



Personal Development Toolbox

"Ideas to contribute to your success!"

Thank you for downloading our **Daily Inspiration eBook!** Our hope is that you will use the thoughts we have collected to inspire and encourage you on your path toward personal development and fulfillment.

The contents in this eBook are organized into the same categories that our website (www.personaldevelopmenttoolbox.net) is organized by.

1. Success
2. Mental Toughness
3. Leadership
4. Goals
5. Productivity
6. Nutrition
7. Team Building

In addition to this Daily Inspiration eBook, you should have also received a link to download James Allen's classic "As a Man Thinketh."

If you did not, you can download it by clicking here: [As a Man Thinketh](#)

We look forward to sharing the personal development journey together!

Sincerely,

April (McDivitt) Schilling

Mandy Williams

Brian Williams

The Personal Development Team

<http://www.personaldevelopmenttoolbox.net>

SUCCESS

Most great people have achieved their greatest success just one step beyond their greatest failure. -Napoleon Hill

Success is the ability to go from failure to failure without losing your enthusiasm. -Winston Churchill

Success is liking yourself, liking what you do, and liking how you do it. - Maya Angelou

Personal satisfaction is the most important ingredient of success. -Denis Waitley

An empowered life begins with serious personal questions about oneself. Those answers bare the seeds of success. -Steve Maraboldi

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine. -John Maxwell

Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit. -Conrad Hilton

Success is doing ordinary things extraordinarily well. -Jim Rohn

I never dreamed about success. I worked for it. -Estee Lauder

Talent alone won't make you a success. Neither will being in the right place at the right time, unless you are ready. The most important question is: 'Are you ready?' -Johnny Carson

Success comes from knowing that you did your best to become the best that you are capable of becoming. -John Wooden

Success is 99% attitude, and 1% aptitude. -Celestine Chua

I don't measure a man's success by how high he climbs, but how high he bounces she he hits bottom. -George Patton

In order to succeed, your desire for success should be greater than your fear of failure. -Bill Cosby

I've failed over and over again in my life. That is why I succeed. -Michael Jordan

The greatest barrier to success is fear of failure. -Sven Goran Eriksson

Action is the foundational key to all success. -Pablo Picasso

Success demands singleness of purpose. -Vince Lombardi

Success is a state of mind. If you want success, start thinking of yourself as a success. -Joyce Brothers

Success is getting what you want; happiness is wanting what you get. -Dale Carnegie

MENTAL TOUGHNESS

Don't be distracted by criticism. Remember the only taste of success some people get, is taking a bite out of you. -Zig Ziglar

When it gets difficult is often right before you succeed. -Chris Garrett

Do the thing you fear most and the death of fear is certain. -Mark Twain

Don't wish it were easier. Wish you were better. -Jim Rohn

Do not pray for an easy life, pray for the strength to endure a difficult one. - Bruce Lee

Whether you think you can or think you can't, you're right. -Henry Ford

<http://www.personaldevelopmenttoolbox.net>

Toughness is in the soul and spirit, not in muscles. -Alex Karras

It's hard to beat a person who never gives up. -Babe Ruth

Tough times don't last, tough people do. -Robert Schuller

Progress is impossible without change, and those who cannot change their minds cannot change anything. -George Bernard Shaw

Nothing external to you has any power over you. -Ralph Waldo Emerson

The best way out is always through. -Robert Frost

Everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's attitude in any given set of circumstances, to choose one's own way. -Viktor Frankel

Nothing on earth can stop a man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. -Thomas Jefferson

To be a great champion you must believe you are the best. If you're not, pretend you are. -Muhammad Ali

He who says he can and he who says he can't are both usually right. -Confucius

The measure of your character and mental toughness is the space between what you are doing and what you could be doing. -William James Moore

Except our own thoughts, there is nothing absolutely in our power. -Rene Descartes

It is better to conquer yourself than to win a thousand battles. Then the victory is yours. -Buddha

Rule your mind or it will rule you. -Horace

LEADERSHIP

If you wouldn't follow yourself, why should anyone else? -John Maxwell

Leadership is action, not position. -Donald H. McGannon

Remember the difference between a boss and a leader: a boss says "Go!" and a leader says "Let's Go!" -EM Kelly

He who cannot be a good follower cannot be a good leader. -Aristotle

Leadership is about taking responsibility, not making excuses. -Mitt Romney

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

A man who wants to lead the orchestra must turn his back on the crowd. -Max Lucado

Leadership is a potent combination of strategy and character. But if you must be without one, be without the strategy. -Norman Schwarzkopf

The key to successful leadership today is influence, not authority. -Kenneth Blanchard

Leadership is unlocking people's potential to become better. -Bill Bradley

Earn your leadership every day. -Michael Jordan

Leadership is the capacity to translate vision into reality. -Warren Bennis
The greatest leader is not necessarily the one who does that greatest things. He is the one that gets the people to do the greatest things. -Ronald Reagan

Management is doing things right; leadership is doing the right things. - Peter Drucker

Make sure that team members know they are working with you, not for you. -John Wooden

Education is the mother of leadership. -Wendell Willkie

The growth and development of people is the highest calling of leadership. - Harvey Firestone

There are three essentials to leadership: humility, clarity, and courage. - Fuchan Yuan

The supreme quality of leadership is integrity. -Dwight Eisenhower

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others. -Jack Welch

GOALS

Arriving at one goal is the starting point to another. -John Dewey

You are never too old to set another goal or dream another dream. - C.S. Lewis

Setting goals is the first step in turning the invisible into the visible. -Tony Robbins

A goal without a plan is just a wish. -Antoine de Saint-Exuperys

The most important thing about goals is having one. -Geoffry F. Abert

What would you attempt to do if you knew you would not fail? -Robert H Schuller

A dream is just a dream. A goal is a dream with a plan and a deadline. - Harvey Mackay

You goals are the road maps that guide you and show you what is possible for your life. -Les Brown

Setting a goal is not the main thing. It is deciding how you will go about achieving it, and staying with that plan. -Tom Landry

A goal is not always meant to be reached; it often serves simply as something to aim at. -Bruce Lee

The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. -Benjamin Mays

If you have a goal, write it down. If you do not write it down, you do not have a goal - you have a wish. -Steve Maraboli

What you get by achieving your goals is not as important as what you become by achieving your goals. -Henry David Thoreau

Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal. -Mother Teresa

Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals. -Aristotle

A goal properly set is halfway reached. -Abraham Lincoln

Obstacles are those frightful things you see when you take your eyes off your goal. -Henry Ford

Remember that failure is an event, not a person. -Zig Ziglar

Goals are the fuel in the furnace of achievement. -Brian Tracy

In between goals is a thing called life, that has to be lived and enjoyed. -Sid Caesar

PRODUCTIVITY

If we all did the things we were capable of doing, we would literally astound ourselves. -Thomas Edison

Some people want it happen, some wish it would happen, and others make it happen. -Michael Jordan

A year from now you may wish you had started today. -Karen Lamb

I like things to happen, and if they don't happen I like to make them happen. -Winston Churchill

The hardest thing about being productive is not the work, but the split second it takes to decide to take control. -David Allen

The best way to predict the future is to create it. -Alan Kay

Productivity is being able to do things that you were never able to do before. -Franz Kafka

To think is easy. To act is hard. But the hardest thing in the world is to act in accordance with your thinking. -Wolfgang Mozart

Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort. -Paul Mayer

Hard work beats talent when talent doesn't work hard. -Tim Notke

The key is not to prioritize what's on your schedule, but to schedule your priorities. -Stephen Covey

Don't confuse the urgent with the important. -Preston Ni

The perfect is the enemy of the good. -Voltaire

Amateurs sit and wait for inspiration, the rest of us just get up and go to work. -Stephen King

Concentrate all your thoughts upon the work in hand. The sun's rays do not burn until brought to a focus. -Alexander Graham Bell

The secret of getting things done is to act! -Dante Alighieri

Besides the noble art of getting things done there is a nobler art of leaving things undone. The wisdom of life consists in the elimination of nonessentials. -Lin Yutang

The way to get things done is not to mind who gets the credit of doing them. -Benjamin Jowett

Procrastination is opportunity's assassin. -Victor Kiam

Until we can manage time, we can manage nothing else. -Peter Drucker

NUTRITION

For the very best diet, consider eating food that is "clean": pesticide-free, hormone-free, free-range, grass-fed (verses corn fed), non-GMO (genetically modified organisms). A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

A good first step in meeting your nutritional goals is to understand the three main components of food: carbohydrate, protein, and fat. These are often referred to as the "Macronutrients" since they are the major players of food. Their counterparts are "Micronutrients" things like vitamins and minerals. A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

Foods that contain healthy forms of carbohydrates include: fruits, vegetables, low fat plain dairy products, nuts and seeds, whole grains, such as brown rice and quinoa, beans, legumes, buckwheat. A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

Bad Carbs or processed and low-fiber carbohydrates include: pasta, potatoes, white rice, white bread, bagels, regular or English muffins, crackers, chips, pretzels, most breakfast cereals, pancakes/waffles, ready made desserts. A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

So what DO you snack on?

- Raw or dry-roasted nuts and seeds
- String cheese and fruit
- Packets of natural nut butters
- Bars with no more than 5-6 ingredients
- Healthy beef jerky with no nitrates or sugar added

A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

Your stomach is slightly larger than your fist. In deciding how much food to order or consume, think of how much food it would take to fill the physical size of your fist. A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

Outsmart grocery store gimmicks

Watch out for...

- Artificial ingredients and preservatives
- Added salt and sugar
- Carbohydrate based dishes such as pasta, pizza, rice, potatoes, grains, and bread
- Anything breaded and fried

(Remember: 15 grams of carbohydrate is equivalent to one slice of bread)

A Recipe for Life, by the Doctor's Dietitian, Susan B. Dopart

Why should I take supplements?

-Supplements help fill gaps that exist in our diet whether they be seasonal, geographical, or by its structure. However, supplements allow us to leverage the benefits of nature by achieving intakes of bioactives known to promote

health that one cannot easily get via diet alone. Reports have shown that supplementation can save the nation massive healthcare dollars by focusing on prevention and general health. www.personaldevelopmenttoolbox.net

My personal trainer only recommends whey protein. Why does AdvoCare use proteins other than whey?

-No single protein source provides a complete amino acid profile. We utilize protein blends from multiple sources including whey but also soy, casein, milk protein isolate and collagen. Additionally, proteins which possess different rates of digestion deliver amino acids to muscle tissue for an extended period of time. Research indicates that sustained release of amino acids through differing digestion rates offers a superior muscle response. www.personaldevelopmenttoolbox.net

Why are artificial sweeteners used in AdvoCare products?

-Considering the burden of sugar consumption on our health and wellness, non-nutritive sweeteners allow us to produce great tasting products with excess calories. All non-nutritive sweeteners in the USA have undergone extensive and exhaustive health, safety and toxicity testing. Their safety profile is exemplary and they are all approved by regulatory agencies as well as many national medical organizations. www.personaldevelopmenttoolbox.net

TEAM BUILDING

Real Colors® is a unique temperament tool and workshop designed to be entertaining and user-friendly. The instrument is based on the premise that you can take left-brain (linear) information, and turn it into an exciting, interactive right-brain experience. The right brain style uses colors, pictures, and interactive activities to hook the participants. It allows participants to learn a great deal of information more quickly. They leave the four-hour workshop with tools they can use and apply to their own life. Using this powerful knowledge, participants develop more effective communication skills and build better relationships—in and out of the workplace. Sign up

<http://www.personaldevelopmenttoolbox.net>

your business, school, sports, or organization today:

www.personaldevelopmenttoolbox.net

At the onset of World War II, using Carl Jung's work as a springboard, Isabel Myers and her daughter Katharine Briggs began their work developing the Myers-Briggs Type Indicator®. Their work gained international recognition and acceptance. Shortly thereafter, David Keirsey developed his own concept of temperament theory. NCTI's Real Colors® Personality Instrument is a leading edge tool that bridges temperament theory and real life applications in a way that is easy to understand, fun to learn and that offers unprecedented levels of retention. Using Real Colors, people learn to recognize, accept and value the differences in others while improving understanding, empathy and communication.

www.personaldevelopmenttoolbox.net

Based in the decades of research (Myers Briggs Assessment). Each temperament has its own unique qualities and shortcomings, strengths and challenges. What accounts for these differences? To use the idea of Temperament most effectively, it is important to understand that the four temperaments are not simply arbitrary collections of characteristics, but spring from an interaction of the two basic dimensions of human behavior: our communication and our action, our words and our deeds, or, simply, what we say and what we do. www.personaldevelopmenttoolbox.net

One Word creates clarity, power, passion and life-change. The simple power of One Word is that it impacts all six dimensions of your life – mental, physical, emotional, relational, spiritual, and financial. Simply put, One Word sticks. (www.getoneword.com)

Instead of creating endless goals and resolutions, they found one word that would be their driving force for the year. No goals. No wish lists. Just one word. Best of all... anyone, anytime can discover their word for the year. (www.getoneword.com)

Where does confidence come from? 4 P's: Preparation, Physical Talents/Abilities, Past Successes, Praise.

<http://www.personaldevelopmenttoolbox.net>

Performance = Talent – Distractions | Eliminate the distractions in your life to perform at your highest level.

Transform “Have to—Want to”

-Have to involves External motivation

-Want to involves Internal motivation

Book, QBQ by John G. Miller

-Starts with personal accountability (QBQ)

Why do we have to go through all of this change?	How can I adapt to the changing world?
When is somebody going to train me?	What can I do to develop myself?
Who dropped the ball?	How can I help?
When is my teammate going to get it right?	What can I do to understand her challenges & frustrations?
Who’s going to solve the problem?	How can I become a part of the solution?
When are you going to tell us what is going on?	What can I do to excel in my work today?

QBQ’s

Begin with “What” or “How” (not Why, When, or Who)

Contain an “I” (not they, them, we, or you)

Focus on action