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September 2010
Wednesday

September

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August

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October

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Pain is inevitable. Suffering is optional.

– M. Kathleen Casey

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

2

September 2010

Thursday

September						
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A bend in the road is not the end of the road...
unless you fail to make the turn.

August						
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October						
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Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

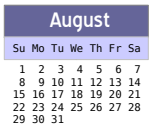
3

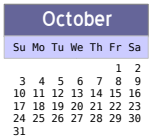
September 2010

Friday

When the Japanese mend broken objects, they aggrandize (i.e., to make something appear greater) the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful.

– Barbara Bloom





Notes for Today

Priority To Do

Want To Do

Appointments

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Meals

Breakfast

Lunch

Dinner

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September 2010

Saturday

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Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant.

– Horace (Quintus Horatius Flaccus), Satires

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October						
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Notes for Today

Priority To Do

Want To Do

Appointments

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Meals

Breakfast

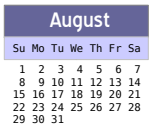
Lunch

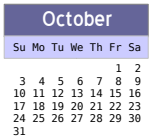
Dinner

5

September 2010

Sunday





We shall draw from the heart of suffering itself the means of inspiration and survival.

– Winston Churchill

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

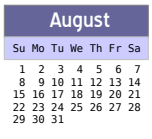
Lunch

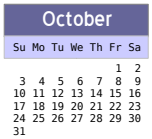
Dinner

6

September 2010

Monday





Mishaps are like knives, that either serve us or cut us, as we grasp them by the blade or the handle.

– James Russell Lowell
"Cambridge Thirty Years Ago"
Literary Essays

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

7

September 2010

Tuesday

September						
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Do all the good you can, By all the means you can, In all the ways you can, To all the people you can, As long as ever you can.

– John Wesley

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October						
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31						

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

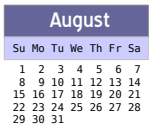
Lunch

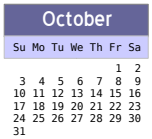
Dinner

8

September 2010

Wednesday





That person is a success who has lived well, laughed often and loved much; who has gained the respect of intelligent people, and the love of children; who has filled a unique niche and accomplished his or her task; who leaves the world better than before, whether by a perfect poem or a rescued soul; who never lacked appreciation of the earth's beauty or failed to express it; who looked for the best in others and gave the best he or she had.

– Adapted from Robert Louis Stevenson

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

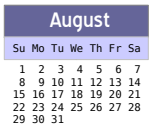
Lunch

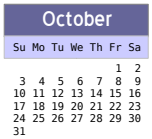
Dinner

9

September 2010

Thursday





The truth will set you free but first it will make you miserable.

- Jamie Buckingham

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

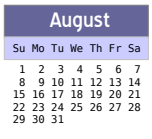
Lunch

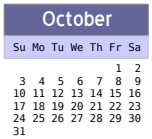
Dinner

10

September 2010

Friday





Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

– Dale Carnegie

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

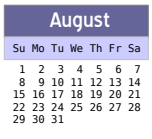
Lunch

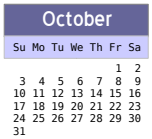
Dinner

11

September 2010

Saturday





It takes courage to have hope.
– Louise E. Johnson

Notes for Today

Priority To Do

Want To Do

Appointments

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Meals

Breakfast

Lunch

Dinner

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September 2010

Sunday

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October

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A wrongful action (or Reaction) spawns new wrongful acts of its own. But patience stops problems in their tracks.

Notes for Today

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Meals

Breakfast

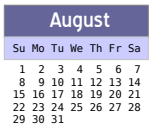
Lunch

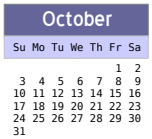
Dinner

13

September 2010

Monday





The greatest discovery of my generation is that a human can alter his life by altering his attitudes of mind.

– William James

Notes for Today

Priority To Do

Want To Do

Appointments

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Meals

Breakfast

Lunch

Dinner

14

September 2010

Tuesday

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Stir up the gift that is within you.
– St Paul's letter to Timothy

August						
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October						
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Notes for Today

Priority To Do

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Meals

Breakfast

Lunch

Dinner

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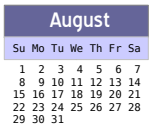
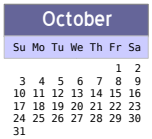
September 2010

Wednesday





If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.

– Marcus Aurelius

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

16

September 2010

Thursday

September						
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Anyone who has never made a mistake
has never tried anything new.
– Albert Einstein

August						
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Notes for Today

Priority To Do

Want To Do

Appointments

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Meals

Breakfast

Lunch

Dinner

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September 2010

Friday

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The most successful people are those who are good at Plan B.

– James Yorke

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Notes for Today

Priority To Do

Want To Do

Appointments

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Meals

Breakfast

Lunch

Dinner

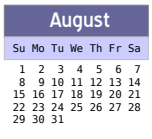
18

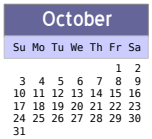
September 2010

Saturday

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discpline, and effort.

– Jesse Owens





Notes for Today

Priority To Do

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Appointments

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Meals

Breakfast

Lunch

Dinner

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September 2010

Sunday

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Create the highest, grandest vision possible for your life, because you become what you believe.

– Oprah Winfrey

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October						
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Notes for Today

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Meals

Breakfast

Lunch

Dinner

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September 2010

Monday

September

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August

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October

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24	25	26	27	28	29	30
31						

There are many things in life that will catch your eye, but only a few will catch your heart. Pursue them.

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30
5 :30
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9 :30

Meals

Breakfast

Lunch

Dinner

21

September 2010

Tuesday

September						
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We cannot become what we need to be by remaining what we are.

– Max DePree

August						
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October						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

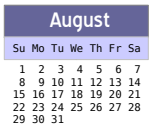
22

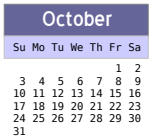
September 2010

Wednesday

We must look at the lens through which we see the world, as well as at the world we see, and understand that the lens itself shapes how we interpret the world.

– Stephen R. Covey





Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

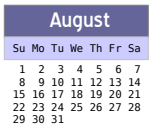
23

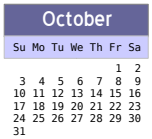
September 2010

Thursday

We must open the doors of opportunity. But we must also equip our people to walk through those doors.

– Lyndon B. Johnson





Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

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September 2010

Friday

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August

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October

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Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction, and skillful execution; it represents the wide choice of many alternatives.

– Willa A. Foster

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

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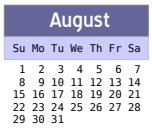
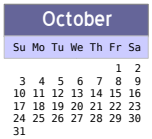
September 2010

Saturday





You have control over three things – what you think, what you say, and how you behave. To make a change in your life, you must recognize that these gifts are the most powerful tools you possess in shaping the form of your life.

– Sonya Friedman

Notes for Today

Priority To Do

Want To Do

Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

Lunch

Dinner

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September 2010

Sunday

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August

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October

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When confronted by conflict and confusion, another practice is to take a deep breath, pause, and ask: "Where is the gift in this?"

– Diane Dreher

Notes for Today

Priority To Do

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Appointments

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Meals

Breakfast

Lunch

Dinner

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September 2010

Monday

September

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August

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October

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All our dreams can come true, if we have the courage to pursue them.
– Walt Disney

Notes for Today

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Appointments

4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

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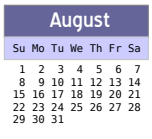
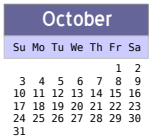
September 2010

Tuesday





So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable.

– Christopher Reeve

Notes for Today

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4 :30 5 :30 6 :30 7 :30 8 :30 9 :30 10 :30 11 :30 12 :30 1 :30 2 :30 3 :30 4 :30 5 :30 6 :30 7 :30 8 :30 9 :30

Meals

Breakfast

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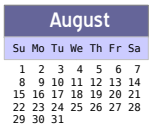
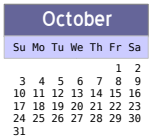
September 2010

Wednesday





What's the use of a good quotation if you can't change it?

– Doctor Who

Notes for Today

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Meals

Breakfast

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Dinner

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September 2010

Thursday

September						
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Luck is where preparation meets opportunity.
- Earl Nightingale

August						
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Meals

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Lunch

Dinner