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***Golden Thoughts***  
***On***  
**Wisdom, Health and Success**

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## **INTRODUCTION:**

Some popular sayings are handed down through the ages by the great philosophers, thinkers and wise people in the history of mankind.

As the time passed wisdom and knowledge has grown and need to be preserved and saved for the generations to come. Words of wisdom are as precious as gold and diamonds. The author has spent decades in searching and compiling noble thoughts from all over the world.

Conventional wisdom can make life easier, happier and productive when properly practiced.

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## **Wisdom**

Wisdom can be defined as judging rightly and following a sound course of action based on knowledge, experience and understanding.

Wisdom is the wealth of the wise.

Wisdom is better than weapons of war.

The multitude of the wise is the welfare of the world.

Superior wisdom is superior bliss.

Wisdom sometimes is better than strength.

Without wisdom, matter is a fool's kingdom.

Fools unfurl, quarrel over nothing, wise resolve issues by dialogue.

Wisdom is like stairs and luck is like lift.

Talking comes by nature, wisdom by listening and silence

Arrogance is the obstruction of wisdom.

With age comes wisdom. Old is gold.

Knowledge is being aware of what you can do.

Wisdom is knowing when not to do it.

Wisdom consists of the anticipation of consequences.

Wise men learn from other men's mistakes, fools from their own.

A wise man restrains his anger.

The intelligent man is always open to new ideas.

You are never too old to learn and improve.

## **Health**

Health is wealth.

Take care of your health. It is the only place you have to live in.

You rust out faster than you wear out. It is better to be active all your life.

Balance your diet to stay healthy. A man is what he eats.

Saturate your body with water. It is 70 % of your body mass.

Wear a seat belt before even putting the car into gear.

Use medicine with proper medical advice and with optimum dose.

Keeping a positive attitude, feeling useful and happy, can add years of quality of life.

What the mind can perceive, the body can achieve.



## **Respect**

Respect exceeds all honor.

Give respect. Have respect.

Selflessness is a kind of creed which is found  
in some deeds.

# Money

Money can be the root of evils, but necessary for living.

Money and muscle can solve most of the problems but not all.

Money is a good servant, but a bad master.

Penny wise, pound foolish.

Wealth gotten by vanity shall diminish.

Health is wealth, wealth is not health.

Wealth vanishes with extravagance.

Fools and money are soon departed.

A man in debt is caught in a net. That is the worst poverty.

He is the richest that has fewest wants and is satisfied.

Save something for a rainy day.

From saving, comes having.

Cost shy, maintenance high.

Quality surpasses quantity.

## Love

Choose your love and then love your choice.  
One has to surrender in love, sleep, thirst and  
hunger.

All goodness grows from love.

True love never grows old.

Love is the energy of life.

Love forgets mistakes. Nagging about them  
departs the best friends.

Love and cough cannot be concealed.

There are three emotional needs of everyone.

To love. To be loved and feel worthwhile.

The meaning of life is to find your gift. The  
purpose of life is to give it away.

A sorrow shared takes away half a trouble but  
joy that's shared doubles.

Grief divided becomes lighter.

## **Family**

The best inheritance a parent can give his children is a few minutes of his time each day.

Don't let your parents down, remember they brought you up.

You never know the love of the parent until you become parents yourselves.

East or West, home is the best.

As is seed, so is the breed.

Houses are made of bricks, the home is a matter of love.

Home is where the heart is.

Blood is thicker than water.

We all need someone who is pleased to see us.

## **Children Learn What They Live**

Such as:

If a child lives with criticism.

He learns to condemn.

If a child lives with praise.

He learns to appreciate.

If a child lives with hostility.

He learns to fight.

If a child lives with tolerance.

He learns to be patient.

If a child lives with ridicule.

He learns to be shy.

If a child lives with encouragement.

He learns confidence.

If a child Lives with shame.

He learns to feel guilty.

If a child lives with approval,

He learns to like himself.

If the child lives with fairness.

He learns justice.

The child lives with security.

He learns to have faith.

If a child lives with acceptance and friendship.

He learns to find love in the world.

## **Principles of Success**

If you want to achieve greatness.

Stop asking for permission.

To live a creative life, we must lose our fear of being wrong.

Do what you always did.

You will get what you always got.

Successful entrepreneurs are givers and not takers of positive energy.

Opportunities don't happen, you create them.

Try not to become a person of success only, rather try to become a person of value.

Great minds discuss ideas, average minds discuss events, small minds discuss people.

Success is the best revenge.

There is no shortcut to success.

To be just as enthusiastic about the success of others as you are about your own.

Harder you work, the luckier you get.



No pain, no gain.

It may take twenty years to build a reputation,  
and five minutes to ruin it.

A successful man is one who can lay  
a firm foundation with the bricks others have  
thrown at him.

The whole secret of successful life is  
to find out what is one's destiny to do  
and then do it.

Labor is always fruitful.

Practice an attitude of gratitude to succeed.

A thinking man is always striking out  
something new.

Punctuality is the soul of success.

There is only one success:

to be able to spend your life in your own way.

The distance between insanity and genius is  
measured only by success.

Success is the sum of all small efforts repeated  
day in, day out.

Success does not consist in never making mistakes, but in never making the same one a second time.

What's the point of being alive, if you don't at least try to do something remarkable.

You can do something, but not everything  
That work which has begun well, is half done.  
Care and diligence bring luck.

The starting point of all achievement is desire.  
Motivation is what gets you started, habit is what keeps you going.

People rarely succeed unless they have fun in what they are doing.

You may have to fight a battle more than once to win it.

Don't let what you cannot do interfere with what you can do.

Real difficulties can be overcome. It's only the imaginary ones that are unconquerable.

Trying to do better keeps life interesting.

What you believe is what you achieve.

Success is knowing your purpose in life, going to teach your maximum potential and sowing seeds that benefit others.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

A thing can be preserved by the deserved only.

There is no cap on success.

Efforts never go unrewarded.

Plan your work and work your plan.

No masterpiece was ever created by a lazy artist.

## **Trust and Honesty**

Honorable people are moral, decent, honest and trustworthy.

Trust yourself. You know more than you think you do.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

A good thing about telling the truth is you don't have to remember what you have said.

When in doubt, tell the truth.

Secrets should be kept in an iron chest.

A clear conscience can bear any trouble.

Truth is a hard master and costly to serve, but it simplifies all problems.

Promises should be given with caution and kept with care.

## **Pride**

Pride hath a fall.

Ego is just an overdressed insecurity.

Those who live in a glass house, should not  
throw stones at others homes.

## **Knowledge**

A little knowledge is a dangerous thing.

Acquiring knowledge is a lifelong process.

If you graduate today and stop learning tomorrow, you may be considered uneducated the day after, in the age of developing technology.

What is learned in the cradle lasts till the grave.

Education is more than a luxury. It's a responsibility that society owes to itself.

A good book is the best companion.

To achieve any goal requires hard work.

If you can't explain it simply, you don't understand it well enough.

Education's purpose is to replace an empty mind with an open one.

The biggest person with the biggest ideas can be shot down by the smallest person by the smallest minds.

A mind is like a parachute that functions only when open.

One who never asks questions either knows everything or nothing.

If you don't make mistakes. You don't make anything.

As is the teacher, so are the students.

To forget the mistakes of the past. And press onto the greater achievements of the future.

The ability to focus attention on important things is a defining characteristic of intelligence.

If you think education is expensive, try ignorance.

He who won't be advised can't be helped.

Face is the index of mind.

## **Courage**

Keep your fears to yourself, share your courage with others.

Our dreams can come true if we have the courage to pursue them.

Courage is resistance to fear, mastery of fear, not absence of fear.

He who lives by the sword, dies by the sword.

Might is right.

Bold persons bear the brunt of any stunt bravely.

Nobility, bravery and beauty are respected everywhere.

Renowned, are honored, notorious dishonored.

The difference between the impossible and the possible lies in a person's determination.



Quitters never win, winners never quit.  
It is better to have one day as a lion than 100  
years as a sheep.  
What seems to us as bitter trials are often  
blessings in disguise.

## **Optimism**

Change your thoughts and you change your world.

Happiness is just a belief and you can choose it.

Enjoy life forever. Suffer for never.

When you have a clear purpose in life. You won't have time for negativity.

Give and take are the base of our day-to-day life.

Life is how you see it.

Try try again, at last you will win the game.

Nothing is good or bad, but thinking makes it so.

A thing of beauty is a joy forever.

Enthusiasm is essential to the triumph of truth.

Everyone can do something to make the world better, he can at least improve himself.

Smiles never grow up in price or down in value.

Yesterday is gone, tomorrow is uncertain, today is here. So use it wisely.

Life is a one time deal. Live it wisely.

Smiles and enthusiasm are contagious.

Live here, live now, and live in this moment.

Leave this world better than you found it.

Life is like a bicycle, to avoid fall, you need to keep moving.

Happiness adds and multiplies as we share it with others.

It takes both rain and sunshine to make a rainbow.

Nothing good is gotten by worry.

The secret of contentment is knowing how to enjoy what you have.

Cheerfulness is an excellent wearing quality.

## **The Optimist Creed**

To be so strong that nothing can disturb your  
Peace of Mind.

To talk health, happiness and prosperity to  
every person you meet.

To make all your friends feel that there is  
something in them.

To look at the sunny side of everything and  
make your optimism come true.

To think only the best, to work only the best  
and expect only the best.

To be just as enthusiastic about the success of  
others as you are about your own.

To wear cheerful countenance at all times and  
give every living creature you meet a smile.

To give so much time to the improvement of  
yourself that you have no time to criticize  
others.

To be too large or worry, too noble for anger,  
too strong for fear, and too happy to permit the  
presence of trouble.

## **Real Source of Happiness**

Happiness is just a state of mind,

    Within the reach of everyone  
who takes time to be kind.

Making others happy, we will be happy too.

    Happiness you give away returns to  
shine on you.

## **Enemies**

Pay attention to your enemies for they are the first to discover your mistakes.

Never share contact with an enemy under intoxication.

Tact is the art of making a point without making an enemy.

Don't blame it, but better it.

An eye for an eye only leads to more blindness.

The tooth often bites the tongue, and yet they keep together.

He who digs a pit for others, falls himself in it.

## Friendship

A man is known by the company he keeps.

An outspoken person is rarely a friend.

Good company molds men.

A good friend is one's nearest relation.

Friendships multiply joys and divide griefs.

The greatest of all arts is the art of living together.

Friend is someone who makes you feel totally accepted.

People gather around a good table.

Those kith and kin, who stand by you through thick and thin are really respectable.

Birds of feather flock together.

Better alone than in a bad company.

Joys shared with others are more enjoyable.

One form of loneliness is to have a memory that no one to share it with.



Associate with men of good judgment and character.

Everyone shirks, the company of defamed ones.

## **Kindness**

If you cannot win, make the one ahead of you  
break the record.

Sweet speech is better than any belief.

One is known by his dealings with others.

Nip the evil, with an iron hand.

Kind words are like honey, enjoyable and  
helpful.

A kind face is a beautiful face.

Honey attracts more bees than vinegar.

A virtuous act is best, no need for a test.

As you think of others, others will think of  
you.

Laugh while the world will laugh with you,  
weep you will weep alone.

You're not fully dressed, until you wear a  
smile.

The way to change other's minds is with  
affection and not anger.

A happy memory never wears out.  
Courtesy makes everyone feel good.  
Goodness is the investment that never fails  
Do not find your delight in others misfortune.  
This smallest deed is better than the greatest  
intention.  
Good quality needs no beautification.  
If you can't help, don't hinder.  
Goodness is the supreme beauty.  
Cold affects differently on different ages.  
A good face needs no recommendation.  
A stitch in time saves nine.  
A gift is never weighed against its weight.

## **Caution**

Better safe than sorry.

Caution is the parent of safety.

Superstitions are incurable.

## **Patience**

Patience is a virtue.

Patience is the best remedy for most troubles.

Do not cross the bridge till you come to it.

He has enough, who is content.

## Time

He who kills time, time will kill him.

By losing the present time, we lose all time.

In the short life of man no lost time can be afforded.

Procrastination is the thief of time.

Haste makes waste.

Putting off tough jobs makes them harder.

Nothing beats reliability in products or in people.

Late starters are seldom winners.

Hasty climbers fall suddenly.

He lives longest, that is awake most hours.

Every rhyme has its time.

Early to bed, early to rise, makes one healthy wealthy and wise.

Idle ones are loved by none.

## Self Help

Self help is the best help.

The best victory is to conquer self.

He is the greatest conqueror who has  
conquered himself.

The one person whom it is most necessary to  
reform is yourself.

An idle mind is a devil's workshop.

Never be too sweet to be swallowed.

As you sow, so shall you reap.

Controlling our emotions is controlling our  
problems.

Self-control is like muscle, the more you use  
it, the stronger it gets.

Joy and sorrow are next door neighbors.

A mind troubled by doubt cannot focus on the  
course to victory.

We are the hero of our own story.

The one person whom it is most necessary to reform is yourself.

The greatest assets you have are good health and imagination.

Morale is self esteem in action.

There are no riches above a sound body.

Vacant lots and vacant minds usually become dumping grounds for trash.

Growth is the best evidence of life.

Remember, no one can make you feel inferior without your consent.



## **Forgiveness**

To err is human, to forgive is bliss.

Forget others' faults by remembering your own.

Mutual understanding is where there is no need for a mediator.

The longer you carry a grudge, the heavier it gets.

Life is full of compromises, it is give and take.

Pains and pleasure go hand in hand in life.

One of the greatest arts of living is the art of forgiving.

Never give nor take offense.

Blame not before you have examined the truth.

Nip the evil, with an iron hand.

Remove the bone of contention and get free from tension.

Carelessness in business means, doomsday ahead.

## Opportunity

Today's opportunities erase yesterday's failures.

Luck is a matter of preparation and meeting opportunities.

Better late than never.

A man plucks his luck.

Fear from risk. Much in advance means embracing weakness.

When rift grows, prosperity goes.

Every man's experience is a lesson to all.

You never know what you can do till you try.

Man is what he believes in and acts upon.

Habits and field paths are made by repetition.

A journey of a thousand miles begins with the first step.

Our eyes are placed in front because it's more important to look ahead than back.

Between two stools, one falls to the ground.

The ship in harbor is safe, but that's not what ships are built for.

No one knows what he can do until he tries.

The best thing about the future is that it comes only once.

You cannot go forward until you get out of reverse gear.

Life is a one way street and you never have a chance to travel back over it.

You never get a second chance to make a good first impression.

If life gives you lemon. Just make it into a lemonade.

Distant grass is greener.

Be fair. Get all the facts and then decide.

A wish is a desire without an attempt.

The only real mistake is the one from which we learn nothing.

Don't slam a door, you might want to go back.

Be slow to choose but slower in application.

He who does not tire, tires adversity.

We are saved by hope.

Every day is a little life and our whole life is  
but a day.

Better to wear out than to rust out.

## **Environment**

Tree is our best friend, defend it.

Save plants save life on the planet.

Democracy without morality is impossible.

The only waste of human resources is letting them go unused.

United we stand, divided we fall.

Everybody's job is nobody's job.

Civil suits uproot one's roots.

Womanhood is the source of mankind.

## **Power**

Power corrupts men. Absolute power corrupts absolutely.

If you want to test the character of a man, give him power.

Persuasion is better than force.

Power is nothing unless you can turn it into influence.

## **Communication**

Speech is soft and silence is golden.

Speak clearly if you speak at all.

In the company of strangers, silence is safe.

Nature has given us two ears, two eyes, but one tongue.

The worst wheel always squeaks the most.

Good words cost nothing and are worth much.

Better be silent than speak ill.

The only way you entertain folks is to listen to them.

Be sure your brain is in gear before engaging your tongue.

Think all you speak, but speak not all you think.

Take a joke as a joke and it will not provoke.

Much of good doing is destroyed for lack of tact and manners.

## **Alcohol**

Drink injures a man externally, internally, and eternally.

Alcohol has drowned more men than the sea.



## **Anger**

Angry words fan the fire like wind.

If there were no fools, there would be no war.

An angry response is better put off until tomorrow.

The greatest remedy for anger is delay.

Anger blows out the lamp of the mind.

Behind every argument is someone's ignorance.

It is an honor for a man to stay out of a fight.

Only fools insist on fighting.

Don't get involved in foolish arguments.

Behind every argument is someone's ignorance.

Don't raise your voice, improve your argument.

Confront improper conduct not by retaliation but by example.

Revenge commonly hurts both the offender and the sufferer.

# **Judgment**

Judge nothing before the time.

Nothing is good or bad but thinking makes it so.

Baseless talk goes to waste.

Hasty judgments are generally faulty ones.

Make no judgments where you have no compassion.

Judge a tree from its fruit; not from its leaves.

## **Responsibility**

An irresponsible person cannot perform any responsibility.

Man is what his deeds are.

Every man has a price. Pay the price and have the man.

To err is human, to admit it, superhuman.

If you are not criticized, you may not be doing much.

Actions speak louder than words.

A man, being sturdy, proves worthy in all conditions.

He that blows in the dust, fills his own eyes.

Carelessness in business means, doomsday ahead.

## **Food for Thought**

The best day is ... Today.

The best town ... Where you succeed.

The greatest invention of the devil ... War.

The greatest secret of production is ... Saving  
Waste.

The best play is ... Work.

The greatest comfort is ... You have done your  
work well.

The greatest mistake is ... Giving Up.

The most expensive indulgence ... Hate.

The greatest stumbling block is ... Egoism.

The most ridiculous asset is ... False Pride.

The most dangerous person is ... The Liar.

The most disagreeable person is ... The  
Complainer.

The greatest need is ... Common Sense.

The greatest thing, bar none in all the world is  
... Love.

The most destructive habit is ... Worry.

The most problem to overcome ... Fear.

The most beautiful attire is ... Smile.

The most contagious spirit is ... Enthusiasm.

## **Marital Relationship**

**The best formula for human relations = MRTC ( MUTUAL, RESPECT, TRUST AND CONFIDENCE).** This concept applies to marriage, social interaction, businesses creating understanding and bond.

It is to help out and share,  
To listen and care,  
To give and receive,  
To trust and believe,  
which is best kept secret,  
Of lasting love and marriage.  
In every marriage of two souls,  
Two lives exist as one.

## **Spirit Lifters**

People may be unreasonable, illogical  
and self-centered.

Forgive them anyway.

If you do good,  
people may accuse you of selfish ulterior  
motives.

Do good anyway.

If you are successful,  
you will win some unfaithful friends and some  
genuine enemies.

Succeed anyway.

The good you do today will be forgotten.

Do good anyway.

The biggest people with the biggest ideas  
can be shut down by the smallest people with  
the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for some underdogs, anyway.

What did you spend years building, may be destroyed overnight.

Build anyway.

People really need help but may attack you if you help them.

Help people anyway.

Give the world the best you have and you will get kicked in the teeth.

Help them anyway.

Give the world best you have anyway,

Because ...

What goes around comes around anyway.



# **FORMULA** for Happier and Healthier Living

**F** for Fitness

**O** for Ounce of prevention.

**R** for Realistic life planning

**M** for Mental attitude.

**U** for Understanding yourself and others

**L** for Loving life.

**A** for Adapting to change.

## **Credits**

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