

Tokens of the Heart



~ A collection of thoughts and motivational wishes ~

By Wes Fessler

Tokens of the Heart

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“ A ”

Ability

"Labor in fields where ability grows tall."

Acceptance

"To gain the acceptance of your peers is an admirable task, but to truly accept yourself requires a much higher standard."

Acceptance

"If a lion is not accepted in its own den, it will find no refuge in the rest of the jungle."

Accomplishment

"By persistent hard work you will rise to success, but ultimately your accomplishments will be measured by how you treated your loved ones on the way up."

Accomplishment

"Accomplishments of children shine most brightly in the light of a parent's sincere praise."

Accountability

"Good men are bound by conscience and liberated by accountability."

Achievement

"Mankind's greatest achievements are found on thank you notes, not resumes."

Action

"Words may not speak as loudly as actions, but they frequently do greater harm."

Adaptability

"The surest certainty of the world today is that it will change tomorrow. To succeed, one must be ready for what comes the next day."

Adventure

"Never grow too old to try out new things, for as soon as you do, you let go of your dreams."

Adversity

"When you flee from the face of adversity, you are likely to face it again."

Affection

"Tokens of affection ease the wariness of time."

Aggression

"Aggression is a heavy book without any words. It is an effective weapon, but it teaches nothing."

Ambition

"Ambition is hope fueled by desire."

Ambition

"Be not defined by your reflection, but by what you intend to project."

Anger

"The fastest route to brutal honesty is anger."

Animosity

"When animosity takes root in a family garden, it destroys the whole crop."

Apology

"Apology is mankind's nearest course to perfection."

Appreciation

"Never be too glorified to thank a helping hand."

Arrogance

"Few moments in life are more gratifying than those when the arrogant are exposed in their ignorance."

Assertiveness

"Assertiveness is most effective when least applied."

Attention

"Show as much interest in what your children tell you as they have in telling you."

Attention

"Make it a practice to kick yourself for every time you answer your children with the words NOT RIGHT NOW."

Attitude

"Attitude is often the only difference between potential and despair."

" B "

Balance

"By life's very nature we are compelled to find and maintain balance, or be subject to the symptoms of the lack thereof."

Beauty

"From the beauty without, you may find a way in, but you'll soon be thrown out with no beauty within."

Betrayal

"Trust is not established in the absence of betrayal, but in those whose betrayal is least."

Bravery

"Bravery is taking your fear to the enemy and using it against them."

" C "

Calm

"Calm is a state of mind when not scared. It is most often found in those who are prepared."

Caring

"If you care for someone; frequently assess how much they believe you care, and then exceed their expectations."

Challenges

"Challenges are unpleasant opportunities to grow stronger."

Change

"Never let fear of the future prevent you from changing today."

Character

"Character is a beautiful canyon that withstands the erosion of time."

Charity

"The true glory of standing on top is the ability to lift others higher."

Charity

"The human heart is strongest with charitable veins."

Charm

"Charm is the ability to coax a smile from someone who is doing your job."

Cheerfulness

"A cheerful mood is pleasantly contagious and delightfully addictive."

Childish

"Clearly there is no age limit for childish behavior."

Christmas

"Christmas is a time when selflessness is its own reward."

Christmas

"Christmas is a day when the world is as beautiful as the ideals of its creator."

Christmas

"Fill every heart with charity as Christmas comes again. Let love and peace and harmony rule all the souls of men."

Christmas

"The magic of Christmas turns all eyes skyward to heavenly peace and a star which beckons human-kind toward humanity."

Cleanliness

"Cleanliness is the cornerstone of discipline and the trademark of success."

Cleverness

"A spark of cleverness outshines an inferno of intelligence."

Commitment

"Commitment hangs on when all else has fallen."

Commitment

"Commitment achieves today what yesterday was impossible."

Compassion

"Listen to the weary heart with weight unduly born. Reflect on any moment you were given cause to mourn. Give thought, and do the right thing if there's something you can do. For in your hour of grief would not some aid have lifted you?"

Compassion

"Compassion conquers without casualties."

Competition

"Even when the ultimate reward of life is death, mankind will still fight each other to be first at the finish line."

Compromise

"If ingredients failed to compromise as frequently as humans do, there would never be anything good to eat."

Confidence

"Confidence is the product of preparation, dedication, perspiration, and when all else fails...improvisation."

Conflict

"Conflict is life's way of dealing two equally bad choices."

Consistency

"Consistency's path is straightforward and true; and its course, good or bad, helps you learn what to do."

Contentment

"Enjoy the brief moments when life brings content, because most of the time you won't know where they went."

Control

"What measure have we above any earthly creature without control of our temperament? When we act merely upon our instincts, there can be no distinction."

Control

"Complete chaos is commonly preceded by the words *I am in control*."

Conviction

"Stand up for what you believe in, when you know what you stand for is right. You will find that you're already beaten, when you're not ever willing to fight. In a matter of goodness and evil, it is not wise to sit on a wall. You must stand up for what you believe in, or you'll only be destined to fall."

Cooperation

"Cooperation is the redeeming ability of man to be better than himself."

Courage

"Without danger and discomfort there can be no courage."

Courtesy

"Just one thing about courtesy you should learn, it will always expect something in return."

Creativity

"There is no vacant space in a creative mind."

Credibility

"Credibility is commitment to honoring your promises."

Criticism

"For every achievement, there is a critic to degrade its value."

Cunning

"The only substitute for hard work is a tremendous amount of cunning."

Curiosity

"Curiosity fed the dog."

“D”

Dedication

"I will never make my family perfect, but I will make it better everyday."

Dependability

"Sometimes being dependable is all one can depend upon."

Desire

"Desire is more than want. It is a driving passion to succeed."

Determination

"One can rarely achieve greatness on the path of least resistance."

Determination

"Determination is frequently found in failure, but it is never found in defeat."

Determination

"A perception of impossibility should never go unchallenged."

Devotion

"Devotion is a train without any track that somehow never fails to make its way back."

Dignity

"Dignity is the reward of obeying your heart."

Dignity

"When the world grinds you down, bent to tear you apart, cling to what you hold dear, and stay true to your heart. For the world has a way to dismantle your cause, to exploit what you lack and expose all your flaws. But when every layer of your being is gone, and it seems there's no point anymore to go on; just remember one thing, at the end of the day, when you have self-respect they can't take that away."

Diligence

"Diligence is an effort deserving of your name."

Discipline

"Discipline is tuning the mind to avoid rash action but refrain from idleness."

Diversity

"In diversity we find our strongest bonds and most violent divides."

Doubt

"Doubt is not an excuse for surrender; it is a reason for ingenuity."

Duty

"Duty maintains control by the short end of the stick."

“E”

Education

"Education is a life-long process. Never quit learning until it ends."

Effort

"There is nothing more perfect than doing your best."

Effort

"The only sure way to failure is failure to try."

Effort

"Loving families value effort as much as success."

Emotion

"On a flight of emotion, there's wonder and bliss, but beware of a landing that may go amiss."

Empathy

"If you share in a heart-felt sorrow, you can lighten the load of a friend. Sometimes facing the burden together can mend two broken hearts in the end."

Employment

"Who started this whole 'work for someone else' thing?"

Encouragement

"At the crossroads of a difficult journey, encouragement is the difference between the road to success and a dead end."

Encouragement

"Sometimes your journey's end is only over one more hill, but the challenge seems to great and you alone can't find the will. It is then a gentle nudge can lift your spirits to the sky, to let you know your goal is worth at least another try. You set forth up the hill to see your journey's reach its end. At times like these you're glad to be encouraged by a friend."

Endurance

"Worthy goals are consistently achieved by enduring forces of adversity and opposition until they subside."

Enthusiasm

"Enthusiasm sees sun on a cloudy day, not by foolish belief but by finding a way."

Envy

"When you become who you wish to be, there is no need for envy."

Example

"You must never forget in good or bad, that you are always an example."

Excellence

"Excellence is built on the knowledge that nothing is ever perfect and that things can always be better."

Exercise

"How are we any better than our ancestors? They ran to get their food and we run to get rid of it."

“F”

Failure

"Every failure to reach a destination is a chance to try a new path."

Fairness

"Fairness is man's ability to rise above his prejudices."

Faith

"Faith is the willingness to believe in a better reality, and the refusal to accept the reality that is."

Family

"A family portrait is only complete with love to fill its frame."

Family

"The world's greatest changes are made at home."

Family

"Family is a collective expression of individual perspectives--a living work of art."

Fashion

"I never fret about fashion. No matter how repulsive my style is now, people will love it in a decade or two; and then I can say I was ahead of my time."

Fatigue

"Fatigue is the physical confirmation of superior effort."

Fear

"You can either be crippled by fear, or you can use it to fight for your life."

Fitness

"Fitness feels great. Unfortunately food feels better."

Flaws

"Every diamond has the potential to shine when there is someone to recognize its good facets and inhibit its flaws."

Flexibility

"When all roads lead to the same destination, never assume that yours is the only way."

Focus

"Focus on what you believe in, and your passion will help you see it through."

Food

"Unfortunately my metabolism has not evolved as rapidly as my ability to gather food."

Foolishness

"Fools rarely question a wrong path until they reach its end."

Forgiveness

"Forgiveness is always easiest when someone is actually sorry."

Fortitude

"Fortitude is the will of mind to stand for what is right."

Freedom

"Freedom is scarcely noticed until it is threatened; but like air we breathe, we think of nothing more when it is gone."

Friendship

"Friendship is love without the mushy stuff."

Frustration

"Meet every level of frustration with a greater level of character."

Fun

"Sometimes fun is just being together."

Fun

"The saddest things we fail at are fun things we fail to do, so in your busy day be sure to plan some fun things too."

Future

"When building a future, one should never forget the effect that today may have on tomorrow."

" G "

Generosity

"It is funny in life how you get what you give. It seems life deals out justice for how people live. It may never be proven, but it seems to be true; what you give of yourself always comes back to you."

Gossip

"Nothing travels farther, faster, or is more destructive than a rumor."

Gratitude

"Saying thank you now will frequently prevent saying sorry later."

Greed

"All the money in the world can't make the greedy give."

Growth

"Life's greatest lessons come from mistakes and what we learn from them."

Guidance

"Guidance is not merely leading by example, it is showing others how to be better than yourself."

" H "

Happiness

"One will never find true happiness on a path that leads to the misery of another."

Harmony

"Harmony is the temporary condition of bliss that remains when nothing is left to argue about. Enjoy it while it lasts."

Hate

"Hate is a hole that exists in your heart; and the more that you hate, the more you fall apart."

Health

"Health is a treasure we tend to forget, 'til we find it is gone and we're deep in its debt."

Help

"In the loudness of those who cry for help with everything, it is sometimes impossible to hear the cries of those who won't ask for help with anything."

Heroes

"Heroes are normal people who do what they know is right."

Honesty

"In time, lies bring turmoil, where honesty brings peace."

Honor

"Honor is the result of devoted respect."

Hope

"When there is any possibility of anything good, there is always a reason for hope."

Humility

"Truly great people require no praise."

Humor

"I never hate life when I'm laughing at it."

Hypocrisy

"Hypocrisy is the audacity to preach integrity from a den of corruption."

“ | ”

Imagination

"Imagination is the magic that brings dreams to life."

Independence

"I am perfectly capable of following directions, but I'd rather find my own way."

Ingenuity

"Ingenuity is creativity that never accepts defeat."

Innovation

"The wise know their limitations. The innovative rise above them."

Intelligence

"Never cease to increase your intelligence. There may come a day when you actually have to use it."

“ J ”

Jealousy

"Jealousy is the futile obsession of the inept to create art by destroying a masterpiece."

Joy

"Joy is the serene elation that exists in the realization of purest desires."

Judgment

"Be slow to judge others with thoughts, and immeasurably slower with words."

Judgment

"Those who judge children in their innocence, prove themselves the lesser of character and the greater of ignorance."

Justice

"There is no justice in a law that demands mercy, for justice's demand is equity."

“ K ”

Kindness

"Never miss an opportunity to give more kindness than you have been given."

Knowledge

"Never let what you know prevent you from learning what you don't."

“ L ”

Laughter

"Laughter mends the heart and liberates the soul."

Laziness

"There is nothing more dangerous than a lazy parent."

Leadership

"Good leaders maximize success by promoting confidence in the potential of others."

Legacy

"When passing through life's garden to collect flowers, may we also sow seeds to grow more."

Liberty

"We must never forget that the liberty we enjoy was achieved by the blood of our forefathers, and that our blood may also be required to sustain it."

Life

"Life is a series of calculated risks limited mostly by our diligence in doing the math."

Limitations

"The best way to define your limitations is to exceed them."

Listening

"If as a family we must be selective listeners, let us pay more attention to words of the heart, and less to words of anger."

Love

"Love will only exist when you value another's happiness as much as your own."

Love

"Every happy home has a foundation of love and a framework of support."

Loyalty

"True loyalty is determined in the presence of stress."

“ M ”

Marriage

"Think of marriage as an extension of yourself—a part you'll never sever."

Maturity

"Maturity is developed by respecting others and accepting responsibility for violating that respect."

Memories

"In mere moments of togetherness, families forge their most indelible memories."

Mercy

"When correction is imminent, let mercy be first in command."

Money

"I've had enough of this enormous Monopoly" game. Can we re-deal the properties and money so we can start a new game?"

“ N ”

Neatness

"Neatness frequently reflects the pride in one's work."

Necessity

"In an era of artificial intelligence, high definition television, and human cloning, we are still unable to provide the basic necessities of the world's population."

Nurturing

"From a family tree that has nourishing roots there emerge hearty leaves and most beautiful fruits."

“O”

Obedience

"Submission to obedience is ultimately accomplished by a perception of threat or reward."

Openness

"The degree of trust between two people depends on their abilities to dismantle protective walls and share the resulting openness."

Opportunity

"Opportunities avail themselves to those who learn to climb. By seeking hand and footholds one can reach the top in time."

Optimism

"Pessimists beat their heads against walls, while optimists open doors."

Organization

"It is difficult to build when you can't find your tools."

“P”

Parenthood

"Being there as a parent is more than a matter of proximity."

Parenthood

"Good parents are motivated by the enduring happiness of their children--even at the risk of temporary sorrows."

Parenthood

"Parenthood is the ability to bring childhood to children and validity to dreams."

Parenthood

"Outstanding parents not only acknowledge their children's dreams, but also seek a path to their reality."

Parenthood

"A parent must find the courage to hold a bright light in a dark world."

Passion

"Until you follow your passion, everything in life will be mundane."

Past

"Let the past be your compass, but never your anchor."

Patience

"Patience is the desire to succeed in an attainable goal with the willingness to endure temporary setbacks."

Patriotism

"Patriotism, like family pride, commands allegiance through both good times and bad...through sweetest harmony and most bitter discord."

Peace

"Until the world can abide by conscience, one can only strive to find peace from within."

Perfection

"The perfect goal is not to be perfect. It is to be the best you can be."

Perseverance

"Difficult challenges are consistently overcome by willingness to adapt and refusal to quit."

Persistence

"Persistent prodding eventually drives the mule."

Playfulness

"Some of the most valuable moments you can share with your family are those when you divert your attention from serious matters to match their playfulness."

Pleasantness

"Pleasantness is a quality attained by consistently seeing good in others."

Pleasure

"Whether for good or evil, pleasure is the exhilaration of getting what you want."

Popularity

"Never seek popularity that compromises your character."

Potential

"There is far more potential in man than societal demands shall willingly relinquish."

Power

"Earthly powers may deliver you to circumstance, but only you have the power to deliver your heart."

Preparedness

"To be prepared is to anticipate risk and to prudently act toward prevention."

Proactive

"Get a jump on life, or it will jump on you."

Procrastination

"Procrastination saw the fire, but evacuated when the car was in flames."

Progress

"Every pebble thrown into a creek however wide, will help to form a bridge that helps you reach the other side."

Prosperity

"True prosperity is measured in smiles, not dollar signs."

Punctuality

"It is difficult to prove yourself reliable when people are required to wait for you."

Punishment

"For every measure that you must chasten your children, factor in an equal amount of love."

“Q-R”

Recreation

"Recreation is what you do when you are not wasting your time."

Relaxation

"No agenda is complete without a slot for relaxation."

Reliability

"Reliable people consistently keep their promises and accept accountability for failing to do so."

Reputation

"The only valid voice of one's reputation is that spoken by one's conscience."

Resilience

"When the winds of life rage with their fury, you must sometimes be willing to bend. When you face such an adverse condition, you must bend or you'll break in the end."

Respect

"Everyone deserves respect until proven otherwise."

Restraint

"Restraint is a measure of intellectual acuity and self-control—the ability to place thought before action."

Revenge

"The pleasure of revenge is a fleeting emotion that is soon replaced by the affliction of conscience."

Risk

"Risk is only an obstacle to the undetermined."

“S”

Sacrifice

"For every sacrifice, there is an expectation of reward."

Sarcasm

"Sarcasm makes a fine side-dish, but it is hard to swallow as a main course."

Satisfaction

"The quality of a man's character is defined in that which he derives satisfaction."

Security

"Security is the reasonable belief that you will be able to enjoy tomorrow that which you enjoy today."

Self-Control

"Today's most unrecognized heroes are those who master their impulses and live by their values."

Sensitivity

"The perception of sensitivity is a delicate balance. Too sensitive and you're considered a sissy. Too insensitive, and you're a jerk."

Serenity

"Cherish the occasional moments when the soul speaks to the mind with serenity and approval."

Service

"The goodwill of mankind rests on the shoulders of those who offer service without expectation of reward. These genuine heroes hold humanity together, bringing mankind closer to the greatness of its true potential."

Sharing

"As children we are taught to share with others, but as adults we keep much more to ourselves."

Sincerity

"Never give superficial answers to sincere questions."

Spontaneity

"Spontaneous family activities transform passing ideas into lasting memories."

Stability

"It should never be assumed that the road to stability also leads to happiness."

Strength

"The only strength that really matters is the strength that makes you what you are the eyes of those you love."

Success

"I would not attribute great acclaim to accomplishments of my own merit, but due to the outstanding qualities of my family, I believe I may yet be considered a success."

Success

"In the ascent of success, bear in mind the gravity of a fall."

Support

"Without the temperance of unyielding support, there is no place for competition in a family."

Sympathy

"Sympathy is often stigmatized as a sign of weakness, but there is no weakness in strengthening one another."

"T"

Tactfulness

"It is wise to be honest and say what you mean, but it's not very wise to be honest and mean."

Tactfulness

"Contain your words until they reflect your thoughts."

Tactfulness

"Dear neighbor...Please find something less annoying for your bored adolescent to do. Have a wonderful day!"

Teaching

"Be committed to teaching your children, or someone else will."

Teamwork

"Teamwork means giving personal commitment to common goals."

Temperance

"Temperance is the wisdom to know that not every constructive job requires a hammer."

Thankfulness

"No matter how small, a favor deserves thanks."

Thoughtfulness

"Thoughtfulness paves the way for the comfort of others."

Tidiness

"I have found that the only solution to keeping a tidy home is to live in the garage."

Togetherness

"A family is only as strong as its commitment to togetherness."

Tranquility

"Tranquility is the peace you find when you put aside the distractions of life to focus on what makes you all that you are."

Trials

"Everyone meets darkness at sometime along the way. Sometimes it seems too dreary to go on another day. But when the darkness passes, sunlight soon comes shining through. Beyond another trial hope returns again anew."

Trust

"It is difficult enough when others betray your trust, but it is certainly worse when you do."

Truth

"Tell the truth and suffer now, or lie and suffer forever."

“U-Z”

Understanding

"All compassion is built on understanding."

Unity

"Never be too absorbed by your own ambitions to encourage those of your family."

Unity

"The deepest bonds of unity are forged through the trial of competing ideals that have compatible values."

Valor

"Valor is the ultimate determination to risk peril for victory in a just cause."

Values

"Let values be defined by conscience and the common good of others, rather than by the plastic world of vanity and self-appeasement."

Veterans

"Veterans are the foundation of all American freedom."

Victory

"Rejoice in liberating moments of victory when conflicts, trials, and adversity fall momentarily under your control."

Virtue

"In the search for virtue, one must only follow conscience."

Wisdom

"Wisdom is found in degrees based on one's compulsion for learning and distaste for ignorance."

Work

"Nothing is a job when you love your work."

Words

"Words are the tools that paint our thoughts with the skills that we artists possess."

Youth

"Youth is the freedom to exist one step beyond the grasp of reality."

Topic List

<p>“A” Ability Acceptance Accomplishment Accountability Achievement Action Adaptability Adventure Adversity Affection Aggression Ambition Anger Animosity Apology Appreciation Arrogance Assertiveness Attention Attitude</p> <p>“B” Balance Beauty Betrayal Bravery</p> <p>“C” Calm Caring Challenges Change Character Charity Charm Cheerfulness Childish Christmas Cleanliness Cleverness Commitment Compassion Competition Compromise Confidence Conflict Consistency Contentment Control Conviction Cooperation Courage</p>	<p>Courtesy Creativity Credibility Criticism Cunning Curiosity</p> <p>“D” Dedication Dependability Desire Determination Devotion Dignity Diligence Discipline Diversity Doubt Duty</p> <p>“E” Education Effort Emotion Empathy Employment Encouragement Endurance Enthusiasm Envy Example Excellence Exercise</p> <p>“F” Failure Fairness Faith Family Fashion Fatigue Fear Fitness Flaws Flexibility Focus Food Foolishness Forgiveness Fortitude Freedom Friendship</p>	<p>Frustration Fun Future</p> <p>“G” Generosity Gossip Gratitude Greed Growth Guidance</p> <p>“H” Happiness Harmony Hate Health Help Heroes Honesty Honor Hope Humility Humor Hypocrisy</p> <p>“I” Imagination Independence Ingenuity Innovation Intelligence</p> <p>“J” Jealousy Joy Judgment Justice</p> <p>“K” Kindness Knowledge</p> <p>“L” Laughter Laziness Leadership Legacy Liberty Life Limitations</p>	<p>Listening Love Loyalty</p> <p>“M” Marriage Maturity Memories Mercy Money</p> <p>“N” Neatness Necessity Nurturing</p> <p>“O” Obedience Openness Opportunity Optimism Organization</p> <p>“P” Parenthood Passion Past Patience Patriotism Peace Perfection Perseverance Persistence Playfulness Pleasantness Pleasure Popularity Potential Power Preparedness Proactive Procrastination Progress Prosperity Punctuality Punishment</p> <p>“Q-R” Recreation Relaxation Reliability Reputation</p>	<p>Resilience Respect Restraint Revenge Risk</p> <p>“S” Sacrifice Sarcasm Satisfaction Security Self-control Sensitivity Serenity Service Sharing Sincerity Spontaneity Stability Strength Success Support Sympathy</p> <p>“T” Tactfulness Teaching Teamwork Temperance Thankfulness Thoughtfulness Tidiness Togetherness Tranquility Trials Trust Truth</p> <p>“U-Z” Understanding Unity Valor Values Veterans Victory Virtue Wisdom Work Words Youth</p>
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