

RORY  VADEN

Self-Discipline...Simplified

**SUCCESS
IS NEVER
OWNED;
IT IS ONLY
RENTED –
AND THE
RENT IS DUE
EVERY DAY**

and Other Sound Bytes
from Rory Vaden

**MiniBük® of Quotes from
“TAKE THE STAIRS”**


SOUTHWESTERN
Consulting

To get a full copy of the
Take the Stairs book please
visit www.roryvaden.com

Most of these quotes are Rory originals, some have been inspiring people for years in different forms by others, and a few, including the cover quote, are a part of The Southwestern Company's corporate culture. All of them are significant relating to improving our self-discipline so we hope they help you continue to Take the Stairs!


**SUCCESS IS NEVER OWNED; IT IS ONLY RENTED
— AND THE RENT IS DUE EVERY DAY**

**MiniBük of Quotes from
“TAKE THE STAIRS”**

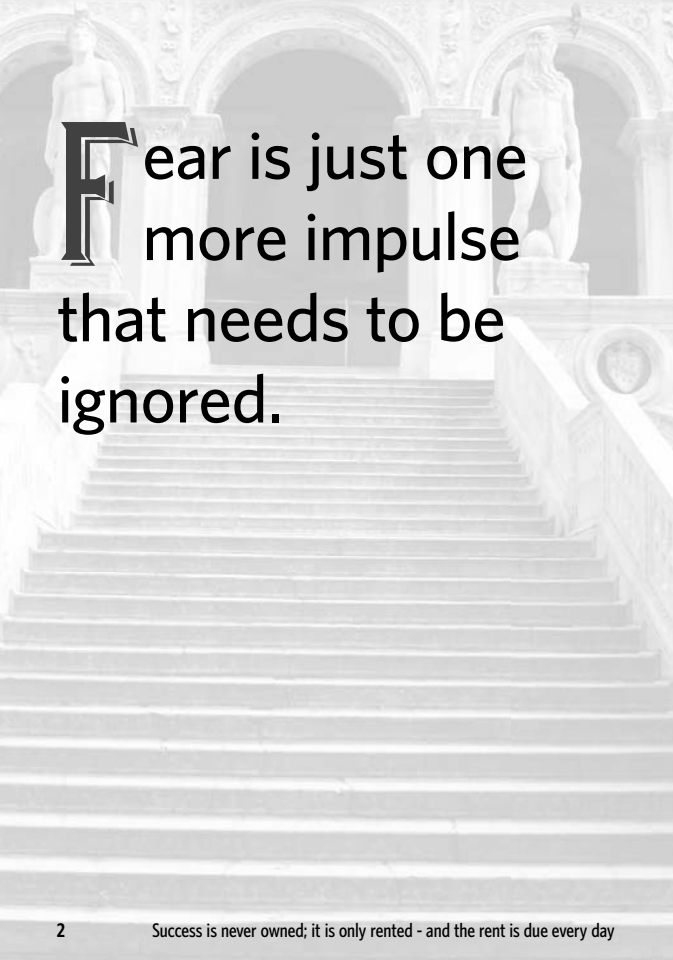
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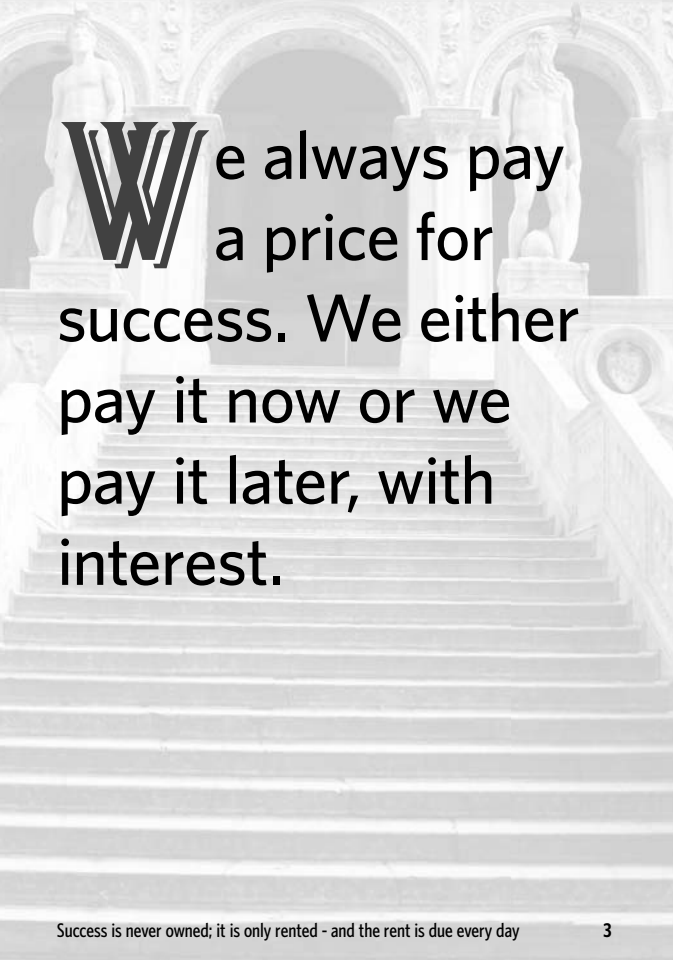
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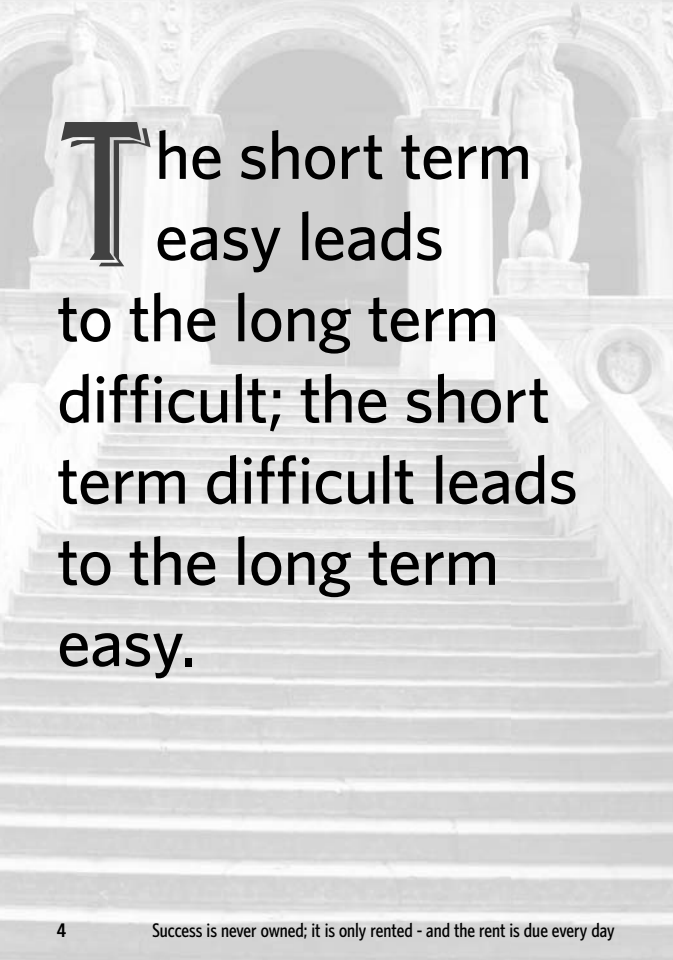
Success means
doing things you
don't want to do.



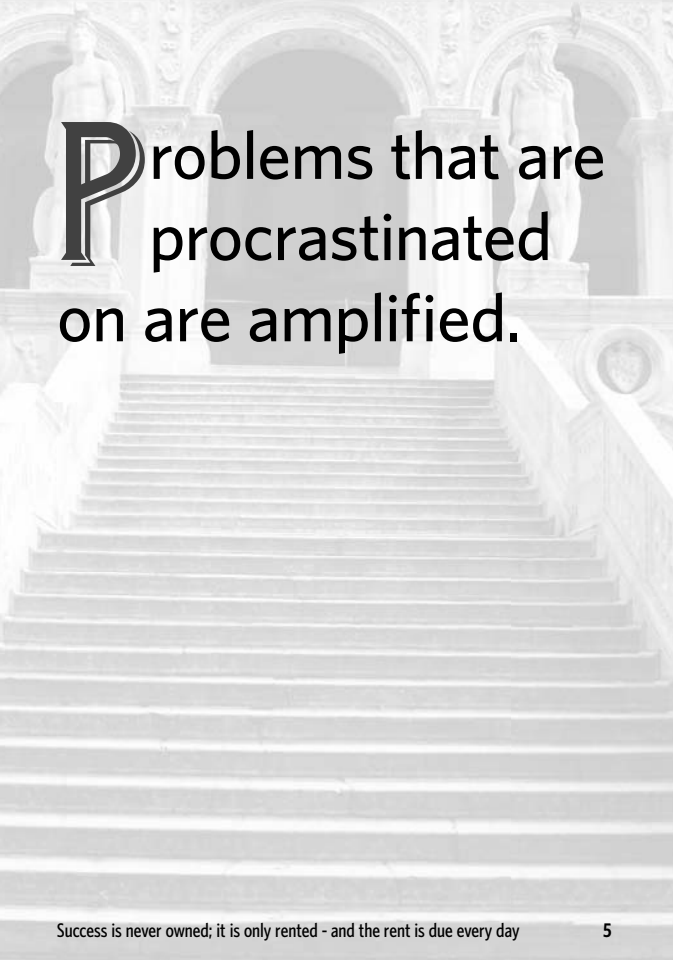
Fear is just one
more impulse
that needs to be
ignored.



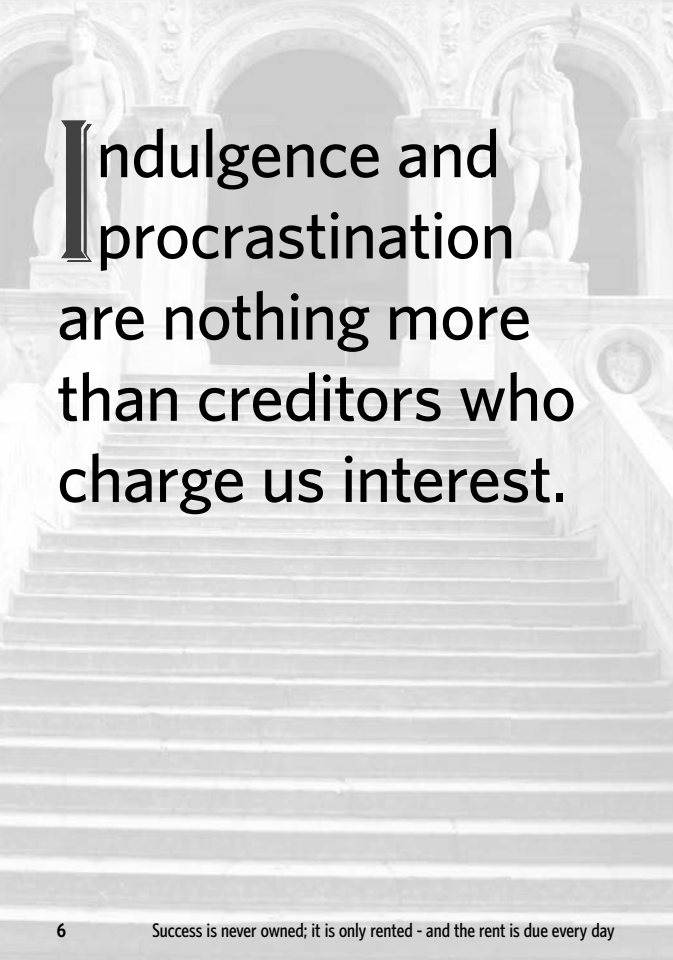
We always pay
a price for
success. We either
pay it now or we
pay it later, with
interest.



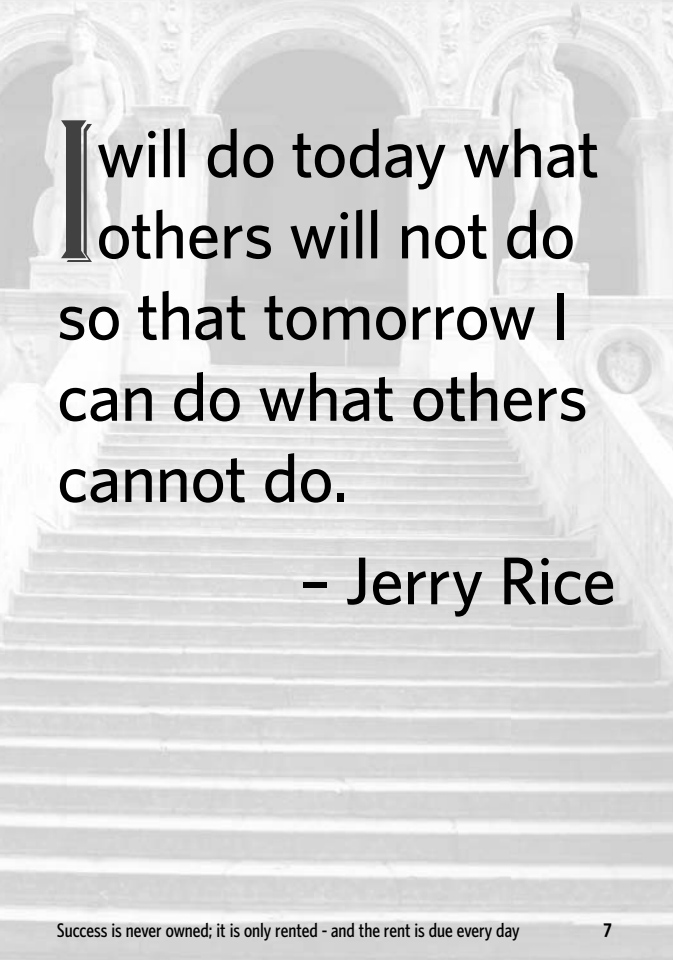
The short term
easy leads
to the long term
difficult; the short
term difficult leads
to the long term
easy.



Problems that are
procrastinated
on are amplified.




Indulgence and
procrastination
are nothing more
than creditors who
charge us interest.

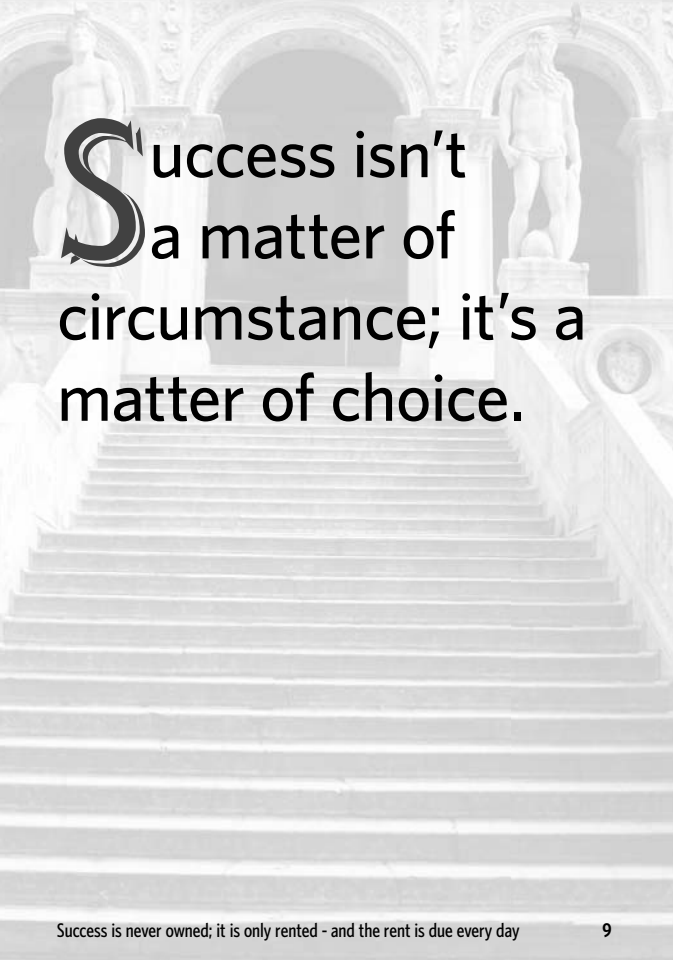


I will do today what
others will not do
so that tomorrow I
can do what others
cannot do.

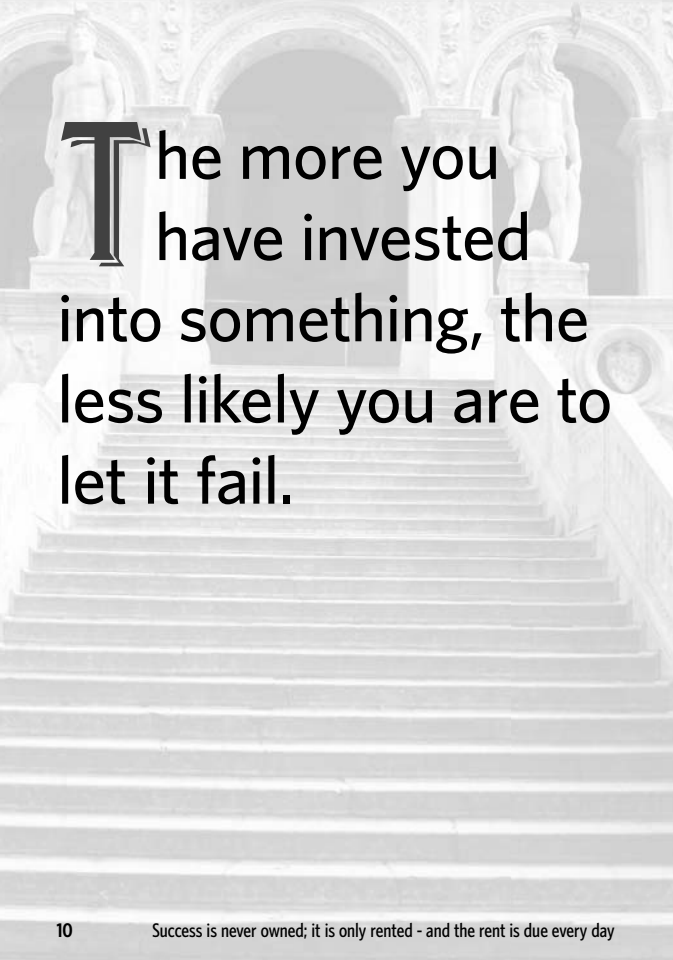
– Jerry Rice



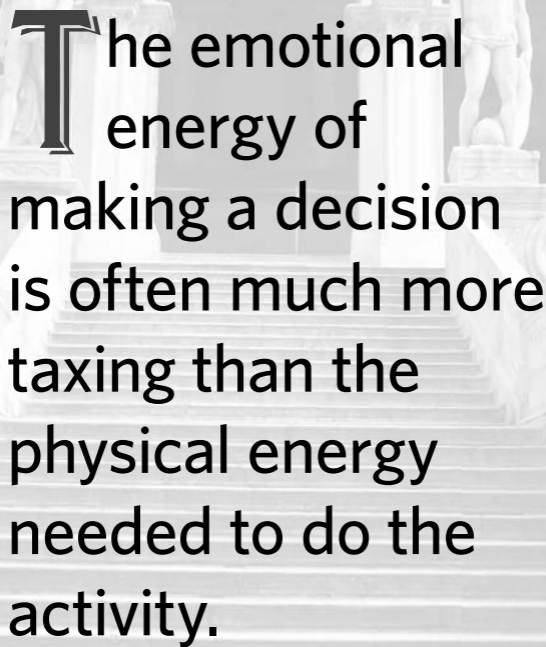
Success comes
from choosing
consistency over
convenience.




Success isn't
a matter of
circumstance; it's a
matter of choice.



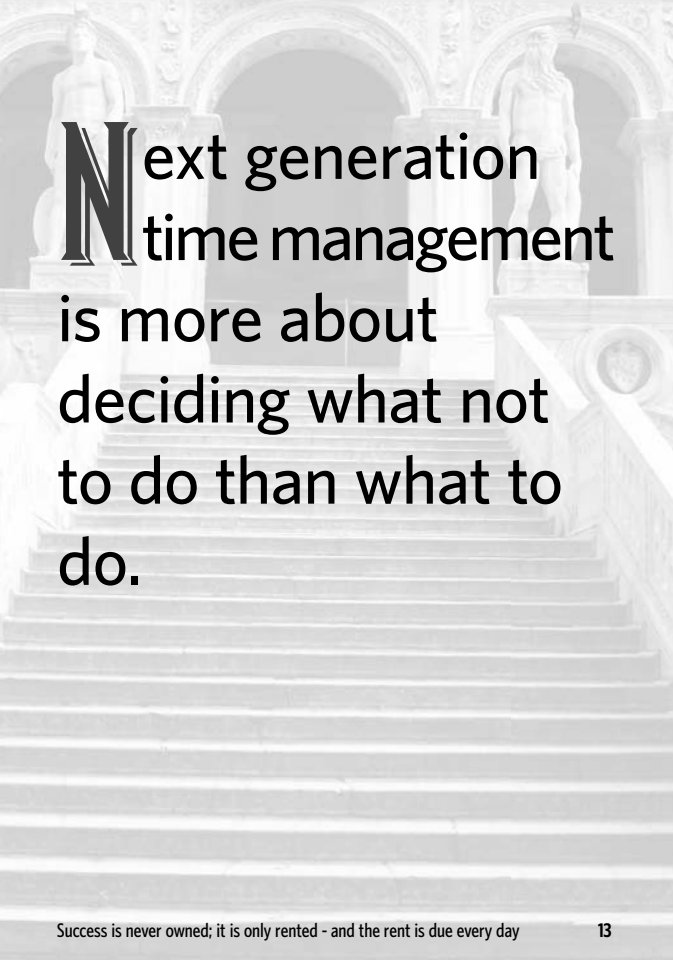
The more you
have invested
into something, the
less likely you are to
let it fail.



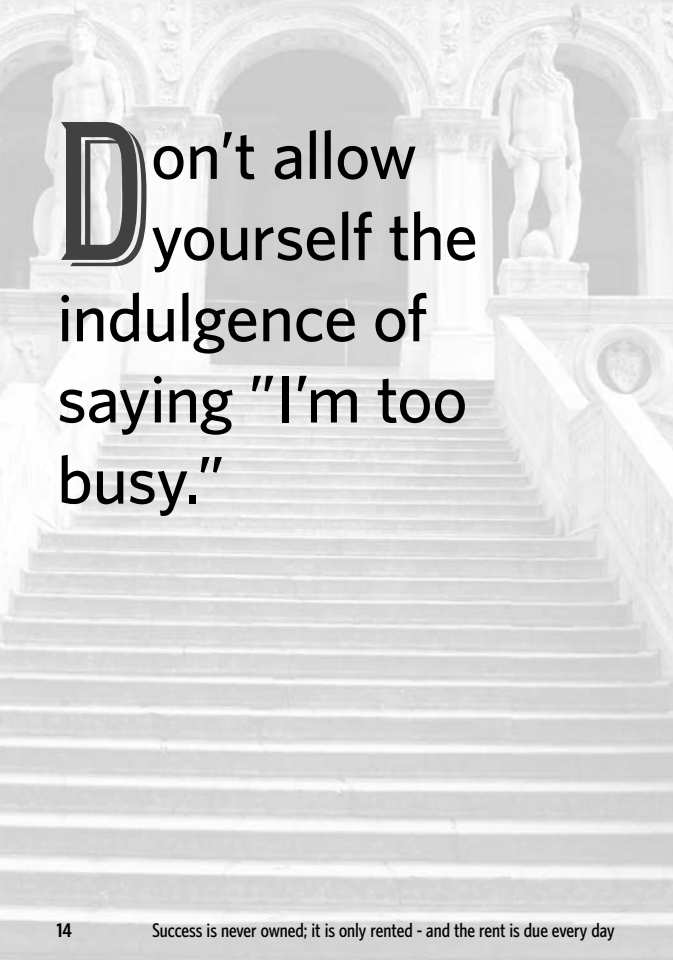
The emotional energy of making a decision is often much more taxing than the physical energy needed to do the activity.



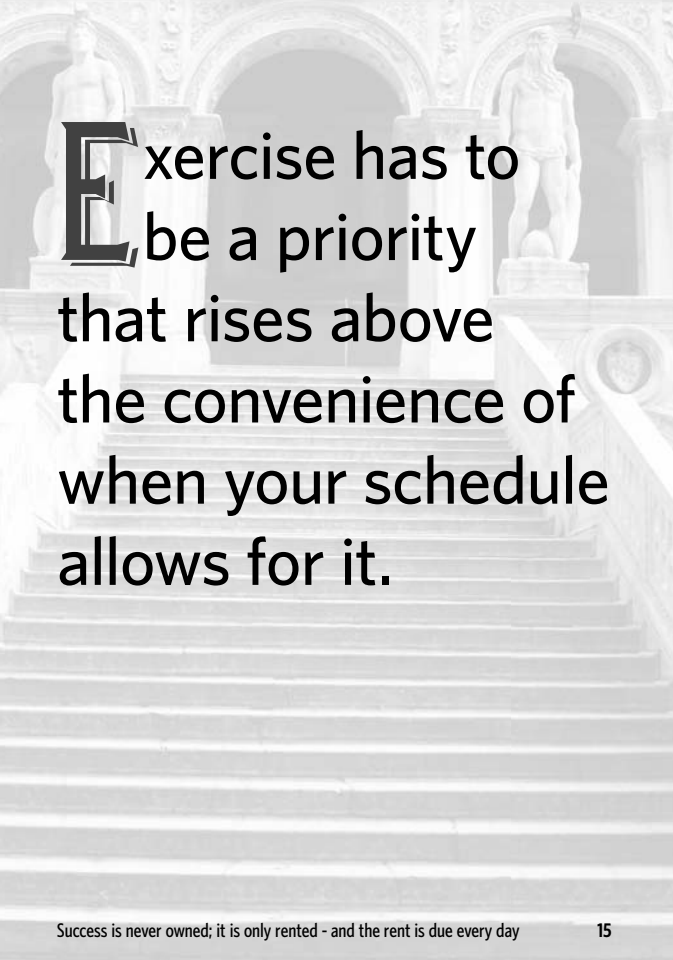
Success is messy.




Next generation
time management
is more about
deciding what not
to do than what to
do.



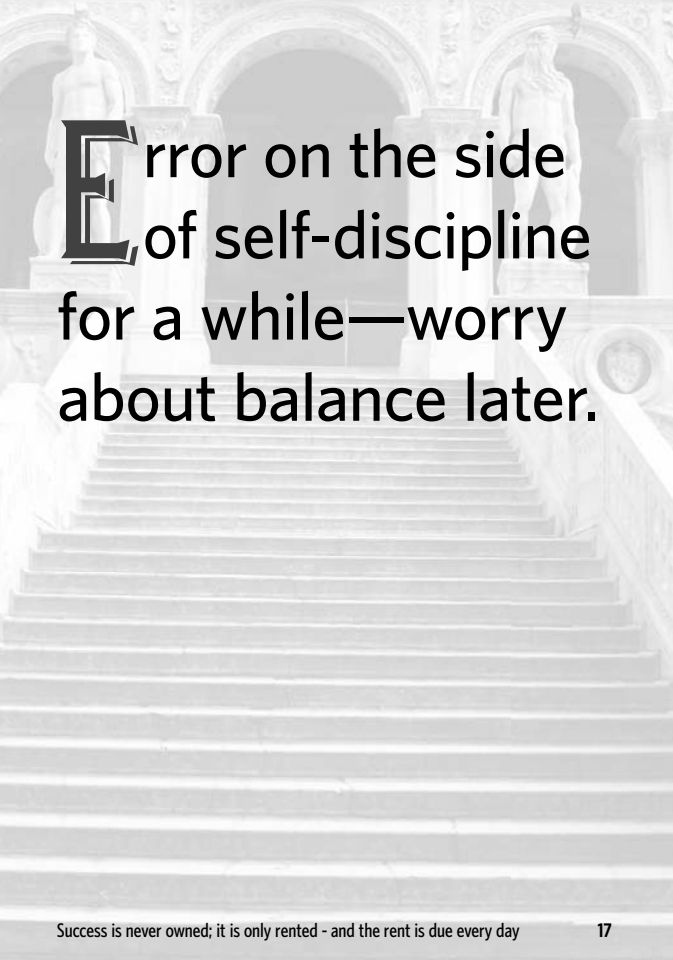
Don't allow
yourself the
indulgence of
saying "I'm too
busy."




Exercise has to
be a priority
that rises above
the convenience of
when your schedule
allows for it.



Work double
time part-time
for full-time free
time.

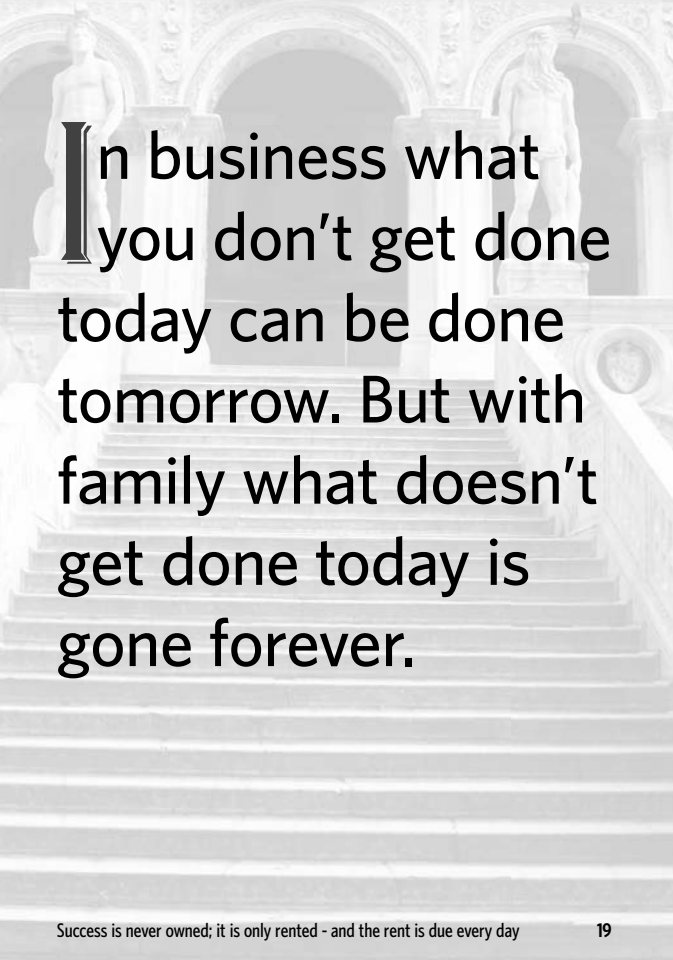


Error on the side
of self-discipline
for a while—worry
about balance later.

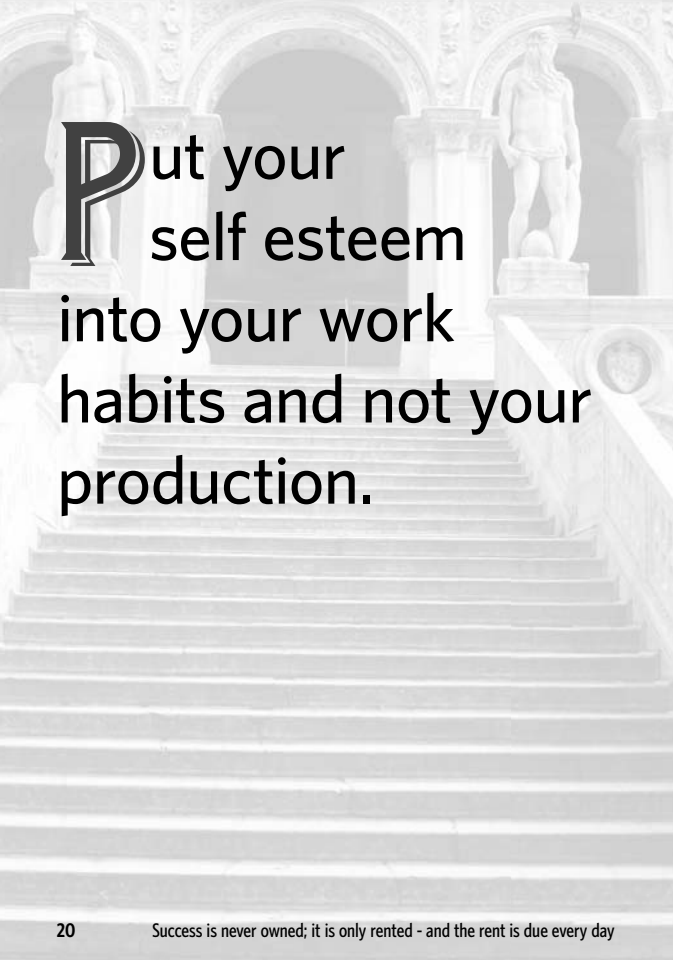


C'et going. Then
Get ready.


- Unknown




In business what
you don't get done
today can be done
tomorrow. But with
family what doesn't
get done today is
gone forever.




Put your
self esteem
into your work
habits and not your
production.




One of the biggest ways we lose time is not knowing where we're going next.



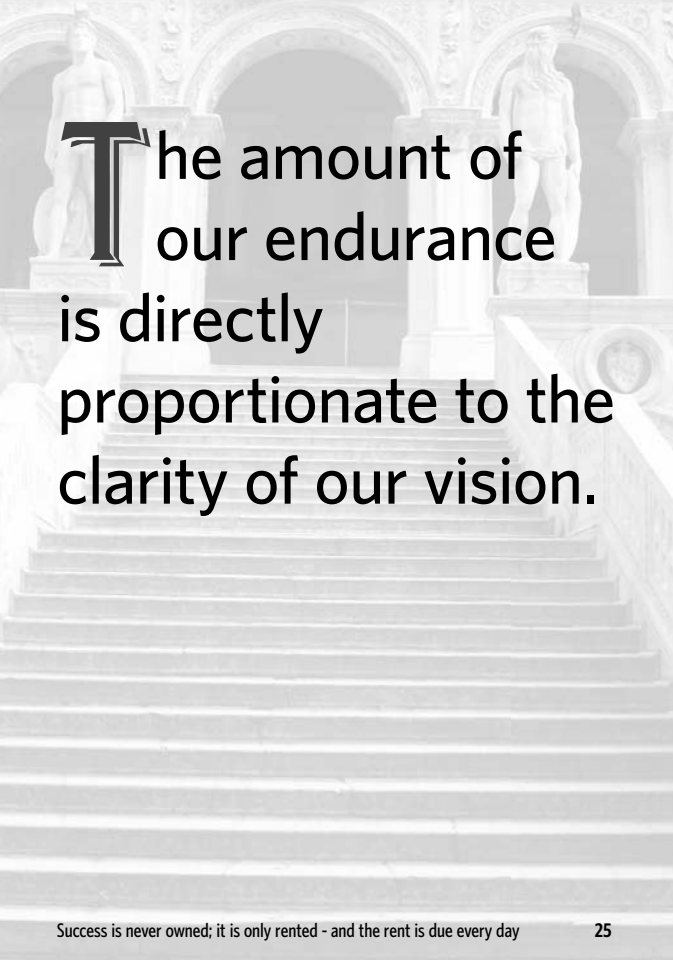
Balance is not
equal time
across equal
activities; it's
appropriate time
across critical
priorities.



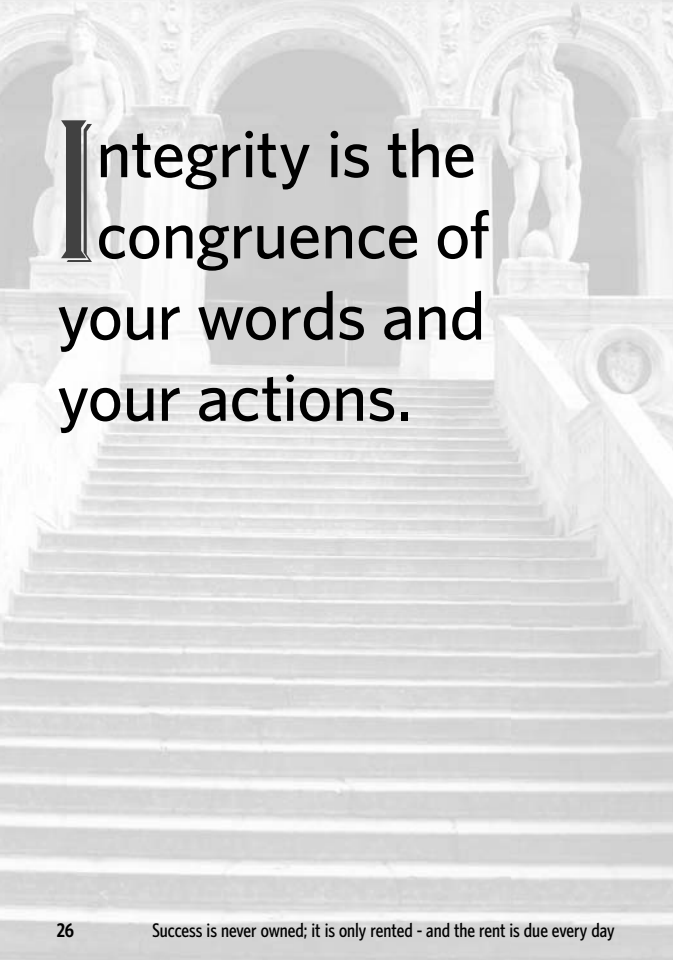
Anything that
wastes your
time *is* a waste of
your money.




Realistic goals
are for people
with realistic work
habits. Big goals are
for people with big
work habits.



The amount of
our endurance
is directly
proportionate to the
clarity of our vision.



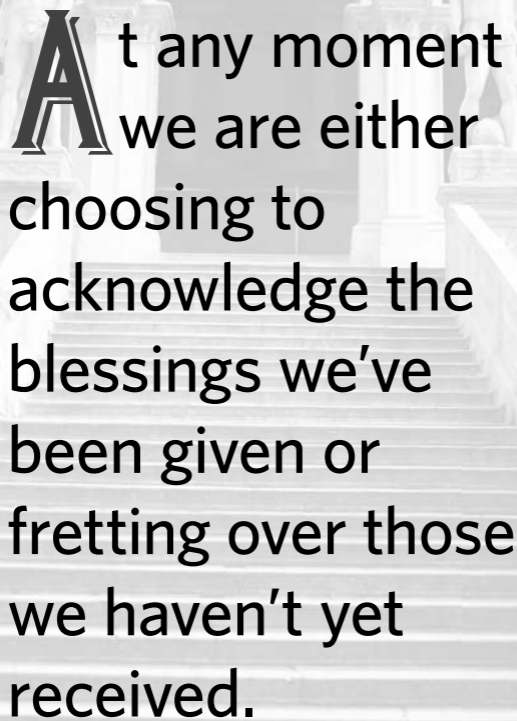
Integrity is the
congruence of
your words and
your actions.




Let go of who's
right and focus
on what's right.



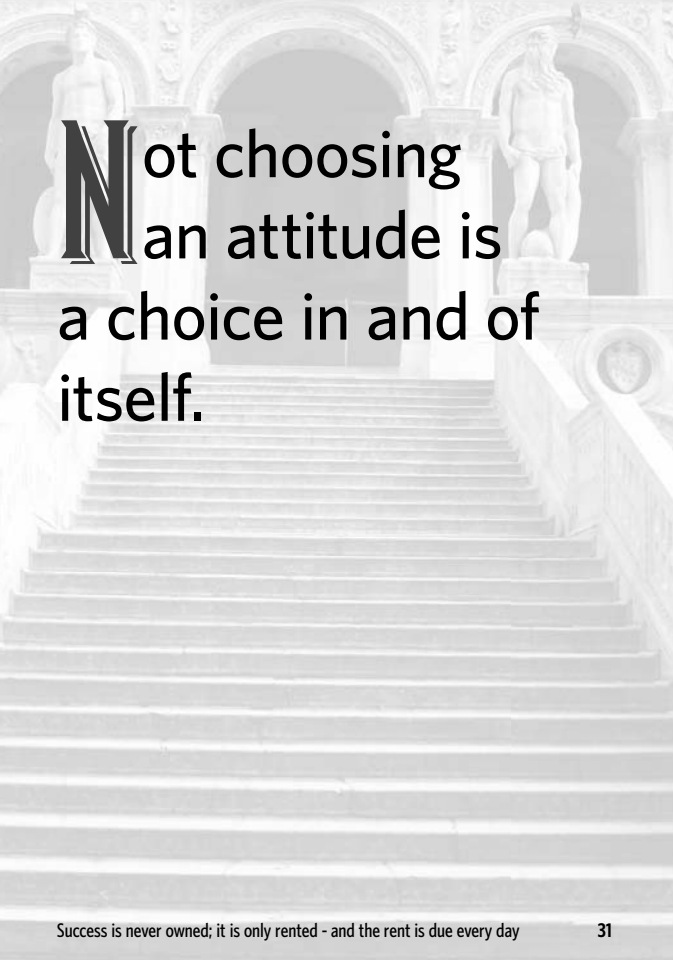
We don't pay
attention to
things we don't first
give our intention
to.



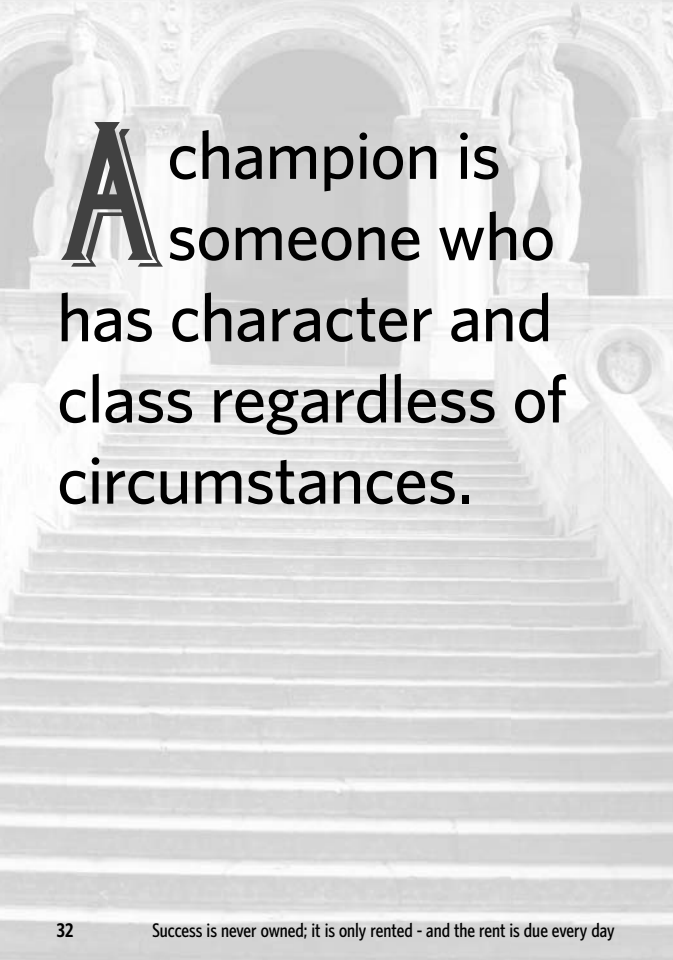
At any moment
we are either
choosing to
acknowledge the
blessings we've
been given or
fretting over those
we haven't yet
received.



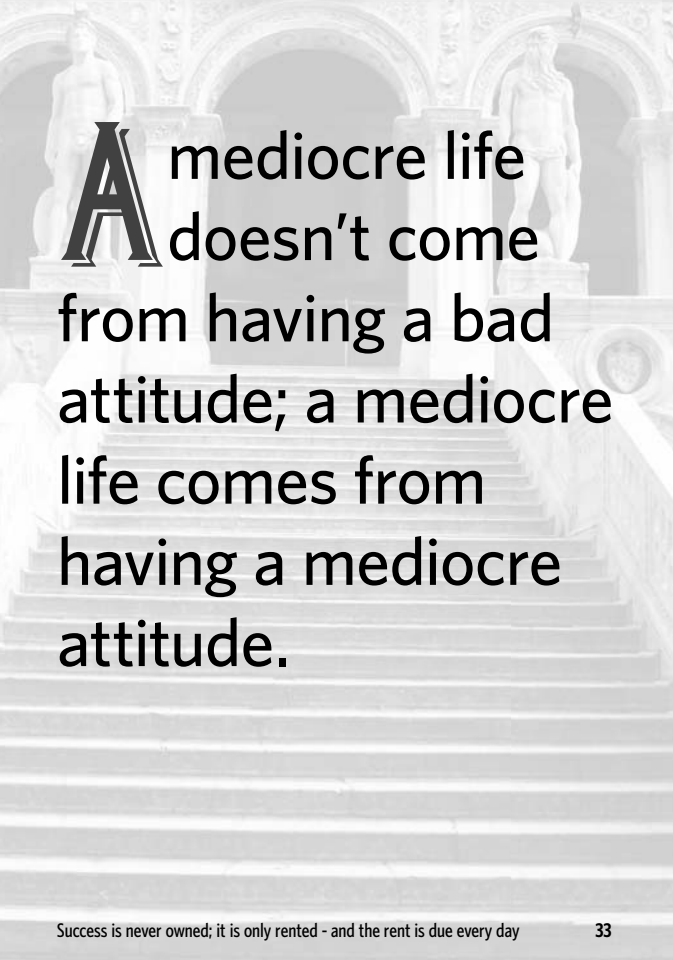
Attitude is
simply the way
we choose to see
things.



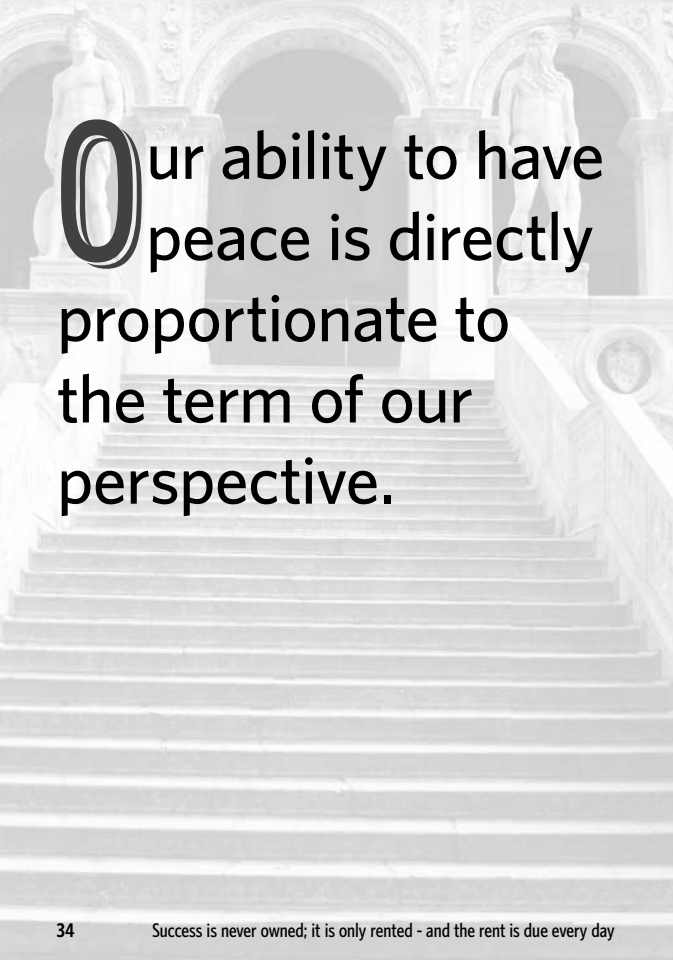
Not choosing
an attitude is
a choice in and of
itself.



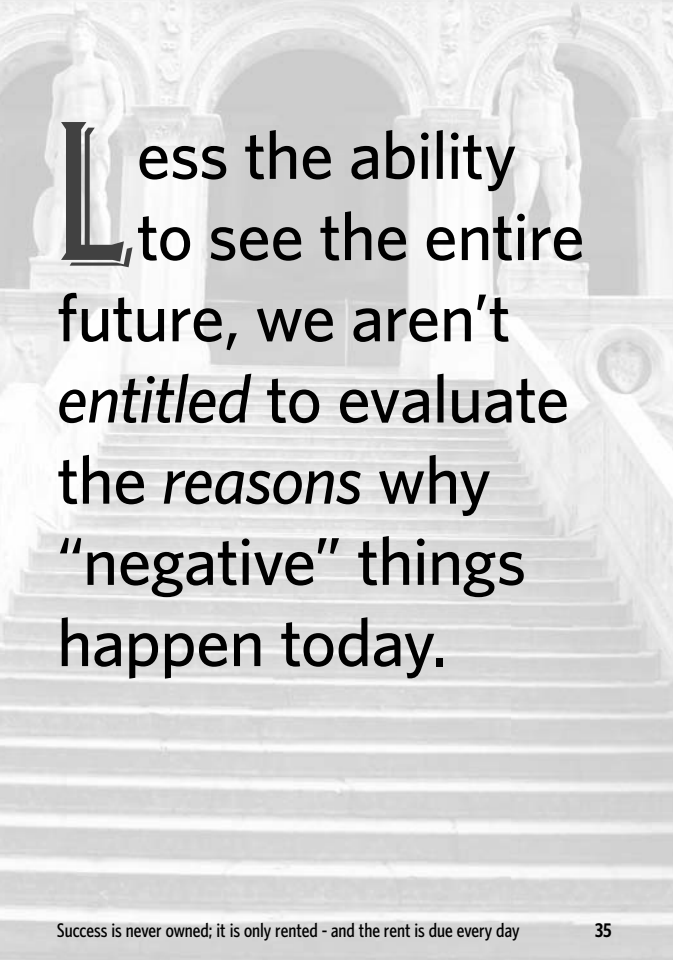
A champion is
someone who
has character and
class regardless of
circumstances.




A mediocre life
doesn't come
from having a bad
attitude; a mediocre
life comes from
having a mediocre
attitude.



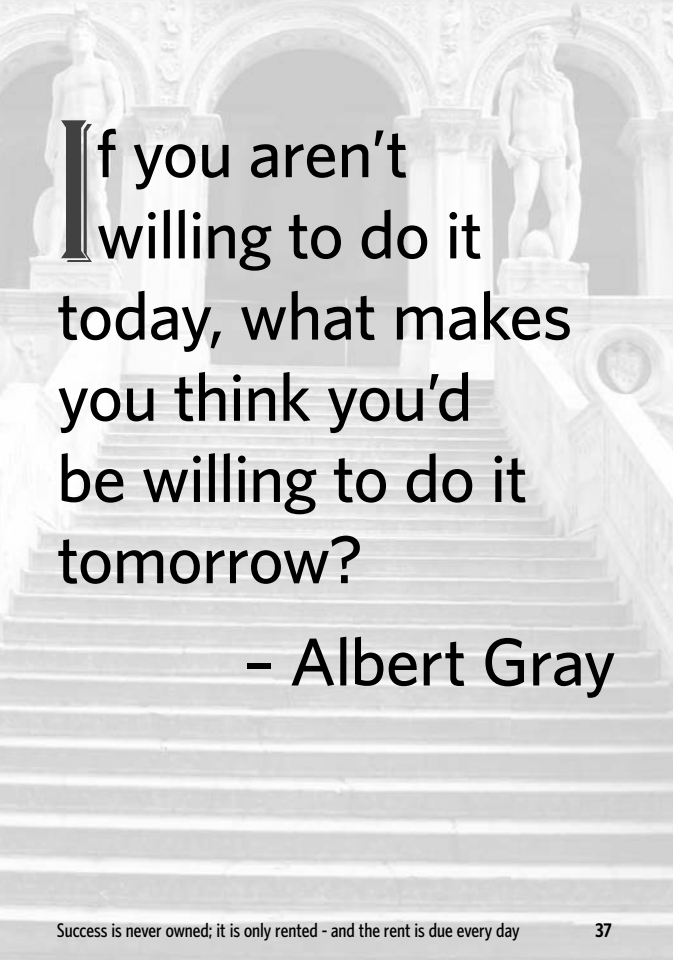
Our ability to have peace is directly proportionate to the term of our perspective.



Less the ability
to see the entire
future, we aren't
entitled to evaluate
the *reasons* why
"negative" things
happen today.

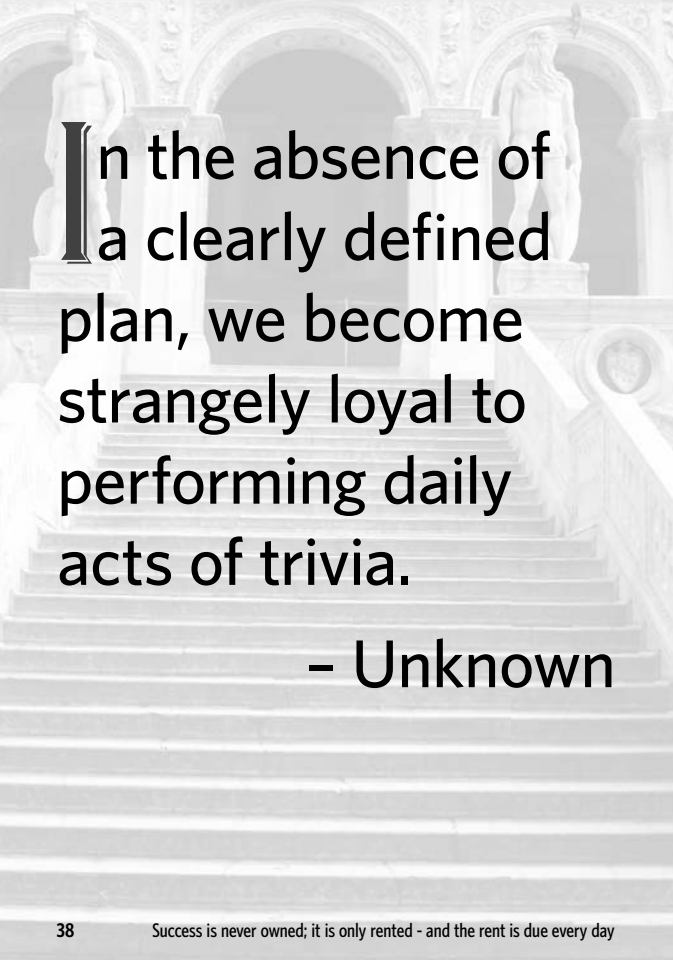


Patience is a
great discipline.



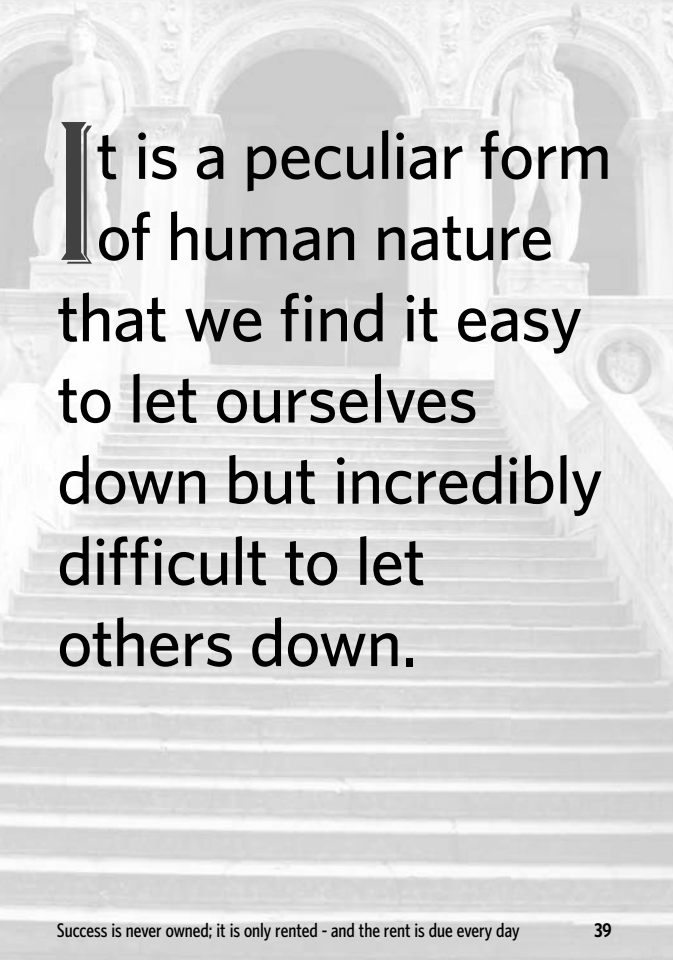
If you aren't
willing to do it
today, what makes
you think you'd
be willing to do it
tomorrow?

- Albert Gray

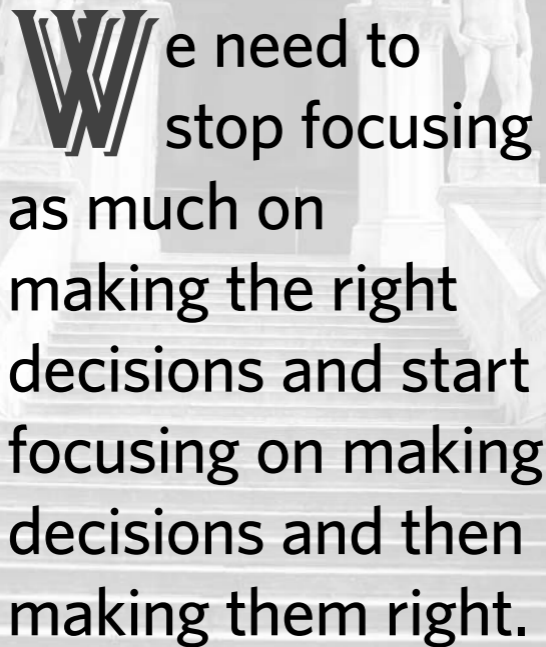


In the absence of
a clearly defined
plan, we become
strangely loyal to
performing daily
acts of trivia.

- Unknown

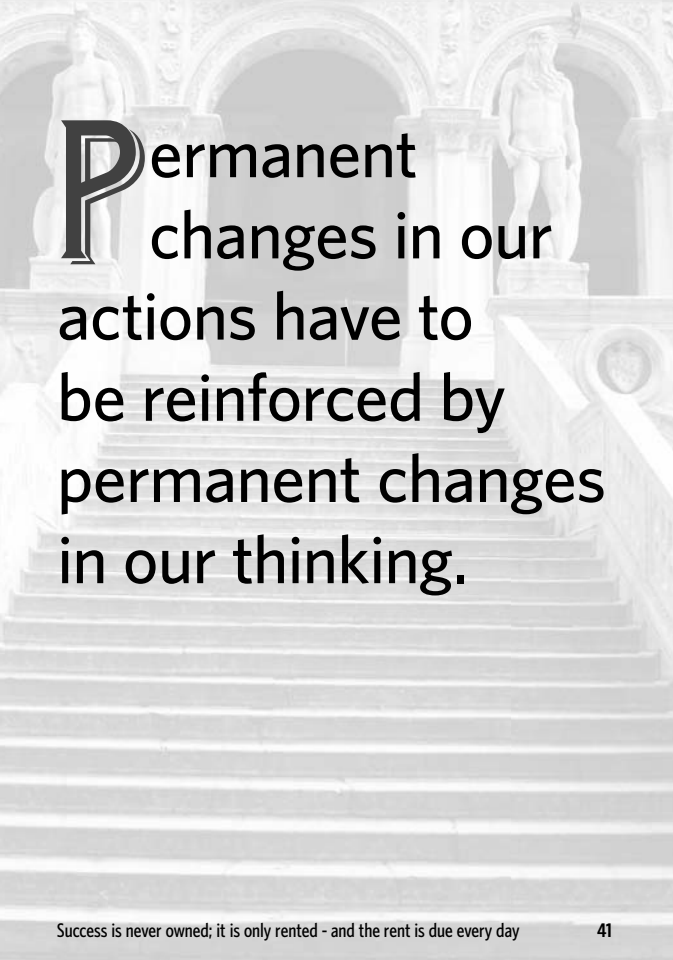


It is a peculiar form
of human nature
that we find it easy
to let ourselves
down but incredibly
difficult to let
others down.

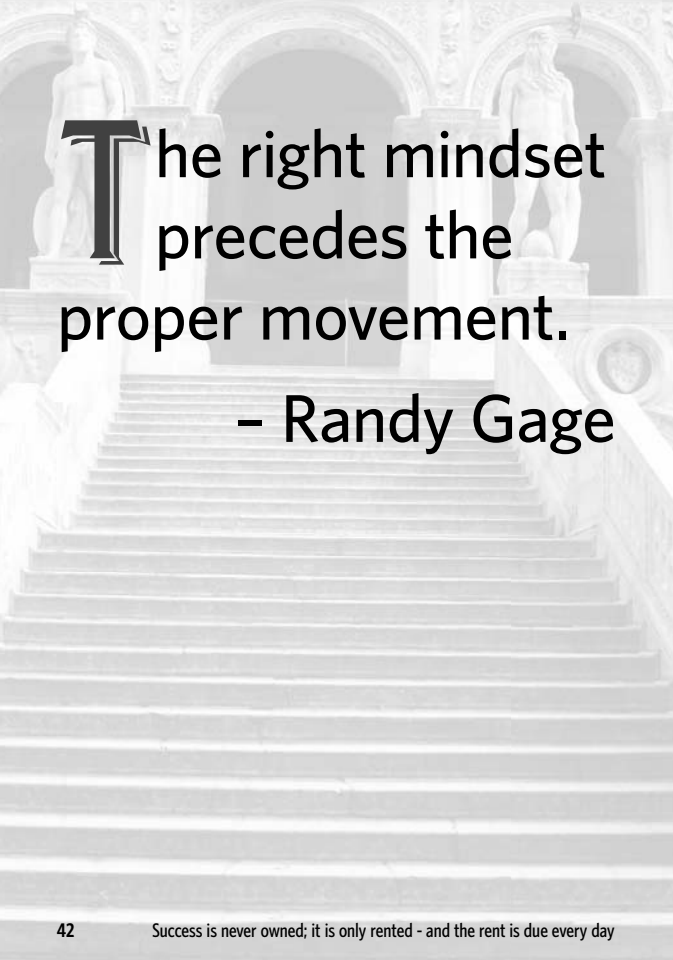


We need to
stop focusing
as much on
making the right
decisions and start
focusing on making
decisions and then
making them right.

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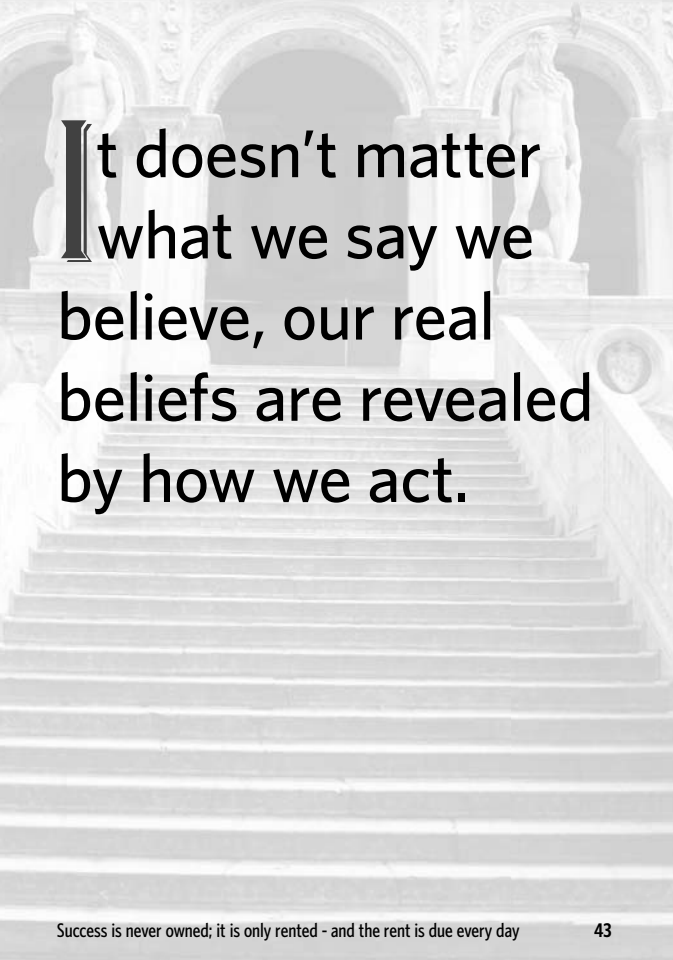


Permanent
changes in our
actions have to
be reinforced by
permanent changes
in our thinking.

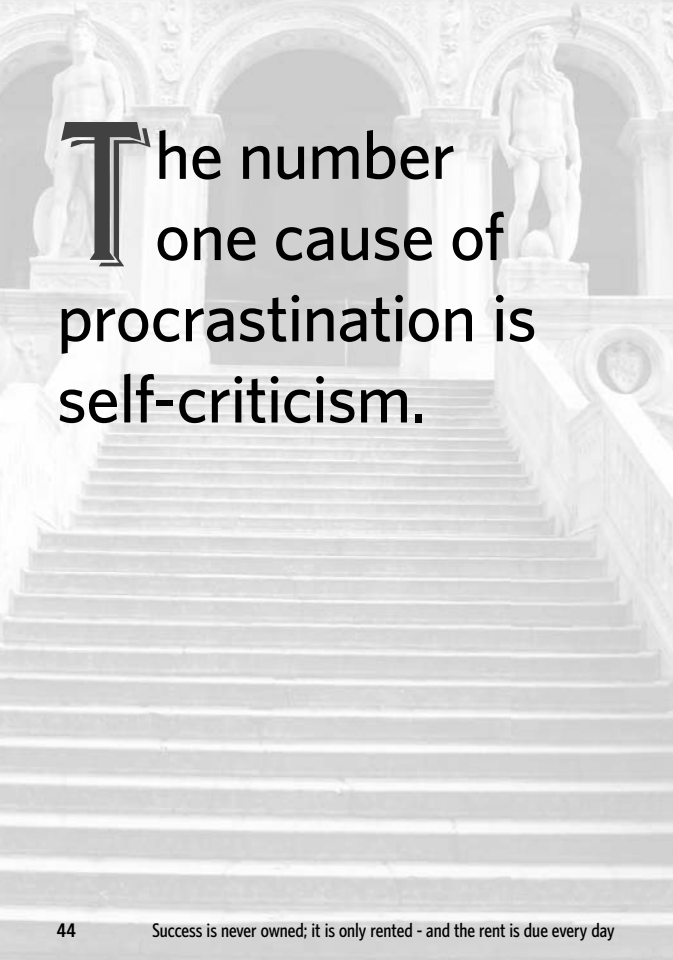


The right mindset
precedes the
proper movement.

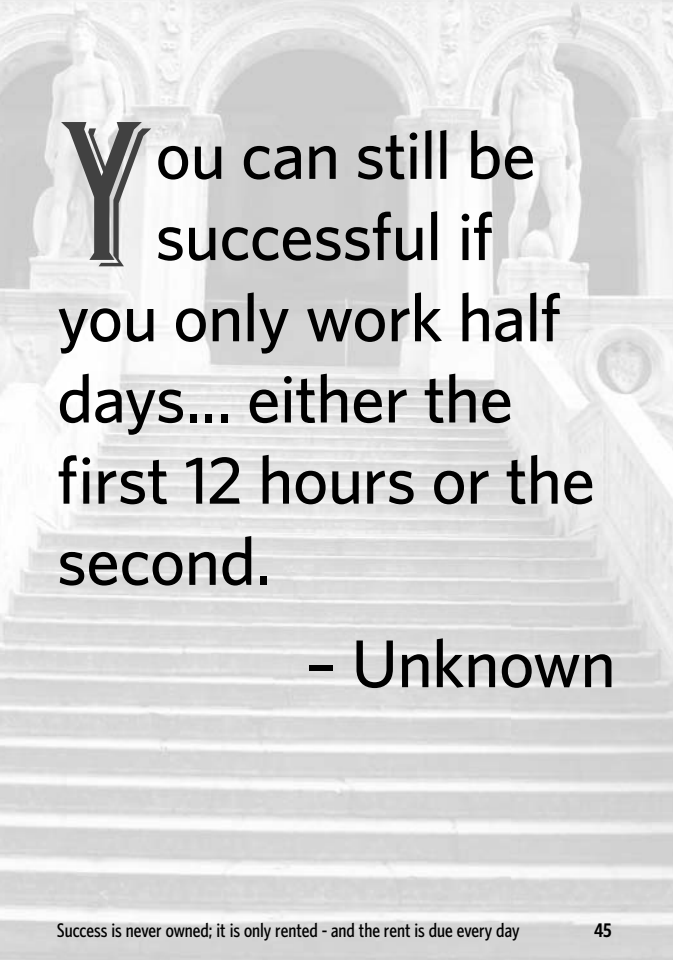
- Randy Gage



It doesn't matter
what we say we
believe, our real
beliefs are revealed
by how we act.




The number
one cause of
procrastination is
self-criticism.




You can still be
successful if
you only work half
days... either the
first 12 hours or the
second.


- Unknown



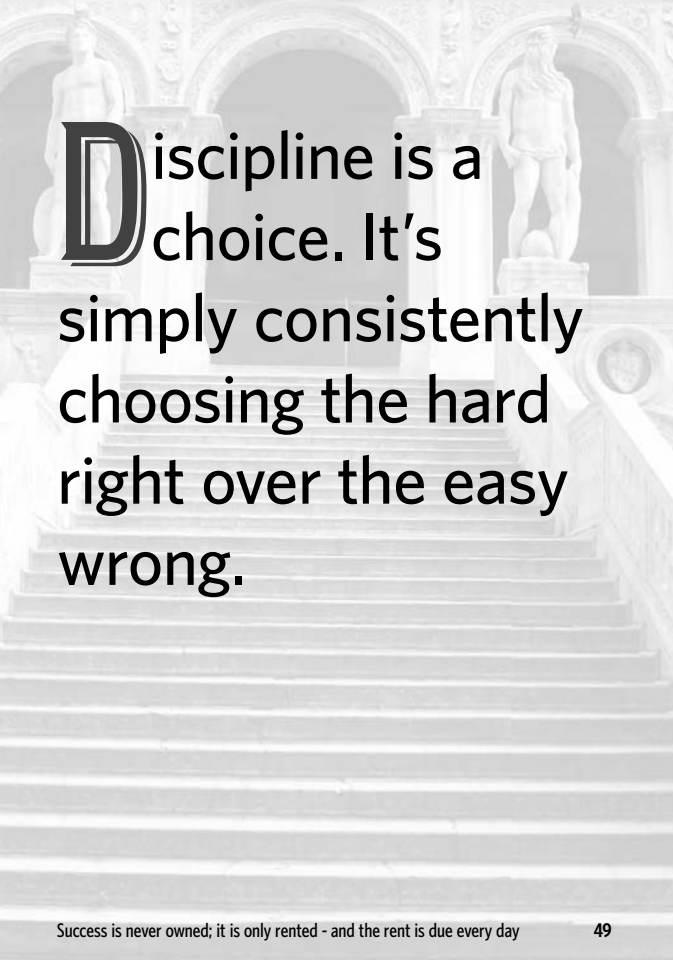
Discipline starts
with what you
need to stop doing.



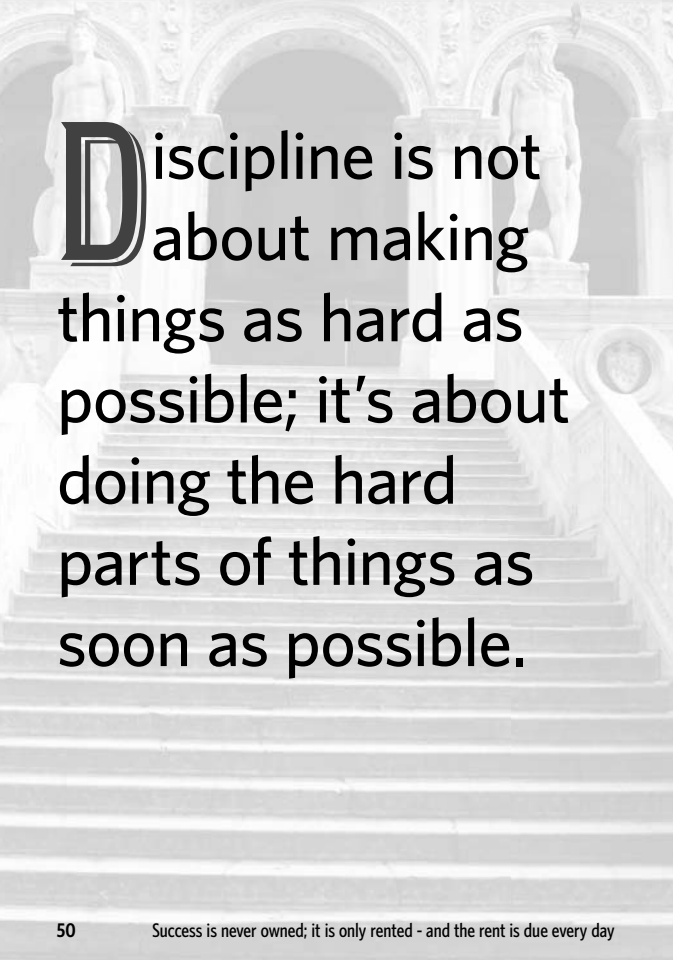
You don't just
admit your
inadequacies; you
resolve them.



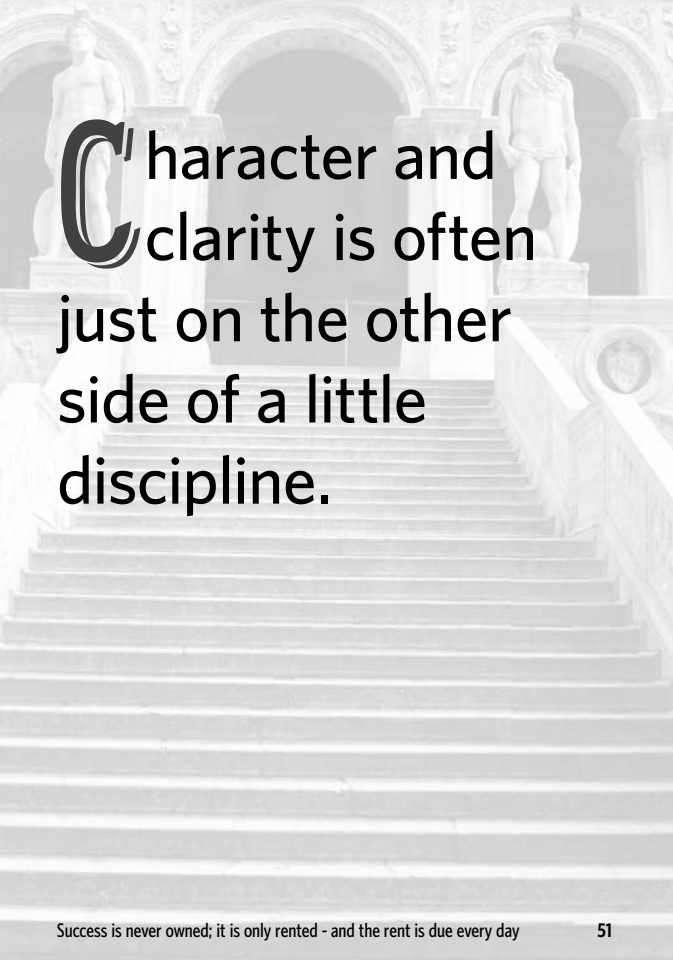
Be brilliant at the
basics.




Discipline is a choice. It's simply consistently choosing the hard right over the easy wrong.



Discipline is not about making things as hard as possible; it's about doing the hard parts of things as soon as possible.

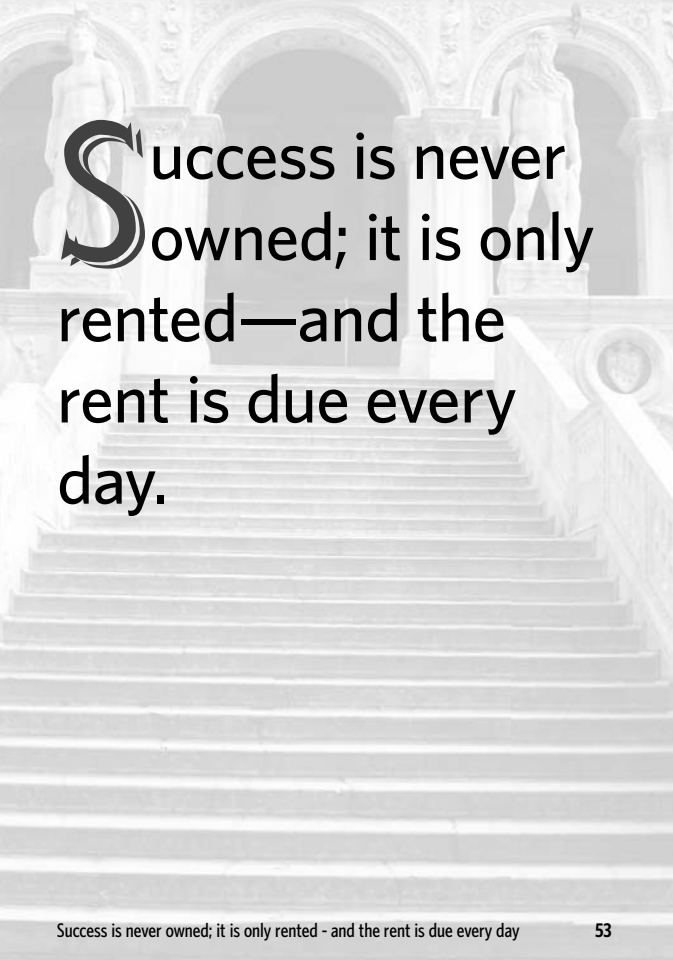


Character and
clarity is often
just on the other
side of a little
discipline.

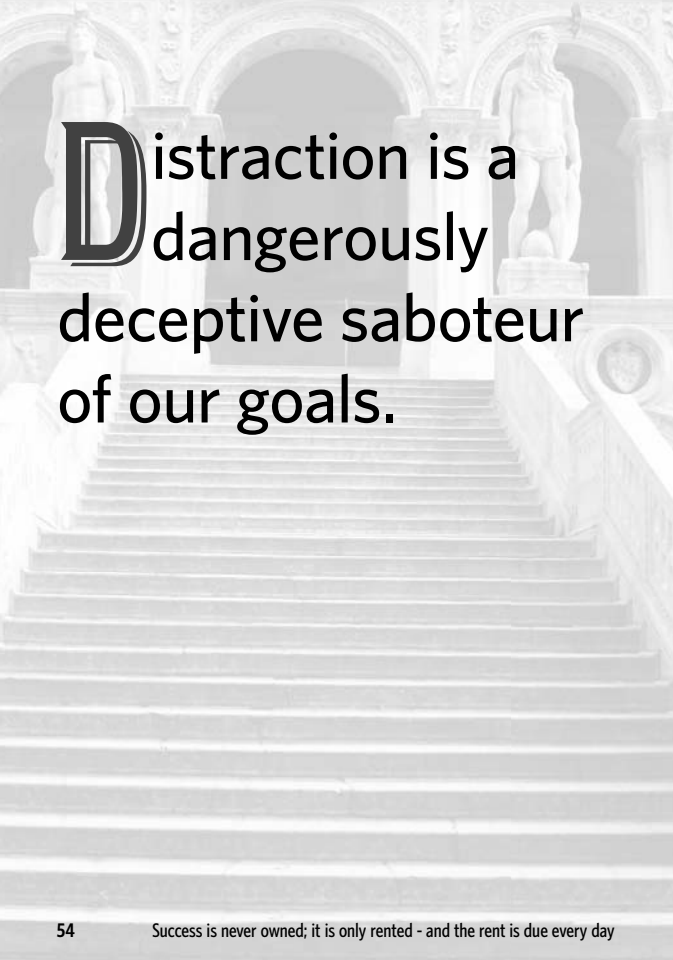


Discipline creates
Freedom.

- Randy Gage



Success is never
owned; it is only
rented—and the
rent is due every
day.

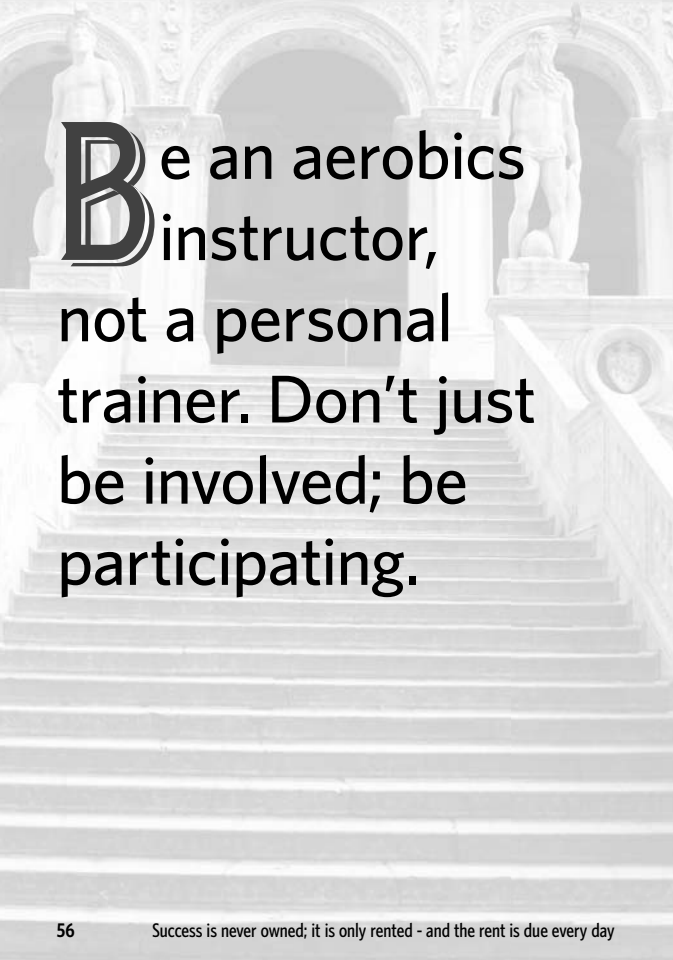


Distraction is a
dangerously
deceptive saboteur
of our goals.

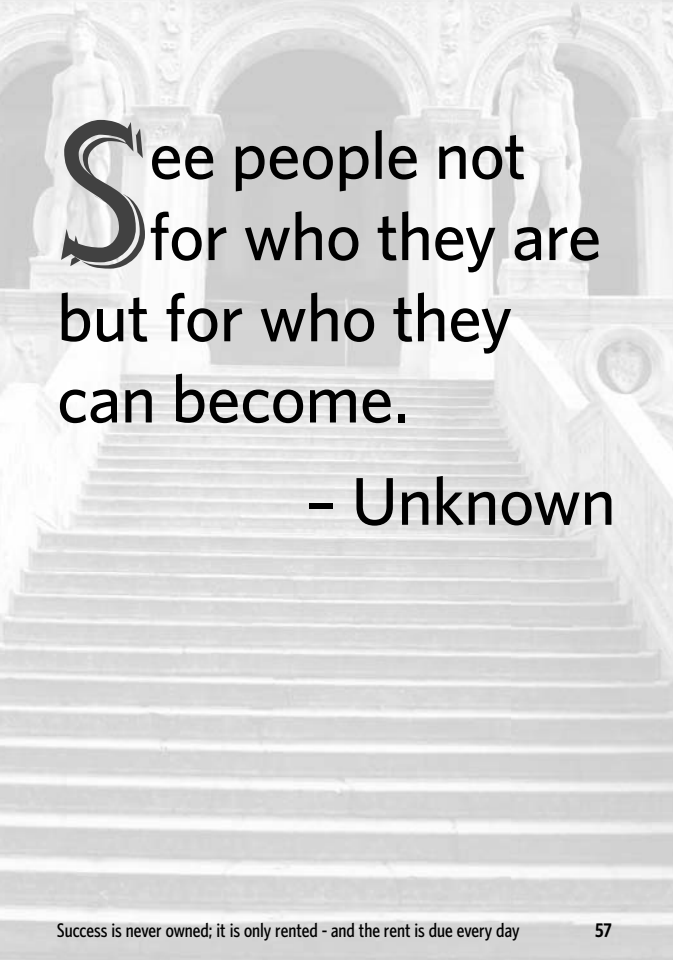


Leadership by
inspiration
always works better
than management
by control.

- Steve Savage

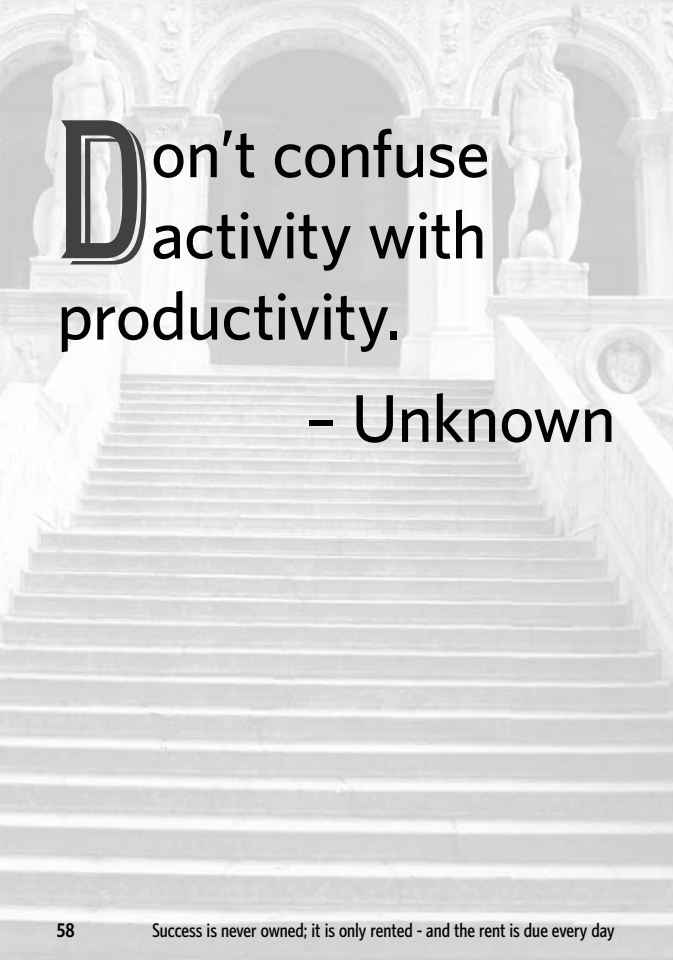


Be an aerobics
instructor,
not a personal
trainer. Don't just
be involved; be
participating.



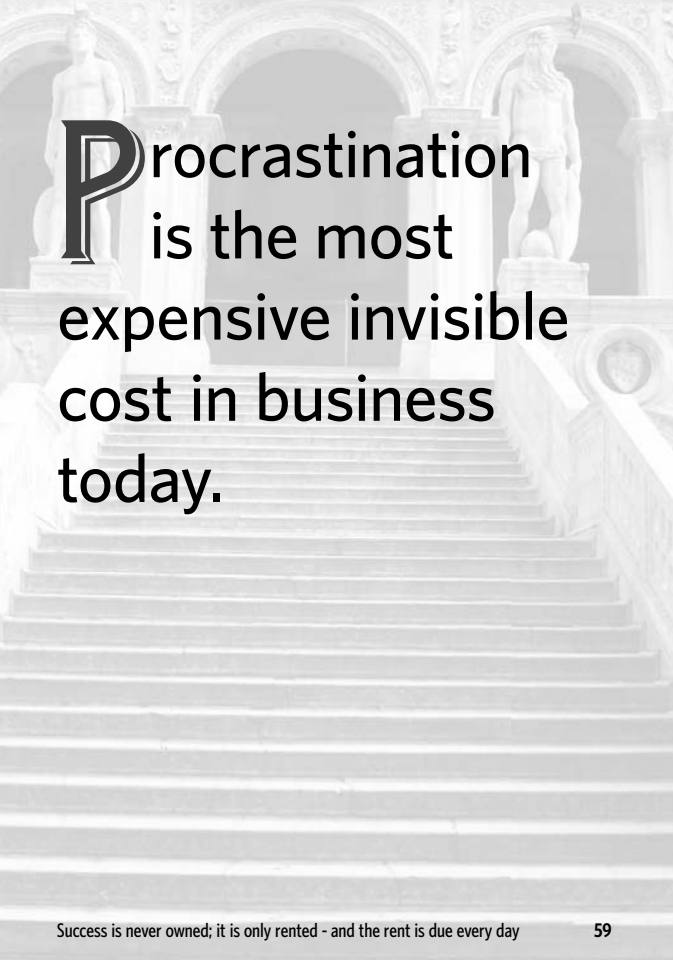
See people not
for who they are
but for who they
can become.

- Unknown

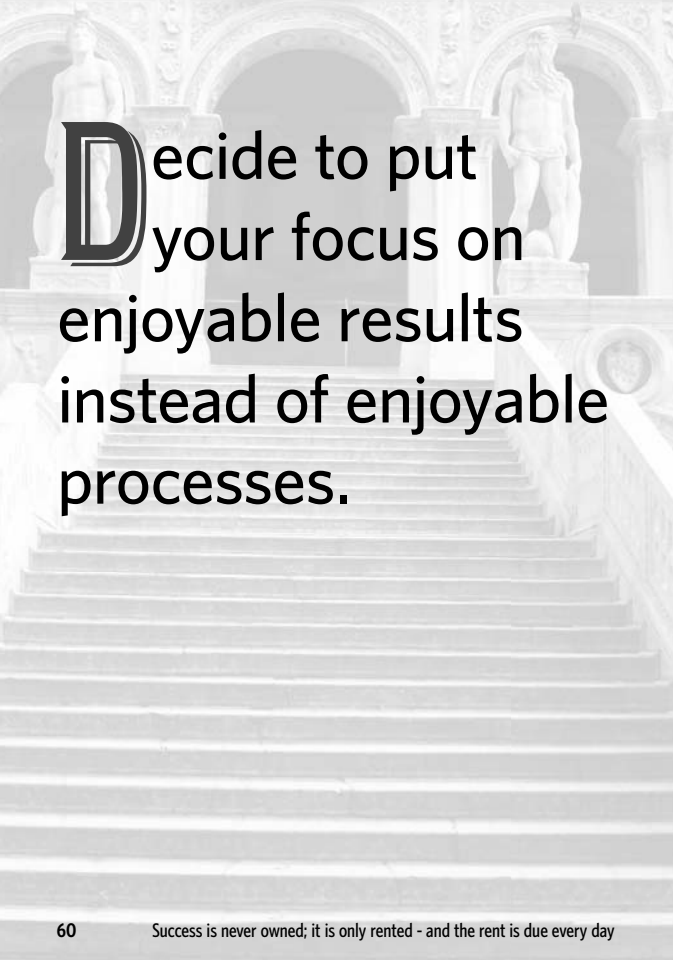


Don't confuse
activity with
productivity.

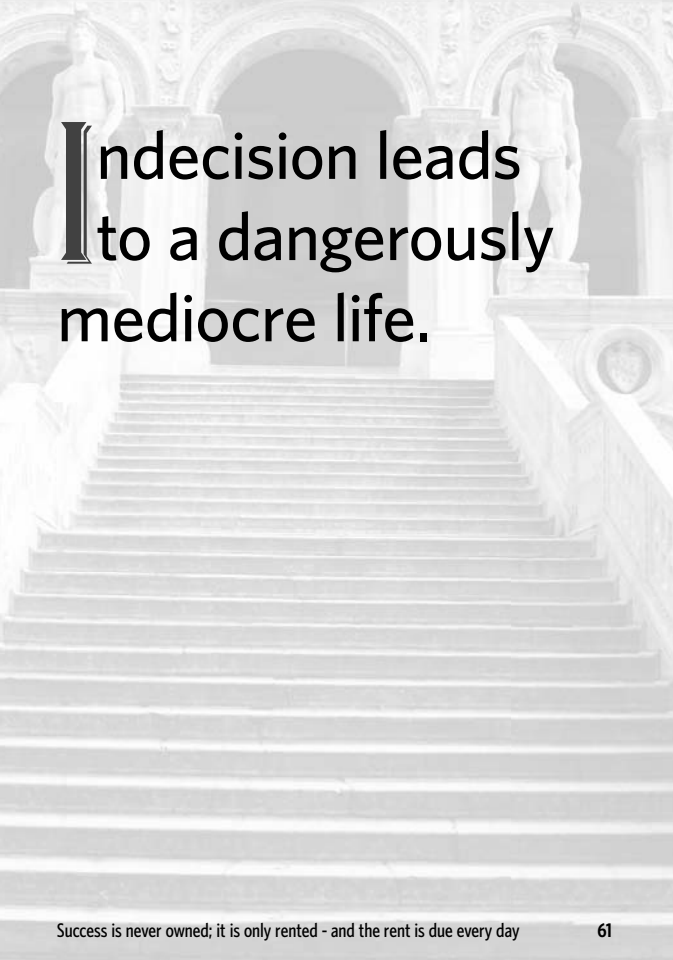
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Procrastination
is the most
expensive invisible
cost in business
today.



Decide to put
your focus on
enjoyable results
instead of enjoyable
processes.



Indecision leads
to a dangerously
mediocre life.

RORY VADEN

Self-Discipline...Simplified



Rory Vaden is a business motivational speaker, author, and self-discipline strategist whose insights have been shared on Oprah radio and featured in print media such as *SUCCESS* magazine and Bloomberg's BusinessWeek. Rory has degrees in Business Management and Leadership, and an MBA. He is also the Co-Founder of a multi-million dollar international sales training company, Southwestern Consulting.

As a two-time world champion of public speaking finalist for Toastmasters International, Rory has shared his compelling "Take The Stairs" message on the same stage as John Maxwell, and he's done special programs for both Zig Ziglar and Dave Ramsey's companies.

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