

Quotes

1. "Self-knowledge is the beginning of self-improvement."
~ *Baltasar Gracián* (Jesuit and writer)
2. "Self-awareness gives you the capacity to learn from your mistakes as well as your successes. It enables you to keep growing."
~ *Larry Bossidy* (businessman and author) and *Ram Charan* (business consultant, speaker and writer)
3. "Good leaders learn their specific personal strengths and weaknesses, especially in dealing with other people, then build on the strengths and correct the weaknesses."
~ *Larry Bossidy* (businessman and author) and *Ram Charan* (business consultant, speaker and writer)
4. "Everything that irritates us about others can lead us to an understanding of ourselves."
~ *Carl Jung* (psychiatrist and founder of analytical psychology)
5. "Self-knowledge is the great power by which we comprehend and control our lives."
~ *Vernon Howard* (spiritual teacher, author and philosopher)
6. "You can live a lifetime and, at the end of it, know more about other people than you know about yourself."
~ *Beryl Markham* (pioneer aviator)
7. "People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates."
~ *Thomas Szasz* (psychiatrist and academic)
8. "To the question of your life you are the answer, and to the problems of your life you are the solution."
~ *Joe Cordare* (author)
9. "It's a helluva start, being able to recognize what makes you happy."
~ *Lucille Ball* (actress, comedian, film and television executive)
10. "There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."
~ *Nelson Mandela* (anti-apartheid activist, president of South Africa)
11. "We run away all the time to avoid coming face to face with ourselves."
~ *Author Unknown*
12. "Those who are brutally honest are seldom so with themselves."
~ *Mignon McLaughlin* (journalist and author)
13. "Let your heart guide you. It whispers, so listen carefully."
~ *Littlefoot's mother*, *Land Before Time*
14. "Your distress about life might mean you have been living for the wrong reason, not that you have no reason for living."
~ *Tom O'Connor* (comedian)