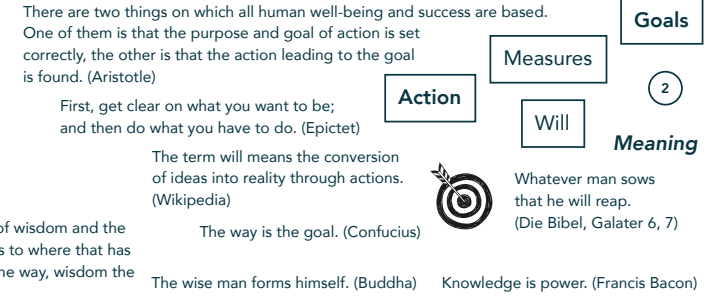
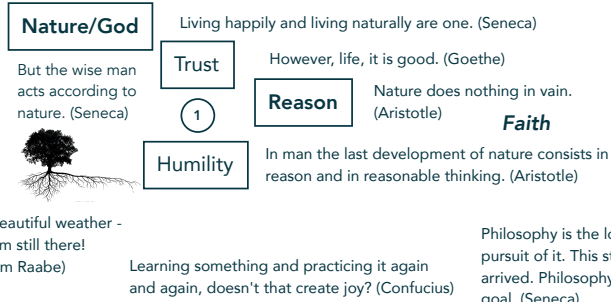
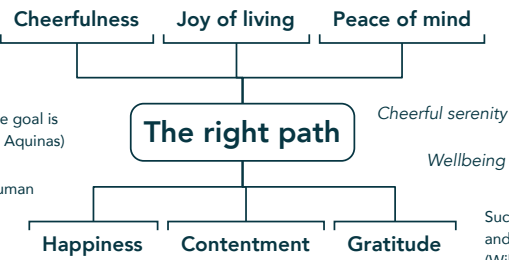


THE WORLD FORMULA



- Mindset**
- Responsibility
 - Optimism
 - Focus
 - Motivation/Discipline
 - Work ethic
 - Creativity
 - Tidiness

Everything we are is the result of our thoughts. The mind is everything. What we think, we become. (Buddha)

I take full responsibility for my life. (Calvin John Camp)

Trust in your luck and you will attract it. (Seneca)

They can do it because they believe that they can. (Vergil)

Why don't you concentrate with your short life on essential things and live with yourself and the world in peace? (Seneca)

There is no easy way from the earth to the stars. (Seneca)



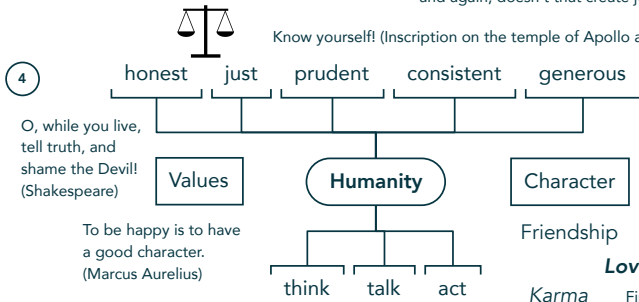
Who plays with life never gets along. Who does not command himself always remains a servant. (Goethe)

Imagination is the power by which the image of a thing arises in us. (Aristotle)

The great man speaks more casually and relaxed; his whole way of speaking shows more confidence than care. (Seneca)

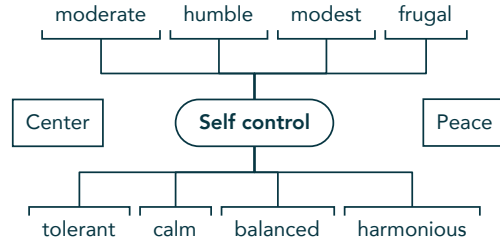
Not too much and not too little. (Lagom)

The superior man is always calm and serene. (Confucius)



High moral standards are a matter of habit. We become righteous through righteous action, moderate through moderate action, brave through brave behavior. (Aristotle)

Simplicity is the highest level of perfection. (Leonardo da Vinci)



An excellent character always chooses the middle path. (Aristoteles)

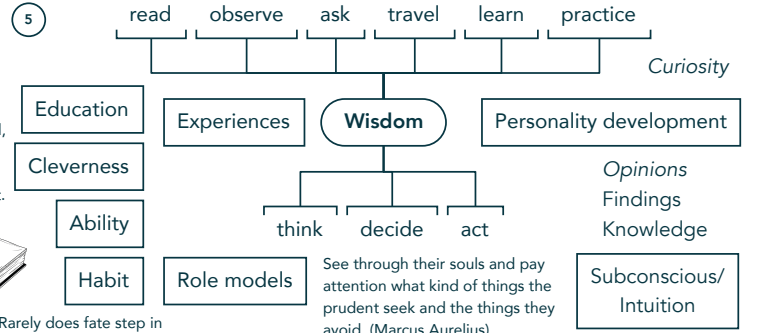
Man has three ways to act wisely; first, by reflection, which is the noblest, second, by imitation, which is the easiest, and third, by experience, which is the bitterest. (Confucius)

First learn manners, later wisdom: without manners this is only poorly learned. (Seneca)

Health/Energy

Measure and center are the climax of human nature. (Konfuzius)

For whom enough is not enough nothing is enough. (Epicurus)

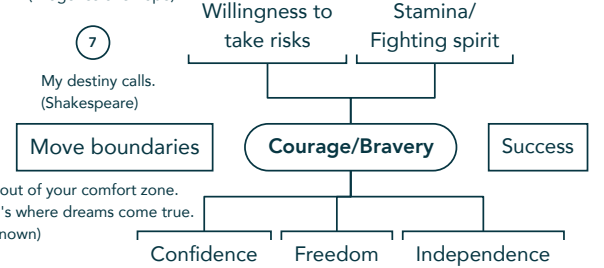


Rarely does fate step in the way of the wise man. (Epicurus)

Virtues

Praiseworthy qualities we call virtues. (Aristotle)

Good thing you appointed me a man's superior, destiny. (Diogenes of Sinope)



Man is not a tree. If he is in the wrong place, he should look for another. (Buddha)

The term success describes the achievement of goals that we have set ourselves. (Wikipedia)

As long as I breathe, I give nothing away. (Shakespeare)

Money Time

The problem is, you think you have time. (Buddha)

Let us live through our time according to nature and end it cheerfully, just as the ripe olive falls, blessing the earth that produced it and thanking the tree that nurtured it. (Marcus Aurelius)

No plain that is not followed by a slope. (Yijing)
Have death before your eyes every day; this will keep you from petty thoughts and from immoderate desires. (Epictet)

What a ridiculous stranger in the world is he who marvels at any event in his life. (Marcus Aurelius)



Carpe diem - Use/enjoy the day. (Horaz)

When you are depressed, you live in the past. When you are afraid, you live in the future. When you are at peace, you live in the now. (Lao-Tse)

Memento mori.

8 Suffering

The greatest obstacle to life is the expectation that hangs on tomorrow and wastes today. (Seneca)

The cause of our suffering is our desire and attachment. We can defeat suffering by letting go of our desires and attachments and accepting reality as it is. (Buddha)

10 Silence

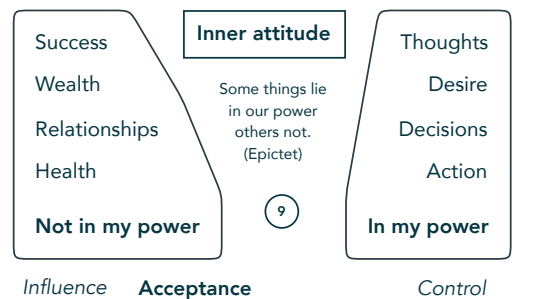
Seek stillness and take the time and space to grow into your own dreams and goals. (Buddha)

Problems
Causes
Measures
Decision
Action

Sunshine
Hiking
Toast Hawaii
Music

Hope

My happiness does not depend on external circumstances, but on how I perceive the circumstances, how I classify them and react to them. The right inner attitude provides for happiness and balance. (Calvin John Camp)



Some things lie in our power others not. (Epictet)

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