

January 2015

Take A Break When You Need One

"Just a 15-minute walk can refresh you, allowing you to do higher-quality and more efficient work. When you hit a wall or feel yourself struggling, don't be afraid to take a break – you will return to your project truly ready to work on it."

Lluch, Alex A. and Dr. Eckmann, Helen. *The Little Book of Big Ideas to Think Big & Achieve Success*. San Diego, CA: WS Publishing Group. 2012. Print

February 2015

When Love Moves Through Us It Inspires All We Do

~*The outer work will never be puny
if the inner work is great*

Meister Eckhart

Kornfield, Jack. *The Art of Forgiveness, Lovingkindness and Peace*. New York: Bantam Dell, A Division of Random House, Inc. 2002. Print.

March 2015

Be Humble – Assume You Have Everything to Learn

Where there is an open mind, there will always be a frontier

Charles F. Kettering

Lluch, Alex A. and Dr. Eckmann, Helen. *The Little Book of Big Ideas to Think Big & Achieve Success*. San Diego, CA: WS Publishing Group. 2012. Print

April 2015

If You Don't Have Anything Nice to Say, Stay Quiet

~*The real art of conversation is not only to say the right thing at the right place,
but to leave unsaid the wrong thing at the tempting moment.*

Dorothy Nevil

Lluch, Alex A. and Dr. Eckmann, Helen. *The Little Book of Big Ideas to Think Big & Achieve Success*. San Diego, CA: WS Publishing Group. 2012. Print

May 2015

The Head, Heart and the Instinctive

You have to not only master the art of listening to your head, you must also master listening to your heart and listening to your gut.

Carly Firoina

June 2015

Thoughtful Effective Communication

Communication works best when we combine appropriateness with authenticity, finding that sweet spot where opinions are not brutally honest, but delicately honest.

Sheryl Sandberg

July 2015

Careers are a Jungle Gym, Not a Ladder

Ladders are limiting – people can move up or down, on or off. Jungle gyms offer more creative exploration. There's only one way to get to the top of the ladder, but there are many ways to get to the top of the jungle gym.

Sheryl Sandberg

August 2015

Be Mindful

Those who say it can not be done, should not interrupt those doing it.

Chinese Proverb

September 2015

Awareness

We cannot change what we are unaware of, and once we are aware, we cannot help but change.

Sheryl Sandberg

October 2015

To Be Whole

Know from the rivers in clefts and in crevices: those in small channels flow noisily, the great flow silent. Whatever's not full makes noise. Whatever is full is quiet.

The Buddha

November 2015

Be Heard with Passion

Be still when you have nothing to say; when genuine passion moves you, say what you've got to say, and say it hot.

D.H. Lawrence

December 2015

The New Year Awaits

For last year's words belong to last year's language and next year's words await another voice.

T.S. Eliot