **Ben Franklin Selling:** As you know, we consider old Ben one of our wisest men. When Ben found himself in a kind of situation you're in today, he felt pretty much as you do about it. If it was the right thing to do, he wanted to be sure to do it. If it was the wrong thing, he would be sure to avoid it. He took a paper and at the top he put "Yes" on one side and "No" on the other. Then he listed the reasons then counted and his decision was made for him. Let's see how many reasons and count.
70. **Closing Techniques:** Do you have it in green? Do you want it in green? Always be closing. Order blank closing: Would you "okay" this for me? Give him choices: cash or charge, colors, which would you prefer? Puppy dog: Let them have it overnight or for a time to "see if they like it."
71. **How To Sell An Idea:** Go fishing with bait, not forcing. Let the other fellow sell himself on your idea. Let the other fellow argue your case. State your case moderately and accurately, then say "I may be mistaken about it, but..." No positiveness or arrogance. Tell the other person the idea was his. "You gave me an idea which started me to thinking." Take notes on all sides and present your own as a summary. Ask, don't tell. You are the experts...I don't know if it will work or not. What would you suggest? Maybe it's a good idea. I Don't know. Do you think this will work? It may not work.
72. What you tell yourself you are, you become.
73. By far the most important successes of life are not measured in dollars, but in deeds. --  
==DLO
74. Never read material to be remembered without reviewing it immediately after. This is the most important rule of remembering.
75. We all have our handicaps. Mine are not so obvious.
76. Don't worry about it. Ten years from now you won't even remember this...or if you do, you'll laugh about it.
77. It is better to save a man in repentance than to raise a man from the dead.
78. Success is not being better than our neighbor but being better than ourselves.

79. Success is often understanding that you don't have to be disagreeable to disagree and that strength comes in understanding the contrasts and reaching the compromise.
80. Today is going to be a great day. Now go out and sell something to somebody. Beighly at Sears
81. Take your job seriously, but not yourself. Make your job fun.
82. **Problem Solving Techniques:** Fact finding; everything known list; (2) problem finding: define it; (3) idea finding: everything possible; (4) acceptance finding: modify what, when, where, etc., with timetable and act on it.
83. **Problem Solving Techniques:** Brainstorming. All positive ideas generated. Gordon Technique: Problems not revealed. Let's talk about it. Synectic: (1) Analysis of problem. (2) Generalization. (3) model building. Buzz Session. Divide into 5-8 persons for six minutes. Leaders recap for group. Organized Random: Group divides down problems and takes each segment separately and puts together parts.
84. **Collecting notebook.** Each group member is given a notebook with problem for a time period (month, week, etc.) Each puts down random thoughts and best solutions. Information consolidated with creative discussion and opinions collected.
85. **Six Steps to successful problem solving:** Identify all elements of the problem. Analyze problems, goals, current position, obstacles clearly. Redefine problem in view of learned information. Get as many solutions as possible. Test which solution combinations will attain goal. Put solution to action and watch for new developments.
86. Be in the world, but not of the world. --SWK
87. Repentance is like an astronaut in a mid-course correction.
88. Teach them correct principles and they will govern themselves.--JSmith
89. The reason the dog has so many friends is because he wags his tail and not his tongue.
90. W's: Work will win when wishy washy wishing won't.
91. The difference between a mud puddle and a geyser is enthusiasm.
92. **Three basic Demasey exercises:** Running in place. Sit-ups with toes under something. Mini Jumper.
93. There are two kinds of people: those you love and those you don't know yet.
94. You become that which interests you.
95. Choose ye this day whom ye shall serve. As for me and my house we shall serve the Lord.
96. You get treated the way you teach people to treat each other.
97. There is peace in keeping the commandments.
98. Let us cheerfully do all things that lie within our power.

99. It is greater to be trusted than to be loved. –David O. McKay
100. We have inherited a magnificent palace and we spend most of our lives in a broom closet in the basement. Hugh Nibley claimed we are missing 99.9999% of everything that was happening around us. The real learning will take place after this world. This is not the main event, but the preliminary. Don't center ourselves on the things of this world but strive for repentance and forgiveness. .—Hugh Nibley
101. He who rests, rots --Arthur Feidler
102. Sitius, Altius, Fortius. (Faster, Higher, Stronger). Olympics Theme
103. Change: An unexamined life is not worth living.
104. If a man does not know how to rule his own house, how can he take care of the things of God?
105. It isn't how well you play, it's how many mistakes you make.
106. An honest man is the noblest work of God.
107. The secret to success is to begin with the end in mind and removing all the barriers.
108. Ambition should not exceed our ability.
109. Success is using our abilities to understand and solve our problems.
110. The purpose of education is to experience the world and learn to cope with it.  
--DLO
111. Success is putting our burdens on the Lord.
112. Success is the acquisition of spiritual qualities.
113. The greatest virtue we may achieve in this life is that of great and good character.
114. People rise to expectations.
115. Decide once you're going to do it and then do it.
116. **Avoid pornography.**
117. The best answer to our critics is the happiness of our families.
118. Prayer is a reporting back.
119. Never love anything that won't love you.
120. Think of the things you value most and they aren't bought with money.
121. Our young people are being immersed in problems and social epidemics like no other generation.



122. The failure to live the Lord's commandments is the greatest of all mistakes.
123. When the prophet speaks, the debate is over.
124. If you don't prepare yourself, you may find yourself a spectator in a game you don't even understand.
125. Your greatest asset is your wife.
126. The original Utah Stake (now the Provo Utah Central Stake) : Lehi to Payson, Goshen to Schofield, over three hundred square miles, now includes over fifty+ stakes. Originated in 1851. Second oldest in the entire church.
127. Not to study and understand history is child-like, never knowing the legacies of countless generations before us only to error in our own understanding.
128. As man is, God once was. As God is man may become.
129. You're the only Book of Mormon some people may ever read.
  
130. The voice of a great choir is a powerful, brilliant beacon of pure light, piercing deeply into a dark and troubled night, searching, illuminating and offering direction. It is the spectrum of hundreds of distinctly pleasing colors blended into a perfect harmony. --DLO
131. Are you busy in life accumulating the things in life you can take with you... or those things you can't?
132. Failures tend to blame circumstances, while successful people tend to make their own circumstances.
133. Don't just be good. Be good for something
  
134. Behind every great man is an astonished wife.
  
135. How do you react when the coach tries to correct your game?
136. Living room floor. My son. Our dog. Playing together. Laughter. Won't be long. Years pass. Quiet house---memories. --DLO
137. The times young people have the most difficulties are when they move away from the Church. --Bishop Alan Davis.
138. Success is fulfilling your full measure of creation and nothing short of it.
139. Your Father in Heaven wants to forgive you. He just wants you to ask.

140. Good enough is the enemy of best.
141. Don't just have a "good day." No, make it a great day!
142. Every day in every way I'm getting better and better.
143. Marriage is not for children. Up to 90% of high school marriages end up in divorce with babies raising babies.
144. Troubles like photographs are developed in the dark.
145. Punctuate this: THAT THAT IS IS THAT IS NOT IS NOT THAT IT IT IS. (That that is. Is that. Is not. Is not that it? It is).
146. Success can only be measured by the extent that we are able to extend our sphere of influence for good. --DLO
147. Keep cool and you command everyone.
148. The harder we work the luckier we get.
149. Keep running even when blisters fill our shoes. --Paul H. Dunn
150. In all your choices select those which will bring you closest to the Celestial Kingdom. --SWK
151. Fast, pray and then listen, and write down your impressions. --The Osmonds
152. It is better to live a testimony than to bear one.
153. Success is not measured in achievement of goals, but in the stress and strain of meeting these goals.
154. Mormonism is not a Sunday religion. It is a complete way of life.
155. In every decision, there is a little risk.
156. The art of conversation lies in listening.
157. Our brains contain the equivalent of twenty million books of 500 pages each. The body is 100 trillion cells working in complete harmony. Majestic engineering

158. It's a pleasure doing business with another professional.
159. Anticipate the problems.
160. Ingredients of a good talk: enthusiasm, sincerity, confidence
161. A goal is a positive effort. An assignment is a negative effort.
162. More people fail from lack of purpose than fail from lack of ability.
163. PACE: Positive Attitude Changes Everything.
164. To be carnal minded is to be spiritually dead.
165. Small details require constant effort. Big things are sporadic.
166. Eighteen languages are spoken in the Provo Temple.
167. Over ninety percent of the world languages are spoken by the people in the State of Utah.
168. One of your choicest blessing in life is having good friends. --Gene Manning.
169. Great men serve.
170. "May all success be nobleness and every gain divine." *America*
171. We are held accountable to all those to whom we might have been an influence in their lives. --President L. Snow.
172. You cannot live right and think wrong, anymore than you can plant good seeds and harvest weeds. --N. E. Tanner.
173. Visualize yourself with your family in the temple.
175. It isn't how badly you fall. It's how quickly you pick yourself up.
176. A good photographer is one who tries to photograph something never seen before or seen in a new way.

177. Every man is a roll of film waiting to be developed.
178. I must do the most productive thing possible at every given moment.
179. The decisions we make will affect generations to come.
180. Make daily patterns of righteousness.
182. BYU 26th Ward: The only true and living ward.
183. Adversity cripples some men, breaks others and makes great men.
184. A man like Ross Denham should be passed around and enjoyed by everyone.
185. Look beyond the literal effects of the temple to the great concepts beyond, as though the teachings were given as parables.
186. Against the assault of laughter nothing can stand.
187. The greatest law is to love our neighbor. Service is the most evident result of that love. Service is an overcoming of self and the means of individual realization and the essence of Godhood.
189. If you want a tulip to grow, you don't yank on it. You nurture and encourage it.
190. If your testimony isn't growing, it's shrinking.
191. Life is a very rare opportunity. *Carpe Diem!*
192. Live up to what is expected of you.
193. Calls from the Lord are seldom convenient. --Spencer W. Kimball
194. Each of us is the sum total of our decisions.
195. What can we do to strengthen our community: Not keeping our minds in neutral and our hands in our pockets.
196. Are you busy in life accumulating the things in life you can take with you? --Paul H. Dunn
197. Loving our children when they do what is right is great but loving them more when they make mistakes is far greater.
198. Before we die, let us gather together our heritage and offer it to our children.
199. People who seek attention often just need love.
200. We get old too soon and wise too late.

201. I'm more concerned with my exaltation than my relaxations. --SWK
202. Our progress is the personal acquisition of Christ-like attributes.
203. Do you live a life, or lead one?
204. Prisons are full of love-starved people.
205. How can you love people until you do something for them?
207. Life is like making a cake. Put all the ingredients together and then being baked (the adversity) before it is done.
208. Americans teach you how to win, but not how to lose.
209. We all have mountains in our lives. We must be bigger than our mountains.
210. Our progress is the personal acquisition of Christ-like attributes.
212. How can you love people until you do something for them?
213. Correct principles are like the programs in a computer.
214. Do you climb the stairs or stare the climb?
216. None of us should be so busy that we crowd out contemplation and praying.
217. If you were arrested for being a Mormon, would there be enough evidence to convict you?
218. You'll never know what's right until you know what's wrong.
219. When you choose the right, you are still free to choose.
220. Almost anything can be endured in a climate of love.
221. The difference between being involved and committed is the difference between ham and eggs. The chicken was involved; the pig was committed.
222. Success is the continual pursuit of excellence.
223. A lecture is where you get numb on one end and dumb on the other.
224. Fashion by D.I. ; body by Sara Lee
225. Talk more slowly. I don't hear as fast as I used to.
226. She remembers when she married. She just can't remember why.
227. He's a legend in his own mind.
228. As a baby he was so ugly the doctor slapped his mother.
229. I've got more brains in my little finger than I have in my whole hand.

230. It's better to shoot for the stars and miss than to hit the manure pile dead center.
231. A crashed super motor home driver who crashed said that he just put it on automatic pilot and went back to get a cup of coffee. --Paul Harvey
232. The time to stop speaking is when you no longer see the whites of their eyes, or the nodding of their heads.
233. Life begins: Conception, Birth, or when the last child leaves home and the dog dies.
234. An auditor is a person who comes in after the battle and kills the wounded.
235. Signs of our times headlines: Mattress factory plays important part in city growth. Ladies room closed. Please use stairs. Dishwasher wanted to wash dishes and two waitresses.
236. Free Agency & how to enforce it. --BYU
237. Asked if we still teach polygamy, a man answered, "I don't know about you, but I don't want two mothers-in-law."
238. Babies: Keep one end full and the other end dry.
239. I love my children, but they don't hold a candle to my grandchildren.
240. Our children are not given to us, only if we raise them up well.
241. Buick for sale. Well maintained by deceased owner.
242. Everything in life is just the way you like it.
243. We choose between optimism and pessimism.
244. Time is what keeps everything from happening at the same time.
245. Today is my best day yet.
246. I'd like to be known as a speaker who was like a cross-eyed javelin thrower. I may not set any records, but I keep the crowd awake.
247. President Denham to Karl Miller. Karl you never seem to change. Karl: You mean I've always looked this old?
248. I don't read very well at night. I just went to day school.
249. I was on the track team. I was the javelin catcher.
250. A psychoceramic: a crackpot.
251. Written on a graffiti wall at a Catholic university: "Jesus said unto them, "Whom do you say that I am?" And they answered, "You are the estachatalogical manifestation of the ground of our being, the kerigma in which we find the ultimate meaning of our

interpersonal relationships" And Jesus said, "What?"

252. Roses are red. Violets are blue. Horses that come in second are turned into glue.
253. I'm not going to church anymore. There are too many hypocrites there. Awe c'mon. One more hypocrite won't hurt.
254. Wives are given to us to keep us humble.
255. Those of you who think you know everything are annoying those of us who do.
256. A returned missionary was asked why he felt bad and he replied, "How would you feel if thirteen million people suddenly stopped praying for you."
257. Getting things done around here is like mating elephants: It's done at high levels. It's accomplished with a lot of roaring and screaming. It takes two years to get anything accomplished.
258. Syteriopodgicism: When the iron in your blood becomes the lead in you behind.
259. Repaint and thin no more.
260. A man who was a human cannonball in the circus was lost and they couldn't replace him because they just couldn't find a man of his caliber.
261. When I see him, I'm going to give him a piece of my mind. Wife: With as few pieces as you have left, I wouldn't be giving any away.
262. I was the greatest average missionary in all of England. --George Durrant.
263. A speaker to his audience: Anyone who can't hear me, hold up your hand.
264. I can withstand anything except temptation and pain.
265. I'm like the cow running through the tall grass. I'm tickled to be here.
266. A man who never does anything for his community will when he dies.
267. I do vigorous sitting exercises.
268. Stories about Elder Riddle, a missionary friend: He was walking with a nail in his shoe. We asked him why he didn't do something about it. "When I take my shoes off, I forget."
269. It was very cold in Finland and he wrote home for a blanket. His mother sent a lumpy one, so he cut the lumps out. In his next letter from his mother, she asked him how he liked his new electric blanket.
270. We noticed that one day he was walking with his legs wide apart. When we asked why, he said that he didn't want to wear out the cuffs.
271. He was the only missionary I ever knew who wore his hat in the sauna.

## 272. Faith Promoting Incidents

273. A branch president related that a certain sister's example in California influenced him to join the Church and become a missionary. He influenced 7-8 others and they have baptized over 300 people in various parts of the world just because of the example of a sister who didn't even know.
274. I recall working in my office one day after I had just moved all my various items from one office to another. In the process I began looking for a folder containing some important information on one of my very important clients. This folder was a major concern to me, and I spent nearly a half an hour looking for it. I looked everywhere and couldn't find any trace of it. At my wit's end and running out of time, I decided it was time to pray about it. As I prayed, I happened to think back on a past experience in my childhood where I had lost a ball in a field and couldn't find it. Remembering that I had been taught in Primary that I could ask Heavenly Father and so I did. It was within only a few moments that I found it. As I concluded my prayer and turned my chair to my left, extended my arm almost in a reflex and went to my second drawer down. Opening it and putting my hand into the drawer, I pulled out the yellow folder within less than two seconds after completing my prayer.
275. Sister Norma Talmage told the story that her father James E. Talmage who was very intent on getting an education even to the point that he got his doctorate at the age of twenty-one. He was just so busy that he hadn't had a chance to do anything to look for a wife, but he knew he should. So, he went into the mountains after fasting and praying that he would be able to know whom he should marry. He felt that the Lord had the big picture. There he had a clear impression in his mind of a girl who lived in a nearby small town. He went directly to her home. When she came to the door he knew she was the one and later they were married.
276. **Elements of my testimony:** The Book of Mormon could not be written by one man. Evidence of a village of Lehi in the Israel-Jerusalem area. Evidence of Hagoth (Alma 63:5) visiting the islands of the sea. I'm impressed with the quality and quantity of leaders in the Church. The value of the individual and the family and the pursuit of education, excellence and learning. I'm impressed that each worthy individual can receive revelation directed to him alone and indicate what he's capable of becoming while sojourning here. By their fruits ye shall know them: Mormons stand by themselves in their achievements just as BYU stands alone. The Word of Wisdom which gives a greater full experience from our lives. The fruits of a beautiful family that comes from living the Gospel. Information regarding statistical word prints and multiplicity of authorship of the Book of Mormon. At any given time there are over 800 chapels under construction and soon 1000 and nearly 70,000 missionaries.
277. Verlan, a friend of mine, related to me that his daughter, three months old, was in the hospital to receive an IV treatment. She was seriously dehydrating and if she didn't receive it, she would lose her life. Without success the doctor had tried numerous times to give the IV into a receptive vein. Verlan and his uncle administered to her. Still for an hour the doctor tried and failed. Unconscious, she literally thrust her arm correctly into the needle. They all wept.



278. A Tongan member in the Pioneer Ward related that a hurricane struck his island and a member who could not make it to the chapel, the only safe place, took a rickety stool and touched the overhead beam and commanded that by the power of the priesthood and in the name of Jesus Christ that his small shack would withstand more than 100 mph winds. When the storm had subsided, his was the only building that remained standing for miles around and his wife who was about to deliver and his family were without injury
279. The right to inspiration. When I was a High Councilman in the Utah Central Stake, prior to a stake conference, I was told by President Thomas that I was to be one of the evening speakers along with one other sister, while Boyd K. Packer would be the main speaker. A five-minute talk! The assignment was given on Saturday, a week before. All the time I had for the next few days was spent in preparation. To and from Salt Lake City where I worked, I rehearsed and changed and tried to perfect the talk I would give. When Friday night came, as I sat in my study, I suddenly became aware that the talk I had prepared was not the talk I could give the next night. I prayed fervently. I had only one day to prepare. For me writing is extremely difficult. I have written some things as much as seventy-five times on the foreword of one of my books. I picked up my pencil and began to write as clearly in my mind I listened to the dictation of Bruce R. McConkie as he proceeded to tell me my entire talk. Not too fast, just a steady pace until he finished. When I went back through it, I made two punctuation changes and then read it aloud and timed it. Five minutes and 1/10 of a second. I was overwhelmed. I came upstairs and told my experience to my wife. It was a very personal revelation. The next night I gave that talk just as it had been given to me. I found out later as I checked the suggested material outline for all the stake conferences that it had been prepared by Bruce R. McConkie. When you have done the work you have the right to ask.
280. One night, in the middle of the night, my wife awakened me to tell me that Glen, our youngest son had been awakened by a serious earache and was crying with the pain. He never cries, so I knew it had to be hurting him. I got out my anointing oil and began to administer to him. Almost as soon as I placed my hands upon his head, I could feel him resting. By the time I finished the pain was gone and he was almost asleep. He slept through the entire night and never had a return of his earache.
281. At a High Council meeting: In the name extraction program a sister could not read the material she was working with. It was too faint. She needed the information very much, so she fasted and prayed. The material seemed to spring out at her. After she had completed the material, it faded away.
282. A brother Riding in Portland related to his priesthood quorum that I was visiting that he had a son who was a Western Union delivery boy. One night the brother Riding went to bed and his son had not returned home. He was awakened after about an hour and was impressed to get up and get into his car. Not knowing where he was going, he drove directly to the local hospital and asked the nurse where his son was. She said that definitely there was no one in the hospital by that name. He left the desk and went upstairs. The nurse was following in a protesting pursuit to a darkened room where he found his son. They said they didn't know who the young man was, but that he had been in an auto accident and was in need of blood. Not even knowing his own blood type, he said "I have his blood," which he found out later he did and it happened that the blood was a more rare type. He gave two pints and saved the boy's life.

283. My Counselor, brother Farnsworth mentioned that he was aware of a person who was doing genealogy work and was having a hard time finding one of the families. While he was doing his work, he noticed three people who were dressed in strange clothing sitting nearby. They came over to him and handed him a book and said that here was the book he was looking for. After they had left, he examined it and found that the three people in the same clothing were inside and were the people he was looking for.
284. Brother Tolman, a regional scout leader, related that one of his boys had an accidental eye injury during a trip into the back country. It turned from blue to brown and then went white and glazed. One of the boys suggested that brother Tolman administer to him. One of the non-member boys said, "You mean that if he lays his hands on his head, he can restore his vision? You've got to be kidding!" They all rounded around the fire and had prayer and then Brother Tolman laid his hands on the boy's head and the boys witnessed a miracle as that eye was restored to a clear blue with full vision.
285. B.Y.U. Coach Stan Watts was restored from cancer after an extensive fast in his behalf and was alive for many years after as a witness.
286. Sister Arliene Nofchissey Williams, when I picked up her song "Go My Son" told me that she had seen me in a dream the night before and that I had my book in a plastic sheath (which it was and that we hadn't decided between a hard or soft bound cover (which we hadn't) She also said that her patriarchal blessing had said there would be more to her song.
287. People will only hurt your feelings if you choose to let them. We're as happy as we make up our minds to be. You choose how you feel to be. You can be a slave, or you can let your own agency think happy thoughts. Think correctly. The solution is to think correctly. Avoid the negative. Think happy thoughts. Think about a favorite song, scripture, a good example, a pleasant memory. By projecting our thoughts into the future, you can deal with any present pressures. Is what I am doing now going to be meaningful when I'm eighty? Totally master your thoughts. Look toward the next life. Master your thinking, our most important challenge in life. You'll have a bright recollection of all of your thoughts and actions.
288. A brother of a good friend of mine who is an extensive genealogist related to me that he had been very close to the spirit and had met many of his ancestors personally, people from Brittany (which he didn't even know where it was). And further, they had come from the holy land in a migration. Over 40 to 50 generations and he had met man of them. On one occasion one of his ancestors came to him while he was driving up to BYU to do some work and because he didn't have time to do a lot of research, he was directed to go to the library, find a certain book and on a certain page he would find the information he needed. He did. He also related to me that Lehi had been close to me.
289. From the Seattle Temple: A lady who was doing an endowment was impressed that she must leave...that someone at home needed her and needed her---now. She made an attempt to leave, but one of the brethren made the promise to her that if she would stay, everyone at home would be all right. When she finally arrived home, she found her son all wet and very tired. When she inquired what had happened, the boy related that contrary to her wishes, he had gone swimming in a canal near their home. He began to

drown and knew he was drowning, when he was rescued and brought home by a "nice lady." When the mother asked who the lady was, the boy produced a piece of paper with the woman's name, the same name for whom the mother had gone through the temple that day.

290. My good friend Bob (Dr. Robert Petty), a prominent eye surgeon here in Provo recently related about on one of his recent trips back from Saudi Arabia. He was talking about the translation of the Book of Mormon into Arabic. The gentleman who did the translation was a Seventh Day Adventist and an accomplished linguist in Arabic. The translation took almost five years. He said that to put the book back into its native tongue was interesting because in English it is very cumbersome. But it fit so beautifully into chaisms and other word structures that were totally unknown to Joseph Smith and even until 1890. Even names used, i.e., Moronihah, Nephihah and other names were very common to the language. The language was so beautiful that when he had finished some passages the tears rolled down his cheeks. He knew that the book was all that it purported to be. It reminded me that the Koran was not translated into English or other languages because of the beauty of the word structure and it was strongly felt that the translation would desecrate the poetic beauty of the Koran.
291. When God commands, I do it. --Joseph Smith.

#### **292. Self Improvement Thoughts:**

293. **Seven Rules for remembering names and faces:** Get the name correctly. Repeat the name out loud. Form a mental image of something suggested by the name. Observe an outstanding feature of person's face. Form a mental picture of the outstanding feature of the face. Connect the mental picture of the name and face together. Name/face/lock together in cadence.
294. **Remembering People:** Work at it. Make a rhyme about his name: John McGuire joined the choir. Make a quick mental image of his face. Whom does he resemble? Create a mental cartoon of his name. Repeat and review.
295. **Speak Clearly:** Slurred or clear? Repeat the alphabet before a mirror. Have someone video tape you. "He thrusts his fists against the posts and still insists he sees the ghosts." Flat or colorful? Laugh up and down the scale. Whisper aloud. Read aloud. "How are you?" with a hand on chest.. Group singing.
296. **To Remember:** Anything must be associated with something you already know. You must see it in your mind. Action is necessary. It must be similar, opposite, or near.
297. Evaluate-----> Plan-----> Act-----> Report
298. **Compliance Methods:** Modeling, peer pressure, direct instruction, threat, reward, test group participants, role playing, foot in door, build sympathy, volunteering, confession, inequity and repayment, lacking fulfillment of expectation, fulfillment for a need, completion with group action, avoid saving embarrassment.

- 299. Hold Effective Meetings:** Have a need. Is the phone or a memo better? Have a purpose. Plan to achieve a purpose: who brings what, manuals agenda. Train the people: have them think about it individually beforehand. Be brief, clear, get closure, or a decision or breakdown of who does what, when, where, who, why, how. Have fun, socialize, but get it done. Use an action agenda.
- 300. Steps to Delegating:** Give the whole picture of the job to be done. Show general need. Share the decision: "What do you suggest?" "What do you think?" "How could you help us?" Emphasize the importance of your joint decision. Have a check back point. "When would be a good time to check back?" Follow up and do it. Find a new way to thank them. Make it their idea, not yours, have them make it their task. "It was your thinking that lead me to believe that..."
- 301. Giving a Talk:** Begin early. Gather a wealth of material. Head, Body, Tail. Get attention. Produce a problem, need, distress. Solution seeking: Central idea, what to do. Make a point....give an illustration. Make a point....give an illustration. Make a point....give an illustration. Conclusion, summary, given main point. Make action easy. Notes: Start with the familiar and comfortable. Focus on audience, individuals, front to rear. Don't memorize, use a structure with stories and illustrations. Before doing it, see yourself doing it. Visualize it completely several times. Use eye contact. Get a sequence of ideas. Use variety. Visual aids, stories, examples, statistics. Finish by focalizing to a final point. Want to share an idea. Be physical spontaneous and enthused. Laugh, cry, loud, soft. Have something important you must tell them..."This is the most important thing." Imagine them as people who owe you money and you want it back.
- 302. Developing Talents:** Discover your talents, through blessings, yourself, others Commit. Decide to do it. Have faith. Skill development. Get professional help. Practice. Share your talents
- 303. Brainstorming:** Be creatively alert. Remove all criticisms. Nothing negative. Everything is okay. Try to get 100 or so good ideas. Ideas spawn other ideas. Break a particular problem into many sub-parts and applications. Free wheel with improvements, combinations, ideas to ideas. Use a secretary in each group of 5-7 people. Select best possible solutions later. Select best possible tests for solutions. Imagine all possible results.
- 304. Project Control:** Set a goal, purpose, set concrete objective, Set a final deadline. Break down into sub-tasks. Prioritize into order of performance. Sequential. Parallel. Progressive. Set target dates and benchmarks. A deadline for each sub-task. Milestone progress. Specific dates for evaluation. Modify as necessary. Assign sub-tasks to self and others. Delegate where possible. Check to see everyone's dates. Keep a master list and daily lists. Monitor progress until completion. Set up project sheet. List tasks to whom, due dates. Follow up sheet and daily tasks. Cross off as completed. Highlight lagging items.
- 305. Teaching Effectively:** 1. Show how to do it. 2. Do it with him. 3. Let him do it under supervision. 4. Let him do it by himself. Give frequent approval.
- 306. When giving a Call:** Tell them the expectations, Review meetings. Stewardship. Questions they might have. Manuals as resources. Do you accept the call?

**307. Bishop Olpin's Successful Marriage Suggestions:**

1. Make time for each other.
2. Complement each other.
3. Seek variety and balance.
4. Give 125/125. Grow spiritually together.
5. Create goals together and singly.
6. Maintain a record.
7. Seek the best in life.
8. Preserve good health.
9. Create beauty in your lives.
10. Let your love deepen for each other.
11. Before you go to sleep each night, tell her you love her.  
(I had 84 couples marry in my ward during my fifth year that I was a BYU bishop.)  
(Perhaps you may enjoy my attached book *8 Fun Ways to Happy-ize Your Family*)

**308. Anointing:** (Name) by the authority of the HMP in me vested, I anoint you with this holy oil that has been consecrated, dedicated and set apart for the anointing of the sick in the household of faith and do it in preparation for the sealing which is to follow. In the name of Jesus Christ. Amen.

**309. Sealing:** By the authority of the HMP in us vested, we lay our hands upon your head and seal the anointing which you have received from a servant of God that you may regain your health and strength and we do in the name of Jesus Christ. Amen

**310. Preparing a Missionary:** Prayer. Daily study of the scriptures. Savings program by missionary. Lead him by example. Hold FHE regularly. Preparation: maintain worthiness, missionary classes at stake. Go forth to proclaim His Gospel. Lead clean worthy lives. **Pornography is on top of the list as a tool of Satan, the destroyer: movies, magazines, television, X & R rated movies. Visual corruption cannot be thrown up like food.**

**311. The Art and Science of Communication:** It's not so much what you say, its how you say it. Develop a positive attitude. Surround yourself with positive people. We have a lot to offer. Be Generous

313. Christ-like and non-Christ-like.

314. Humility is controlled greatness.

315. Laugh from your experiences.

316. The principle of irreversibility---once you've said it, you can't un-say it.

317. The Law of the boomerang: it comes back to you.

318. Fight or flight.

319. Learn to share love even if it is not returned.

320. With a little bit of sewer water in a pop bottle, would you want to drink it?

321. Laughter, play and recreation can eliminate many debilitating diseases.
322. Get on the IRS seized property mailing list. Buy it at the courthouse.
323. Olive oil and peanut butter oil and avocados are good for preventing heart disease.
324. Learn to work. Learn to save. Learn to invest. Learn to give it away.
325. These meetings will continue until we discover why no work is being done.
326. For he who is faithful and wise in time is accounted worthy to inherit the mansions prepared for him of my Father. D&C 72:4
327. Christ loved. So should I.
328. Knowing ourselves. Control ourselves. Give ourselves.
329. A recent Harvard study determined that the best teaching means in a classroom was that at the end of the period, every student would write a single paragraph of what the class covered that hour.
330. Studying on Sunday: Just see that your ox doesn't get stuck in the mire every week or as an emergency.
331. The Book of Mormon has over one hundred synonyms referring to Jesus Christ and used 1.7 times per verse.
332. There is no gain without failure.
333. Lack of planning on your part does not constitute an emergency on our part.
334. High self-esteem equals high productivity
335. The things that matter most for your children are good habits and good memories.  
--Joe Overman's funeral
336. Decide to do it and then do it. Decide it just once.
337. Goal statements are specific and measurable.
338. We will be what we decide we will be.
339. Opportunity knocks, but temptation kicks the door down.
340. Make everywhere I go a better place because I was there. --Reed Farnsworth.
341. If it weren't for plumbers, you'd have no where to go. --Paul Harvey
342. Success Rule Number One: Get up when you fall down.
343. Those who do consistent work will remain mediocre. Those who strive to do more will pass beyond mediocrity.

344. **Building Productive Relations:** Motivation: an environmental condition that moves to action. People can't be directly motivated Create an atmosphere.
345. **Three emotions of motivation:** Fear: I have to. Duty: I ought to. Love: I want to. Ask yourself with each task. Attitude. A mental condition with regards to a fact. Negative reinforcers used commonly.
346. Be Positive. Reasons for low self-esteem (negative) We live in a negative society. People often relate small failures to themselves.
347. Life is what happens while you're planning something else.
348. With God's help we cannot fail. Without it we cannot succeed.
349. "Maybe".....and that's final!
350. Never wave at a friend during an auction
351. Quality is produced by craftsmen. --DLO
352. Quality, discipline, attention to detail
353. Discipline is based on values.
354. Church is not a rest house for the righteous, but as a workhouse for the repentant.
355. **A Riddle:** To prevent a coup by the officer's children, the general ordered that any boy whose father was in the military be shot. How did the general's son avoid that fate?  
**Answer:** The general is a woman.
356. Behind every successful man stands a surprised mother-in-law.
357. Sticking to it is the genius. Any other bright-minded fellow can accomplish just as much...if he will stick like hell and make the damn thing work. --Thomas A Edison
358. The essence of success is failure. --Tom Peters
359. Do and then think. --TP
360. The essence of success is doing. Ready, Fire, Aim. --TP
361. If all else fails, do something. --TP
362. Do it and fix it fast. --TP
363. Help thy brother's boat across the river and lo, we achieve the other side. --Hindu Proverb
364. The IRS was asked if birth control pills are deductible? Only if they don't work.
365. The 5-P's of success: Proper Preparation Prevents Poor Performance.

366. Living a righteous life is like shaving. We need to do it every day.
367. When making an offer to buy, ask: How much less than \$XXXX would you take?
368. The only true measure of greatness or success is how closely we align our lives with being Christ-like.
369. **The power is within you to change for good that part of the world over which you have some influence.** --DLO
370. **Interest:** Them who don't understand it, pays it. Them who do, gets it.
371. People don't die. They "graduate."
372. **Hiccups cure:** Put both index fingers in your ears.
373. I am driven by four words: Wise choices and discipline. --DLO
374. What have I to be grateful for? he asked. Have you done any breathing lately?
375. Old salesmen never die. They just make a new deal.
376. Success is.: Some trees are great. Some trees are small. Some are missed when they fall. --DLO
377. The most precious thing we can give our children is our time and our company. --Mark Twain
378. Test for knowing whether you have a male or a female cat: If you put a bowl a milk in front of it and if *he* drinks it you know it is a male. Put a bowl of milk in front of a female and if *she* drinks it you know it is a female. --Paul Harvey
379. Discipline is a dream in work clothes.
380. The solution to most social problems of this nation lies in strengthening the family. --DLO
381. There are no perfect men, only perfect intentions.
383. A little boy who is brushing dog's teeth with father's toothbrush was asked by is father what he is doing? "Just what I do every night." --Paul Harvey "
384. Jazz manager Frank Layton: Size 46 belt. "It just snacked up on me." At the weighing machine: "Come back when you are alone."
385. A young boy, elated about his newer, larger home said it was wonderful, because now he has his own room and so does his sister; but poor mom she still has to sleep with dad.
386. A speaker noted a unique family during a meeting. When one of the kids got a little out of line, the father just raised one finger and the child snapped back into shape. Afterwards when asked how the father maintained such discipline and what the finger meant, he said that after church they all have sundaes and *that* means you just lost one scoop.



387. Paul Harvey reported on 12/6/89 that Mormons live longer, according to a UCLA study of 10,000 Mormons concluded that those following Church practices would live to an average age of 86.
388. The Red Army Chorus will be touring the US soon. One of the numbers they will be singing is "God Bless America." –Paul Harvey
389. Murder victims seldom receive stays of execution.
390. A young man in a class was asked how old a person would be if born in 1920? The young boy asked, "Man or woman?"
391. Bald: All good people who come out on top.
392. On a tombstone: I told you I was sick.
393. Compliments are like perfume. They should be smelled, but not swallowed.
394. Moses did not come down from the mountain with the "Ten Suggestions."
395. I am happy to be with you tonight. At my age, I'm glad to be anywhere.
396. When you hear the click, leave your message.
397. Learn. Do. Become.
398. Ultimately, we do what we want to do. --Hyrum. Smith
399. What great or small legacy do I leave to humanity? My footprint in the sand? What part of history can I change or influence?
400. My husband is wonderful. He has never smoked, or drunk Coke, or done anything, and I'm telling you that's hard to live with. (a comment at a stake social)
401. Procrastination is the thief of eternal life.
402. That which is easy is rarely right. --TLM
403. Be true to your teeth, or they will be false to you.
404. Integrity is living righteous principles.
405. Play with your children that they might understand you.
406. The good Lord put me on this earth to accomplish a number of things. I am so far behind on my list now that I think I'll never die.
407. I'm not under the influence of alcohol, although some think I am.
408. EFI is the power behind your power.
409. Strong values make a strong America.

410. The power of the family is one of the greatest forces that can be unleashed.
411. Where you spend your time says where your heart is.
412. Pray for me. I'm going in for an autopsy. --Paul Harvey
413. I'm so old that I can remember when hamburger didn't need a helper. --Paul Harvey
414. Lord, give me a blessing that isn't in disguise!
415. "Go forward and do the things which are right and thou shalt be blessed. "  
(A personal answer to a prayer...--DLO)
416. Excessively belly fat potentially affects diabetes. --Paul Harvey
417. Do you have a plan? Most people plan their vacations better than they plan their lives. -  
--Mary Kay Ash
418. Leaders are people who project vision.
419. Vote "Yes" on preparation H.
420. We are called to raise up great spiritual leaders.
421. Apathy is okay, I guess.
422. "Do it, damn it!" --J. Golden Kimball
423. All immoral behavior impacts society. When someone says, "It's nobody's business." it is!
424. Remember who you are, and don't let that get in the way.
425. Your attitude determines your altitude.
426. Treat your children as guests in your home, as special friends, not as you're being a superior.
427. Service is what Godhood is all about.
428. Who honors God, God honors.
429. That man is truly great who is most Christ-like.
430. Make me feel important and I'll do anything.
431. Preaching: Tell them what they need to do. Teach: Tell them how. Expound: Embellish. Exhort: Tell them to do it.
432. A successful man is just a normal man, focused.
433. The best things in life aren't things.

434. A bishop's greatest tool is his spirituality. Bishop O. Geral Wilde
435. Counsel, instruct, inspire.
436. Happiness is...full use of your abilities along lines of excellence. JFK,/ Greek philosopher
437. It is better to prepare and prevent, than to repair and repent.
438. Raise our habits to our values.
439. Wendell J. Ashton told this to a sister who had come in to see him. She didn't even tell him that she had nearly committed suicide. He stood up behind his desk and firmly told her, "Until you go home and learn to love yourself, we can go no further. What does the commandment mean: Love thy neighbor as thyself. Think of what that means."
440. Happiness is like jam: you can't spread it around without getting some on you.
441. Church basketball: the only fight that begins with a prayer.
442. We love what we sacrifice for.
443. Use me Lord, but only in an advisory capacity.
444. Happiness is being in possession of the Love of God.
445. **Interaction Problem Solving:** I have a problem that I need to talk to you about right away. (Present problem) You have been...(describe action).....This has made the problem of....(describe the reaction) .....If the problem continues, is it going to make matters better, or worse? Do you want things to get better or worse? What do you think you should do about it? --Hyrum Smith
446. **The Three Laws of Handling Wealth** 1. Learn to live upon less than you earn. 2. Learn to seek advice from those who are competent through their own experience to give it. 3. Learn to make your money work for you.
447. Sell the Sizzle:
448. Sell yourself first.
449. Think "you" and "yours."
450. Don't write, call or send a email
451. Say it with flowers.
452. Don't ask if. Ask which.
453. Watch what you say and how you say it.
454. If you can't make a sale, make a friend.
455. Remember, no man is a failure who has friends. --*"It's a Wonderful Life" movie*

456. LeGrande Richards, after a flowery introduction replied, "Oh I wish my mother could have heard that. She wouldn't have believed it either."

457. **How Grandparents Succeed:** Learn the importance of the family. Teaching your children and grandchildren that they belong to something special...our family. Travel to blessings, baptisms, ordinations, graduations, weddings. Hold family reunions every two years as three-day affairs. Always at new places, minimal business meetings, maximum fun. Togetherness and interchange. The family comes because they want to. Building family love, unity, playing games, love life and never grow old. Authority by example. Not imposing judgment on those who do not share your religious or political vision. A son is a son. That's it! I just want to be proud of you.

458. Follow your passion –Victor Borge

458. **Memory System:**

- |           |            |           |              |
|-----------|------------|-----------|--------------|
| 1. Toe    | 2. Noah    | 3. Ma     | 4. Row       |
| 5. Law    | 6. Chow    | 7. Cow    | 8. Foe       |
| 9. Boy    | 10. Ties   | 11. Toad  | 12. Tin      |
| 13. Tam   | 14. Tree   | 15. Towel | 16. Dish     |
| 17. Tag   | 18. TV     | 19. Tub   | 20. Nose     |
| 21. Nut   | 22. Nun    | 23. Name  | 24. Nero     |
| 25. Nail  | 26. Niche  | 27. Neck  | 28. Knife    |
| 29. Knob  | 30. Mouse  | 31. Mud   | 32. Man      |
| 33. Mummy | 34. Mower  | 35. Mule  | 36. Match    |
| 37. Mike  | 38. Muff   | 39. Mop   | 40. Rose     |
| 41. Rat   | 42. Rain   | 43. Room  | 44. Rear     |
| 45. Rail  | 46. Reach  | 47. Rake  | 48. Roof     |
| 49. Rope  | 50. Lace   | 51. Light | 52. Lion     |
| 43. Lamb  | 54. Lawyer | 55. Lily  | 56. Ledge    |
| 57. Lake  | 58. Loaf   | 59. Lip   | 60. Cheese   |
| 61. Chute | 62. Chain  | 63. Jam   | 64. Chair    |
| 65. Jail  | 66. Judge  | 67. Check | 68. Chief    |
| 69. Ship  | 70. Case   | 71. Coat  | 72. Cane     |
| 73. Comb  | 74. Car    | 75. Coal  | 76. Cash     |
| 77. Cake  | 78. Cuff   | 79. Cup   | 80. Face     |
| 81. Foot  | 82. Fan    | 83. Foam  | 84. Fire     |
| 85. File  | 86. Fish   | 87. Fog   | 88. Fife     |
| 69. Fob   | 90. Base   | 91. Boat  | 92. Bone     |
| 93. Bomb  | 94. Bear   | 95. Ball  | 96. Beach    |
| 97. Bag   | 98. Beef   | 99. Pipe  | 100. Daisies |

459. Discipline by severity only brings resentment.

460. Stay in school: Average wages in 1968: \$12,000; 1988: \$29,500, 2008: \$72,480 . During that time the average high school graduate will make about 50% of what the college graduate; \$500,000 to \$1,000,000

461. Vision: Leader initiated. Comprehensive and detailed: who, what, how when and where? Must be positive and inspiring - worth the work. Must be shared and agreed support
462. Avoid clichés like the plague.
464. Getting ready is the secret to success. --Henry Ford
466. Greatness is inspired through recognition. DLO
467. Happiness is an attitude not a condition. It is in the present not the distant promise of "someday when." Fall in love with life. Reader's Digest 6/93 p.155
468. I may not walk the straight and narrow all the time, but I cross over it a lot. --J Golden Kimball
469. Live well---you're dead for a long time.
470. Shallow men believe in luck. --Emerson
472. There is no joy in sinning. Though it may be fun at the time. --JGK
473. Three ways to get a calling: revelation, inspiration, relation. --JGK
474. You can't excommunicate me. I repent too damn fast. --JGK
475. A pool table, don't you understand? Friend, either you are closing your eyes to a situation you do not wish to acknowledge, or you are not aware of the caliber of disaster indicated by the presence of a pool table in your community. Well--you got trouble my friend, right here, I say trouble right here , I say trouble right here in River City. Why sure I'm a billiard player, certainly might proud to say, certainly might proud to say it. I consider that the hours I spend with a cue in my hand are golden. Help you cultivate horse sense, and a cool head and a keen eye. D'cha ever taken try to find an iron clad leave for yourself from a three-rail billiard shot.? But just as I say, it takes judgment, brains and maturity to score in a balk line game, I say that any boob can take and shove a ball in a pocket, and I call that slop. The first big step on the road to the depths of degradation..... --*The Music Man*
476. During the Dark Ages the amount of knowledge doubled every two hundred years. Presently. this year, 2021 it will have doubled every 12 hours.
477. You don't want money... You don't want money! You don't want money!! You want income!!! --Harold R Clark BYU Money and Banking Professor
478. Life isn't fair. God didn't intend it to be.
479. Everyday can be a success--some great successes, some small. --DLO
480. We are not here to impress, but to bless.

481. Our existence: Intelligence---spirit---body---spirit---soul
483. Elvis is the only person to appear on a US stamp while alive. --Paul Harvey
484. There is no chance, no destiny, no fate that can circumvent or hinder or control the firm resolve of a determined soul. --Ella Wheeler Wilcox
485. However talented men may be in administrative matters; however eloquent they may be in expressing their views; however learned they may be in the worldly things--they will be denied the sweet whisperings of the Spirit that might have been theirs unless they pay the price of studying, pondering, and praying about the scriptures. --Bruce R. McConkie, 1982
486. If you can't give the world something worthwhile while you are here, what good was it in being here?
487. Have everyone rise and put their hand over their hearts. Now you can go home and tell your families and friends that as a result of this meeting your spirit has been raised and your hearts have been touched.
488. A mission: not the best two years of his life, but the best two years **for** his life.
489. In public speaking, if you speak more than twenty minutes, you'll tell them more than you know.
490. Make a good beginning and good ending and make them both close together.
491. The Lord gave some brains, some he gave hair.
492. The similarities between me and my father are different. --Yogi Berra's son
493. Decisions determine destinies.
494. Study the scriptures and learn to love your calling.
495. We are spirits having a human experience. --Stephen R. Covey
496. Do a little light reading. Read the scriptures.
497. The greater the risk, the greater the opportunity for success.
498. One of the responsibilities of a bishop is to provide opportunities for people to grow. ---  
Bishop Wilde

499. Humor:

### WYOMING RESIDENCY ELIGIBILITY TEST

You must be able to answer YES to three or more of the following questions to qualify for permanent residency in Wyoming. Failure to do so qualifies you as a temporary resident only.

- Do you own more than three shirts with cut-off sleeves?
- Have you ever spray-painted your girlfriends name on an overpass?
- Is your lifetime ambition to own a fireworks stand?
- Does the size of your wood pile exceed the square footage of your house?
- If someone asks to see your ID, do you show them your belt buckle?
- Do the directions to your house include "turn off the paved road? "
- Are your dog and your wallet both on a chain?
- Do you owe a taxidermist more than your annual income?
- Has your wife's hairdo ever been ruined by a ceiling fan?
- Do you have a rag for a gas cap?
- Do you have a hefty bag for a passenger side window on your car?
- Have you ever barbecued spam on the grill?
- Is your brother-in-law also your uncle?
- Did you buy a VCR because wrestling comes on while you are at work?
- Does Skol chewing tobacco send you a Christmas card every year?
- Do you view your next family reunion as a great chance to meet a woman?
- Do you prominently display gifts that you bought from Graceland?
- Does our truck have curtains but your house does not?
- Has your front porch collapsed, killing more than three dogs?
- Do you call your boss "Duda?"
- Do you consider your license plate "personalized" because your father made it?

Have you ever been fired from a construction job because of your appearance?

Did your father encourage you to quit school because Larry had an opening at the Lube Rack?

- Do you get an estimate from the barber before getting a haircut?
- Has anyone in your family ever worn a tube top to a wedding?
- Do you own more cowboy boots than sneakers?
- Have you ever worn a cowboy hat in church?
  
- Do you have a picture of Willie Nelson or Johnny Cash (or both) over your fireplace?
- Are your sunglasses mirrored on the inside?
- Does your belt buckle weigh more than three pounds?
- Do you think BMW are the call letters for a radio station?
- Have you ever been to a funeral where there were more pickups than cars?

500. Are you a wandering generality in life?

501. There is no right way to do something wrong. If we choose to the wrong, our ability to choose becomes more limited. Free agency permits us to choose again.

502. Remember, if you need me, I'll call you. --Marcus Olpin

503. The key to happiness is having dreams. The key to success is making them come true.  
(A Hallmark Card )

504. **LaVell Edwards Five Steps to Success**

Set a goal and make a plan  
Prepare well  
Organize your time  
Stay focused.

Never give up and you'll always be a winner.

505. **Temptation:** An opportunity to do evil.

506. Two kinds of people: the righteous who repent and the unrighteous who don't.

512. Negative growth. Debt serving.

513. **Ten Points of Apostasy from Christ's Church**

1. Form of baptism changed
2. Form of Sacrament changed (transubstantiation)
3. Personality of God confused
4. Simplicity of worship lost - pageantry introduced
5. Vicarious work for the dead disregarded
6. Continuous revelation ignored, denied and lost.
7. Selling of indulgences introduced.
8. Reading of scriptures banned.
9. Church sought wealth and political power
10. Learning suppressed and Marriage perverted.

"They draw near unto me with their mouths, but their hearts are far from me, having a form of Godliness, but teaching the commandments of men, but denying the power thereof."

514. I hope that I can die peacefully in my sleep like my grandfather and not screaming and yelling like the rest of the people in his car.

515. Christ works from the inside out. The world works from the outside in. Changed men can change the world. --SWK

516. The gateway to the Celestial kingdom swings open often and late.

517. It was so cold in Chicago flashers were only showing pictures of themselves. --Paul Harvey

518. TV puts ourselves under the control of others. Finding ourselves is a form of freedom. Freedom opens the door to ourselves.

519. I used to know everything, until I turned twenty. --David K Jones

520. Attitude is the most important thing in our lives. Our lives are 10% what happens to us and 90% what we do with what life gives us.



521. When opportunity doesn't knock, make a door.
522. If they haven't forgotten you, you're not dead yet.
523. "The Sunday meeting schedule (see the chart "Sunday Meeting Schedule" at the end of this section) provides vitally important time on Sundays for families to study the scriptures and gospel principles and to give Christ like service. Leaders must not defeat the purpose of the Sunday meeting schedule by infringing upon family time with ward or stake meetings and activities." *The General Handbook of Instruction. p. 2-4*
524. Stake President Billings related an incident where our Stake Patriarch Foster was giving a patriarchal blessing to a young man. When he finished the young man turned to shake the patriarch's hand, brother Foster asked the youth if he knew a certain person. The youth said, "Yes,! He was my grandfather." Brother Foster said that man was standing beside me telling me what I should include in your blessing.
525. Enjoy the peace and power of the Spirit.
526. I thought I could depend on you.
527. Success begets success; failure begets failure. --DOM
528. The Finnish people say that gray hair is the crown of righteousness. The Americans say that for every hair that turned gray they resisted temptation; for every hair they lost meant they didn't.
529. A pro is a person who has the same problems as everyone else and makes it look easy.
530. **Learn the art of asking questions.** Rather than making statements, smile and nod: Wouldn't it be exciting if? Can you see the value of...? Wouldn't it be nice to know that...? Isn't it about time that...? Don't you feel that you deserve...? Do you see the benefit of? Would it be worthwhile to find that...?
531. **Persistence:** Coolidge: Persistence and determination alone are omnipotent. One more time. Lucky people are persistent. "When you want to learn as much as you wanted to breathe, you'll learn the wisdom of the ages."
532. **Dr. Robert Schuler:** Look on the time as an opportunity. What some see as a threat, others see as an opportunity. He told his class that they were an exceptional student group and no one failed (where ordinarily 50% failed). I am what I think you think I think I am. Every person is the best person who believes the best about himself. Live and practice possibility thinking. Problems are opportunities
533. No person, institution or business has money problems, only idea problems.
534. Believe in your ideas. He sold each window in his glass cathedral for a \$5,000 donation. When things get over our head, think bigger. with their name on it. Each seat sold for \$1, 500. By the inch it's a cinch. It works if you work it. Keep on trying; it's possible. When faced with a mountain, turn it into a gold mine.

535. **Dennis Waitely:** What good does it do to tell something, if you're not an example? Tell people they are special. Spend seven minutes a night with your kids telling them they'll go far. It doesn't matter how it is out there, it's how it is as you perceive it. This is the best of all times. Spend your time with your children, especially before they go to bed. I only eat at 5-star homes. People don't know you're bad unless you tell them. When you get a compliment, say "Thank you." If you win, I win. Kids just want to feel special in the parent's mind. You can decide to succeed or fail. Expect it and it happens. Make sure that when you look in the mirror, that you see the person you want to be. Everyday's a super bowl! Give away all the love you can. Endorphin is secreted in the blood from glands that is 200 times more powerful than morphine...if you want a high.
536. **Robert Henry:** Diet: If it tastes good, spit it out. The power of humor: Use it constructively; poke fun at yourself. Why did you get up this morning? Goals are for people who need them. Alice in Wonderland asks the owl which road she should take. To which the owl asked, "Where are you going?" I don't know! Then it doesn't matter. Goals should be reasonable, practical and obtainable. Kiss your kids every day. It's gonna be a wonderful day! Do you wake up grouchy? No, I let her sleep. Be the best you can be. Give services freely. Do something to make someone else better. Give to God.
537. **Paul Harvey:** Worry about the right things. We need constant tending to keep this magnificent country alive. Are we preoccupied with the negative when people are trying in rowboats to get to the USA. Yankee go home...and take me with you. Twenty-one states have patterned their welfare programs after the LDS Church. Get up when you fall down. Do more with your life, not less. America--she ain't perfect, but we ain't done yet.
538. **Billy Burden:** The human mind does record everything that has happened from birth to death. One billion seconds ago was Pearl Harbor. One billion minutes ago Christ was on the earth. One billion hours ago man didn't exist. One billion dollars ago in government was only yesterday afternoon.
539. **Cavette Roberts:** "With that introduction, I can hardly wait to hear myself." "When I was a kid, pot was something you kept under your bed to keep from taking a trip. Be professional in your professional. You have to run to stand still. You can't solve tomorrow's problems with today's information. Check on yourself daily. Never be too busy for improvement. Only this moment is legal tender. Personal experience is not the best form of learning. Use "O.P.E"...other people's experience. Engineers don't invent the wheel every generation. Only 12 1/2% of your job is your technical knowledge; 87 1/2% is your ability to work with others. Steal one idea and you're a thief. Steal a lot of them and that's research. Don't tell people your problems. Tell them business is great! Love the people you work with and love what you do. Don't try to heat an oven with snowballs. Learn to love people. Hope that you'll have kids with rich parents. Love is only love when you give it away. Don't dwell on your mistakes and failures. Dwell on your successes and accomplishments.

540. **Zig Ziglar:** Those who have fuzz busters are just being scientific about breaking the law. Our children seldom see real love on television--only counterfeits. Those love stories are seldom if ever told because it makes it so common and common is never beautiful. Understand that I may never love everything you do but understand that I do love you. Life is not easy. It's tough and rewarding. Cows don't give milk. You have to fight for every drop. Sow positive seeds. Hillary, when he got to the top of Everest wasn't just out walking. You are somebody. Become what you are. You can do it! I believe in you. People don't care how much you know. They only care how much you love.
541. **Rulon G. Craven:** Had four Eagle Scouts in his family. Your attitude is an advertisement of your being. Learn to use your mind to control yourself. Your mind is an instrument of accomplishment. Act positive and BE ALIVE to others. Generate GO power. Focus on success. Recognize people and praise people. Walk tall. Never find fault.
542. **Art Linkletter:** Started skiing at the age of fifty (and is still skiing at the age of eighty-two). Lowell Thomas does at 86. Everything is downhill. He always writes down lists and priorities. This is my life and these are the things that I MUST do. I'd LIKE to do...HOPE I can do. Make people feel good before you sell them anything. Success is peace of mind with your abilities and what you've done. The way to get people to like you: (the secret) is how you listen to them. Put them on the pedestal on stage. For kids: get down with them with full attention and be fascinated. Talk about their family life, family secrets. "We had a dog with a pedigree, but we cut it off." Ask about their wishes, what they want to do when they grow up. She doesn't have a belly button. She's adopted. Kids do not visualize defeat. We must retain that same attribute. If you haven't failed at something lately, you haven't done anything lately. You've got to fail to succeed. Trying again and again. We all have a desire to be great. This is a marvelous time to be alive. We've got it all.
543. If you are paid in advance, it's bribery. If you're paid afterwards, it's a reward.
544. Paul Harvey reported that the average worker now works 2 hours and 46 minutes each day for the Government. If the new health bill goes through, that number will change to 3 hours and 16 minutes.
545. There are no perfect families or family programs. Only those who are trying to live closer to perfect principles.
546. My free advice to you may be exactly what it is worth. The greatest legacy we leave is our family. --Richard Nixon
547. The only things a salesman ever sells is: Convenience, Savings and Satisfaction.
548. The great challenge of man is to find out who he is and how he may serve his fellow man. -DLO
549. All societies that survive are based on marriages. Paul Harvey
550. Delegate or die.

551. Enthusiasm is the greatest contagion I know of. I want you to go out there without your feet touching the ground. --L. Tom Perry.
552. Hebrew sayings: That which comes from the heart enters the heart. Thankfulness is just the beginning of gratitude.
553. When times of adversity occur, we can either murmur or ponder. --Neil .A. Maxwell
554. Ben Franklin died in 1790 and is still dead.
555. There are more leaders here per square foot than anywhere I've been. We are the fathers and mothers, grandfathers and grandmothers of great men and women. --Angus Belliston , *National President of the Sons of Utah Pioneers*
556. Quickly agree with thine adversary. --Proverb
557. We can expect miracles in our lives.
558. **COPS CORNER:**  
The following was taken from the Provo Herald, May 18, 1980, by Garry Guymon. When an officer is called to the scene of a traffic accident one of his objectives is to gather as much information about the accident as possible. Many times the officer will have the drivers write a statement of facts about the accident. I am sure that many times because of the trauma of the accident the person does not always write what they are thinking. I have listed a few sentences taken from various statements over three years which I thought might give a chuckle.
559. I collided with a stationary truck coming the other way. (Parked vehicle)
560. A truck backed through my windshield into my wife's face.
561. A pedestrian hit me and went under my car.
562. The guy was all over the road, I had to swerve a number of times before I hit him.
564. In my attempt to kill a fly, I drove into a telephone pole.
565. I had been shopping for plants all day and was on my way home. As I reached an intersection a hedge sprang up obscuring my vision. I did not see the other car.
566. I have been driving my car for 40 years when I fell asleep at the wheel and had the accident.
567. I was on my way to the doctor's office with rear end trouble when my universal joint gave way causing me to have an accident.
568. As I approached the intersection, a stop sign suddenly appeared in a place where no stop sign had ever appeared before. I was unable to stop in time to avoid the accident.

569. To avoid hitting the bumper of the car in front, I struck the pedestrian.
571. An invisible car came out of nowhere, struck my vehicle and vanished.
572. I told the police that I was not injured, but on removing my hat, I found that I had a fractured skull.
573. I was sure the old fellow would never make it to the other side of the roadway when I struck him.
574. The pedestrian had no idea which direction to go, so I ran over him.
575. I saw the slow-moving sad-faced old gentleman as he bounced off the hood of my car.
576. The indirect cause of this accident was a little guy in a small car with a big mouth.
578. The telephone pole was approaching fast. I was attempting to swerve out of its path when it struck my front end.
- 
579. Are you the kind of person you would enjoy introducing to your best friend? --Val Christensen, Kiwanis.
580. You can't always reach your goal by looking up towards it. You could get bogged down if you don't watch where you are going.
582. The best thing we can spend on our children is our time.
583. Duty makes us do things. Love makes us do things well.
584. Only at a Mormon wedding can you find the bride not pregnant and the mother of the bride pregnant. --President Billings.
585. To become great, follow great principles. --DLO
586. Great men follow correct principles. --DLO
589. There is no chance, no destiny, no fate that can circumvent or hinder or control the firm resolve of a determined soul. --Ella Wheeler Willcox.
590. Brethren, we can do better! --SWK
591. Provide a quiet time for yourself.
592. It's great to look into your faces and believe me some of your faces need looking into. --President Billings.
593. If you intend to do more business than you do now, you must *do* more than you do now. --DLO

594. Our success in life is oftentimes determined by our plan "B."

595. The solution to all merchandising problems is volume.

596. That isn't what I would expect from my son.

597. Observations of a stake conference:  
Young mothers struggling with their children

Kids hanging over the balconies.

Sound systems that don't work

Trembling novice speakers

People who come late looking for seats.

A restless youth choir.

Inspirational speakers.

598. **Seven Habits of Highly Effective People**---by Stephen R. Covey:

1. **Be Pro-active**

Take initiative and be responsible.

2. **Begin With The End In Mind.**

Start any endeavor---a meeting--a day at the office, your adult life--with a mental image of an outcome conforming to values you cherish.

3. **Put First Things First.**

Discipline yourself to subordinate feelings, impulses and moods to your values.

4. **Think win/win.**

5. **Seek To Understand, Then To Be Understood.**

Listen with intent to empathize, not with intent to reply.

6. **Synergize**

Create wholes that are greater than the sum of its parts.

7. **Sharpen The Saw**

Take time to cultivate the four essential dimensions of our character: physical, mental, social/emotional, and spiritual.

599. If you work at it hard, it's easy.  
If you work at it easy, it's hard.

600. One of the very few things that I want out of my life:

I just want to be proud of my four sons. --Dave Olpin 12/4/94

I Remember:  
10% of what I read  
20% of what I hear  
30% of what I see  
50% of what I see and hear  
70% of what I discuss with others  
80% of what I experience by doing  
95% of what I teach others

602. Experts in brain-based learning claim that traditional instruction is at odds with how the brain learns and that a typical classroom environment actually inhibits the brain from learning

--The Brain-based Education Network, Spring 1992

### ATTITUDE

603. "The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is plan on the one string we have, and that is our attitude...I am convinced that life is 10% of what happens to me and 90% how I react to it. And so it is with you. We are in charge of our ATTITUDES. --Charles Swindoll

604. Excellence can be obtained...  
If you care more than others think is wise  
Risk more than others think is safe.  
Dream more than others think is practical  
Expect more than others think is possible.

605. Between each action and each response there is a free agency space for decision.

606. The farm principle applies to everything. First you have to prepare the ground, sow the seeds, tend the growing, and finally reap the harvest. You can't do it all in the fall.

607. Weak men are without principles.

608. For every prize there's a price.

609. He who plans nothing accomplishes the same. Who plans something becomes something.

610. Know what is right. Know when you are right and then go straight ahead without deviation. --A. O. Smoot, founder of Brigham Young University.

611. As is this the dispensation of the fullness of times, it is also the dispensation of the fullness of evil.

612. When you look for the bad in mankind, you will surely find it. --Lincoln
613. No matter what happens, God wants us to be happy. Even after a storm the birds sing.--  
---Mrs. Ethyl. Kennedy.
614. Wherever you go, there you are.
615. It isn't how good you are, it's how bad you want it.
616. Tell me whom you love and I'll tell you who you are. --Creole proverb
617. Success getting what you want. Happiness is liking what you get.--Jackson Brown
618. Let each day be your masterpiece.
619. Miss Piggy says you should never eat more than you can lift.
620. True happiness comes from helping others.
621. Those whom you serve, you love.
622. The healthiest state in the Utah is Utah because of the lack of pollution, and the  
Mormons who neither smoke, or drink, even coffee. Paul Harvey 12/14/91
623. Fatherlessness drives a malignancy of society. 40-60% of this nation awakens without a  
father. A society that allows anything soon loses everything.
624. Speak in metaphors: like..., as....., etc.
625. The three greatest needs of man: A. Self-esteem B. Peace of mind. C. Personal  
contentment
626. You have honored me by the righteousness of your lives. SWK
627. No calling is small or without significance.
628. Lift your eyes and stretch your minds. --President Hinckley
629. "Forget yourself and go to work." --Gordon B. Hinckley's father
630. Try to become more Christ-like.
631. Have the talent to be able to laugh at ourselves.
632. The so-called "Golden Years" are sometimes lined with lead.
633. A scripture a day keeps Satan away.
634. Tell your loved ones you love them.
635. Know thyself



636. Know your fears and strengths.
637. Be loving and comforting. I love you's help
638. Write an "I Remember When" book for someone you love.
639. Build fond memories.
640. I saw Jesus today: 71/2 pounds wrapped in a peach colored blanket.
641. Whenever someone leaves us, they are welcomed by others.--Richard L. Evans
642. Build A Good Marriage
- *Remember the central purpose of your marriage.*
  - Pray for the success of your marriage
  - Avoid ceaseless pin picking.
  - Keep your courtship alive. Share time with each other.
  - Be quick to say, "I'm sorry."
  - Learn to live within your budget.
  - Be a true partner with tasks in the home and responsibilities.
  - Find time to pray together.
643. Get an education, make your mark and become prepared to be useful to the Lord. -----  
David B. Haight
644. Procrastination first. --DLO
645. I hate bigots. --DLO
646. Outlaw lawlessness. --DLO
647. Never doubt that that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever does. --Margaret Mead
648. I'm getting so old my friends in heaven will think I didn't make it. SUP meeting
649. Your "I will" is more important than your "IQ."
650. Everyone has a need for: 1. Love. 2. Success. 3. Acceptance.
651. Everyone has a need to feel good about himself.
652. If you always do what you always did, you'll always get what you always got.
653. Women are naturally superior, but they insist on being treated equal.
654. I believe that God will always make a way where there is no way. --Submarine captain
655. Internet: a solution waiting for problems.

656. Customers don't buy things. They buy tools to solve problems.
657. Nothing comes without a price. --Leonardo DaVinci
658. How many men does it take to change a roll of toilet paper? None---its never been done.
659. When some one does something wrong, we're there to lift him up. --Ed Koele. BYU Defensive.
660. It takes a pretty good meeting to be better than a no meeting. --Lewis Billings.
661. Those who will sin will lie and those who will lie will sin. --Lewis Billings
662. If we expect our lives to always to be at 72 degrees, we have another think coming
663. There are three kinds of people: those who can count and those who can't
664. Scouting: adults serving youth.
665. In testimony meetings we have "thankimonies" and "testimonies."
666. The play goes on and you may contribute your verse. What will your verse be? We must look at things in a different way. Dare to strike out. Carpe diem.—Dead Poet Society movie
667. We make a living by what we get. We make a life by what we give.--Winston Churchill.
668. If you don't keep the commandments you will miss the blessings.
669. A farmer harvested a heart shaped potato which he gave to his wife and said, "This spud's for you."
670. Aging is a ruthless and relentless thief who eventually takes it all. --DLO
671. He is the great "I Am", not the great "He Was."
672. Footprints on the sands of time were not made by sitting down. --Unknown.
673. Obesity is widespread.
- 674.
675. A man is saved on being what he is and on no other basis. --J. Smith
676. A System For Achieving Goals: --D. Checketts
- Develop a desire of opportunities, problems, needs, dreams, find the value.
  - Establish the purpose: To change, to improve, to achieve, to contribute
  - Setting Goals: results, values, concerns
  - Planning: Give obstacles, steps, resources
  - Affirming the future:
  - Mission accomplishment: goals achieve, self-fulfilling prophecies

- Areas of my life: career, relationships, community, self, other

677. All the great thoughts in the world are not equal to one great act.
678. An expert is some guy from out of town.
679. Everything is funny as long as it's happening to someone else. --Will Rogers.
680. The strength of "I can"; the power of the dream. --Olympics
681. People are more important than money.
682. A man can give no greater lesson to his children than that he loves their mother. -----  
--David. O. McKay
683. Peace comes in keeping the commandments.
684. We fail due to the lack of true belief. --D. Checketts.
685. Managers are only paid for what their people do, not for what they do. --DC.
686. A leader is: a catalyst, coach, cultivator, cheerleader
687. Catalyst: communication changes
688. Coach: shared vision, develop skills, winning performance
689. Cultivator: obstacle free, positive growth, creative expression
690. Cheerleader: team motivation, winning support
691. If someone is truly religious, he brings good into the world.
692. You ask why. I ask why not? --HOBY
693. Seek happiness, not in the future, but at our feet.
694. Remember: any day above ground is a good day.
695. High Council advice: what you hear here, leave here.
696. When you come to the fork in the road, take it. --Yogi Berra
697. For arthritis, rheumatism or gout: Gordon's Gin or Seagrams Dry London Gin with sundried golden yellow raisins. Let stand for 10 days and take one teaspoon of raisins per day. Keep raisins covered.
698. When the devil reminds you of our past, remind him of his future.
699. Story about a man who didn't give his wife anything for her birthday because she hadn't used what he gave her last year---a plot.

700. Do your dreams.
701. I repent every day. --President Hinckley.
702. We sometimes belong to the Mormon self-improvement association. --Eric Huntsman
703. Success: we try and try and try and try and try and then we get it right. --Disney
704. Success is only driven by two words: determination and persistence.
705. Some of us are very fond of our sins. We value them. --Bp. Wilde.
706. The Lord expects us to give all that we have to build the kingdom. --Bp Wilde
707. Popularity is never a test of truth.
708. Aspire for greatness and achieve it.
709. Vitamin E provides a 75% reduction of heart attacks. --Paul Harvey 3/26/96
710. Change your attitude! --BYU Coach Courtney Lieshman
711. Small lumps in the breast disappeared after quitting drinking coffee. -- Paul Harvey
712. Preparation precedes power and performance. --Thomas S Monson
713. My son Mike's State Basketball Championship game: Two good teams. Our son, point guard. Starts with uncertainty. Tough battle. At the half a little behind. The last ball drops out. Our side is quiet. Long ride home. ---Heard cheers after the game from another team: We're number six!! We're number six!
714. There is no room for second place. --President Gines
715. Lee Travino's advice about golfing during a storm: When God wants to play through, let him!
716. If you almost keep the commandments, you'll almost get the blessings.
717. How do you want to be known by your children and your grandchildren?
718. A new beatitude: Blessed are the flexible for they shall not be bent out of shape.
719. Today's the day! Ain't it great!
720. Give yourself a gold star and expect a miracle today.
721. It isn't how far you fall, its how high you bounce. --DLO
722. Basic principles: wise choices and discipline.

723. Cure for melanoma: benlatymis acid made from birch bark. --Paul Harvey 3/22/96
724. Jean of Arc was not Noah's wife and Pontius Pilot was not a commercial airline pilot. -- Jeffery R. Holland
725. The greatest search of our time is for one of personal identification: Who am I?
726. When you're younger they say, "you're good looking." When you're older they say, "you're looking good."
727. Suffering loses its effect when we give it meaning.
728. Marriott's concept of quality: If you see a need it is your responsibility to take care of it.
729. Give me ambiguity or give me something else.
730. I didn't think you would ever do this; or I thought I could trust you---a method of discipline.
731. "I am constantly coming up with creative and profitable ideas."
732. How many lawyers does it take to shingle a house? About seven if you slice them real thin.
733. Good intentions are no substitute for obedience.
734. Everyone is superior in a particular area.
735. A brother who was being considered for reinstatement from his excommunication was weighed heavily as he recounted his past. He said, "I have known many fearful things in my life, but none were so fearful as myself and what I have done and then looking at myself."
736. If you want to feel worthwhile, do something worthwhile. --Carl Sagen
737. Before we die, we need to gather up our heritage and offer it to our children. --Will Durrant
738. Communicate with your posterity.
739. A friend will never lead you into danger. --Message of a black youth.
740. Carpe Diem: make your lives extraordinary. The powerful play goes on and you may contribute your verse.
741. The great gift we have is life. The second greatest gift is the ability to perfect that life. - Stephen R. Covey
742. This is the last life we have. --Steven R. Covey
743. There is no medicine like hope; no incentive so great and so toxic, so powerful as expectation of something tomorrow. --O.S. Marden

744. Humility is the mother of all virtues. --SWK
745. The aims of scouting: character, citizenship, fitness.
746. When you seek the Lord in quiet pondering and prayer, he will come.
747. The entire super bowl actual action was only 19 minutes. --Paul Harvey (4 hours)
- 748. Temptation resisted is the true mark of character.**
749. Casting a ballot is the highest form of democracy.
750. It isn't family home hour, its family home evening. --Stake President Gines
751. We vote with the remote.
752. If you make a mistake, you do three things: you admit it. You correct it. You change things so they won't happen again. --Marriott
753. Utah has been discovered. --President Hinckley
754. A testimony is not a travelogue.
755. When someone in our ward comes to church with only a pants and shirt, or just a dress, we don't look at that. We only look at their hearts. --Sister Watchman, Lamanite Ward.
756. This is the last time I will pass this way today.
757. If called by a solicitor, request: "Put me on your Do not call list." If you are called after this, you can legally sue for \$5,000.
758. For every minute of glory, there are sixty minutes of preparation.
759. The force is in you. Force yourself. --Harrison Ford
760. Eating fish twice a week reduces heart attacks by 44%, according to a 30-year study. --Paul Harvey
761. He who says that he has never had any problems in his family would lie about other things as well.
762. End each day with a clear conscience.
763. Pursue worthy personal goals. --P. Wirthlin.
764. Dream big. Dare to fail. --John Goddard
765. There's only one "U" in success
766. Read a good book a month.

767. Today is a gift from God. That's why they call it the "present."
768. It takes 13 muscles to smile and 64 to frown. So why are all of you working yourselves to death?
769. See where you are going. Have vision. Sustain the pace.
770. Not safe sex. Sacred sex.
771. Our dog really feels terrible. She found out that she is adopted.
772. In this life trials and tribulations are mandatory. Misery is optional. --Manti Temple marriage ceremony for David and Melonie Clarke
773. When I was younger, I had a drug problem: my dad drug me to church. He drug me to practice. He drug me to do my homework.
774. You gain only by what you give to others.
775. Creation of value is the ONLY source of profit.
776. President J. Alan Thomas related in a Sunday school class how he was selected as a stake president. President Denham was our stake president and brother Boyd K. Packer reviewed high councilman and bishops for about five minutes each. President Thomas had his review and left the office. He felt that there was little chance or possibility he would be chosen since he was administrating the important job as Stake Welfare Director, as he thought. On the evening that the selection was to be announced, he was called to be reviewed again. Supposing that the selection had been made he felt he was just there to be called as a high councilman. To his surprise he was the only one there. Then Elder Packer announced that brother Thomas had been given the responsibility. Elder Packer then gave President only five minutes to go into the next room and find out who his councilors were. President Thomas asked that after all the interviews if Elder Packer didn't have some suggestions. Elder Packer made some general guidelines, but no names. After praying about the answer, he returned and submitted two names. When he did, Elder Packer showed President the two names he had written down. They were the same two names.
777. Why do they bury Mormons eight feet deep? Because down deep they're good people.
778. I Why don't Mormon women have children over thirty? Because thirty children is about enough.
779. Patient: Every place on my body hurts when I touch it. Doctor: You touched it with a broken finger.
780. At the Tony Orlando show in Branson the MC asked for several of the funniest people from their groups to come up and tell a joke. There were given explicit instructions that there were to tell no dirty jokes. The first man started off on a little dirty joke and the microphone was immediately taken away from him and he was told to stand facing the curtain for the rest of the time.

781. "Utah" (**Yutta**) according to the Indians means "in the top of the mountains." Little did the government know that when the name Utah was given to the state as a demeaning effect that it was a fulfillment of the prophecy in Isaiah 2:2 that states that Zion would be established "in the tops of the mountains" and all nations shall flow unto it..
782. Health, good health is a precious personal asset that is only preserved by consistent effort.
783. No one will love your children the way you can.
784. Exercise for your life.
785. The future belongs to those who believe in the beauty of their dreams.—Eleanor Roosevelt
786. "Dammit, don't settle for the status quo! --Hugh O'Brian
787. You gain by what you give to others. --Arthur Ash
788. I found out why Alzheimer's is such a popular disease---you leave this world with a clear conscience
789. A police officer stopped a driver. The driver asked, "you're not going to look in the trunk are you?" --Paul Harvey
790. Another asked, "Would you mind holding this beer bottle while I get out my wallet and drivers license?"
791. Is what you are doing right? If not don't do it.
792. Try a little harder to do a little better. --President Hinckley
793. Let's go! --President Hinckley
794. There are riches in niches.
795. You cannot feel good when you do wrong. You can only feel good when you do what's right.
796. There's only one thing to do---the right thing. --Clint Eastwood.
797. I can accept failure. Everyone fails. But I cannot accept someone who doesn't try. -- Michael Jordan
798. Teach, train, motivate, inspire, edify.
799. **Common denominators of high achievement:**
- **Self Discovery.** They discover their strengths and weaknesses and work within those limitations
  - **Competence.** They become really good at what they do.
  - **Time Conscious.** They understand how precious time really is.



- **Focus/Concentration.** They concentrate just a little bit more than ordinary players
- **Teachability.** They learn from their mistakes and successes---as well as those of others.
- **Clear Vision.** They perceive opportunities that others do not see.
- **Courage.** They seize opportunities that others let slip away.
- **Persistence.** They do not quit easily.
- **Motivation.** They want deeply, long, and consistently. --B. Eugene Griessman, PH.D.

800. Most people get married believing a myth--that marriage is a beautiful box full of all the things they have longed for: companionship, sexual fulfillment, intimacy, friendship. The truth is that marriage, at the start, is an empty box. You must put something in before you can take anything out. There is no love in marriage; love is in people, and people put it into marriage. There is no romance in marriage; people have to infuse it into their marriages. A couple must learn the art and form the habit of giving, loving, serving, praising---keeping the box full. If you take out more than you put in, the box will empty. --J. Allan Peterson
801. The wife returns from the beauty parlor asking, "Do you think I look younger?" He answered, "Younger than who?"
802. A friend was telling me about his new state-of-the-art hearing aid. He described the wonders of the tiny technological marvel and how it could be set electronically to amplify only those sound frequencies which you needed to be boosted to produce the clearest sound. I asked, "What kind is it?" He said, "About 7:30."
803. Forrest Gump said, "if you can't sing good, sing loud."
804. You're only young once, but immaturity can go on forever.
805. No good deed goes unpunished.
806. Friends may come and friends may go, but a good enemy lasts forever.
807. There are three kinds of things: Those that don't work. Those that break down. Those that get lost.
808. Life is easier if you dread only one day at a time.
809. When traveling take half the food you think you'll need and twice the money.
810. Nutrition---the real basic food groups are: Salt, Sugar, Grease, Pepsi.
811. Tax shelters---you can't get rich by losing money.
812. Insurance---the damage never exceeds the deductible.
813. Children, boats and horses are expensive. Children are worth it.
814. TV and movies---they're mostly about having sex and not much about having children. Real life is the other way around.

815. The easiest way to do anything is wrong.
816. No matter what happens someone will say, "I knew that was going to happen."
817. The most ominous words in the English language are: "Honey, can we talk?"
818. If someone says, "I'm telling you this for your own good," they're not.
819. If someone says, "This is going to hurt me more that it hurts you," it won't
820. If someone says, "It's not the money, its the principle," it's the money.
821. The only way to get ahead in life is to get up every morning and go to work.
822. I don't miss the good old days as much as I miss the good old nights.
823. You can fool some of the people all of the time and all of the people some of the time, but not if you're wearing a swimming suit.
824. Nearly everything I learned in grade school is still true, but most of what I learned in college isn't.
825. No form of human communication--no matter how high tech--nothing is faster than rumor and gossip.
826. Classical music isn't as bad as it sounds, but jazz is.
827. Nothing looks better than a new red car, nor worse than an old red car.
828. Honesty is the best policy, although keeping your mouth shut is even better.
829. The surest way to be late is to have plenty of time.
830. All the technological advances of man fade into insignificance when compared with the development of indoor plumbing.
831. With the economic collapse of communism in Eastern Europe, it appears that al the world believes in the free enterprise system, except China, Cuba, and the United States Congress.
832. There are five irresistible forces in nature: Gravity, Nuclear power, Magnetism, Chocolate, Whining.
833. Prepositions are parts of speech in which many people have trouble with.
834. Temptation is everywhere if you just know where to look.
835. A life-time isn't nearly long enough to figure out what it's all about.
836. And finally --no matter how long or hard you try, you cannot wear out a polyester suit. --  
Dr. C. Duane Kerr 45th year high school reunion.

**John F. Kennedy said:**

“For of those to whom much is given, much is required.  
And when at some future date the high court of history sits in judgment on each of us,  
recording whether in our brief span of service we fulfilled our responsibilities to the  
state, our success or failure, in whatever office we hold, we will be measured by the  
answers to four questions:

First, were we truly men of courage...

Second, were we truly men of judgement...

Third, were we truly men of integrity...

Finally, were we truly men of dedication?”

(January 9, 1961 Speech to the Massachusetts State Legislature).

**A Reading by My Mother Florence Olpin**

Friends, citizens and citizenesses, I am overpleasured to see the house loaded on this grand  
and suspicious occasion.

It fills my heart with enthusiasm as I stand before you tonight to speak for the public and  
against the people. But before I say anything, I wish to make a few remarks.

Think of the grand and glorious constitution: surrounded on the west by the north coast by  
the southeast corner of the middle.

Looking back into the future, think of the great Abraham Liniment, who stooped up and  
said, "All men are cremated equal."

And Christopher Cucumber who went out, and got jammed up in the ocean, and disgusted  
America.

Think of the great George Crossington who washed his underwear in the Delaware and  
then laid down and said, "First in war is -- first in pieces."

Think of the brave men who went out to fight the battle of Bull Durham, the battle of  
Gettusback and the battle of Shattered Noodle. With the wind howling round, and  
the ice and the cold snow, and the men lying around without shoes to their backs, or  
coats to their feets. And then the great Useless Granite and Brickwall Jackson went  
up to the front and shouted, "Stick together fellers, the battle's going on the blink  
here."

And look at our great schools and schooleges where you send your children and they grow from manhood to womanhood, until they reach the very peanuckle of success. And then they go out as a professor of a great university at eighty-five dollars a month, while the janitor of the same school gets ninety plunks.

Look what we've got up in the Washhouse in Whittington, the House of Misrepresentathieves.

And John D. Rottenfeller, the great Standard Oil maggot, who stood on the corner and said, "A man should save at least one third of everything he makes. By golly, that's all a feller gets.

And Henry Ford, the man who made walking....a pleasure.

I tell you friends, I am now concluding in the immortal words of Julius Sneezer: Mini, Vidi, BVD!

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### **J. Golden Kimball Humor**

**I** may not walk the straight and narrow  
all the time,  
but I cross over it a lot.

**Three types of Mormons:**  
Saints  
Aints  
Complaints

**Do it, damn it!**

**Cut me off from the Church?**  
They can't do that! I repent too damn fast!

**To curb J. Golden's occasional use of cuss words, the brethren prepared a speech for him to read in general conference. Growing frustrated at the podium, he stopped halfway and said, "Hell, Heber, I can't read this damn thing!"**

LDS, Prominent and well known, serving as a member of the First Quorum of the Seventy. 1853-1938

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**Spencer W. Kimball--**  
Heaven is a place, but also a condition;  
it is home and family.  
It is understanding and kindness.

It is inter-dependence and selfless activity.

It is quiet, sane living,  
personal sacrifice, genuine hospitality,  
wholesome concern for others.

It is living the commandments of God  
without ostentation or hypocrisy.

It is selflessness.

It is all about us.

We need only to recognize it  
as we find and enjoy it.

**I**n all your choices  
select those which will bring you  
closest to the Celestial Kingdom.

**P**eople who wear grubby clothes  
tend to be grubby people.

**H**umility is the mother of all virtues.

**B**e in the world, but not of the world.

**W**e have been told  
that every day is a purposeful activity  
requiring an expenditure of energy  
with some sacrifice of leisure.

**B**roaden your vision;  
lengthen your stride.

**T**he price we pay for happiness  
is keeping the commandments.

**W**hen your spirituality slips,  
dip into the scriptures for renewal.

**W**e Believe in Setting Goals

We live by goals.

In athletics we always have a goal.

When we go to school,  
we have a goal of graduations and degrees.

Our total existence is goal-oriented.

We must have goals to make progress,  
encouraged by keeping records...

As the swimmer,

or the jumper, or the runner does.

Progress is easier when it is timed,

checked,

and measured.

Goals are good.  
Laboring with a distant aim sets the mind in a higher key,  
puts us at our best.  
Goals should always be made to a point  
that will make us reach and strain.

**P**rofanity is the attempt of a feeble mind  
to express itself forcibly.

**Some Elements of Effective Leadership--**  
Jesus knew how to involve his disciples in the process of life.  
He gave them important and specific things to do.

Jesus trusts his followers  
enough to share his work with them  
so that they can grow.  
If we brush other people aside  
in order to see a task done  
more quickly and effectively,  
the task may get done all right,  
but without the growth and development  
in followers that is so important.

Jesus let people know  
that He believed in them  
and in their possibilities;  
and thus He was free to help them  
stretch their souls  
in fresh achievement.

In loving others,  
we can help them to grow  
by making reasonable  
but real demands of them.

Jesus gave people truths and tasks  
that were matched to their capacity.  
He did not overwhelm them  
with more than they could manage,  
but gave them enough to stretch their souls.

**I'm** more concerned with my exaltation than my relaxation.  
**S**uccess is not measured in achievement of goals,  
but in the stress and strain of meeting those goals.

**A** man never dies as long as there is someone alive  
who loves him or thinks of him.

**T**reat temptation as a fierce  
onrushing freight train.  
Get off the tracks!!  
And stay far away from the train station.

**T**he best way to avoid temptation  
is to remove yourself from the conditions  
that may overcome your ability to resist.

**K**ee a notebook to jot down  
all the important things in your life.

**C**hrist works from the inside out.  
The world works from the outside in.

**C**hanged men can change the world.

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**--Harvey MacKay**

**A** recent study concluded that the key element common  
to successful people  
was not talent,  
but an extraordinary drive and determination --  
mental toughness.  
They decided they would achieve,  
and they did.

**Moral Highlights**

Big shots are only little shots who just keep shooting

You don't quit trying when you lose;  
you lose because you quit trying.

One mistake will never kill you.  
The same mistake over and over will.  
Minds are like parachutes --  
not much good unless they are open.

It takes a lot of spectacular preparation  
to produce spectacular results.

Anyone too busy to say thank you  
will get fewer and fewer chances to say it.

The person who wants to do something  
finds a way;  
the person who doesn't finds an excuse.

Bad service saves money and loses customers,  
Good service costs money and saves customers.

Good companies make good on mistakes;  
bad companies just make bad mistakes.

The human body is the only machine  
that wears out faster if it is not used.

For real winners there are no finish lines.  
Make the second effort your second nature.

The greatest of all weaknesses  
is to be conscious of none.

Do what you do best -- it's generally what you like best.  
Unless you work in demolition, don't burn bridges.

Stay on your toes, or else you'll be on your knees,  
begging to keep your job.

Do what you are expected to do and you survive.  
Do more than you are expected to do  
and you will thrive.

Anyone can steer a ship when the sea is calm.

Believe in yourself, even when no one else does.

If you keep thinking what you've always thought,  
you'll keep getting what you've always got.

If you think education is expensive, try ignorance.

*Businessman and columnist. Mackay is perhaps best known as the author of five business bestsellers.  
1932-*

### **David O. McKay Quotes**

**Y**our supreme opportunity in life is fatherhood.

**N**o other success can compensate  
for failure in the home.

### **TEN RULES OF HAPPINESS**

Develop yourself by self-discipline.  
Joy comes through creation--  
sorrow through destruction.

Every living thing can grow:  
Use the world wisely to realize soul growth.



Do things which are hard to do.

Entertain upbuilding thoughts.  
What you think about when you do not have to think  
shows what you really are.  
Do your best this hour,  
and you will do better the next.

Be true to those who trust you.

Pray for wisdom, courage, and a kind heart.

Give heed to God's messages through inspiration.  
If self-indulgence, jealousy, avarice, or worry  
have deadened your response,  
pray to the Lord to wipe out these impediments.  
True friends enrich life.  
If you would have friends, be one.

Faith is the foundation of all things--including happiness.

**Let us realize that the privilege to work is a gift;  
that power to work is a blessing;  
that the love of work is success.**

**If you hold your family home evenings together,  
few if any children will be lost.**

**We don't take sufficient time to meditate.  
I get up early in the morning...five o'clock,  
when my mind and spirit are clear and rested.**

**Then I meditate.**

You can come closer to the Lord than you can imagine  
**when you learn to meditate.**

**Your spirit will be taught by the spirit.**

**A man can give no greater lesson to his children  
than that he loves their mother.**

**Sow a thought, reap an act;  
Sow an act, reap a habit;  
Sow a habit, reap a character;  
Sow a character, reap an eternal destiny.**

**It is greater to be trusted  
than to be loved.**

**Look at yourself in a full-length mirror**

and ask yourself **if there is anything that would not be pleasing to the Savior. If so, remove it.**

"Whate'er thou art  
act well thy part."

---

**Thomas S. Monson**

**When performance is measured,  
performance improves.**  
When performance is measured and reported  
the rate of improvement accelerates,  
especially if visually compared  
with another performance.

**Preparation precedes power and performance.**

**We** become what we choose.  
Learn what we should learn. Do what we should do. Be what we should be.

**Do** the do's and don't the don'ts.

**Choose** a field that will supply sufficient remuneration  
to provide adequately for your companion and your children.  
I bear testimony that these criteria are very important in choosing your life's  
work.

**Faith and doubt cannot exist in the same mind at the same time,  
for one will dispel the other.**

**I** counseled many returning missionaries.  
I interviewed 1,700 missionaries all over the world.  
My advice to them is that you should study and prepare  
for your life's work in a field that you enjoy.

**Margaret D. Nadauld**

**"The Joy of Womanhood"**

Women of God can never be like women of the world.  
The world has enough women who are tough;  
-we need women who are tender.  
There are enough women who are coarse;  
-we need women who are kind.  
There are enough women who are rude;  
-we need women who are refined.  
We have enough women of fame and fortune;

-we need more women of faith.  
We have enough greed;  
-we need more goodness.  
We have enough vanity;  
-we need more virtue.  
We have enough popularity;  
-we need more purity.

*LDS, the Eleventh General President of the Young Women organization of The Church. 1944*

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**Russell M. Nelson**

**Act** two is not the end of the play.

**I** doubt that the Lord cares much which honorable vocation you choose.  
But He does care if you love one another and serve one another.

*LDS, Member of the Quorum of the Twelve Apostles. 1924-*

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**Dallin Oaks**

**The four evils:**

Property, pride, power, prominence

**Do** what is right,  
not what is legal.

**An** educated person  
thinks with precision,  
reads with understanding,  
and writes and speaks with clarity.  
He recognizes and appreciates beauty.  
He has the perspective  
that comes from a breadth of knowledge  
and understanding,  
and the self-discipline  
to apply himself or herself  
to do well in the work of the world.  
Finally, an educated person is guided  
by an ethic, philosophy, or religious belief  
that gives direction and meaning  
and a sense of inner peace to life.

*LDS, American attorney, jurist and religious leader.*

*Since 1984, he has been a member of the Quorum of the Twelve. 1932-*

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**Boyd K. Packer**

**The Choice**

...It is the misapprehension of most people that if you are good,  
really good at what you do,

you will eventually be both widely known  
and well compensated.  
It is the understanding of almost everyone  
that success, to be complete,  
must include a generous portion  
of both fame and fortune as essential ingredients.  
The world seems to work on that premise.  
The premise is false.  
It is not true.

The Lord taught otherwise.  
I want you, our children, to know this truth:  
You need not be either rich or hold high position  
to be completely successful and truly happy.  
In fact, if these things come to you, and they may,  
true success must be achieved in spite of them,  
not because of them.  
The crucial test of life  
does not center in the choice between  
fame and obscurity,  
nor between wealth and poverty.

The greatest decision of life is between good and evil.  
What, then, do we want you to do?  
Simply this:  
Be good!  
Study the gospel.  
Live it!  
Stay active in the Church.  
Receive the ordinances.  
Keep your covenants.

Position and wealth are no more essential to true happiness  
in mortality than their absence can prevent you from achieving it.

I can envision a day, in generations ahead,  
when I would regard you and your children,  
and theirs struggling with the challenges of life.

I may see you go the full distance of mortality  
without becoming either well-known or wealthy.

I can see myself falling to my knees  
to thank a generous God that my prayers have been answered,  
that you have succeeded,  
that you are truly happy.

*General Conference, November 1980*

**Seek worthy companions.**  
Attend church faithfully.  
Never fail daily to seek for help through prayer.  
And I promise you that the way will be easier

and you shall have a composure of mind  
and a confident attitude toward life and the future.  
You shall be warned of dangers  
and shall be guided  
through the whisperings of the Holy Spirit.

**S**ome people think a miracle is only a miracle  
if it happens instantaneously,  
but miracles can grow slowly and patience and faith  
can compel things to happen  
that otherwise would have never come to pass.

**T**hings we cannot solve, we must survive.

**T**he husband is the head;  
the wife is the heart.

*LDS, The current President of the Quorum of the Twelve Apostles of The Church. 1924-*

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**Colin Powell**

**T**here are no secrets to success.  
It is the result of preparation, hard work,  
and learning from failure.

**T**rue leaders gather a following  
through vision, determination, wisdom,  
expertise, compassion and integrity.

*American statesman and a retired four-star general in the United States Army. 1937-*

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**Stephen L. Richards**

**T**he human body is sacred--  
the veritable tabernacle  
of the divine spirit which inhabits it.  
It is a solemn duty of mankind  
to develop, protect and preserve it  
from pollution, unnecessary wastage  
and weakness.

*LDS, Member of the Quorum of the Twelve Apostles of The Church  
and First Counselor in the first Presidency under David O. McKay. 1879-1959*

**Joseph Smith, Jr.**

**I** saw a pillar of light exactly over my head, above the brightness of the sun,  
which descended gradually until it fell upon me. When the light rested upon me  
I saw two Personages, whose brightness and glory defy all description, standing  
above me in the air. One of them spake unto me, calling me by name and said,  
pointing to the other—*This is My Beloved Son. Hear Him!*

**I** teach them correct principles  
and they govern themselves.

**T**he nearer man approaches perfection,

the clearer are his views, and the greater his enjoyments,  
till he has overcome the evils of his life  
and lost every desire for sin.

**H**appiness is the object and design of our existence;  
and will be the end thereof,  
if we pursue the path that leads to it;  
and this path is virtue,  
uprightness, faithfulness, holiness,  
and keeping all the commandments of God . . . .  
. . . .As God has designed our happiness—  
and the happiness of all His creatures,  
He never has—He never will institute an ordinance  
or give a commandment to His people  
that is not calculated in its nature  
to promote that happiness  
which He has designed,  
and which will not end in the greatest amount  
of good and glory to those  
who become the recipients of his law and ordinances.

**W**hen God commands, I do it.

**I** told the brethren that the Book of Mormon  
was the most correct of any book on earth,  
and the keystone of our religion,  
and a man would get nearer to God  
by abiding by its precepts than by any other book.

*Joseph Smith Nov. 28, 1841. History of the Church 4:461*

**B**y the power of God I translated the Book of Mormon.  
*LDS, Founder and prophet of the Latter Day Saint movement in the late 1820s. 1805-1844*

---

**T**he greatest joy and success  
comes in giving service to others.  
**W**e get old too soon and wise too late.

**T**hese five principles of economic constancy, when followed,  
will bring financial security and peace of mind  
under any economic circumstance:

Constancy #1 Pay an honest tithe.

Constancy #2 Live on less than you earn.

Constancy #3 Learn to distinguish between needs and  
wants.

Constancy #4 Develop and live within a budget.

Constancy #5 Be honest in all your financial affairs.

**Six Successful Steps To Budgeting**

What you owe the Lord.

What you owe yourself.

Fixed necessities.

Flexible necessities.

Reserve for future necessities.

Luxuries.

*N. Eldon Tanner, LDS, called into the First Presidency as Second Counselor to Church President David O. McKay. 1898-1982*

---

**Brigham Young**

**We** are to learn how to enjoy the things of life –  
how to pass our mortal existence here.

There is no enjoyment,

no comfort, no pleasure,

nothing that the human heart can imagine,

with all the spirit of revelation we can get

that tends to beautify, happify,

make comfortable and peaceful,

and exalt the feelings of mortals,

but what the Lord has in store for his people.

He never objected to their taking comfort.

He never revealed any doctrine,

that I have any knowledge of,

but what in its nature is

to fill with peace and glory,

and lift every sentiment and impulse of the heart

above every low, sad, deathly,

false, and groveling feeling.

The Lord wishes us to live

that we may enjoy the fullness of the glory

that pertains to the upper world,

and bid farewell to all that gloomy,

dark, deathly feeling that is spread

over the inhabitants of the earth."

*Journal of Discourses, 8:128-129*

**True** joy only comes

in our relationship with our Savior.

**Education**

is the power to think clearly,

to do well in the world's work,

and the power to appreciate life.

**The** greatest mystery a man ever learned,

is to know how to control the human mind.

**The Book of Mormon declares that the Bible is true,  
and proves it, and the two prove each other.**

*LDS, American leader in the Latter Day Saint movement and a settler of the western United States. He was the President of the Church from 1847 until his death and was the founder of Salt Lake City and the first governor of Utah Territory, United States.  
Brigham Young University was named in his honor. 1801-1877*

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A child was asked, "How do you know Jesus loves you."  
Answer: "He talks to them in their hearts."

Nobody else wanted this part of the United States and that  
is the reason the Mormons are here.

"Remember" is the most used words in the scriptures.

Do what you value. --Hyrum Smith

The only way to learn something is by doing it. --David McCullough

Success usually comes to those who are too busy to look for it.

Charity is injurious unless it helps the recipient to become independent of it.

--John D. Rockefeller Sr.

Margaret Thatcher: "The trouble with Socialism is, sooner or later you run out of  
other people's money."

"When you subsidize poverty and failure, you get more of both."

-- James Dale Davidson, National Taxpayers Union

"The more corrupt the state, the more it legislates." -- Tacitus

"A Liberal is a person who will give away everything he doesn't own."

-- Unknown

When the people fear their government, there is tyranny;

when the government fears the people, there is liberty.

--Thomas Jefferson

#### Amendment 28

Congress shall make no law that applies to the citizens of the United States that does  
not apply equally to the Senators or Representatives, and Congress shall make no  
law that applies to the Senators or Representatives that does not apply equally to  
the citizens of the United States.

The main thing is to keep the main thing the main thing.



Three types of Mormons:  
Saints / Aints /Complaints  
--J. Golden Kimball

No nation is to be trusted farther  
than it is bound by its interests  
--George Washington

Leaders don't give up early.  
They persist.

Be certain of your destination.

One man with courage makes a majority.

President Hinckley has never dangled a participle.

Do the does and don't the don'ts  
---President Monson

Speaker: To know me is to love me.  
It's hard to be humble,  
but I'm doing the best I can  
Genius is like mining silver

---

Communication is the ability to create a picture  
in another person's mind.

---

**Mini-trampoline exercise**  
complete exercise in one-half an hour  
lymphatic garbage collector  
exercise for replacements and arthritis  
an energy machine  
a full body exercise  
muscles tighten 100 times a minute  
use two cans of soup as weights  
drink lots of water  
replaces all other exercises  
Rebounder.com  
Oquirrh Temple dedication:  
We become what we choose.  
--President Monson

Pure intelligence flows in the temple

Contrasts of the world and the temple  
--David Bednar

Visit the temple monthly, or weekly

Sanford Bingham  
discovered the Bingham Copper Mine

Temples lessen Satan's power.  
--President Uchtdorf

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Recently my good friend Wilson W. Sorensen,  
past president of UVU for 36 years, passed away.  
At his funeral I learned that just prior to his passing he received  
a blessing from family members and others holding the priesthood.  
At the very time while he was receiving his blessing and before  
they had concluded it, he peacefully passed away.  
He looked up and was gone.

#### **A Good Example of Socialism Think about this: .**

An economics professor at Texas Tech said he had never failed a single student but had once failed an entire class.

The class (students) insisted that socialism worked since no one would be poor and no one would be rich, a great equalizer. The professor then said, "OK, we will have an experiment in this class on socialism."

"All grades will be averaged and everyone will receive the same grade so no one will fail and no one will receive an A."

After the first test the grades were averaged and everyone got a B. The students who had studied hard were upset while the students who had studied very little were happy.

But, as the second test rolled around, the students who had studied little studied even less and the ones who had studied hard decided that since they couldn't make an A, they also studied less. The second Test average was a D.

No one was happy.

When the 3rd test rolled around the average grade was an F.

The scores never increased as bickering, blame, name calling, all resulted in hard feelings and no one would study for anyone else. To their great surprise all failed.

The professor told them that socialism would ultimately fail. The harder people try to succeed the greater their reward (capitalism) but when a government takes all the reward away (socialism) no one will try or succeed.

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I don't do things half-heartedly  
because I know if I do  
then I can expect half-hearted results  
--Michael Jordan

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It is only by a deliberate course  
of persistent small steps  
that a man will realize success.  
---DLO

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"The greatest power is the power to choose.  
The greatest ability is the ability to think.  
And the most important quality of a leader is character."  
---HOBY

---

"When you hold resentment toward another,  
you are bound to that person or condition  
by an emotional link that is stronger than steel.  
Forgiveness is the only way to dissolve that link and get free."  
---Catherine Ponder

Men make history,  
and not the other way around.  
In periods where there is no leadership,  
society stands still.  
Progress occurs when courageous, skillful leaders  
seize the opportunity to change things for the better.  
---Harry S. Truman  
Learn what we should learn.  
Do what we should do.  
Be what we should be.  
---Thomas S. Monson

Satan will never have a family, so he wants yours.

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CTR: Current Temple Recommend.  
---Elder Uchtdorf  
"Success doesn't happen by accident,  
but by design."

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## Serenity

Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

A person becomes calm in the measure that one understands themselves as a thought evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as one develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect, one ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene.

The calm person, having learned how to govern themselves, knows how to adapt themselves to others; and they, in turn, reverence their spiritual strength, and feel that they can learn of them and rely upon them. The more tranquil a person becomes, the greater is their success, their influence, their power for good. Even the ordinary trader will find their business prosperity increase as one develops a greater self control and equanimity, for people will always prefer to deal with a person whose demeanor is strongly equable.

The strong, calm person is always loved and revered. They are like a shade-giving tree in a thirsty land, or a sheltering rock in a storm. Who does not love a tranquil heart, a sweet-tempered, balanced life? It does not matter whether it rains or shines, or what changes come to those possessing these blessings, for they are always sweet, serene, and calm. That exquisite poise of character which we call serenity is the last lesson of culture; it is the flowering of life, the fruitage of the soul. It is precious as wisdom, more to be desired than gold, than even fine gold. How insignificant mere money seeking looks in comparison with a serene life - a life that dwells in the ocean of truth, beneath the waves, beyond the reach of tempests, in the eternal calm!

--

How many people we know who sour their lives, who ruin all that is sweet and beautiful by explosive tempers, who destroy their poise of character, and make bad blood! It is a question whether the great majority of people do not ruin their lives and mar their happiness by lack of self-control. How few people we meet in life who are well-balanced, who have that exquisite poise which is characteristic of the finished character!

--James Allen, 1864-1912, Author

"In business," it is said,  
"words are words,  
explanations are explanations,  
promises are promises,  
but only performance is reality."

---Michael Phelps, 8 Gold Medals 2008 Olympics

Christmas  
Jesus is the reason for the season

---

If your actions inspires others  
to dream more  
learn more  
do more  
and become more  
you are a leader.  
--John Quincy Adams

Things will work out.  
Keep trying.  
Be believing.  
Be happy.  
Don't get discouraged.  
Things will work out.  
--Gordon B. Hinckley

Success is not the key to happiness.  
Happiness is the key to success.  
If you love what you are doing, you will be successful.  
---Albert Schweitzer

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Anyone who inspires others to excel is a leader

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God did not stop speaking when his book went to press.  
A leader presents a vision and inspires others to achieve that vision.  
---DLO

“Perseverance is not a long race;  
it is many short races one after another.”  
- Walter Elliot

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Uncleanliness never was happiness  
--Snow College

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

Feedback is the breakfast of champions.  
--Stephen R. Covey

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Missionaries, You will be the backbone of the Church,  
now the promise.

---

Think. Believe. Dream. Dare.  
--Walt Disney

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When you hire people who are smarter than you are,  
you prove that you are smarter than they are.  
--R.H. Grant

God didn't put us here on earth to be ordinary  
If you are in tune, you will be guided in righteousness.  
---General Don Rue Hickman

---

Dying is such a waste of good health.  
---Man From LaMancha

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Shallow water is noisy.  
Deep water runs silent

---

What we focus on is what we achieve.  
--Provo School district

Practice is the key to any success.  
--Lloyd Newell

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Bring with you the Spirit.

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Praise character traits,  
not achievements;  
spend time with those you love

Joseph Smith can no longer be ignored  
Joseph Smith Symposium  
--Library of Congress 2005

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### **Bananas:**

Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. **It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.**

### **Depression:**

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

### **PMS:**

Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

### **Anemia:**

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

### **Blood Pressure:**

This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

### **Brain Power:**

200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

### **Constipation:**

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

### **Hangovers:**

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:**

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:**

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:**

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:**

Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work:**

Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:**

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control:**

Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD):**

Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

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## HARVEY MACKAY

Make character your best characteristic

By Harvey Mackay

Was everyone as happy I was to see the election campaign season come to a close? Lots of fundamentally good people running -- probably won't matter all that much if any one individual gets elected or not -- but suddenly all these seemingly good folks were the targets of character assassination 25 hours a day, eight days a week. The more vigorously they defended themselves, the more adamantly their opponents attacked. Could they really be that bad?

No. Or anyway, not all of them. But realistically, how could they have gotten so far if they were such creeps?

The business world can be equally cutthroat. When you turn off the lights at the end of the day, you may have made or lost money, you may have won or lost customers, you may have made good or bad decisions. But if you have come through the day with your character intact, you haven't lost anything that can't be regained. Once you compromise your character, however, that's the beginning of the end. And you will always come home a loser.

One of my closest friends and someone I greatly admire, coach Lou Holtz, describes character this way: "The answers to three questions will determine your success or failure:

1. Can people trust me to do my best?
2. Am I committed to the task at hand?
3. Do I care about other people and show it?

If the answers to these questions are yes, there is no way you can fail."

Over the years, I've learned some very important lessons about character. Let me share a few and give you a jump start.

-- Never compromise character because of your competition. Occasionally, you will discover that your biggest competitor has a better product or a better price or a better salesperson. That should spur you to positive action! Improve your product. Find a way to shave the cost. Hire well. Make your company better.

-- Character follows you wherever you go. You cannot escape and start over unless you are in the witness-protection program, which wouldn't be my first choice. It's getting harder and harder to hide from your past. Don't believe me? Google yourself. Set your mind to not having to apologize for anything or explain your bad behavior.

-- Building character is difficult, but rebuilding it is even harder. The inner self usually knows what's right, so you would be wise to listen carefully to the little voices that are telling you to watch yourself. And if you refuse to trust your own instincts, ask a trusted friend. Make sure it's someone who will be brutally honest with you.

-- Don't blame your upbringing for your mistakes. Look around. Do you really believe for one minute that all these people who seem to make good decisions were raised with the Brady Bunch? Of course not. They accepted that they were adults, took responsibility for their behavior and learned to take a few hard knocks.

-- Get used to doing the right thing. Once it becomes a habit, it's a no-brainer. You'll know you have figured it out when people come to you for advice about the right course to follow.

-- Be honest with yourself. It is just as easy to be honest as it is to be dishonest. Actually, I think it is easier, since you don't have to have a good memory ... and you won't have to cover your tracks later. You may not always have the same friends, but you will always have to live with yourself. As Teddy Roosevelt said, "I care not what others think of what I do, but I care very much about what I think of what I do. That is character!"

Thomas Jefferson, one of our most respected presidents, put it this way: "Give up money, give up fame, give up science, give up the earth itself and all it contains, rather than do an immoral act. And never suppose, that in any possible situation, or under any circumstances, it is best for you to do a dishonorable thing. Whenever you do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly."

That's still good advice, even a couple hundred years later.

Mackay's Moral: When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost.

Harvey Mackay is author of the New York Times best-seller "Pushing the Envelope" (Ballantine Books). He can be reached through his Web site: [www.mackay.com](http://www.mackay.com); or Mackay Envelope Corp., 2100 Elm St., Minneapolis, MN 55414.

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HARVEY MACKAY 11-13-06

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“...Growth happens best  
when assignments are clearly understood,  
with the area of responsibility clearly defined.  
Individuals should be free to act  
and complete the assignment with accountability  
to the one who has done the delegating.  
--Joseph B. Wirthlin

There are no secrets to success.  
It is the result of preparation, hard work,  
and learning from failure.  
--Colin Powell



There is a fundamental law  
that the tissue of the human body will waste away  
through idleness and disuse.  
Conversely, muscles and vessels that are stressed  
grow and increase in capacity.  
This same basic law also applies to spiritual growth  
in either of these areas  
and can be achieved only by continual nourishment  
and effort in day-to-day living.

Success can only be measured in relationship  
to the God-given potentialities  
that each of us possesses.

Most people fail short of their potential success  
because they grossly underestimate their own potentialities.  
First of all, success requires a deep and burning belief in yourself.

Second, success is planned and purposeful goal-setting  
and working toward these goals.

Thirdly, the end-result must be evaluated  
not in what we have obtained in life,  
but in what we have given to the rest of the world.

I am sure that our Creator will not evaluate us  
according to the awards, medals, and honorary citations  
we have received,  
but we will be evaluated  
by the service we have rendered to mankind.

**Clarence F. Robison**  
BYU Track Coach, Olympiad



Hugh O'Brian starred as a six-year top 10 Black & White TV hero Wyatt Earp

Plus 12 movies

Pictured with his wife is Virginia and Timpanogos in the background

**He traveled to Africa to ask Albert Schweitzer  
what he should do---with the rest of his life.**

**Schweitzer told him to go back to America and teach selected and promising high students “not what to think, but how to think.”**



HOBY Utah visit

I do NOT believe we are all born equal – CREATED equal in the eyes of God, YES – but physical and emotional differences, parental guidance, varying environments, being in the right place at the right time, all play a role in enhancing or limiting an individual’s development. But I DO



believe every man and woman, if given the opportunity and encouragement to recognize his or her own potential, regardless of background has the **Freedom To Choose** in our world. Will an individual be a taker or a giver in life? Will that person be satisfied merely to exist, or **seek a meaningful purpose? Will he or she dare to dream the impossible dream?**

I believe every person is created as the steward of his or her own destiny with great power for a specific purpose to share with others, through service, a reverence for life in a spirit of love.

**Founder of HOBY an international youth leadership non-profit foundation. Today more than 500,000 HOBY Alumni in 70 State Leadership Seminars with 4,000 volunteers around the world are making a difference in the lives of others thanks to the vision and passion of Hugh O'Brian**

<http://www.hoby.org/>

1925 - 2016

**HOBY Utah Ambassadors through personally demonstrated exemplary service and leadership during their entire senior year earned over \$4M in Utah university scholarships**



**HOBY Sarah Hamilton Speech given to Provo Kiwanis 6/27/06  
"HOBY" is a title for the Hugh O'Brian Youth Leadership,  
An international organization of over 500,000 alumni**

While thinking about what I should say today, I began thinking about myself when I went to HOBY, a whole year ago. I was quiet, insecure, and shy. I would never have been able to get up in front of people to say anything. I was shy because I didn't

know who I was or what made me special. I had no reason to believe that I was someone people should or would listen to.

But then, I went to HOBY. HOBY completely changed my view of myself. I remember President Dave saying, "You are all leaders, every single one of you. It doesn't matter how or why you are here. All that matters is that you are here."

At the HOBY conference, I started to realize things about myself. One day we were doing a leadership activity in which we had to imagine we were stranded in a remote place with limited supplies. We then had to rank those supplies in order of their importance to our survival. In this activity, we really had to think; not only about ourselves, but about everyone involved. While doing this activity, I suddenly thought, 'Wait. We all have to speak up because we all have something to contribute.' I realized that my ideas and thoughts were vital to our group's success. I couldn't just sit back and follow others. Because we all contributed that day, we completed the task successfully.

I also remember being told by many of the counselors at HOBY that we had enormous potential. Before then my potential had been a dormant hope in my mind. But the counselors at HOBY really seemed to believe that we all had the potential to change our school, community, nation and even the world. Even though I didn't really believe that I could do all that, I began to think maybe, just maybe, they were right.

During this last year of my life, I have tried to meet my enormous potential. And in that process I have achieved things I never believed were possible for me. I began by trying to be kind to every person I met. I wanted them to feel their own dormant potential.

Later, I ran for student government, something I never thought I would do, and I won. Now I have the opportunity to improve my school.

I was elected mayor of Orem's City Youth Council. In this position I get to plan and organize service projects to beautify and improve my community.

During fall semester, I had an incredible opportunity to serve our nation. I was selected to be one of thirty United States Senate Pages. As a Senate Page, I lived, worked, and went to school in Washington DC. As a Senate page, I worked on the Senate floor every day. I was there to see the legislative process in action. I was there for the Confirmation of Chief Justice John Roberts. I attended the hearings for Justice Alito. I learned an incredible amount from my five months on the Senate floor. HOBY prepared me for this amazing experience by inspiring me to get involved in whatever I feel passionate about and to always ask the question that I want answered.

One panel at HOBY prepared me very well for the challenges I faced in Washington DC. As the only Senate page from Utah and the only one of LDS faith, the religious

diversity panel taught me to accept others and how to best represent the morals and values of my faith.

Since HOBY I have worked tirelessly to improve myself and to reach my potential. In fact, I will be going back to Washington DC, this summer, as one of two Girls Nation senators from Utah. There, I will have the opportunity to use all that I learned in order to function as a senator by writing a bill and passing legislation.

I love HOBY. HOBY is the reason I have had the drive to accomplish all that I have. The magic of HOBY is that it can take an ordinary sophomore in high school and inspire them to reach for the stars. I do believe that this program can change lives because it changed mine. I believe in this program so much that I returned as a junior counselor so that I could give back to the program which has given me so much. I know that I will continue to support HOBY and I hope you will too.

---



Mitchell Bassett  
11158 N. 5650 W.  
Highland, Utah 84003

## How HOBY has Influenced my Life

The Hugh O'Brian youth leadership program began an epic journey through my junior year in high school. My sophomore year I was not involved in many school activities or service organizations. I was pretty laid back and let things happen. I would look at our student leaders and wonder if I could ever compare to them. This identity frustration kept boiling inside me and climaxed right before my state HOBY program. The three-day course rescued a buried person inside of me that was ready to leap out and go to work.

The day I got home I accomplished more tasks than I ever thought possible. This motivation kept impelling me to become a better leader throughout the summer in many part-time jobs. I completed extra courses in high school, beat certain mental illnesses, and became aware of other people's needs.

The highest recognition I have ever received in my life was the honor of being selected to attend the World Leadership Congress. I had a lot of fun at our state HOBY and overcame many fears that come with being a leader. I had no idea I was material for WLC and was clueless I was even being considered for the conference. The moment I heard my name read at the banquet I was in shock. Someone had believed I was the best candidate for the job. This meant I had a responsibility to fulfill to that person and to myself. Each day in Washington D.C., I tried my hardest to represent the culture and ethics of Utah. I answered many questions from ambassadors and asked a lot myself. The information I received at WLC was vital to my growth and proficiency.

The friendships I made came from all around the world. I still write to my group via e-mail at least once a week and they write back as well. We have planned many vacations too see each other. Some trips have actually worked out. Anytime I have a question about an idea for a leadership camp I ask them and know I will get varied responses which just goes to illustrate HOBY's motto, "teach people how to think, not what to think".

I have implemented HOBY ideas, games, and lessons in my school student council. I also used almost all of the skills at Varsity All-Stars; this is a camp I organized and ran for Varsity age scouts the summer after HOBY. I have suggested many service projects to our KEY Club from the organizations I learned about at HOBY; most notably, the Red Cross, United Way, and 1-800-Volunteer.

I do not know where I would be today if it wasn't for HOBY in my life. The confidence I gained was essential for me at that crossroads point in high school. I feel like I can make a difference in my community and know I have the credentials to direct anything. Through influencing me, HOBY has helped an innumerable amount of other people to realize their dreams and to strive to achieve them.

HOBY taught me that there's more to being a leader than bossing people around or doing everything yourself. As a leader, it's your responsibility to unify your group. Focus on individual members' strengths, and help them to use these strengths to accomplish the goal of the group.

I've been able to use the things I've learned at HOBY literally every day of my life. It's helped strengthen my character, pushed me to overcome my fears, and become not only a better leader, but a better person in almost every area. It's helped me be more conscious of my choices and actions, and really helped me put things into perspective. I've been better able to prioritize and achieve my goals, and make a difference in the lives of others.

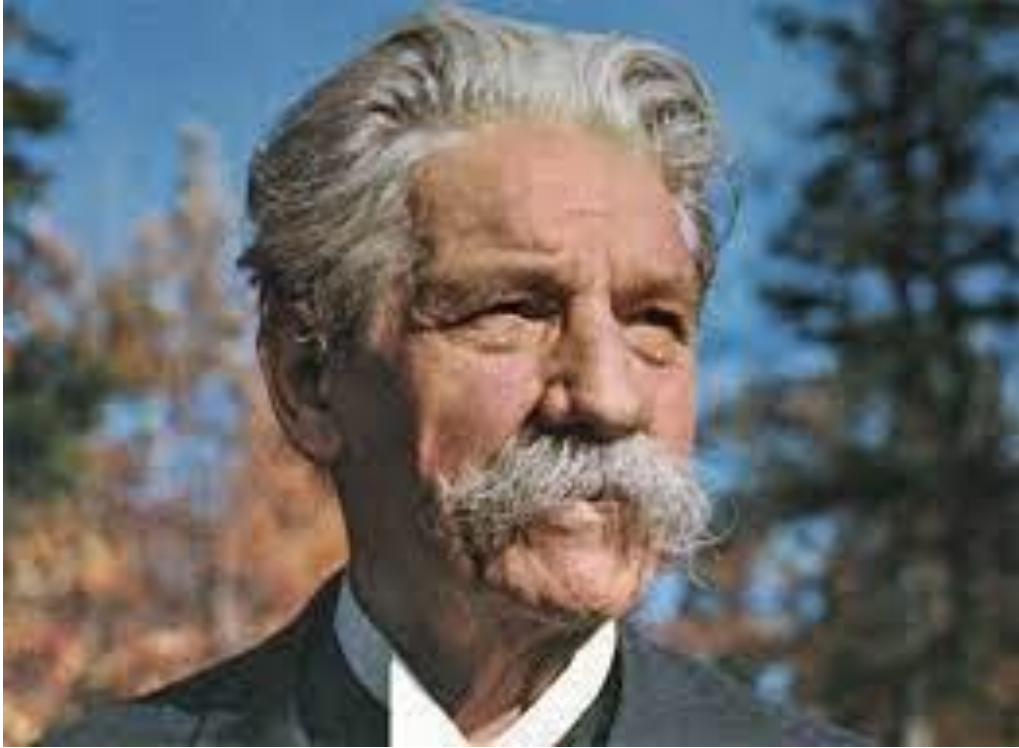
My activity in service has been propelled since I returned from HOBY. Being at the conference helped me to see how important service is, and what a difference it can make in people's situations. It's driven me to see what I can do in my community to be a force for good. This has helped me realize that I'm happiest when I'm doing things for others.

HOBY has helped me to take a stand when I see something that needs to be fixed or changed. It's helped me understand that I can make a difference if I take action. There's more I can do than just sitting on the sidelines watching life happen around me.

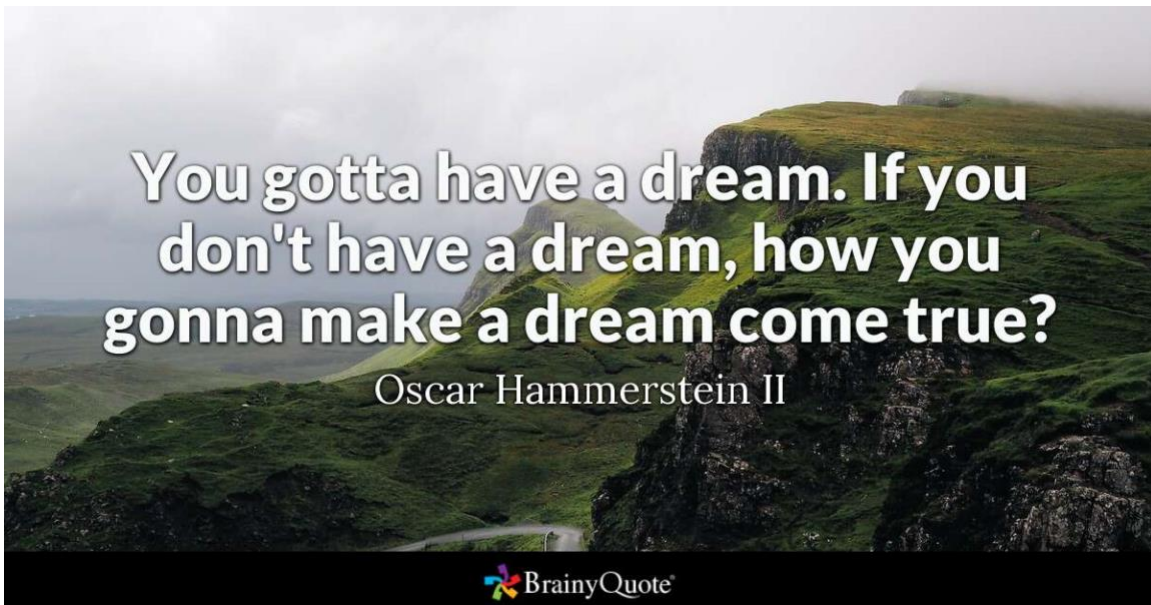
It's helped me better handle the situations I'm put in. I've been more academically prepared, studying harder and testing better than I ever have. I've been more active in school clubs, making friends and doing things that help the school and community. It's also helped me in trying to make sure there's a purpose to everything I do. This has led to less time wasting and I think a more meaningful life.

Attending HOBY was a turning point in my life, and has helped me become a better leader, making a difference in my community and in the world. I'm so grateful that I was able to attend, and know that my experiences at the conference will continue to help me as I go through life and remain a positive influence wherever I am.

**Hundreds of similar responses about how HOBY influenced their lives**



**“I don’t know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.  
- Albert Schweitzer, 1952 Nobel Peace Prize Winner**





**I have a DREAM....**

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**Walt Disney**

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

**We try and try and try and try and try  
and then we get it right.**

**Think. Believe. Dream. Dare.**