

"The one thing I know is if your best player has great character, the chances of success are incredible. If your best player is not of good character, then you have a problem. Best players can get rewarded with the most money and public adoration, but in the locker room and on the court, they are part of the team." NBA Coach - Larry Brown

"If you fail to plan, you plan to fail."

"The meaning of things lies not in the things themselves but in our attitude towards them." Antoine de Saint-Exupery

"Laughter is the sun that drives winter from the human face." Victor Hugo

"The journey of a thousand miles begins with one step." Lao Tzu

"The best time to change is before you are forced to."

"Unto whom much is given, much is required."

"Consciousness creates reality. Expectation decisively influences outcome." Deepak Chopra

"Inch by inch it's a cinch, by the yard it's hard."

"Pray as if everything depended upon God, act as if everything depends on you."

"I think therefore I am. I dream therefore I become."

"Vision without action is a daydream; action without a vision is a nightmare."

"What is the difference between an obstacle and an opportunity? Your attitude toward it. Every opportunity has a difficulty and every difficulty has an opportunity." J. Sidlow Baxter

"A leader with total vision gives the 'why' before the 'what' and then figures out the 'how' and 'when'."

"One man with courage makes a majority."

"There is nothing like a dream to create the future." Victor Hugo

"Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance." Bruce Barton

"We are what we repeatedly do." Aristotle

"If you want to make a significant improvement, change your paradigm. If you want to make minor improvements, work on your behavior and attitude."

"It is better to trust and be disappointed once in a while, than to mistrust and to be miserable all of the time." Abraham Lincoln

"Your beliefs become your reality. Whether you believe you can or believe you can't, you are right."

"In marriage, you must have honest and open communication and trust. You must have a common set of values and beliefs. Opposites may attract initially, but long term, it becomes divisive."

"There are those that make things happen. There are those who watch things happen, and there are those who have no idea of what's happening."

"Luck is a matter of preparation meeting opportunity."

"The fruit of silence is prayer; the fruit of prayer is faith; the fruit of faith is love; the fruit of love is service; the fruit of service is peace." Mother Theresa

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

Eleanor Roosevelt

"No other success can compensate for failure in the house." David O. McKay

"The greatest work you will ever do will be within the walls of your own home."

"The greatest battles of life are fought out every-day in the silent chambers of one's own soul." Harold B. Lee

"Circumstances do not make the man, they simply reveal him to himself."

"Don't cry because it's over, smile because it happened."

"The destiny of man is in his own soul." Herodotus

"You will miss 100% of the shots you don't take." Wayne Gretzky

"What lies behind us and what lies before us are tiny matters compared to what lies within us." Ralph Waldo Emerson

"Our life is what our thoughts make it."

Marcus Aurelius Antoveras

"We don't see thing as they are, we see them as we are."

Anais Nin

"There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there."

St. Francis said, "Preach the gospel, and use words if necessary." Actions speak louder than words.

"Do not follow where the path may lead go where is no path and leave a trail."

"Some people feel that tears are a river that help you move forward."

"Change before you have to. Control your destiny, or someone else will." Jack Welch

"Know thyself. Control thyself, Give thyself."

Greek Poem

"Become the change that you seek in the world."

Gandhi

"For fast acting relief, try slowing down." Lily Tomlin

"Nothing great in the world has been accomplished without passion" George Wilhelm Freiderich Hegel

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In loving memory
James Catapano
1956-2009

"When you are 55, make the leap from doing well to doing good. Do something really worthwhile that you enjoy...give back...help others...and keep learning by experiencing other lands, cultures and people."

Message from Jim Catapano to Jim Catapano 11/22/02

"Superior performance is the key to independence of action." Michael Capellas

"If it is to be, it's up to me."

"Food is for nourishment, not for pleasure. Exercise is the key to self-love."

"We are not human beings having a spiritual experience: we are spiritual beings having a human experience." Teilhard de Chardin

"What we are communicates far more eloquently than anything we say or do."

"We have a choice everyday regarding the attitude we will embrace for that day. Life is 10% what happens to me and 90% how I react to it." Charles Swindel

"Take joy in the simple pleasures of life, music, singing, dancing, reading, interacting with and helping others; Materialistic things are fleeting and they hold little or no significance."

Catapano paraphrasing Morrie (Tuesdays with Morrie)

"God can dream a bigger dream for you than you can ever dream for yourself. Real success comes when you learn to act as if everything depends on you, and pray as if everything depends on god." Oprah Winfrey

"Between stimulus and response there is a space. In that space there lies our freedom and power to choose our response. In our response lies our growth and happiness."

"Dream as if you will live forever, and live as if you'll die tomorrow." James Dean

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"A ship in the harbor is safe. But that's not what a ship is built for."

"Build from strength, make the weakness irrelevant."

P. Drucker

"To believe in something and not to live it is dishonest." Mahatma Ghandi

"For every door that closes another opens. Every ending contains a beginning."

"God's delays are not God's denials." Troy Robbins

"Be so good they can't ignore you." Steve Martin

"Forgiveness is the key that unlocks the door of resentment and the handcuffs of hate it is a power that breaks the chains of bitterness and the shoulders of selfishness." William A. Ward

"Things do not change, we change." Henry David Thoreau

"The road to 'Some Day' leads to a town called 'Nowhere'."

"Discipline is the bridge between goals and accomplishment."

"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it." Johann Wolfgang Von Goethe

"The greatest happiness in life is the conviction we are loved." Victor Hugo

"Every man is the architect of his own fortune." Sallust

"It is not God's will merely that we should be happy, but that we should make ourselves happy." Immanuel Kant

"Today, I shall judge nothing that occurs."

"Between idea and reality there falls a shadow." Henry David Thoreau

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"For the unconverted pursue these things, and your heavenly Father knows that you need them. But above all pursue his kingdom and righteousness, and all these things will be given to you as well." Matthew 6:32-33

"If you don't know where you are going any road will get you there."

"The great end in life is not knowledge but action." Thomas Henry Huxley

"What gets measured gets done."

"It's not what happens to you, but how you respond to what happens to you that counts."

"He who has a why to live for can bear almost any how." Friedrich Nietzsche

"Wealth is measured not by what you have, but what you have given away."

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"The greatest mistake a man can make is to sacrifice health for any other advantage." Arthur Schopenhauer

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

"The human body is the best picture of the human soul." Ludwig Wittgenstein

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"The tragedy of life is not in the last of death but in what dies inside of us while we live." Norman Cousins

"The whole secret of life is to be interested in one thing profoundly and a thousand things well." Hugh Wolfpole

"Don't complain about what you don't have. Use what you've got. To do less than your best is a sin. Every single one of us has the power for greatness, because greatness is determined by service to yourself and others." Oprah Winfrey

"The world steps aside to let any man pass, if he knows where he is going."

"You can live in a world of solutions or problems. It's the same world." Deborah Shane

"If you do right, right will follow."

"Greatness is determined by service." Rev. Martin Luther King

"Sometimes it's best not to go fast. There are beautiful sights to see when you're last. Shouldn't it be, at looking back at the end, that you judge your own race by the help that you lend." Jamie Lee Curtis

"What lies behind and what lies beyond pale in comparison to what lies within." Ralph Waldo Emerson

"You need not leave your room. Remain sitting at your table and listen. You need not even listen, simply wait. You need not even wait, just learn to become quiet, and still and solitary. The world will freely offer itself to you to be unmasked. It has no choice; it will roll in ecstasy at your feet." Austrian Philosopher - Franz Kafka