

“GLANCE BACK & LOOK FORWARD”

Quotes to help you learn, reflect & inspire

By Nick Bishop

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Introduction

I first started writing quotations some seven years ago and have not stopped since.

For a variety of reasons, it was a troubled time in my life. I was not in a great place. I had borrowed a friend's house for a week and could not get to sleep one night. I thought about me, my situation and all things life in general. For some reason, I started to write some quotations, and then tweeted them! It seemed to help.

As they say, the rest is history, and it's how we have arrived at where we are now! I hope that you enjoy the ones selected.

It's strange how we can take solace...hope...courage...reflection, and I hope some inspiration from just a few thoughtful lines.

In pulling together these quotations, it has allowed me to reflect myself. On where I once was and fortunately on where I am now...A far better place thankfully.

As you read the quotations, think and reflect yourself. If some inspire, write them down and use them when you need to. Quotations are similar to "Affirmations". When used correctly, they can change your thinking and behaviours.

At the back of this book, you will also see my methodology RAIL (Reflect/Analyse/Implement/Learn). At the end of each section, you will find room for you to make your own notes. We all have the scope for continuous self-improvement. Always believe that you can achieve more!

If a few well-chosen quotations can help someone you know, please do share them with them.

Using the title of my eBook, "My Best Version of Me", may I just finish by saying, always aim to be... "Your Best Version of You."
Enjoy,

Nick

BELIEF

“Belief must be ingrained in our core. Without belief, we are nothing. Just an object passing through time”

The future belongs to those that believe...And know that today's efforts will be rewarded in the future.

See beyond your current boundaries. The unknown may be daunting but future success is based on your current stretch and belief.

How far do your horizons stretch? The only boundaries are the ones that you place before you.

I "meant to" is the master of indecision. Success comes to those who act on their beliefs.

Life is a treasure hunt. You have to keep looking all of the time to find the keys to success and happiness.

Ambition is useful. **A**ction is essential. **B**elief is vital. **AAB** is what counts.

Grasp every opportunity that each new day brings and don't be a prisoner to fear and uncertainty.

Never give up. Opportunity can arrive at any hour of any day...But you have to be there to grab it.

Nothing can stop the force of a team marching together. Keep those foot steps alive.

Success is addictive. So too lack of drive. Drive creates success. Change your focus and create powerful goals.

The difference between success and failure is slim. Less than six inches, the distance between the ears...the mind!

Be brave and unlock the shackles...do something that you love...chances are you will be great!

Hurdles are there for those that choose to see them. Those with vision and intent picture the highway to success.

Our Belief drives our attitudes, and from there we develop our feelings and emotions. Ultimately its from there that we create our behaviours and “best performance”

Turn to the back of this book and recognise how my methodology **RAIL**, (**R**eflect/**A**nalyse/**I**mplement/**L**earn) works.

Reflect on the thoughts that most resonate with you.

Copy them or write them down...keep them safe...an area that perhaps relates to them... your office, your desk, somewhere that is meaningful to you...the kitchen!

Analyse the meaning, and what it is telling you.

Start to use the leanings and revisit regularly.

“Only those that constantly reflect and embrace meaningful yet simple changes will see the huge benefits over time”

Notes:

Belief



AMBITION

“Ambition is the fuel that drives us. When we run out of fuel, we forget how to drive and our engine stops”

It's not just about where you get to, but where you came from. We all start in different places.

Well written Goals produce excitement...Well executed Goals produce results. Stay focused until the end!

Success is only relative to the stretch in the goal that you set. Be brave in your vision and celebrate your wins.

Never be put off by the stretch of your ambition. Some might scoff, but the final smile as you succeed will be yours.

Set sail and be prepared for every challenge that life blows your way. We have unlimited talents. Navigate wisely.

Don't bask in your achievements. Use them as the inspiration to strive for further success.

Thought and action are the two words that separate those that succeed and those that wonder why they don't!

Put yourself out there. Find your business. Success does not find those that sit back and wait.

Be excited by each day. Your eyes and ears will help you discover new opportunities. This only applies when fully open!

Never give up on your dreams. Age is a number and the hurdles faced can be overcome by your own mindset.

“Meant to” is the scourge of success. “Doing” is the ingredient. “Succeeded” is the first rung of the ladder. Keep climbing.

Successful outcomes don't happen...they need serious intent and goals that drive the individual so that the result is never in doubt.

If the picture is bright enough, and our goals create enough drive, our dreams can become reality.

Every step towards your goals creates a fire within and provides all the fuel to set the world alight.

The greatest achievements are always just a fingertip away....too many forget how to stretch.

The ingredients to success are...endeavour, belief, goals and determination. Mix together well and you will keep achieving, consigning luck to the bin.

Never scoff at the ambition of others...its ambition that drives the behaviours necessary to create outcomes that others may have thought impossible

Ambition has no limits, it does not matter what or who you are...It only takes note of where you are now and the stretch of your ambition

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Notes:

Ambition



INSPIRATION

“Inspiration provides a picture ... A very powerful picture that provides the drive to succeed”

Any achievement is often the result of many challenging but significant stepping stones. Keep using them.

Banish self doubt...Be brave...Do the things that you dream of...The journey may be smoother than you first believe!

Celebrate and share success with your teams, and it will be returned in far greater amounts.

Smile...Believe...Walk with purpose....Act on your plans...Communicate with passion. Success will follow.

We are all capable of thoughts that make amazing change. Only those that follow their dreams will succeed.

Never doubt the results that a team united in belief, focus and vision will achieve.

Your day is determined by your own thoughts and behaviours. Any obstacles can be overcome with the right mindset.

However ordinary each of us may seem, we are all in some way special, and can do things that are extraordinary.

We create our own pictures. Don't wait for events to happen, make them come to life yourself.

Be very special. Do things today that allow you to reflect tonight and say "I was amazing today"...You have the power.

Every day is a void space. Only you can decide how you fill that space. There are no boundaries. Space is limitless.

Success is often just around the corner. You need to turn the corner to get there.

You will never know all of your talents until you set foot into the Lions den for the first time. Be brave.

Treat every day as your last, value every minute, fight for every second. It's called "giving it your best shot."

Make the coming week a special one. Be the person that you aspire to be. Be true to yourself.

You can.

Think big, believe big, deliver big...Watch your biggest dreams come true.

Thoughts are a stationary vehicle. Action with intent is a Ferrari.

Winners always find the extra ounce of energy which makes the difference while others quit.

Amazing things are done by ordinary people but who don't accept ordinary actions.

Always create powerful pictures of your planned success to use whenever your energy levels dip.
Seeing is believing.

Don't settle for less than your best. Aim for
better than your best.

Inspiration can be found in so many places...
Role models come in all shapes and sizes...Search
them out and become that person yourself.

We all benefit from moments of inspiration. Sometimes, it can be our own lightbulb moment...On other occasions, it's seeing others proving to others what can be done...Often just small things. Look around, and you will see moments of inspiration all of the time!

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Notes:

Inspiration

LEARNING

“Learning is the most important tool that we are given. How we choose to use the learning will determine who we are”

Pack your best punch into every hour of the day.
Don't waste a moment. You can't bank hours!

Doubt is energy sapping. Purpose is critical.
Sound judgement is vital. Belief is the glue.

Smiling will elevate your mood and make you
infectious. Put a smile on someone's face today.

Part of our role in life is to inspire the next
generation. To pass on our experience. To share
our knowledge. Creating the future.

The faster you generate a real togetherness in
your teams, the faster you will become greater
than the sum of your parts.

Every new day offers countless opportunities. Be aware of them and don't watch your boat sail away.

Excitement and dreams are a big part of success. But it's the hard graft that transforms the dreams into reality.

Time waits for no one. Make every minute count. We can't live yesterday's dreams!

Talent is passive. Action and belief provide the keys to unlock your talent.

Roll up your sleeves, it's time to create the actions that will deliver your success. Be a player, not a spectator.

You can plan for perfection but the moment never arrives. Better to be amongst the action and be a player.

Some people choose to watch the world go by and wonder why chances don't come their way.

Success is determined not by what you achieved for yourself but the difference that you made to others lives.

Failing is a big part of learning provided you pick yourself up and learn, try again...and again... and then some more!

Intend and intent are very different. To intend without real intent is meaninglessness.

Your closest colleagues may have the knowledge to unlock your potential. Never be afraid of asking for help.

Learning never stops. Life and our experiences provides the greatest of all learning. Reflect on your experience and map your journey to further success

We never stop learning. At its purest, learning can be one of the simplest of opportunities available to each of us. Just look around you and take on board all of the learnings that you see.

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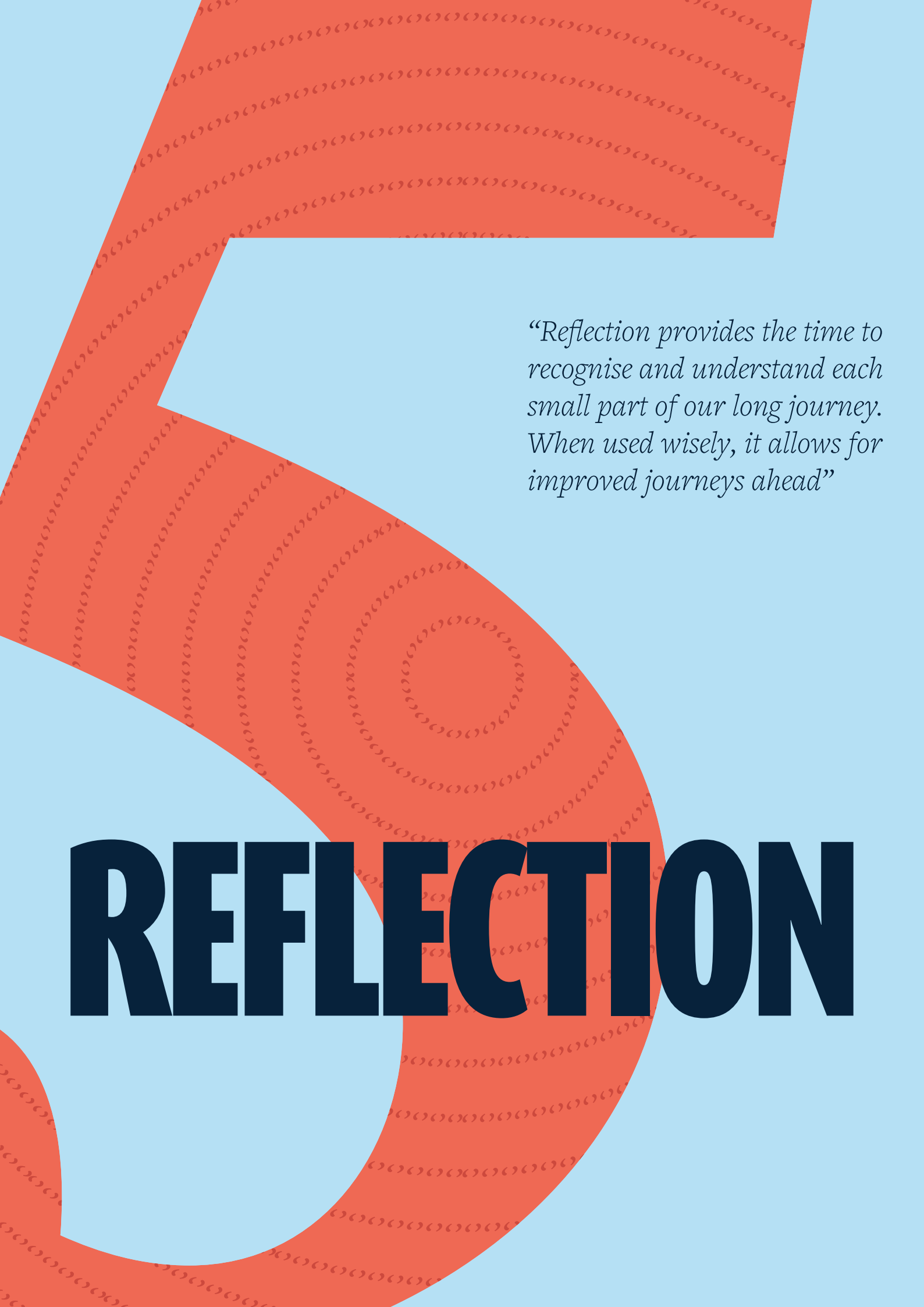
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Notes:

Learning



*“Reflection provides the time to
recognise and understand each
small part of our long journey.
When used wisely, it allows for
improved journeys ahead”*

REFLECTION

Yesterday is history, tomorrow is just another day, make today very special...Live for the **NOW**.

Everything happens for a reason...Sometimes it takes a long time to slot into place!

Winning is important but be mindful of those that you overtake on the journey. We all travel at different speeds.

Nothing beats a bit of quiet reflection. Be content with yourself, smile and be even better tomorrow. You can and will be.

Always live life to the full...One day the time will arrive for you to reflect on your regrets.

We are all authors of best sellers. There is no script in life. Each of us writes our own book and on a daily basis.

Life is the greatest education. The longest of all exam programmes. Life is both a tutor and an examiner.

Kindness is one of the greatest gifts we can offer. We will all experience troubles in our lives.

Daydreams have their moment, but if that's all you do, your achievements will be just that... "dreams".

Mistakes are the "success pills" that winners take from time to time.

Time is not measured in hours but of what you achieved in that period of time.

Never look at the clock and wish your day away.
Wish there were more hours in the day for all that you can achieve.

People achieve the seemingly impossible all of the time. The only difference from the many is attitude.

Your contribution to life will not be measured by the millions you made but the millions you helped.

*Reflection gives us time away from the bustle of life...
yet if we reflect and consider our own actions and
then how we can improve, the time spent will be the
most valuable*

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Notes:

Reflection

Get To Know Nick

Having spent close to 15 years managing teams of up to 250 in leading blue-chip companies, Nick has a real understanding of the needs of business but equally importantly the demands that is placed on individuals.

The people management has always been the buzz for Nick, constantly trying to find better ways to manage, coach and inspire his teams to greater levels of success.

Nick was first introduced to public speaking over 25 years ago when asked to speak at Management Conferences both in the UK & Europe when part of the Management Team with AA Insurance & Financial Services. On moving to Bank of Scotland, he was then asked to speak at The Group Audit & Compliance Conference.

It was only natural when Nick set up his own business in 2005, that Public Speaking would become something that Nick both delivered and enjoyed.

England Athletics regularly use Nick as a “Stadium Announcer & Commentator” having been mentored working with Stuart Storey, Rob Walker and Peter Matthews...a collective of some 100 years BBC experience, and over a dozen Olympic Games!

Nick is often asked to speak at a range of events and conferences within both business and also within sport, where he specialises in Personal & Team Peak Performance”. His passion for excellence has a very strong impact on those that he works with.

R E F L E C T

A N A L Y S E

I M P L E M E N T

L E A R N

A methodology, that will develop you and your teams, getting you right on track.

Reflect

On the new Learning(s)/Examples(s)/Behaviours(s)

Analyse

What you need to change and how?

Implement

What has to happen & picture the success!

**Learn! What has worked/What still needs to happen?
Help needed?**

A book to help you to think and reflect...to lift and inspire.

*Just a few well-crafted words, written with meaning, can be
the perfect tonic to all manner of situations*

“Glance back”

*Yesterday can only be used as a “reference point”, nothing
can be changed.*

“Look forward”

*Use that reference point to shape your future, which you
CAN influence. Only today and tomorrow matters from this
moment.*

Nick Bishop Solutions
People | Performance | Solutions
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