

Heartsong @ 1917 This Week – “**Claim Your Dream!!**”

Wednesday, August 19, 2015, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Chris Hamlin and Joe Elmore

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

Featured Video:

“Claim Your Dream”

<https://www.youtube.com/watch?v=Lij7VGkANs4>

Words on the Theme:

1. I can't change the direction of the wind, but I can adjust my sails to always reach my destination. – Jimmy Dean
2. Obstacles are those frightful things you see when you take your eyes off your goal. -Henry Ford
3. When I was growing up I always wanted to be someone. Now I realize I should have been more specific. -Lily Tomlin
4. Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity. –Louis Pasteur
5. Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals. -Martin Luther King, Jr.
6. Here is a test to find out whether your mission in life is complete. If you're alive, it isn't. –Richard Bach
7. The reason most people never reach their goals is that they don't define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them. -Denis Watley
8. A goal without a plan is just a wish. –Larry Elder
9. Shoot for the moon. Even if you miss, you'll land among the stars. -Les Brown
10. The mystery of human existence lies not in just staying alive, but in finding something to live for. – Fyodor Dostoyevsky

11. Life takes on meaning when you become motivated, set goals and charge after them in an unstoppable manner. –Les Brown
12. A goal is not always meant to be reached, it often serves simply as something to aim at. -Bruce Lee
13. How do you go from where you are to where you want to be? I think you have to have an enthusiasm for life. You have to have a dream, a goal and you have to be willing to work for it. –Jim Valvano
14. You don't have to be a fantastic hero to do certain things – to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals. -Edmund Hillary
15. What is not started today is never finished tomorrow. –Johann Wolfgang von Goethe

References:

<http://selfgrowthcoach.com/motivation/100-quotes-for-making-claiming-and-achieving-your-goals>



NEXT

Heartsong@1917

Wednesday, August 26, 2015

10:45a.m., 1st Floor Library, Room 151

Chris Hamlin, Facilitating