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|  | Great Advice  No Lectures™  *Advice from the*  *Front Lines of Life*  by John Bishop   |  | | --- | | *Great advice from people willing to share their ideas to help others*  *meet today’s challenges and opportunities.* |     ***Easy-to-Implement Ideas!***  **www.HireToCompete.com** |  |
| ***1*** | | |

Life is an ever-changing journey. Our goal with the ***GREAT ADVICE – No Lectures***™book is to make your life a little easier, a little less fearful, and a lot more interesting.

In short, how can we help each other in this crazy, exciting and sometimes frustrating world? The book offers timely advice in a thought-provoking format that answers one question:

***What is the BEST ADVICE you ever received?***

**The book includes**

* Answers to - What is the BEST ADVICE you ever received? - question.
* License plates reminders
* Advice from other cultures (Native American, Chinese, Indian, etc.)
* You Are Not Alone
* Discussion topics: Short 250 – 300 word life skills essays
* Quotes to Discussion
* Questions to Ponder

The shared advice tips are easy-to-implement, and come from others who may have traveled in similar paths to yours. You are not alone! The *GREAT ADVICE – No Lectures*™ book will help you look at your situation differently. You’ll get solid, real-world advice without the 30-60 minute lecture.

You may be reading this book for new ideas to motivate yourself and improve your life. Or, you may be having some difficulties, and you are looking for a fresh perspective on things. Or, you may be facing some new challenges and opportunities, and you want a little extra encouragement.

This book is for you.

Change is inevitable. How we look at change, react to it, and learn from it differentiates us from the people around us. We created this book because most of us have difficulty in finding the time to read a 350 page self-help book, but we want the information. We live in an instant communications world. Speed is the common thread. We want bite-sized, actionable information in a format they can be implemented quickly.

This is first book in the *Great Advice – No Lectures*™ - *Advice from the Front Lines of Life* series to meet these needs.

Thank you for downloading this book. If it helps you, please consider sharing with your friends. Together we can make a difference.

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*Great advice from people willing to share their ideas to help others meet today’s challenges and opportunities.*

**Dressed in Overalls**

Sometimes opportunity comes dressed in overalls and looks like work.

***James F., advice from his father***

**Risk**

Never underestimate the value of taking a risk on yourself. It’s the best risk you can take. Don’t let anyone tell you otherwise.  ***Roshini R.***

**Someone Else Will**

Make a plan for yourself or someone else will do it for you.

***John C.***

**Who?**

Know who your.

Like who you are.

Be who you are.

***Tamara V.***

**Three R’s**

The three R’s.

Respect myself

Respect others

Take Responsibility for all your actions.

***Kay T.***

**Effort**

Advice is free.

Success and action take effort.

***James H.***

**Old Habits**

Old habits die hard.

***Amit S.***

**Life Decisions**



Know what you believe and why you believe it. It’s out of these convictions that every life decision will be made.

***Chris W.***

**Burning Bridges**

Don’t burn your bridges . . . you never know when you might need them.

***John M., advice from his dad***

**Only Way to Success**

There is only one way to SUCCESS - performance, performance—Every Time. ***Amit S.***

**Revolving World**

The world doesn’t revolve around you, so get over yourself.

***Jimmy K., advice from a youth minister***

**Walk and Talk**

Walk the walk, not talk the talk.

***Kehaulani G., lesson learned from Girl Scouts***

# *Quote for Discussion*

“I’ve missed more than 9,000 shots in my career. Twenty-six times I’ve been trusted to take the game winning shot and

missed. I’ve failed over and over and over again in life.

And, that is why I succeed.”

***Michael Jordon***

**Negotiating**

When you are negotiating, ask them what they WANT; most of the time it will be a lot less than what you were already thinking of GIVING!”

***Scott B., advice from his dad***

**Help Others**

You can have everything in life that you want if you will just help enough other people get what they want.

***Jack S., quote from Zig Ziglar***

**Feeling Lonely**

....I called home feeling lonely.....my mom said “no one will knock on your door when they don’t where you live.” ....translation....network, network, network

***Sandra B.***

**Share Your Thoughts**

When you show people what it is that you want, what you are willing to do to get it and share your thoughts with people believing they will understand, you will discover that you have more in common with every age group than you thought. It will open up your world. ***Julie R., advice from her father***

**Unto others**

Do unto others as you want them to do unto you.

***Kehaulani G.***

**Art of Business**

The art of good business is always being a good middleman.

***Gregory U.***

**Don’t Waste Your Talent**

Never let them beat it out of you.

At the time, I was being managed by an “old-school” type who was constantly trying to change me. Another manager (later).....told me that my passion and spirit were my best as sets and that allowing small-minded people to change me was a waste of my talent.

***Barrie C., advice from a manager***

*License Plate Idea*

# TNK POS

**This daily reminder will help you, and it may help others.**

**Negotiating**

When you are negotiating, ask them what they WANT; of the time it will be a lot less than what you were already thinking of GIVING!”

***Scott B., advice from his dad***

**Diligence**

Never give up! With hard work, perseverance and diligence, a person can be an achiever in life.

***Elma M.***

**Knife in the Back**

Be careful of the knife you stick in someone’s back today, it will be attached to the butt your kissing tomorrow.

***Lindsay T.***

## Confidence Builder

How do you build your self-esteem?

I’ve used the idea below with my grandson and hope it will help you.

I tell him **“Always leave on a good note.”**

The easiest way to show you how we use it might be a sports analogy, but the concept can be used any time you want to help your child succeed.

If my grandson Kyle and I have been shooting baskets and it’s time to leave, I will say, “One more basket and then we have to go.” Then I add, “Always leave on a good note.” He knows we will stay until he makes that last all-important basket. Why is that last shot so important? Because it is the one he will remember.

He knows that by making the last shot he has been successful on the basketball court and that he has “left it on a good note.” Kyle loves it. He leaves the basketball court as a successful shot maker. That success is his memory of shooting baskets with his grandfather.

We use that same confidence building concept in other areas.

For example, if he is having problems with a particular night’s math homework, we will “always leave it on a good note.” In this case, after he has successfully completed one of the math problems we might stop for a 5 to 10 minute break. I’ll let him do something else for the short break and then we will finish the night’s math homework. It is amazing how that successful completion of a math problem and a short break refocuses his attitude for the balance of the homework assignment.

Try the “always leave on a good note” concept. This concept can be used with your children or with your own personal development. Before long you will be building on your personal success, one successfully completed event after another.

**Earn More**

To earn more - read more, learn more, do more.

***Elizabeth M.***

**3 Words About Less**

Less is more.

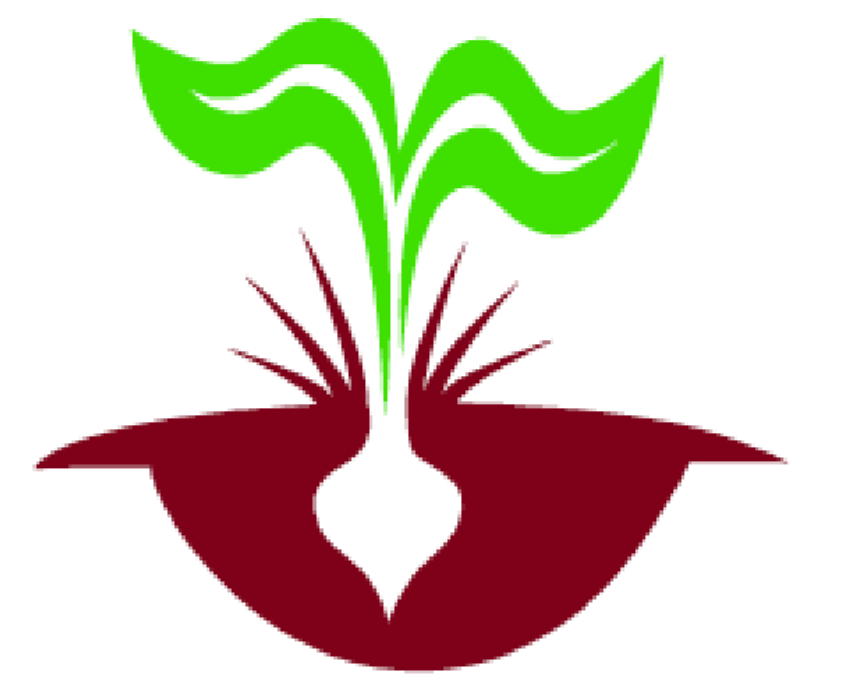
***Joshua J.***

**Can’t Outrun Your Past?**

You can not outrun your past!

Translation: If you have problems in your past, deal with them with professional help if necessary. The alternative is often destructive behaviors like drugs, divorce, smoking, over eating, etc.

***Alberto C.***



**Self Growth**

Superior capability has proven more valuable than professional credits. Hence, concentrate on the growth of self more than the mere growth by politics or certification!

***Antano S.***

**Stand Up for What You Believe**

“To thine own self be true...”

***Wijay M., quote from Shakespeare***

**Preparation**

You will only go as high as your five (50 closest friends.

***Phil M.., advice from a friend***

**Preparation**

If you fail to prepare, then prepare to fail.

***Edwin W.***

**Your Customer’s Business**

You business only grows, with growth of your customer business.....Help them grow.

***Amit S.***

**Advice from the Front Lines**

Always be authentic - true to who you are.

Pay attention to others and listen to the people on the front lines—they know what the issues are and (frequently) the solutions as well.

***Donna G.***

**Enjoy Life**

Always do the right thing. Do something fun every day.

Live each day as if it were your last. Enjoy life!

***Michael F.***



### 24 Gold Coins

A man I know was given six months to live, his outlook on life was inspiring. I asked how he could stay so positive knowing he only had a short time to live. He shared these thoughts with me.

**“Each day when I wake up I receive twenty-four gold coins, one for each hour of the day. I have to spend some of those coins for eating, sleeping, time with my family, and taking care of the day’s responsibilities. I choose to spend some of my daily hours (coins) having fun and helping others. At the end of each day there are usually a couple of special gold coins left over. I spend these with particular care. “**

What an invaluable life lesson for us and our children. We live in a hectic, “there is never enough time to get everything done” world. Our future success, and that of our children, will be determined by how wisely we invest our daily gold coins.

Some ideas for spending your special gold coins include:

* Help someone without being asked
* Starting a project that you have “been meaning to get to”
* Spend thirty minutes a day learning something new

**My Decisions = My Success**

I am responsible for my own actions, my own decisions. Therefore, I am also responsible for the consequences of these decisions and actions. Consequently, my success, or failure, is dependent upon me making good choices.

***John W.***

**Thirsty**

Dig the well, before you are thirsty.

***Amit S.***

**Victim Mentality**

“ …. no matter what happens in our life that we cannot control, we can always control our response to what happens.”

Victor Frankl, who was a survivor of a Nazi war camp, said that choice is the greatest human freedom. When you work with difficult people, or when the stock market crashes, or when you suffer from inevitable disappointments, realize you have the power as to how to act and that the “victim mentality” rarely leads to success.

***Jennifer C., supplied this quote from Victor Frankl***

### Quote for Discussion

“The time is always right to do what is right”

***Martin Luther King***

**Do Your Best**

....They always told me to do and try my best at everything. They would constantly ask me if I’m doing my best at a

task.....  ***Gregory W.***

**Unreasonable Man**

“A reasonable man adapts himself to his environment. An unreasonable man persists in attempting to adapt his environment to suit himself. Therefore, all progress depends

on the unreasonable man.”

***Clayton C., submitted this quote by George Bernard Shaw***

#### 

#### **Top Priority**

Integrity should be a top priority.

***Lance B.***

**Move the Earth**

Give me a place to stand and I will move the earth.

***Gregory U.***

**Job Perspective**

Keep your job in perspective. You can be replaced at any time.

***Steve S.***

**Suffering**



Suffering is optional.

***Elizabeth L.***

**Self Inflicted Wounds**

Most of one’s wounds are self inflicted.

***Michael W.***

**Gotta Do**

Do what you gotta do.

***Jim T.***

**Help**

Help is defined by the recipient, not the donor.

***George M.***

**Consequences**

You can do what ever you want to do....as long as you are willing to pay the consequences. ***Tim P.***

**Build a Better You**

“...God said to build a better world. And I asked how….. And God …..said just build a better you.”  ***Chris H.***

**Dip Your Toe**

You can never dip your toe in the same spot in the river—ever changing, ever evolving...be able to change with it.  ***Sandy K.***

### 10 Things Anger Steals from You

Anger is a natural emotion that each of us experiences. When used correctly it can motivate us into action to complete a task or right an injustice. This type of anger can give us a strong sense of accomplishment when we take immediate action to correct the injustice or perceived wrong.

However, anger can also be a thief. When someone directs anger negatively toward themselves or others, anger steals from that person.

**10 Things Anger Steals from You:**

1. Anger can steal your time.
2. Anger can steal your energy.
3. Anger can steal your self-respect.
4. Anger can steal your relationships with family, friends, and co-workers.
5. Anger can steal your ability to communicate effectively.
6. Anger can steal your sense of right and wrong.
7. Anger can steal your vision of the future.
8. Anger can steal your health.
9. Anger can steal your sense of well-being.
10. Anger can steal your problem-solving skills.

If you don’t control your anger, it will control you. Uncontrolled anger is giving your personal power to someone or something else. An important part of growing up is learning how to effectively deal with anger issues.

### Question for Discussion

Is anger holding someone you know back from developing relationships or effectively communicating their ideas?

**Dress Rehearsal**

This is not a dress rehearsal. Don‘t live as if you’ll have an opportunity to do it differently or better next time.

***Chris W.***

**If it Stinks**

If it stinks, it’s rotten.

***Gregory U.***

**Look at Yourself in the Mirror**

If you can’t get up in the morning and look at yourself in the mirror, smile and say “I’m glad to be going to work today” it was time to find a new job!

***Andrea T., advice from a former boss***

**Two Life Questions**

What do you want out of life, and how hard are you willing to work to get there.

***Junaid W.***

**Who Gets Credit**

It’s amazing what you can achieve when you don’t bother about who gets the credit.

***Bobby J.***

**Gambling**

In gambling there is—win, lose or draw. Same with life. Your choice.

***Hector C.***

**The Worst That Can Happen**

....what’s the worst that can happen, you fail? Remember you can’t fail if you don’t try.

***Shelley W., advice from her mother***

**Get and Education**

Get an education and have a Plan B.

***John D., advice from his grandmother***

**Measure It**

If you measure it, it will get better.

***Mike F.***

**Forget the Rest**

Set the objective; forget the rest.

***Anupam K.***

## Question for Discussion

If you had to give a friend one piece of advice about relationships, what would it be?

**A Belt and Suspenders**

Never trust a man wearing a belt and suspenders.

He doesn’t even trust himself.

***Shaun F.***

**Listen Well**

Listen well, but chart your own path. At the end of the day, only one person has to live with the decisions you make (yourself).

***Shaun F.***

**Alone**

Alone, you have no choice but to make friends with yourself....

***William Falk, editorThe Weekmagazine***

**Don’t Wait - Row**

Don’t wait for your ship to come in. Row out to meet it.

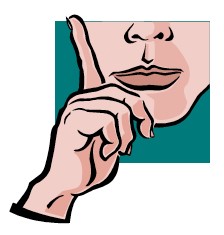
***Greg U.***

**Living Life Correctly**

Living life correctly and in the fullest form possible comes down to one thing...Respect.

Be respectful. Act respectful. Earn respect.

***Chris F., advice from his father***



**Slow Down & Think**

Turn off the cell phone and the iPod; shut down the computer. Find a quiet spot, sit alone and think or simply observe without judging what is going on around you. Let your brain go where it wants. Do this for 10 minutes every day.

***Chris W.***

**2 Ten 2 Letter Words**

Ten 2 letter words — if it is to be, it is up to me  ***John D.***

*License Plate Idea*

# BE U

**This daily reminder will help you, and it may help others.**

**No Put Downs**

Don’t let others put you down or stop you from pursuing your dreams. .....If you put your mind to it and work hard dreams do come true.  ***Camile G.***

**Not Fair**

“Life is not fair...but working smart can make it feel like it is!

Be a Team Player and remember there IS a ME in those words....count your blessings and say AMEN!”  ***Margee G.***

**Seven Jobs**

My first boss ....told me my first week, “Welcome to job number one (of seven statistically)...

you don’t have to love it, you just have to learn as much as you can with each step ...” ***Gregg M.***

**Baseball and Sales**

...baseball (is a) great way to understanding sales. (In baseball) you do well 30% of the time getting a hit and 70% you get an out.

In sales, you have to have that same mentality, that you will get no’s many more times than “yes”. ....you always work to improve your average! ***Michael B.***

**Ask People**

If you want to learn how to do something and have no money, then ask people if there is some task you can do that they will pay you for, then save up for it.

***Julie R., advice from her father***

**Self Critique**

Think beyond the moment. Self-critique.

***Jan G.***

## 10 Rules About Money

How we view money has a profound impact on all facets of our life. It determines where we live, the type of job we have, how we look at the world, and, unfortunately, how we feel about ourselves. Money has the power to do great things, but it can also destroy the mightiest empires.

Each of us has to determine what our relationship with money will be.

You have to learn how to earn it, save it, spend it and invest it.These can be hard lessons, but you can use a few simple rules to make your life a lot less stressful.

1. Control your spending or it will control you.
2. Work smart for your money.
3. With savings and investments, have your money work as hard as you do.
4. Minimize or eliminate high-interest debt (i.e., credit cards, rent to own, payday loans, buy now/pay later loans, etc.).
5. Surround yourself with people who know how to use money wisely.
6. Put at least 5% from every paycheck into a savings account.
7. Don’t let money determine your self-image.
8. If your company has automatic deposit for your paycheck, use it.
9. Remember: It’s not how much you make. It’s how much you keep.
10. To earn more—learn more, do more and think more.

**10 Rules About Money**

With these rules you will be able to live the type of life you want—whatever that means to you.

**Suggestions for Implementation:**

1. Find a mentor who can teach you about the fundamentals of money.
2. Have an open family discussion about money.
3. Explore the Internet about starting an investment club.
4. Think of your last major purchase. Did you really need the item? Or did you simply want it?

**Intuition**

When your reason says one thing but your intuition says another, trust your intuition.

***Thomas S.***

**Short & Simple**

KISS--Keep it simple, stupid

or

Keep it short and simple.

***James F.***

**Treasure Chest**

Life is like a treasure chest. You can take anything out, but be prepared to pay the price.

***Sandy K.***

**Decisions**

This is not the last decision you will ever make.

***Karen H.***

**Accept Change**

You can never dip your toe in the same spot in the river.—ever changing, ever evolving...be able to change with it.

***Sandy K.***

**Look Inside**

Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.

***Jessica M. submitted this quote from Carl Jung, psychologist***



**Good Leaders**

A good leader surrounds themselves with great people.

***Sandy K.***

**It’s Up to You**

If it is to be, it’s up to me.

***Sandy K.***

**Plan for Your Future Success**

Plan for the worst, hope for the best.

***Lindsay T.***

**Listening**

There are two types of listeners:

1. One listens to learn.
2. The other listens for an opening so they can express their views on the subject.

Which one are you? In you thirst to show how smart you are, could you be loosing important opportunities to learn something new?  ***Jessica S.***

## You Are Not Alone

**Famous People who have overcome disabilities**

* Robin Williams, actor and comedian, dyslexia
* Thomas Jefferson, U.S. President, dyslexia
* Princess Diana, Princess of Wales, depression
* Tiger Woods, golfer, stuttered when he was young
* Mozart, composer, Tourettes Syndrome
* Brooke Shields, actor, depression
* Sugar Ray Leonard, boxer, Type 1 diabetes
* Tim Howard, European soccer goalie, Tourettes Syndrome
* Kurt Cobain, musician, depression
* Abe Lincoln, US President, bipolar disorder
* Tom Cruise, actor, dyslexia
* Sonja Sotomayer, US Supreme Court judge, Type 1 diabetes
* Muhammad Ali, boxer, dyslexia
* Jim Carey, actor, comedian, ADHD
* Damon Wayans, actor, club foot
* John F. Kennedy, U.S. President, dyslexia
* Mike Wallace, reporter on 60 Minutes, depression
* Henry Ford, car manufacturer, dyslexia
* Buzz Aldrin, astronaut, depression
* Walt Disney, co-founder of Disney, ADHD
* Christopher Reeve, actor, wheelchair bound
* Albert Einstein, scientist, dyslexia

### **You ~~A~~r~~e~~ Not ~~A~~lon~~e~~**

* F.D. Roosevelt, U.S. President, wheelchair bound
* Ben Stiller, actor, bipolar disorder
* Davis Beckham, soccer, obsessive compulsive disorder
* Charles Schultz, Peanuts cartoonist, depression
* Julia Roberts, actress, stuttered when she was young
* Mary Tyler Moore, actor, Type 1 diabetes
* Thomas Edison, inventor, dyslexia
* Kristi Yamaguchi, Olympic champion, club foot
* Bruce Willis, actor, stuttered when he was young
* Howard Hughes, financier, Tourettes Syndrome
* Bill Walton, Hall of Fame NBA player, stuttered when he was young
* Drew Carey, comedian, depression
* Mel Tillis, country singer and song writer, stutter

**Be Happy**

DON’T WORRY BE HAPPY!!!!

***Pedro M., submitted song lyrics byMcFerrin***

**15 Minutes per Night**

Think 15 minutes every night on any subject. And, conclude that thought process.

***Shakuntala A.***

**You’re #1**

You are the most important for this world and the world revolves around you. BUT, the person next also thinks so.

***Shakuntala A.*** 

**Youth is No Excuse**

Being young is not an excuse for not contributing, young people should never be afraid to express an opinion or to attempt to do something. There will always be people who say that you are too young to do things but the only person who can decide this is you.

***Julie R., advice form her father***

**Forgiveness**

It’s easier to beg for forgiveness than ask for permission.

***Hector J.***

**Can’t Control**

I don’t worry about what I can’t control.

***Art M., supplied a quote fromMiami Dolphins Coach Don Shula after a poorly officiated game***

**Ask for Help**

As strange as this may sound, sometimes that hardest thing for someone to do is ask for help. The best advice I have ever received was: Do not be afraid to ask for help when needed, and you’ll be amazed by what you can accomplish.

***Hoshua B.***

**Take a Detour**



For every failure, there’s an alternative course of action.

You just have to find it.

When you come to a roadblock, take a detour.

***Surekha S.***

**Weight Loss**

I’ve found that you can’t loose weight if you aren’t happy.

***Tyrone H.***

**Win and Loss**

It is important to learn how to win and loss, and you should learn how to play by the rules.

***Elizabeth R.***

### Quote for Discussion

“To overcome difficulties is to experience the full delight of existence.”

***Arthur Schopenhauer***

How have some of life’s difficulties or challenges affected you?

**Stick To It**

Once you make a commitment, don’t waste time 2nd guessing yourself and looking for rationalizations why you should have done something else - stick to it!

***Kyle R.***

**Two Things I Know**

I have been a man of the cloth for over 40 years and in all that time I have learned two things - there is a God and I’m not him.

***Stewart R.***

**Reality**

It’s not what things are...it is what they are perceived to be!

***Mike B.***

**Fear**

Never fear failure.

***Patrick G.***

**Never a Lair**

Whether you think you can or you can’t, YOU’RE RIGHT!

Your mind will NEVER make you a LIAR!

***Jack S.***

**No Upside, Only Downside**

…if you are not enjoying your work, start looking for something else. If you can’t trust the people you are working with, urgently start looking for something else.

If both are true….You don’t need to be there….you will have no upside, only downside.

***Allan G.***

**Who You Know**

‘s not what you know, but Who you know (or that knows you) that gets you in the door, after the door is opened only then is what you know the basis for staying inside.

***Lars A., advice from his father***

**The Big Three**



Health, Family, Work, in that order.

***Rocko G.***

**Look for Something Else**

Irrespective of the level you have reached, if you are not

enjoying your work, start looking for something else

***Allan G.***

**Finding Out About a Job**

If you want to know what a job or an industry is like, talk to people who are in it. You’ll get better knowledge, understanding and guidance than you could get anywhere else and make invaluable contacts for whatever you do.

***Brendon R.***

**Care About People**

When you are the boss, first care about your people, then lead them.

***Mark L.***

**Don’t Wait**

“Don’t wait; the time will never be just right.”

Don’t be afraid to make mistakes, and don’t wait to act until you have all the information you think you need.

***Kenn M, submitted this quote from Napoleon Hill***

**Easier to Remember**

“Always tell the truth. It is easiest to remember.”

If you earn the trust of others, you definitely have a competitive advantage and you can sleep at night!

***Tracy P., submitted this quote from Becky Phillips***

**Eliminate Fear**

Be who you want to be - not who others think you should be.

***James F.***

**Encourage/Motivate**

Treat others the way that you would want to be treated.

Manage as you would want to be managed,

encourage/motivate others as you would want to be encouaged/motivated, help your team as you would want to be helped. ***Josha S.***

**Staying Employable**

Regardless of your age, education will be the one thing that will keep you employed and employable, even if you work for yourself. ***Ken K.***

### Quote for Discussion

“The best way to predict the future - is to create it!” ***Isabell M., submitted this quote from Peter Drucker***

Discuss with a mentor, your parent or your friends how you can create your future.

**Competitive Advantage**

Sit down and make a list of:

1. Things you are passionate about; AND
2. Things you are really good at, and believe you will have a competitive advantage in the marketplace.

Once you find something that truly belongs on both lists - pursue that. You will be happy and the money will come.  ***Jeff J.***

**Mark Train is Right**

“Always do right. This will gratify some people and astonish the rest”.

***Cliff W., submitted this quote from Mark Twain***

**Trying Scary Things**

No matter how scary it looks, if you don’t try there is a certainty: it will never work. Now if you try, there is no certainty, but it can be the biggest success.

***Benjamin S.***

**Control Worry**



Worry about the things within your immediate control, and not the things you cannot control.

***David F.***

**His Credo**

The only true disability in life is a bad attitude.

***Scott Hamilton, Olympic Champion, cancer survivor from an article in AARP Magazine***

**Break It**

If it doesn’t work, break it!

***Dave R., advice for his Grandfather***

**Networking**

Network with the heart of a giver, and you will never go hungry.

***Neil G.***

**Attitude and Approach**

What matters in the long run is our attitude and approach. These are the door-openers to opportunities and success.

***Vartika A.***

**Something New Every Day**

We need to learn something new each day, keep ourselves updated in our own sphere and constantly work towards making our relationships stronger.

***Vartika A.***



**Money**

Never run around for money at least for the first five-six years of your ….career. Try to acquire more and more knowledge and increase the marketability.they can really feel the money will start chasing them.

***Suresh P.***

**Your Boss**

Do all you can to keep your Boss’s Boss off you Boss’s Back!

***Mark M.***

**Things**

Do not do things well, that you should be not be doing at all.

***Lucio K.***

### Advice From Other Cultures

Bruce Lee, the world-famous martial artist, told this story about his teacher as a lesson for one of his students. It is about the Japanese Zen master who received a university professor who came to inquire about Zen.

It was obvious that the professor from the start was not so much interested in learning about Zen as he was in impressing the master with his opinions and knowledge. The master listened patiently and finally suggested they have tea. The master poured the visitor’s cup full and then kept pouring.

The professor watched the cup overflowing until he could no longer take it. “The cup is overfull, no more will go in.” “Like this cup,” the master said, “you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?”

Bruce studied the student’s face. “You understand the point?” “Yes,” said the student, “You want me to empty my mind of past knowledge and old habits so that I will be open to new learning.”

“Precisely,” said Bruce Lee. “And now we are ready for the first lesson.”

***Excerpt from Zen in the Martial Arts by Joe Hyams***

**People**

It’s not always what you know, but who you know.

Be kind and caring to everyone you meet.

***Paul T.***

**Inspection**

Always inspect what you expect.

***Pilar S.***

### Question for Discussion

**Peer Pressure**

How has peer pressure positively or negatively affected your life?

**Humor**

Don’t lose your sense of humor.

***Pete C., advice from his Marine recruiter***

**Assumptions**

Never assume.

***Pilar D.***

**Your Major**

Find what it was about [your major] that you liked doing and make a career out of that.

***Carlton N.***

**Resistance**

Persistence beats resistance!

***Richard V.***

**What’s Right is Right**

Do the right thing because it is the right thing to do.

***Alison***

**Know Who You Are Dealing With**

Don’t throw pearls to a swine.

***Josh D.***

**Aim**

If you aim at nothing you will hit it every time.

***Don W.***

**Learn to Respect**

Learn to respect existence.day, irrespective of any wrong situation happening, learn to sport a smile, consciously. It slowly emerges as a practice.

***Shakuntala A.***

**Face Your Fears**

Face your fears and live your dreams.a positive outlook and keep your head up. Luck doesn’t make things happen, hard work and determination does!

***Adam B.***

**Game Plan**

“I skate to where the puck is going to be, not where it has been.”

Don’t be a follower. Take a look at yourself, job, life, and see where you want to be and make a game plan.

***Michael M., submitted this quote from Wayne Gretzky***

**Learn-Share-Find-Know**

Learn about other people early and often.

Share ideas with your peers without hesitation.

Find someone positive in your life to share your dreams.

Know that you can do it - you can, really!

***Sara R.***

**Commitments vs. Excuses**

Winners make commitments and losers make excuses.

***Mike F.***

**Slowdown and Think**

Measure twice. Cut once.

***Neil M.***

**Key to Failure**

“I don`t know the key to success, but the key to failure is trying to please everybody.”

***Steph D., submitted this quote from Bill Cosby***

**Learn to Sell**

In entrepreneurship you are first and foremost a professional sales person. Learn to Sell.

***Mattison G.***

**Don’t Borrow Money**

If you borrow from someone they then have the right to require you to repay them, you no longer have the freedom to do as you wish but you must work to repay them first.

***Michael T.***



**Procrastination**

Don’t procrastinate. CEO would leave notes on my desk when I had an unpleasant task to complete. I learned to tackle my least favorite task first every day - then it’s done.

***Janell Z.***

**Work for a Reason**

They call it work for a reason, if it was called fun, everyone would love it.

***Michael C.***

**Learn People Skills**

The world turns on personalities.

***Janel L.***

*License Plate Idea*

# THANK U

**This daily reminder will help you, and it may help others.**

**Size of the Dog**

It’s not the size of the dog, it’s the size of the fight within the dog.

***Eric T.***

**People and Book Covers**

Be respectful and inclusive of all people - you cannot judge a book by it’s cover. This is nothing new but is so true.

***Janell Z.***

**Loving It**

Do what you love. It sounds simple but it is the truth.

***Stephen B.***

**What’s Next**

Do what’s next.’s simple but very pointed and accurate.

***Nancy C.***

**Visions of Grandeur**

All youth have visions of grandeur...don’t become another statistic.

***Drenner T.***

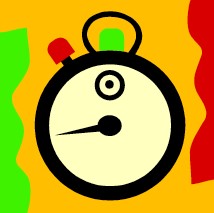
**Harder and Smarter**

The Harder and Smarter you work - the luckier you get.

***Robert M.***

**Extra 15 Minutes**

Show up at work at least 15 minutes early, stay 15 minutes after you are required to work, work your tail off, be a company man and if you are of average intelligence, I guarantee you will get ahead in business and be promoted! ***Norm Y.***

**Sanity**

Turnover is Vanity - Profit is Sanity

***Robert M.***

## The Desiderata

### **Latin for “desired things”**

**Go placidly amid the noise and haste, and remember what peace there may be in silence.**

**As far as possible, without surrender, be on good terms with all persons.**

**Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant, they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit.**

If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy

your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment it is perennial as the grass.

### **The Desiderata**

Take kindly to the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.

***Leann S., submitted this advice from Max Ehrmann c.1920***

**Expectations**

Always do more than is asked and expected of you. Always exceed expectations, always go the extra mile.

By doing that, you will get more responsibility placed on your shoulders and a better, bigger chance to prove yourself. ***Kent C.***

**Pain in the Butt**

Be kind to everyone. Today’s pain-in-the-butt will be tomorrows biggest customer.

***Phil P.***

**Needs vs. Wants**

Do what you have to do before you do what you want to do.

***John B.***

**Hurting**

You hurt others when you are hurting.

***Curt J.***

**Sharing**

Success is a shared experience.

***LaKeesha K.***

**Less Talking**

Listen, Listen, Listen and do less talking…

You would amazed how much the other person ends up providing you with. Also, show a genuine interest in the person and always provide something positive.

***Neil F.***

**Show Up**

Show up, just show up. Homework not done? Show up.

Don’t think it’s worth your time? Show up. Don’t feel like it? Show up.

Showing up is the most important thing you can do, Preparation is good but worthless if you don’t show up.



***Paul S.***

**Your Chin**

Keep your head down and your chin up....

***Eric S.***

**Number 1**

It’s easier to get to be #1 than to stay #1.

***Yvonne K.***

**Remarkable vs. Invisible**

Whether you are an Olympic Champion ice skater or a talented amateur, you can’t learn to ice skate without falling on your ass. The difference is down to how much pain your ass can take. That difference is what makes you remarkable or invisible.

***John F.***

**Change**

....the most important part of change is communication.

***Brett T.***

**Questionable People**

Stay away from people with questionable morals or business practices.

***Phil P.***

**Keeping Up**

Keep doing new things and old things in new ways.

***Bill G.***

**Responsibilities & Commitments**

Take your responsibilities, relationships and commitments seriously, but don’t ever take yourself too seriously!

***Peter D.***

**Try Hard**

You can accomplish anything, if you try hard enough.

***Mitzi F.***

**It Works**

It works, if you work it!!

***Patrick M.***

**Believe**

Always believe in yourself.

***Matt B.***

**Visualization**

Visualize yourself reaching your goal.

If you can “see” yourself achieving that goal, you will.



***Trisha B***

## Quote for Discussion

“To laugh often and much; to win the respect of intelligent people and the affection of children;…to appreciate beauty, to

find the best in others; to leave the world a little better; whether

by a healthy child or a garden patch….to know even one life has breathed easier because you have lived. This is success.” ***Ralph Waldo Emerson***

Do you share Emerson’s view of success? How do you define success?

**5 Second Decisions**

The most important, life changing decisions you will make as a teen will take 5 seconds. Should I get in that car? Should I go in? Should I leave? Should I try that? Those decisions

take 5 seconds and they can effect your life forever. Being aware of that helped me make the

better decisions. ***Karen A***

***Ellyn J.***

**Failing**

If you fail to prepare, prepare to fail.

***Richard C.***

**Karma**

EVERYTHING you give out comes back to you.

The good AND the bad.

KARMA always, always catches up ***Ann PS***

**Moving Forward**

Never stop learning, when you stop learning you stop moving forward.

***Nick H.***

**It’s Too Hard**

Never say, “it’s too hard.” It’s not too hard - if you want it bad enough, if you’re willing to work hard enough, if you’re willing to wait for it and sacrifice enough, you can truly do and have anything.

The issue is not with the problem in front of you - the issue is with how much you want it.

***Alexandra H.***

### Cherokee Indian Folklore

***Two Wolves***

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two “wolves” inside us all.

**One wolf is EVIL**

It is anger, envy, jealously, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, and ego.

**The other is GOOD**

It is joy, peace, love, hope, serenity, humility, kindness, empathy, generosity, truth and faith.

The grandson thought for a minute and then asked his grandfather:

#### **“Which wolf will win?”**

The old Cherokee simply replied, “The one you feed.”

**Discussion Questions:**

1. Do you know someone who is feeds the Evil wolf?
2. Which wolf will find the most peace?
3. Do the same with a person who feeds the Good wolf.
4. Which wolf do you feed?

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