-The more difficult an experience is, the more you will learn and grow with it.

-There is no growth without change, and no meaningful change without pain.

-Become comfortable with being uncomfortable.

-Live each day as if it was your last, as if your Obituary will be written from the impression you made on others today.

-Do not look down on someone unless you are helping them up.

-When fighting monsters, make sure you do not become one.

-Seek first to understand, then to be understood.

-Friends are either there for a reason, for a season, or for a lifetime - the latter are rare and to be cherished.

-It can take years to build deep and satisfying relationships, yet only seconds to destroy them.

-It is not how smart you are, but how careful, persistent, and hard-working you are.

-Success is based on 1% inspiration, and 99% perspiration.

-With great gifts come great responsibilities to help others with them.

-Toughness/Grit or Courage is not the result of the absence of anxiety, but the mastery of it.

-The worst things to have in life are regrets; it is better to have dared great things and failed than to have lived in the grey twilight of blandness.