



POSITIVE
REINFORCEMENT
OF
VALUES
-
NAVAL SERVICE

I

POD INSERTS





DEPARTMENT OF THE NAVY
OFFICE OF THE CHIEF OF NAVAL OPERATIONS
WASHINGTON, DC 20350

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Dear Chaplain,

A recently published speech by Admiral J. D. Watkins, USN, Chief of Naval Operations is entitled, "I Am a Moral Man." Admiral Watkins writes, "I am constantly making choices, every day of my life - choices between good and evil." (Sea Power, Dec 82).

As chaplains, we know this statement to be true of every person, and especially those in uniform. It has been my experience that those who accept an oath of allegiance are conscious of moral questions because they deal with issues and they make decisions. Being moral means being able to choose, or simply "choosing" between right and wrong. As one matures in life, knowing the difference between good and evil and charting the course in relation to right and wrong becomes more difficult and sophisticated.

It is my firm belief that Navy, Marine Corps, and Coast Guard personnel strive to know what is good and want to choose what is right. As chaplains, we are committed to the task of assisting them in their daily quest. Too often, and for too long, we have publicized and emphasized the negative. What happens if you violate the rules, what happens to those who are caught in wrongdoing, etc.? I am convinced that we must take the time and effort to reinforce positive values and reward the doing of right.

To this end, I have directed the Chaplain Resource Board (CRB) to develop a program entitled Positive Reinforcement of Values - Navy service (PROV-Ns). The CRB is assembling and will put into your hands resources to assist you and your ministry of enabling persons to be reinforced in doing good and in choosing the right. These resources will be designed to be communicated to your people through channels already in place. These will emphasize:

- a. Presentation of heroic personalities and highlighting of right actions.
- b. Offering praise to those persons within a command who choose correct behavior.
- c. Elevating honorable goals and the proven values of home, family, country, the individual, etc.
- d. Presenting to personnel of the command moral questions with ethical solutions.

PROV-Ns is conceived as a multi-phased program, of which the enclosure is but a partial increment of the first phase. Additional resources will follow to support commands and you in the continuation of this program.

I encourage you to use the materials as appropriate within your command. Introduce them to and through your chain of command, so that an on-going command program emphasizing significant values will be enhanced and all personnel enriched. I also encourage your feedback response regarding the usefulness and effectiveness of the materials generated by PROV-Ns.

Sincerely,



NEIL M. STEVENSON
Rear Admiral, CHC, USN
Chief of Chaplains

PROV-Ns (Positive Reinforcement Of Values - Naval service)

TEAMWORK - "Behind an able person there are always other able people."

-Chinese Proverb

REPUTATION - "We judge ourselves by what we feel capable of doing, while others judge us by what we have already done."

-Longfellow

PATIENCE - "Anger is momentary madness, so control your passion or it will control you."

-Horace

CHARACTER - "When wealth is lost; nothing is lost; When health is lost, something is lost; When character is lost, all is lost!"

-Anonymous

ACTION - "He who waits to do a great deal of good at once, will never do anything."

-Samuel Johnson

MATURITY - "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became an adult; I put away childish things."

-Saint Paul

CHARACTER - "The true greatness of nations is in those qualities which constitute the greatness of the individual."

-Charles Sumner

CONSCIENCE - "Conscience is a sacred sanctuary where God alone may enter as judge."

-Lamennais

PROV-Ns (Positive Reinforcement Of Values - Naval service)

COURAGE - "Often the test of courage is not to die but to live."

-Cicero

CHARACTER - "Cowards die many times before their deaths; The valiant never taste death but once."

-Shakespeare

DEMOCRACY - "We believe in democracy; we believe in freedom; we believe in peace. We offer to every nation of the world the handclasp of the good neighbor. Let those who wish our friendship look us in the eye and take our hand."

-Franklin D. Roosevelt

FAITH - "An outward and visible sign of an inward and spiritual grace."

-Book of Common Prayer

INTEGRITY - "I desire so to conduct the affairs of this administration that if at the end, when I come to lay down the reins of power, I have lost every other friend on earth, I shall at least have one friend left, and that friend shall be down inside of me."

-Lincoln

PEACE - "I am a man of peace. God knows how I love peace; but I hope I shall never be such a coward as to mistake oppression for peace."

-Kossuth

PATRIOTISM - "There is nothing wrong with America that the faith, love of freedom, intelligence and energy of her citizens cannot cure."

-Dwight D. Eisenhower

THINK - "On a U.S. Navy vessel we have to think about many things daily in doing our work. All of us have to think safety, security, pride, and professionalism all the time."

PROV-Ns (Positive Reinforcement Of Values - Naval service)

CHARACTER - "I know that Americans everywhere are the same, in their longing for peace, a peace that is characterized by justice, by consideration for others, by decency, above all by its insistence on respect for the individual human being as a child of his God.

-President Eisenhower

GROWTH - "Only a mediocre person is always at his best."

-Somerset Maugham

CHANGE - "There is a New America every morning when we wake up. It is upon us, whether we will it or not. The New America is the sum of many small changes - a new subdivision here, a new school there, a new industry where there had been swampland - changes that add up to a broad transformation of our lives. Our task is to guide these changes. For, though change is inevitable, change for the better is a full-time job."

-Adlai Stevenson

INTELLIGENCE - "In any argument the man with the greater intelligence is always wrong, because he did not use his intelligence to avoid the argument in the first place."

-Sinclair Lewis

PLANNING - "There is no such thing as chance or accident; the words merely signify our ignorance of some real and immediate cause."

-Adam Clarke

MOTIVATION - "There is no limit to what can be accomplished if it doesn't matter who gets the credit."

-Ralph Waldo Emerson

VISION - "The man who has accomplished all that he thinks worth while, has begun to die."

-E. T. Trigg

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PROFESSIONALISM - "People forget how fast you did a job - but they remember how well you did it."

-Howard W. Newton

CREATIVITY - "The greatest pleasure in life is doing what people say you cannot do."

-Walter Bagehot

ENTHUSIASM - "Nothing great was ever achieved without enthusiasm."

-Ralph Waldo Emerson

HARDWORK - "The greater the difficulty the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests."

-Epicurus

PROFESSIONALISM - "If you have something to do that is worthwhile doing, don't talk about it, but do it. After you have done it, your friends and enemies will talk about it."

-George W. Blount

PLANNING - Sailing to the Near East last summer, I often talked with the ship's 1st Officer. He told me a ship riding out a storm keeps going ahead by relaxing in the waves ...

"The ocean is a tremendous force," he said, "and a ship is only a very small force, but we know how to make our powerful engines adapt themselves to the timing of the sea. We don't drive them relentlessly through the waves; instead, we adjust our speed to the timing of the waves, so we are practically carried along by the sea."

This technique applies to people as well as to ships. Get yourself in timing with your difficulties and look at them without tension. Then get in harmony with God and so ride out your difficulties without strain.

-Dr. Norman Vincent Peale

ENTHUSIASM - "Fear not that your life shall come to an end: fear rather that it shall never have a beginning."

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PATRIOTISM

THE FLAG of the United States of America is the fourth oldest national flag in the world. Only the flags of Denmark, Sweden and the Netherlands are older.

ONLY ONE FLAG is ever flown above the Stars and Stripes in any branch of our armed forces. This is the Chaplain's pennant on naval vessels to signal: "The crew is at divine services."

THE STAR-SPANGLED BANNER which inspired Francis Scott Key to write our National Anthem had 15 stripes and 15 stars. This flag, with 11 bullet holes, is now in the National Museum.

BOTH STRIPES AND STARS were added to the Flag when Vermont and Kentucky were admitted to the Union, in 1791 and 1792. But, in 1818, Congress reduced the number of stripes to the original 13. After that only a star was added for each new state.

-Kathleen Masterson

PRIDE - "What is it that gives American sailors their essential toughness? It seems to me that Americans, without really being conscious of it, are fiercely proud of being Americans. They seem to be aware instinctively that they are a mixture of all the peoples in the world - well nourished, athletic, free to think, less frustrated and so better integrated than others. ...And with this subconscious realization comes the conviction that nothing on earth can keep an American from doing a job he knows he really has to do."

-Ira Wolfert, Battle for the Solomons

CHARACTER - "By nothing do people show their character more than by the things they laugh at."

-Johann Wolfgang von Goethe

CHARACTER - "A man is what he is, not what men say he is. His character no man can touch. His character is what he is before God. His reputation is what men say he is. That can be damaged. For reputation is for time. Character is for eternity."

-John B. Gough

DEMOCRACY - "Democracy is based upon the conviction that there are extraordinary possibilities in ordinary people."

-Harry Emerson Fosdick

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DEMOCRACY - "Democracy means not "I am equal to you" but "you are equal to me."

-James Russell Lowell

DEPENDENCE - "Without the help of thousands of others, any one of us would die, naked and starved. Consider the bread upon our table, the clothes upon our backs, the luxuries that make life pleasant; how many men worked in sunlit fields, in dark mines, in the fierce heat of molten metal, and among looms and wheels of countless factories, in order to create them for our use and enjoyment."

-Alfred E. Smith

DETERMINATION - "Walk fast till you get upon the right ground. Then stand fast."

EFFORT - "I can't do it" never yet accomplished anything; "I will try" has performed wonders.

-George P. Burnam

HARDWORK - "Nothing worthwhile comes easily. Half effort does not produce half results. It produces no results. Work, continuous work and hard work, is the only way to accomplish results that last."

-Hamilton Holt

HARDWORK - "Triumph is just "umph" added to "try"."

FREEDOM - "If a nation values anything more than freedom, it will lose its freedom; and the irony of it is that, if it is comfort or money that it values more, it will lose that too."

-W. Somerset Maugham

HONOR - "You can be deprived of your money, your job and your home by someone else, but remember that no one can ever take away your honor."

-William Lyon Phelps

PROV-Ns (Positive Reinforcement Of Values - Naval service)

INITIATIVE - A famous admiral always encouraged his officers to act on their own initiative.

One day he received a message from one of the captains in his fleet: "Am I lost in fog. Shall I proceed to destination or return to base?"

The admiral replied: "Yes."

Soon after, another message arrived: "Do you mean yes, I should proceed to destination or, yes, I should return to base?"

This time the reply was: "No."

PEACE - "The world will never have lasting peace so long as men reserve for war the finest human qualities. Peace, no less than war, requires idealism and self-sacrifice and a righteous and dynamic faith."

-John Foster Dulles

PERSEVERENCE - "Fight one more round. When your feet are so tired that you have to shuffle back to the center of the ring, fight one more round. When your arms are so tired that you can hardly lift your hands to come on guard, fight one more round. When your nose is bleeding and your eyes are black and you are so tired that you wish your opponent would crack you one on the jaw and put you to sleep, fight one more round - remembering that the man who always fights one more round is never whipped."

-James J. Corbett

PERSEVERENCE - "The great composer does not set to work because he is inspired, but becomes inspired because he is working. Beethoven, Wagner, Bach and Mozart settled down day after day to the job in hand with as much regularity as an accountant settles down each day to his figures. They didn't waste time waiting for an inspiration."

-Ernest Newman

MARRIAGE - "To wed is to bring not only our worldly good but every potential capacity to create more values in living together. ... In becoming one these two create a new world that had never existed before."

-Paul E. Johnson, Christian Love

MARRIAGE - "A good marriage is that in which each appoints the other guardian of his solitude. Once the realization is accepted that even between the closest human beings infinite distances continue to exist, a wonderful living side by side can grow up, if they succeed in loving the distance between them which makes it possible for each to see the other whole and against a wide sky."

-Ranier Maria Rilke

PROV-Ns (Positive Reinforcement Of Values - Naval service)

MARRIAGE - "Most domestic quarrels could be checked by a timely use of arms."

-Don Marshall

MARRIAGE - "What a holler would ensue, if people had to pay the minister as much to marry them as they have to pay a lawyer to get them a divorce."

-Claire Trevor

MARRIAGE - "The proper time for divorce is during the courtship."

-Dr. Rueben Hill

MARRIAGE - "Marriage is the only sacrament which transforms a human action into an instrument of the divine action, using a human act which up to then had been used for a natural end."

-Jacques Leclercq

MARRIAGE - "Almost all married people fight, although many are ashamed to admit it. Actually, a marriage in which no quarreling at all takes place may well be one that is dead or dying from emotional undernourishment. If you care, you probably fight."

-Flora Davis

MARRIAGE - "Success in marriage requires continence as well as potency. In other words, character is indispensable in well-ordered sexual life."

-Dr. Alexis Carrel

MARRIAGE - "A happy marriage is a long conversation that always seems too short."

-Andre Maurois

MARRIAGE - "Marriage is an edifice that must be rebuilt every day."

-Andre Maurois

PROV-Ns (Positive Reinforcement Of Values - Naval service)

MARRIAGE - "Marriage is a job. Happiness or unhappiness has nothing to do with it. There was never a marriage that could not be made a success, nor a marriage that could not have ended in bitterness and failure."

-Kathleen Norris

MARRIAGE - "Trial marriage? Whose isn't?"

-Lane Olinghouse

MARRIAGE - "It is not marriage that fails; it is people that fail. All that marriage does is to show them up."

-Harry Emerson Fosdick

MARRIAGE - "Rarely are marriages wrecked on a big rock of adversity. It is on the smaller pebbles that they founder."

-Velora Buscher

MARRIAGE - "Often the difference between a successful marriage and a mediocre one consists of leaving about three or four things a day unsaid."

-Harlan Miller

MARRIAGE - "Marriage is our last, best chance to grow up."

-Rev. Joseph Barth

MARRIAGE - "Much marriage difficulty and unhappiness are due to the failure of the partners to accept the fact of their finiteness and its meaning. Instead, they hold themselves up to ideals of performance possible only to God."

-Reuel L. Howe

MARRIAGE - "When the wedding march sounds the resolute approach, the clock no longer ticks, it tolls the hour. ... The figures in the aisle are no longer individuals; they symbolize the human race."

-Anne Morrow Lindbergh

PROV-Ns (Positive Reinforcement Of Values - Naval service)

MARRIAGE - "When I was a young man I vowed never to marry until I found the ideal woman. Well, I found her - but, alas, she was waiting for the perfect man."

-Robert Schuman, French Foreign Minister

COMMITMENT - "The most important thing a father can do for his children is to love their mother."

-Theodore Hesburgh

PARENTING - "The best combination of parents consists of a father who is gentle beneath his firmness, and a mother who is firm beneath her gentleness."

-Sydney J. Harris

PARENTING - "Who of us is mature enough for offspring before the offspring themselves arrive? The value of marriage is not that adults produce children but that children produce adults."

-Peter De Vries

PARENTING - "If you can give you son only one gift, let it be enthusiasm."

-Bruce Barton

PARENTING - "There are only two lasting bequests we can hope to give our children. One of theses is roots; the other, wings."

-Hodding Carter

BELONGING - "Home is a destination - the ultimate destination. "Going home" has a meaning more poignant than perhaps any other phrase in our language.

It is first spoken with true feeling by the child just turned loose from his playpen to explore the wide world of the next-door yards. His first crushing experience with disappointment, or anger, or physical hurt brings a rushing torrent of emotion that ends with a tiny voice piping: "I'm going home."

Home is the sanctuary where the healing is. ... Nothing brings as quickly to mind the horror of natural upheaval, civil strife or war as the picture of the "homeless." The deprivation of the security of home is the worst of the mass tragedies."

-Walter Cronkite

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PROFESSIONALISM - "No man needs sympathy because he has to work. ... Far and away the best prize that life offers is the chance to work hard at work worth doing."

-Theodore Roosevelt

PROFESSIONALISM - "A man who works with his hands is a laborer; a man who works with his hands and his brain is a craftsman; but a man who works with his hands and his brain and his heart is an artist."

-Louis Nizer

DETERMINATION - "If at first you don't succeed you're running about average."

-M. H. Alderson

HARDWORK - "When I was a young man I observed that nine out of ten things I did were failures. I didn't want to be a failure, so I did ten times more work."

-George Bernard Shaw

PLANNING - "Nothing is particularly hard if you divide it into small jobs."

-Henry Ford

ACCOMPLISHMENT - "You can't build a reputation on what you are going to do."

-Henry Ford

ENTHUSIASM - "The only thing that keeps a man going is energy. And what is energy but liking life?"

-Louis Auchincloss

PERSISTANCE - "The big shots are only the little shots who keep shooting."

-Christopher Morley

PROV-Ns (Positive Reinforcement Of Values - Naval service)

TALENT - "There is no future in any job. The future lies in the man who holds the job."

-Dr. George W. Crane

EXCELLENCE - "I loathe the drudgery as much as any man; but I have learned that the only way to conquer drudgery is to get through it as neatly, as efficiently, as one can. You know perfectly well that a dull job slackly done becomes twice as dull; whereas a dull job which you try to do just as well as you can becomes half as dull. Here again, effort appears to me the main art of living."

-Sir Harold Nicolson

PROGRESS - "One hundred and eighty-one years ago, our forefathers started a revolution that still goes on."

-Dwight D. Eisenhower

CREATIVITY - "I am enthusiastic over humanity's extraordinary and sometimes very timely ingenuities. If you are in a shipwreck and all the boats are gone, a piano top buoyant enough to keep you afloat may come along and make a fortuitous life preserver. This is not to say, though, that the best way to design a life preserver is in the form of a piano top. I think that we are clinging to a great many piano tops in accepting yesterday's fortuitous contrivings as constituting the only means for solving a given problem."

-R. Buckminster Fuller

PROGRESS - "Only in growth, reform and change, paradoxically enough, is true security to be found."

-Anne Morrow Lindbergh

PROGRESS - "The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."

-Franklin D. Roosevelt

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DETERMINATION - "All this will not be finished in the first one hundred days, nor will it be finished in the first one thousand days, nor in the life of this administration, nor even perhaps in our lifetime on this planet. But let us begin."

-John F. Kennedy

PROGRESS - "Problems are the price of progress. Don't bring me anything but trouble. Good news weakens me."

-Charles F. Kettering

FREEDOM - "Liberty does not consist in mere declarations of the rights of man. It consists in the translation of those declarations into definite actions."

-Woodrow Wilson

TOLERANCE - "We cannot expect that all nations will adopt like systems, for conformity is the jailer of freedom and the enemy of growth."

-John F. Kennedy

FREEDOM - "Liberty is the one thing you can't have unless you give it to others."

-William Allen White

COURAGE - "This will remain the land of the free only so long as it is the home of the brave."

-Elmer Davis

FREEDOM - "If all that Americans want is security they can go to prison. They'll have enough to eat, a bed and a roof over their heads. But if an American wants to preserve his dignity and his equality as a human being, he must not bow his neck to any dictatorial government."

-Dwight D. Eisenhower

PROV-Ns (Positive Reinforcement Of Values - Naval service)

FREEDOM - "The moment the slave resolves that he will no longer be a slave, his fetters fall. He frees himself and shows the way to others. Freedom and slavery are mental states."

-Mohandas K. Ghandi

FREEDOM - "True individual freedom cannot exist without economic security and independence. People who are hungry and out of a job are the stuff of which dictatorships are made."

-Franklin D. Roosevelt

FREEDOM - "Liberty is always dangerous, but it is the safest thing we have."

-Rev. Harry Emerson Fosdick

RESPONSIBILITY - "Freedom and responsibility are like Siamese twins, they die if they were parted."

-Lillian Smith

SACRIFICE - "The phrase 'give me liberty or give me death' may be trite. But liberty may indeed require a readiness to face death on its behalf."

LEADERSHIP - "Strong men are made by opposition; like kites they go up against the wind."

-Frank Harris

LEADERSHIP - "A leader is best when people barely know that he exists."

-Witter Bynner

LEADERSHIP - "You do not lead by hitting people over the head - that's assault, not leadership."

-Dwight D. Eisenhower

PROV-Ns (Positive Reinforcement Of Values - Naval service)

HOPE - "In no other country in the world is aspiration so definite a part of life as it is in America. The most precious gift God has given to this land is not its great riches of soil and forest and mine but the divine discontent planted deeply in the hearts of the American people."

-William Allen White

TOLERANCE - "America has been called a melting pot, but it seems better to call it a mosaic, for in it each nation, people or race which has come to its shores has been privileged to keep its individuality, contributing at the same time its share to the unified pattern of a new nation."

-King Baudouin I of Belgium

PATRIOTISM - "Intellectually, I know that America is no better than any other country; emotionally I know she is better than every other country."

-Sinclair Lewis

OPTIMISM - "Americans no longer seem mesmerized by their national problems. Somewhere in the course of our recent history, many people have shrugged off the hesitancy and doubt which characterized the country's mood and have regained their old, jaunty certainty that for every problem there is a solution. Now the country is abuzz with the issues that have been raised - on the farm no less than on the campus. ... America's weaknesses and contradictions are out in the open. Americans themselves have been the first to see them. Wherever I have gone, I have found Americans hard at work on their resolutions."

-Charles Kuralt

LOYALTY - "Unless you can find some sort of loyalty, you cannot find unity and peace in your active living."

-Josiah Royce

COMMITMENT - "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

-Rev. Martin Luther King, Jr.

PROV-Ns (Positive Reinforcement Of Values - Naval service)

TOLERANCE - "If we were to wake up some morning and find that everyone was the same race, creed and color, we would find some other causes for prejudice by noon."

-Senator George Aiken

COURAGE - "Courage is the first of human qualities because it is the quality which guarantees all the others."

-Winston Churchill

SELF-RESPECT - "Self-respect cannot be hunted. It cannot be purchased. It is never for sale. It cannot be fabricated out of public relations. It comes to us when we are alone, in quiet moments, in quiet places, when we suddenly realize that, knowing the good, we have done it; knowing the beautiful, we have served it; knowing the truth, we have spoken it."

-Whitney Griswold

HOPE - "There are no hopeless situations; there are only people who have grown hopeless about them."

-Clare Boothe

PRIDE - "My importance to the world is relatively small. On the other hand, my importance to myself is tremendous. I am all I have to work with, to play with, to suffer and to enjoy. It is not the eyes of others that I am wary of, but my own. I do not intend to let myself down more than I can possibly help, and I find that the fewer illusions I have about myself or the world around me, the better company I am for myself."

-Noel Coward

OPTIMISM - "There are many isms today to perplex us - nazism, communism, facism and so forth - but most of them will cancel each other out. There is only one ism which kills the soul, and that is pessimism."

-Lord John Buchan Tweedsmuir

WONDER - "We can appreciate the miracle of life even more when we realize that human embryos a week old are so small that it would take about seven of them to cover the period which closes this sentence."

-Bernard Lewis

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PLANNING - "The older I get, the more wisdom I find in the ancient rule of taking first things first - a process which often reduces the most complex human problems to manageable proportions."

-Dwight D. Eisenhower

FREEDOM - "The decisive desire of people is not for peace, however deep their longing, but for life in dignity, the sense of which burns, however feebly, in every person, however humble his status or obscure his place upon the earth."

-Eric Sevareid

INTERDEPENDENCE - "The service we render to others is really the rent we pay for our room on this earth."

-Sir Wilfred Grenfell

RESPONSIBILITY - "We would much rather blame someone or something for making us feel unhappy than to take the steps to make us feel better. We even talk about our own feelings as if they were visitors from outer space. We say, 'This feeling came over me,' as if we were helpless creatures overwhelmed by mysterious forces."

-Mildred Newman and Bernard Berkowitz

RESPONSIBILITY - "Most of us haven't begun to tap our own potential for happiness. It's as if we're waiting for permission to start living fully, but the only person who can give us that permission is ourselves. We must realize that we are responsible for our own good time."

-Mildred Newman and Bernard Berkowitz

DISCIPLINE - "A certain amount of monotony is essential to life, and those who always try to flee monotony cut themselves off from a life-giving force; it is the monotony of the sun rising every morning that makes variety possible."

-Sydney J. Harris

COURAGE - "If qualities have odors, the odor of courage to me is the smell of smoked leather or the smell of the sea when the wind rips the top from a wave."

-Ernest Hemingway

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PATIENCE - "We are never more disconted with others than when we are disconted with ourselves."

-Henri Frederic Amiel

PATIENCE - "Anger is a wind which blows out the lamp of the mind."

-Robert Ingersoll

COURAGE - "If bravery is a quality which knows not fear, I have never seen a brave man. All men are frightened. The more intelligent they are, the more they are frightened. The courageous man is the man who forces himself, in spite of his fear, to carry on."

-General George S. Patton

PATIENCE - "People who fly into a rage always make a bad landing."

-Will Rogers

GROWTH - "If in the last few years you haven't discarded a major opinion or acquired a new one, investigate and see if you're not growing senile."

-Gelett Burgess

WISDOM - "There are two kinds of fools. One says, 'This is old, therefore it is good'. The other says, 'This is new, therefore it is better'."

-Dean Inge

VISION - "If you look at a window, you see flyspecks, dust, the crack where Junior's frisbee hit it. If you look through a window, you see the world beyond."

-Frederick Buechner

PRIDE - "No one can make you feel inferior without your consent."

-Eleanor Roosevelt

PROV-Ns (Positive Reinforcement Of Values - Naval service)

INTEGRITY - "If we don't stand for something, we will fall for anything."

-Irene Dunne

STRENGTH - "If we are strong, our strength will speak for itself. If we are weak, words will be no help."

-John F. Kennedy

PATRIOTISM - "And so, my fellow Americans: Ask not what your country can do for you; ask what you can do for your country."

-John F. Kennedy

FREEDOM - "The path we have chosen for the present is full of hazards, as all paths are. But it is the one most consistent with our character and courage as a nation and our commitments around the world. The cost of freedom is always high, but Americans have always paid it. And one path we shall never choose, and that is the path of surrender or submission."

-John F. Kennedy

DETERMINATION - "Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty."

-John F. Kennedy

FRIENDSHIP - "No man is the whole of himself; his friends are the rest of him."

-Rev. Harry Emerson Fosdick

PREPAREDNESS - "Eternal vigilance is the price, not only of liberty, but of a great many other things. It is the price of everything that is good. It is the price of one's own soul."

-Woodrow Wilson

CONCERN - "The worst sin toward our fellow creatures is not to hate them but to be indifferent to them; that's the essence of inhumanity."

-George Bernard Shaw

PROV-Ns (Positive Reinforcement Of Values - Naval service)

TOLERANCE - "Moral indignation is jealousy with a halo."

-H. G. Wells

CONSCIENCE - "What is moral is what you feel good after and what is immoral is what you feel bad after."

-Ernest Hemingway

RESPONSIBILITY - "It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities."

-Lord Josiah Charles Stamp

VALUES - "Man has wrested from nature the power to make the world a desert or to make the deserts bloom. There is no evil in the atom; only in men's souls."

-Adlai E. Stevenson

PRESERVING PEACE - "The problem of deterrence is novel in the history of military policy. In the past, the military establishment was asked to prepare for war. Its test was combat; its vindication, victory. In the nuclear age, victory has lost its traditional significance. The outbreak of war is increasingly considered the worst catastrophe. Henceforth, the adequacy of any military establishment will be tested by its ability to preserve the peace."

-Henry Kissinger

JUSTICE - "The mere absence of war is not peace."

-John F. Kennedy

FREEDOM - "The fight for freedom is an endless battle. Its victories are never final, its defeats are never permanent. Each generation must defend its heritage, for each seeming conquest gives rise to new forces that will attempt to substitute fresh means of oppression for the old. There can be no peace in a world of life and growth - every battle the fathers thought finished will have to be fought anew by their children if they wish to preserve and extend their freedom."

-Philip Van Doren

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PEACE-KEEPING - "The only way to win a war is to prevent it."

-George C. Marshall

PEACE - "The soldier and sailor, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war."

-General Douglas MacArthur

VALUES - "Duty, honor, country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying point to build courage when courage seems to fail, to regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn."

-General Douglas MacArthur

EXPERIENCE - "To be a successful soldier you must know history. ... What you must know is how man reacts. Weapons change but man who uses them changes not at all. To win battles you do not beat weapons - you beat the soul of the enemy man."

-General George S. Patton

COURAGE - "To be courageous requires no exceptional qualifications, no magic formula, no special combination of time, place and circumstance. It is an opportunity that sooner or later is presented to us all."

-John F. Kennedy

FRIENDSHIP - "Friends are necessary to a happy life. When friendship deserts us, we are as lonely and helpless as a ship, left by the tide high upon the shore. When friendship returns to us, it is as though the tide came back, gave us buoyancy and freedom, and opened to us the wide places of the world."

-Harry Emerson Fosdick

GRATITUDE - "There are those who have little and give it all. These are the believers in life and the bounty of life and their coffers are never empty."

-Kahlil Gibran

PROV-Ns (Positive Reinforcement Of Values - Naval service)

IMAGINATION - "I am never bored anywhere; being bored is an insult to oneself."

-Jules Renard

PARENTING - "Children are a poor man's wealth."

-Danish Proverb

CONSCIENCE - "In matters of conscience the law of majority has no place."

-Mohandas Ghandi

GRATITUDE - "I grumbled because I had to get up so early in the morning - until one morning when I couldn't get up."

-Unknown

INTEGRITY - "If you are afraid of being lonely - don't try to be right."

-Jules Renard

VISION - "Life consists of wanting something. When a man is satisfied he is as good as dead."

-Unknown

CHARACTER - "The highest reward for man's toil is not what he gets for it, but what he becomes by it."

-John Ruskin

TOLERANCE - "I shall never permit myself to stoop so low as to hate another man."

-Booker T. Washington

FAITH - "Though the mills of God grind slowly, yet they grind exceedingly small; Though with patience He stands waiting, with exactness grinds He all."

-Friedrich Von Logau

PROV-Ns (Positive Reinforcement Of Values - Naval service)

TEAM WORK - "How good and pleasant it is for brethren to dwell together in unity."

-Old Testament

ALERT - "Eternal vigilance in the price of liberty."

-John Philpoy Curran

INTEGRITY - "It matters not how long you live, but how well."

-Publius Syrus

DETERMINATION - "The greater the obstacle, the more glory in overcoming it."

-Moliere

FORGIVENESS - "Condemn the faults and not the actor of it. (Separate the ACTION from the ACTor)"

-Shakespeare

CREATIVITY - "Originality is simply a pair of fresh eyes."

-T. W. Higginson

EDUCATION - "Beneath the rule of men entirely great, the pen is mightier than the sword."

-Lytton

PERSISTENCE - "The secret of success is constancy of purpose."

-Disraeli

IDEALISM - "Hitch your wagon to a star."

-Emerson

PROV-Ns (Positive Reinforcement Of Values - Naval service)

HONESTY - "The greatest of faults I should say, is to be conscious of none."

-Carlyle

HONESTY - "Who dares think one thing, and another tell, my heart detests him as the gates of Hell."

-Pope

CONSCIENCE - "Labor to keep alive in your breast that little spark of celestial fire."

-George Washington

HARD WORK - "Divinity consists in use and practice, not in speculation."

-Martin Luther

EXPERIENCE - "Today is yesterdays pupil."

Benjamin Franklin

EXPERIENCE - "I have but one lamp by which my feet are guided, and that is the lamp of experience. I know of no way of judging the future but by the past."

-Patrick Henry

FREEDOM - "And the Star Spangled Banner, Oh'. Long may it wave. O'er the land of the free, and the home of the Brave."

-F. S. Key

CHARACTER - "Babylon in all its desolation is a sight not so awful as that of a human mind in ruins."

-Scrope Davies

FAITH - "There's a divinity that shapes our ends, rough hew them as we will."

-Shakespeare

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PEACE-KEEPING - "The only way to win a war is to prevent it."

-George C. Marshall

PEACE - "The soldier and sailor, above all other people, prays for peace, for he must suffer and bear the deepest wounds and scars of war."

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-Harry Emerson Fosdick

GRATITUDE - "There are those who have little and give it all. These are the believers in life and the bounty of life and their coffers are never empty."

-Kahlil Gibran

PROV-Ns (Positive Reinforcement Of Values - Naval service)

RESPONSIBILITY - "There's a divinity that shapes our ends, but our middles are of our own CHEWSING."

-ANONYMOUS

OPEN MINDED - "Think not that thy word and thine alone must be right."

-Sophocles

HONESTY - "To be conscious that you are ignorant is a great step to knowledge."

-Disraeli

VALUE - "The company of just and righteous men is better than wealth and real estate."

-Euripides

CHARACTER - "Misery acquaints a man with strange bedfellows."

-Shakespeare

FAITH - "Life is fragile, handle it with prayer."

-ANONYMOUS

COURAGE - "Long is the way and hard, that out of Hell leads up to light."

-Milton

FRIENDSHIP - "Friendship is the highest degree of perfection in society."

-Montaigne

REFLECTIVE - "They never taste who always drink; they never talk who never think."

-Matthew Prior

PROV-Ns (Positive Reinforcement Of Values - Naval service)

RESOURCEFUL - "Difficulties are things that show what men are."

-Epictetus

CONSIDERATE - "It is excellent to have a giant's strength; but it is tyrannous to use it like a giant."

-Shakespeare

CONSCIENCE - "Conscience is but the pulse of reason."

-S. T. Coleridge

FREEDOM - "They that can give up essential liberty to obtain a little temporary safety, deserve neither liberty, nor safety."

-Benjamin Franklin

PERSISTENCE - "Few things are impossible to diligence and skill."

-Samuel Johnson

CHARACTER - "Small habits well pursued, betimes may reach the dignity of crimes."

-Hannah More

EDUCATION - "Good literature is the thought of thinking souls."

-Carlyle

COMMITMENT - "To live in hearts we leave behind is not to die."

-Campbell

FORGIVENESS - "Each man can learn something from his neighbor, at least he can learn to have patience with him - to live and let live."

-Kingsley

PROV-Ns (Positive Reinforcement Of Values - Naval service)

BALANCE - "Into each life some rain must fall, some days must be dark and dreary."

-Longfellow

FRIENDSHIP - "Old friends are best. King James used to call for his old shoes; they were easier for his feet."

-Selden

FRIENDSHIP - "Good company in a journey makes the way seem shorter."

-Walton

DIPLOMACY - "Who overcomes by force, hath overcome but half his foe."

-Milton

DIPLOMACY - "Music hath charms to sooth the savage beast, to soften rocks, or bend a knotted oak."

-William Congreve

VALUES - "It matters not how a man dies, but how he lives."

-Samuel Johnson

PROFESSIONALISM - "The winds and the waves are always on the side of the ablest navigators."

-Edmund Gibbon

SERVICE - "When a man assumes a public trust, he should consider himself public property."

-Thomas Jefferson

INVENTIVENESS - "A thought is an idea in transit."

Pythagores

PROV-Ns (Positive Reinforcement Of Values - Naval service)

HONESTY - "Oh what a tangled web we weave when first we practice to deceive."

-Scott

PERSPECTIVE - "Happiness grows at our own firesides, and is not to be picked in strangers gardens."

-Douglas Jerrold

FREEDOM - "Liberty exists in proportion to wholesome restraint."

-Daniel Webster

VALUES - "A thing of beauty is a joy forever. Its loveliness increases, it will never pass into nothingness."

-John Keats

PERSPECTIVE - "Sorrows remember'd sweeten present joy."

-Pollok

CONSIDERATION - "A word in season spoken, may calm the troubled beast."

-Jefferys

VALUES - "Friends, books, a cheerful heart and conscience clear, are the most choice companions we have here."

-William Mather

PLANNING - "Don't look for a ship to come in if you never sent one out."

-ANONYMOUS

DIPLOMACY - "Tack is the knack of making a point without making an enemy."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

HARD WORK - "Don't pray for lighter burdens but stronger backs."

-ANONYMOUS

REPUTATION - "Your only as good as the last time at bat."

-ANONYMOUS

PLANNING - "It's not what you left behind that counts, but what you sent ahead."

-ANONYMOUS

PREPARED - "It's alright for a shoe to be halfsoled...but not a person."

-ANONYMOUS

DETERMINED - "Obstacles are those things you see when you take your eyes off the goals."

-ANONYMOUS

NEW START - "Disappointments should be cremated...not embalmed."

-ANONYMOUS

JUDGMENT - "A person should be weighed...not counted."

-ANONYMOUS

PLANNING - "When a person doesn't know to what port they are steering...no wind is favorable."

-ANONYMOUS

FORGIVNESS - "A friend is someone who knows all about you ... but likes you just the same."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

TEAM WORK - "Co-operation solves many problems; a bunch of freckles would be a nice suntan if they just got together."

-ANONYMOUS

BALANCE - "Moderation in temper is a virtue, but moderation in your principle is always nice."

-ANONYMOUS

PERSPECTIVE - "The way to love anything is to realize that it may be lost."

-ANONYMOUS

FREEDOM - "United States is a country that has immigration laws to avoid being overrun by immigrants from communistic countries."

-ANONYMOUS

KNOWLEDGE - "The possession of facts is knowledge; the use of them is wisdom; the choice of them, education. Knowledge is not power but riches, and like them, has its value in spending."

-ANONYMOUS

DEPENDABLE - "Not live and let live, but live and help live."

-ANONYMOUS

CONSIDERATE - "Dignity is the capacity to hold back on the tongue what never should have been on the mind in the first place."

-ANONYMOUS

FORWARD LOOKING - "Don't let yesterday use up too much of today."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

GROWTH - "One becomes a full self only by becoming an instrument of a greater cause than oneself."

-ANONYMOUS

EXPERIENCE - "Experience is an expensive teacher. All others are underpaid."

-ANONYMOUS

HARD WORK - "You advance in life according to the time you spend that you don't get paid for."

-ANONYMOUS

TEAMWORK - "Coming together is a beginning; keeping together is progress; working together is success."

-ANONYMOUS

TEAMWORK - "Everytime a person builds a wall around oneself, they do two things: they wall out others and wall oneself in."

-ANONYMOUS

BALANCE - "Youth looks ahead hopefully; age looks ahead with restraint. It's our job as leaders to blend the two and help each other march on old paths with new vision."

-ANONYMOUS

FLEXIBILITY - "Some minds are like concrete - thoroughly mixed and permanently set."

-ANONYMOUS

HARD WORK - "The world's work is not done by giants alone ... but by persons who fetch and carry."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PERSPECTIVE - "The fun is in the search, not the finding. The thrill is in the chase, not the quarry."

-ANONYMOUS

LEADERSHIP - "There is something in leadership, which the people never guess till the leader who should be in front, is not."

-ANONYMOUS

DETERMINATION - "We need sailors with more will power, not won't power."

-ANONYMOUS

PERSPECTIVE - "Enemies are really friends who don't know us."

-ANONYMOUS

TEAMWORK - "We're all going the same way ... so why not go together?"

-ANONYMOUS

KNOWLEDGE - "An expert is often a very ordinary person away from the home office."

-ANONYMOUS

OPEN MINDEDNESS - "A person all wrapped up in themselves makes a pretty small package."

-ANONYMOUS

CHARACTER - "Lesson from a tree: a sapling grows downward in the direction of nutriment and upward in the direction of light and air."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DEPENDABILITY - "Service is the price we pay for the space we occupy in this world."

-ANONYMOUS

PERSPECTIVE - "Life is not what it is ... but what we see it to be."

-ANONYMOUS

HARD WORK - "It's not what a person has ... but what one uses that counts, i.e. a home more than a store; a heart more than a brain and character more than career."

-ANONYMOUS

PRAYER - "Prayer is not the last extremity but a first necessity."

-ANONYMOUS

HARD WORK - "The only difference between the possible and the impossible is that "the impossible" takes a little longer."

-ANONYMOUS

VALUES - "During working hours a person makes a living ... during hours of Teisure, a life."

-ANONYMOUS

HARD WORK - "The Navy blesses effort not wishes."

-ANONYMOUS

CONSIDERATE - "The real person is one who always finds excuses for others but not for oneself."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PERSISTENCE - "Nothing will ever be accomplished if all possible objects must first be overcome."

-ANONYMOUS

GOOD JUDGMENT - "There are two sides to every question. So there are to a sheet of sticky flypaper; but it makes a lot of difference which side you choose to stand on."

-ANONYMOUS

INTEGRITY - "One cannot always be a hero ... But you can always be a human being."

-ANONYMOUS

BALANCE - "When you play, play hard ... but when you work ... don't play at all."

-ANONYMOUS

PREPAREDNESS - "There's no law against your loading freight on the dock while waiting for your ship to come in."

-ANONYMOUS

ATTITUDE - "The person searching for trouble doesn't have to take out a search warrant."

-ANONYMOUS

DETERMINATION - "Everyday something is being done that couldn't be done."

-ANONYMOUS

FLEXIBILITY - "Everyone admires a person of mettle, as long as there isn't too much brass."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PREPAREDNESS - "In this world of sin and sorrow if virtue triumphs over vice it is not because it is virtuous, but because it has better and bigger guns; if honesty prevails over double-dealing, it is not because it is honest, but because it has a stronger army more ably led; and if good overcomes evil it is not because it is good, but because it has a well-lined purse. It is well to have right on our side, but it is madness to forget that unless we have might as well it will avail us nothing. We must believe that God loves men of good will, but there is no evidence to show that He will save fools from the results of their folly."

-W. Somerset Maugham

COURAGE - "Only in winter can you tell which trees are truly green: Only when the winds of adversity blow can you tell whether an individual or a country has courage and steadfastness."

-John F. Kennedy

RESPONSIBILITY - "I asked, 'Why doesn't somebody do something?' Then realized I was somebody."

-ANONYMOUS

PERSISTENCE - "Just remember, if Thomas Edison hadn't persisted, today we'd be watching TV by candlelight."

-ANONYMOUS

PROFESSIONALISM - "If you're going around in circles, maybe it's because you're cutting too many corners."

-ANONYMOUS

COURTESY - "I have often had this thought: More than half the tragic number of fatal automobile accidents every year are due to lack of kindness, lack of courtesy, lack of consideration. If drivers elected, under any and all circumstances, to defer politely to the other, collisions could, more often than not, be avoided. And so could collisions in other phases of life. Be kind!"

-B. C. Forbes

PROV-Ns (Positive Reinforcement Of Values - Naval service)

LOVE - "When the satisfaction or the security of another person becomes as significant to one as one's own satisfaction or security, then a state of love exists."

-Harry Stack Sullivan

LOVE - "The more you love, the more you can love -- and the more intensely you love. Nor is there any limit on how many you can love. If a person had time enough, he could love all of that majority who are decent and just."

-Robert A. Heinlein

COURAGE - "Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps."

-Lloyd George

DECISIVENESS - "The open mind never acts -- when we have done our utmost to arrive at a reasonable conclusion, we still, when we can reason and investigate no more, must close our minds for the moment with a snap, and act dogmatically on our own conclusion. The man who waits to make an entirely reasonable will die intestate."

-George Bernard Shaw

CHARACTER - "Personality can open doors, but only character can keep them open."

-Elmer G. Leterman

PLANNING - "Lots of folks confuse bad management with destiny."

-Elbert Hubbard

RESPONSIBILITY - "The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

-William James

PROV-Ns (Positive Reinforcement Of Values - Naval service)

KINDNESS - "One kind word can warm three winter months."

-Japanese Proverb

PERSPECTIVE - "See everything. Overlook a great deal, improve a little."

-Pope John XXIII

INTEGRITY - "We forfeit three-fourths of ourselves in order to be like other people."

-Arthur Schopenhauer

PROFESSIONALISM - "A man at work at his trade is the equal of the most learned doctor."

-Hebrew Proverb

VALUES - "Apart from individual values, the human life is but a catch-all of transient experience."

-Alfred North Whitehead

HARD WORK - "Dignity does not consist in possessing honors, but in deserving them."

-Aristotle

PLANNING - "The great French Marshall Lyautey once asked his gardener to plant a tree. The gardener objected that the tree was slow-growing and would not reach maturity for 100 years. The marshall replied: "In that case, there is no time to lose, plant it this afternoon."

-John F. Kennedy

FAITH - "Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree."

-Martin Luther

PROV-Ns (Positive Reinforcement Of Values - Naval service)

FORGIVENESS - "Whether the stone hits the pitcher, or the pitcher hits the stone, it's going to be bad for the pitcher."

-Miguel de Cervantes

RESPONSIBILITY - "No one's happiness but my own is in my power to achieve or to destroy."

-Ayn Rand

COURAGE - "Let us not pray to be sheltered from dangers but to be fearless when facing them."

-Rabindranath Tagore

CREATIVITY - "Now is no time to think of what you do not have. Think of what you can do with what there is."

-Ernest Hemingway

VALUES - "Ideals are like stars, you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and, following them, you reach your destiny."

-Carl Schurz

INTEGRITY - "Always do right. This will gratify most people, and astonish the rest."

-Mark Twain

INTEGRITY - "To know what is right and not to do it is the worst cowardice."

-Confucius

DECISION - "All that is essential for the triumph of evil is that good men do nothing."

-Edmund Burke

PROV-Ns (Positive Reinforcement Of Values - Naval service)

MORALITY - "Goodness is something so simple: Always to live for others, never to seek one's own advantage."

-Dag Hammarskjold

FAITH - "Remember the weekday to keep it holy."

-ANONYMOUS

POTENTIAL - "You have everything needed to make a better world. Check the list: two feet, two hands, two eyes (Helen Keller did it with none), two ears, a brain, a mouth. Now add a heart full of love of God and man!"

-ANONYMOUS

DETERMINATION - "I am but one, but I am one; I cannot do much, but I can do something; what I can do I ought to do; and what I ought to do, by the Grace of God I will do."

-Frances Willard

CONCERN - "I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again."

-Stephen Greenlet

CHARACTER - "What does the Lord require of you but to do justice and to love kindness and to walk humbly with your God?"

-Micah 6:8

DETERMINATION - "Never look back, somethin' may be gainin' on ya."

-Satchel Page

VALUES - "Four letter words that changed the world. Love, hope, care, help, heal, work, feel, duty, home, good, kind, pity, rest, seek, pray, live."

-ANONYMOUS

PROV-Ns (Positive Reinforcement Of Values - Naval service)

OPTIMISM - "Better to light one candle than to curse the darkness."

-Christophers' Motto

WISDOM - "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."

-Reinhold Neibuhr

HARD WORK - "Lead us not into temptation - especially sloth, indifference, apathy, hardness of hear and letting George do it."

-ANONYMOUS

PERSPECTIVE - "Men must learn or his name is mud, To relish the ebb as well as the flood."

-Christopher Morley

GRATITUDE - "Thou hast given so much to us, give one thing more, a grateful heart."

-George Herbert

PROFESSIONALISM - "If you were on trial for being a sailor would there be enough evidence to convict you?"

-ANONYMOUS

FRIENDSHIP - "Friendship doubles our joy and divides our grief."

-ANONYMOUS

INTEGRITY - "You might as well fall flat on your face as lean over too far backward."

-James Thurber

PROV-Ns (Positive Reinforcement Of Values - Naval service)

HARD WORK - "We are using only 10 to 15% of our capacity in any area of our life. When you reach 25% you are turning the world upside down."

-Alexis Carrel

PERSPECTIVE - "Dear God, be good to me, the sea is so wide and my boat is so small."

-Breton Fisherman's Prayer

CONCERN - "What we give to the poor for God's sake is what we carry with us when we die."

-Peter Maurin

GOOD HUMOR - "You find yourself refreshed by the presence of cheerful people. Why not make an earnest effort to confer that pleasure on others?"

-Lydia May Childs

CREATIVITY - "Some men see things as they are and say "why?" I dream of things that never were and say "why not?"

-G. B. Shaw

CONCERN - "For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbor as thyself."

-Galatians 5:14

VISION - "A truly educated person must be a dissatisfied person, he will have been exposed to too much of the greatness of the past, and of the possibilities of the future to remain permanently satisfied with the present."

-Robert McAfee Brown

CHARACTER - "Morality is not properly the doctrine of how we make ourselves happy, but how we may make ourselves worthy of happiness."

-Immanuel Kant

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DETERMINATION - "All of us are going to do better tomorrow, and we would, too, if only we started today."

-ANONYMOUS

TOLERANCE - "Be not angry that you cannot make others as you wish them to be...since you cannot make yourself as you wish to be."

-Thomas A. Kempis

OPTIMISM - "Those most pessimistic about the future are those who are doing the least to bring change now."

-Margaret Mead

POTENTIAL - "The greatest waste in the world is the difference between what we are and what we could become."

-Ben Herbster

FAITH - "To believe in something not yet proved and to underwrite it with our lives: it is the only way we can keep the future open."

-Lillian Smith

ACTION - "It is no good to know more unless we do more with what we already know."

-R. K. Bergethon

INTEGRITY - "The whole world may not be mine, but the space of it I'm in - my part of it - is. It may not be for sure, or for much, or for long. But while I'm in it, it'll know me."

-O'Hara in Stowaway

RESPONSIBILITY - "Believe in yourself - that you, even you, can do some of the work which God would like done, and that unless you do it, it will remain undone."

-Henry Drummond

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DUTY - "What do we live for if it is not to make life less difficult for others?"

-George Elliot

PATRIOTISM - "Our country is not the only thing to which we owe allegiance. It is also owed to justice and humanity. Patriotism consists not in waving the flag, but in striving that our country shall be righteous as well as strong."

-James Bryce

DECISION - "Not to decide is to decide."

-Harvey Cox

WONDER - "I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind could comprehend it."

-H. E. Fosdick

INTERDEPENDENCE - "Any man's death diminishes me, because I am involved in mankind."

-John Donne

PERSPECTIVE - "Today is the first day of the rest of your life."

-ANONYMOUS

VISION - "Make no little plans, they have no magic to stir men's blood, and probably themselves will not be realized. Make big plans, aim high in hope and work, remembering that a noble and logical diagram once recorded will never die."

-Daniel H. Burnham

CREATIVITY - "Someday, after mastering the winds, the waves, the tides, and gravity, we shall harness the energies of love, and then, for a second time in the history of the world, man will have discovered fire."

-Teilhard De Chardin

PROV-Ns (Positive Reinforcement Of Values - Naval service)

CONCERN - "The moments when you have really lived are the moments when you have done things in the spirit of love."

-Henry Drummond

TOLERANCE - "Prejudice is being down on what you're not up on."

-ANONYMOUS

SACRIFICE - "You give but little when you give of your possessions. It is when you give of yourself that your truly give."

-Kahlil Gibran

DETERMINATION - "Failed in business in 1831. Defeated for Legislature in 1832. Second failure in business in 1833. Suffers nervous breakdown in 1836. Defeated for Speaker in 1838. Defeated for Elector in 1840. Defeated for Congress in 1843. Defeated for Congress in 1848. Defeated for Senate in 1855. Defeated for Vice President in 1856. Defeated for Senate in 1858. Elected President in 1860."

-Lincoln's Road to the White House

TEAM WORK - "There are parts of a ship which taken by themselves would sink. The engine would sink. The propeller would sink. But when the parts of a ship are built together, they float. So with the events of my life. Some have been tragic. Some have been happy. But when they are built together, they form a craft that floats and is going someplace."

-Ralph W. Sockman

EFFICIENCY - "The right person in the right place at the right time doing the right thing in the right way."

-ANONYMOUS

FAITH - "No one can write his real religious life with pen or pencil. It is written only in actions, and its seal is our character, not our orthodoxy. Whether we, our neighbor, or God is the judge, absolutely the only value of our religious life to ourselves or to anyone is what it fits us for and enables us to do."

Wilfred T. Grenfell

PROV-Ns (Positive Reinforcement Of Values - Naval service)

INTEGRITY - "This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man."

William Shakespeare

CHARACTER - You should remember that though another may have more money, beauty, and brains than you, yet when it comes to the rarer spiritual values such as clarity, self-sacrifice, honor, nobility of heart, you haven an equal chance with everyone to be the most beloved and honored of all people."

-Archibald Rutledge

CHARACTER - "Character is what you are in the dark."

-Dwight L. Moody

PARENTING - "Life is a flame that is always burning itself out, but it catches fire again every time a child is born."

-George Bernard Shaw

GRATITUDE - "A hundred times every day I remind myself that my inner and outer life depend on the labors of other people, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving."

-Albert Einstein

MARRIAGE - "Perhaps the greatest blessing in marriage is that it lasts so long. The years, like the varying interests of each year, combine to buttress and enrich each other. Out of many shared years, one life. In a series of temporary relationships, one misses the ripening, gathering, harvesting joys, the deep, hard-won truths of marriage."

-Richard C. Cabot

ENTHUSIASM - "May you live all the days of your life."

-Jonathan Swift

PROV-Ns (Positive Reinforcement Of Values - Naval service)

RELIGION - "Religion should be our steering wheel, not our spare tire."

-Charles L. Wheeler

ENTHUSIASM - "The prospects never looked brighter, and the problems never looked tougher. Anyone who isn't stirred by both those statements is too tired to be of much use to us in the days ahead."

-John W. Gardner

FAITH - "The core of our defense is the faith we have in the institutions we defend."

-Franklin D. Roosevelt

HARD WORK - "A committee of one gets things done."

-Joe Ryan

MORAL VALUES - "So far there has been no known human society in which the distinction between right and wrong, and the obligation to do right, have been denied."

-Arnold Toynbee

DEFENSE - "Many students of modern day history will tell you democratic countries deplore war and love peace, sometimes to the point we forget that defense spending ensures our very peace and security. Expenditure on armaments is seen in conflict with other seemingly more essential social services. Unfortunately, there is a tendency to forget the most important social service a government can provide its people is to keep them alive and ensure their freedom."

-ADM J. D. Watkins, USN, CNO

PATRIOTISM - "Today's sailor did not join the Navy to seek a fortune, but to seek a career for service to country. We are finding that many of our recruits still join up for old-fashioned -- but hardly outdated -- patriotic reasons, truly a sign of national recovery of the most important kind."

-ADM. J. D. Watkins, USN, CNO

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DEFENSE - "So today we are at the crossroad of decision. Yes, we have made many advances, but we still have a long way to go ... as a Navy and as a nation interested in our own defense. You cannot find a capable Navy, one that is capable of defending our national values, on the bargain basement shelf. You cannot purchase a strong national defense without making the necessary self-sacrifice and without personal commitment."

-ADM J. D. Watkins, USN, CNO

PERSEVERANCE - "We must be able to go wherever the action is and stay until the job is done whether the hot spot is in the Gulf of Mexico or Sidra. And this doesn't mean fuel and ammunition, but the whole gamut of fleet needs including people. We must be able to sustain in the hot spot until we produce desired results...that is, victory."

-ADM J. D. Watkins, USN, CNO

PREPARED - "My first priority is readiness -- we must have a Navy -- active duty and reserve -- that is ready to go when called. There will be no chance to go back and ask for a "time out" in the action if we are called on tomorrow. That means that people and equipment, training and procedures, spares and the wherewithal to put all this together must be hammered out beforehand. We need to improve our across-the-board warfighting readiness from that NRF reserve ship to our nuclear carriers. The question I often ask our people is, if today, you, your division, reserve unit, ship or squadron were asked by our country to fight, win and return home safely to loved ones, can you say you are ready?"

-ADM J. D. Watkins, USN, CNO

ACCOUNTABILITY - "We realize that modern technology is not the answer to everything. That we must be just stewards of the defense dollars allocated to us, we must use these resources efficiently and wisely."

-ADM J. D. Watkins, USN, CNO

PERSEVERANCE - "The saints are the sinners who keep on going."

CHARACTER - "Reputation is the measure of a person before they arrive: after they leave, it is measured by their character."

CHARACTER - "The way you manage your disappointments in life reveals your true strength or your true weakness."

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DETERMINATION - "Genius knows no handicap through physical ills. Lord Byron had a club foot, Robert Louis Stevenson and John Keats had tuberculosis. Charles Steinmetz and Alexander Pope were hunchbacks. Admiral Nelson had only one eye. Edgar Allen Poe was a psychoneurotic. Charles Darwin was an invalid. Julius Caesar was an epileptic. Thomas Edison and Ludwig von Beethoven were deaf, and Peter Stuyvesant had a wooden leg. Handicaps build strength and purpose -- and accomplishment."

FOUNDATION - "A foundation is that which you base a structure on such as a house. For a human being our foundation is spiritual to keep the structure of our lives from being shaky. Is the spiritual foundation of your life strong or weak because of neglect?"

LIFE - "The most precious gift God gives us is the gift of life. There are several choices you can make about your life, but be careful of things that are evil. For evil is live spelled backward. All things evil are opposed to life. Guard your personal, spiritual, and professional life and protect it from evil."

VALUES - "A value is a belief that one has that governs behavior. We gain our values from many different sources such as our religion, family, peer group, society, culture and experience. Ask yourself in this time of moral and ethical transition in our society what are your values and how did you develop them?"

CITIZEN - "A citizen is one who is a member of a particular community, town, village, city, county, state or country and accepts the responsibility in that relationship. One can be a citizen by birth or naturalization in the USA."

PERSPECTIVE - "Babe Ruth struck out 1330 times, a record in futility. That's not what we remember about Babe Ruth. His 714 home-runs completely obliterates the 1330 strike-outs. Think about it!"

DUTY - "A duty dodged is like a debt unpaid; it is only deferred, and we must come back and settle the account at last."

-Joseph F. Newton

CREATIVITY - "Some men see things as they are and say why. I dream things that never were and say, why not?"

-Robert F. Kennedy

PROV-Ns (Positive Reinforcement Of Values - Naval service)

EXCELLENCE - "I don't think it makes sense to strive for perfection. Perfection is not attainable. I believe totally in striving for excellence, and I think there is a great deal of difference between the two. And although we're striving for excellence, we're sensible about our goals as well as ambitions because one of the most frustrating things in the world is to set your goals so high that you have no chance of reaching them."

-Bart Starr

HONESTY - ""The more you stretch the truth, the easier it is to see through it."

FAMILY - "What shall you give to one small boy? A glamorous game, a tinselled toy, a Barlow knife, a puzzle pack, a train that runs on a curving track? A picture book, a real live pet ... no, there's plenty of time for such things yet. Give him a day for his very own -- just one small boy and his dad alone. A walk in the woods, a romp in the park, a fishing trip from dawn to dark; give the gift that only you can -- the companionship of his old man! Games are outgrown, and toys decay -- but he'll never forget if you give him a day."

INTEGRITY - "People who change the world are not usually the self-styled leaders of men, nor yet the willing martyrs who go singing to the stake. They are the very ordinary people who, in diffidence and apprehension, pursue the course they have set themselves and who have no other reason for doing so than they would despise themselves if they gave up."

-Peter Quince

DUTY - "I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have. I must stand with anybody that stands right, stand with him while he is right and part with him when he goes wrong."

-Abraham Lincoln

PEACE - "There is no simple formula for peace, and no single act that will assure peace. Any who preach that are dangerously deluded. Only the combined result of many efforts at difference levels, and at many places, will assure peace. In these efforts everyone has a part to play. The stakes are the greatest for which men have every played."

-John Foster Dulles

PROV-Ns (Positive Reinforcement Of Values - Naval service)

DETERMINATION - "The real difference between men is energy. A strong will, a settled purpose, an invincible determination, can accomplish almost anything; and in this lies the distinction between great men and little men."

-Thomas Fuller

CHARACTER - "To be able to carry money without spending it. To be able to bear an injustice without retaliating. To be able to do one's duty even when one is not watched. To be able to keep at the job until it is finished. To be able to make us of criticism without letting it whip you."

PERSISTENCE/PATIENCE - "When nothing seems to help, I go and look at a stone-cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow it will split in two, and I know it was not that last blow that did it, but all that had gone before."

-Jacob A. Riis

LEADERSHIP - "Leadership, at its highest, consists of getting people to work for you when they are under no obligation to do so."

from Bits and Pieces

CONSCIENTIOUS - "When a person forgets himself, he usually does something that everyone else remembers."

HARD WORK - "Your ship won't come in without a pilot, so row out to meet it."

HARD WORK - "The fellow busy pulling the oars hasn't time to rock the boat."

OBJECTIVITY - "Some falsehood mingles with all truth."

-Longfellow

HARD WORK - "Working kills few folks, but worrying about having to work doubtless shortens the lives of many."

PROV-Ns (Positive Reinforcement Of Values - Naval service)

COMMITMENT - "Love is an unusual game. There are either two winners or there are none."

IMAGINATION - "The imagination that we all have gives us the ability to think, dream, and be creative in life."

PREPAREDNESS - "Plan ahead--it wasn't raining when Noah built the ark."

PLANNING - "My interest is in the future because I'm going to spend the rest of my life there."

-Charles F. Kettering

INTELLIGENCE - "Our is the age which is proud of machines that think, and suspicious of men who try to."

-H. Mumford Jones

PREJUDICE - "The narrower the mind, the broader the statement."

-Ted Cook

DETERMINATION - "Show me a good and gracious loser and I'll show you a failure."

Knute Rockne

SOBRIETY - "Alcohol has many defenders but no defense."

-Lincoln

HARD WORK - "Good intentions die unless they are executed."

EDUCATION - "If you think getting an education is expensive, try not getting one."

PROV-Ns (Positive Reinforcement Of Values - Naval service)

PRECISION - "Almost right is still wrong."

EDUCATION - "Forget about attending school and nobody will be wiser -- especially you."

KNOWLEDGE - "Everybody should get at least a high school education -- even if they already know everything."

FIDELITY - "The trouble with living it up is that you may never live it down."

HARD WORK - "Good luck is a lazy person's estimate of a worker's success."

PERSPECTIVE - "When depression makes you feel you've been dumped in the cellar of life, always look about for the wine in the cellar."

EDUCATION - "When your education is finished, you are."

HARD WORK - "It's strange how important your job is when you ask for a raise -- and how unimportant it becomes when you want a day off."

OPTIMISM - "One pessimist grumbles because God put thorns on roses; the optimist thanks God that He put roses on thorns."

HARD WORK - "When you are coasting, you are going downhill."

DETERMINATION - "Success in life depends more on push than pull."

PRECISION - "If it can be understood ... it will be."

-Murphy's Mother

PROV-Ns (Positive Reinforcement Of Values - Naval service)

HARD WORK - "Sure, God feeds the birds of the air--but he doesn't throw it into their nest."

SENSE OF HUMOR - "A man without mirth is like a wagon without springs."

-Henry Ward Beecher

HARD WORK - "There is always an easy solution to every human problem--neat, plausible, and wrong."

-H. L. Mencken

WISDOM - "The greatest of all faults is to be conscious of none."

INDUSTRIOUS - "One of the greatest enemies that we can ever face in life is the illusion that there will be more time tomorrow than there is today."

HARD WORK - "If you can find a path with no obstacles, it probably doesn't lead anywhere."

CHARACTER - "A person's character is not made in a crisis: it is only exhibited then."

GOOD HUMOR - "Joy is like a potato salad: share it with others and it becomes a picnic."

EMPATHY - "The sharing of the burden of someone else and supporting them where you can is the quality we call empathy. While we are at sea many problems and feelings arise for which we need empathy as a response. Remember to help your shipmates when they need your empathy...and the service will be returned to you when you also are in need."

EXCEL - "In the U.S. Navy we often get the chance to excel in our work associated with our ratings. Do not only do enough to get by in your daily work. Strive for excellence and the personal satisfaction that comes with that. Excel in your personal, spiritual, and professional life and all will be pleased ... including yourself."

PROV-Ns (Positive Reinforcement Of Values - Naval service)

SELF-RESPECT - "The ship's place is in the sea, but God pity the ship if the sea gets control of it. A person's place is in the world, but God pity the person if the world gets control of them."

FIDELITY - "Money will buy a fine dog, but only love will make it wag its tail."

COMMITMENT - "Enthusiasm may not be best virtue, but the lack of enthusiasm is no virtue at all!"

PROFESSIONALISM - "To err is human, but when the eraser wears out ahead of the pencil, you're overdoing it."

-J. Jenkins

HEALTHY - "Not to have control over the senses is like sailing in a rudderless ship, bound to break to pieces on coming in contact with the very first rock."

-Mahatma Gandhi

VALUES - "Sometimes one pays most for the things one gets for nothing."

-Albert Einstein

CHOICE - "When you have to make a choice and don't make it, that in itself is a choice."

-William James

PROFESSIONALISM - "There is a reward for having talent: it comes when the talent is put to work."

INTEGRITY - "Good for the body is the work of the body;
Good for the soul is the work of the soul;
Good for either is the work of the other."

-Thoreau

PROV-Ns (Positive Reinforcement Of Values - Naval service)

SENSE OF HUMOR - "Good humor makes all things tolerable."

-Henry Ward Beecher

INTEGRITY - "The meanings of words are not in the words, they are in us."

-S. I. Hayakawa

CONSIDERATE - "If you were arrested for being kind, would enough evidence be found to convict you?"

RIGHT LIVING - "Good, like truth, is the same yesterday, today, and forever."

FIDELITY - "Life is like a cafeteria. One goes through, choosing as they go; but what they chose must be paid for at the end of the line."

HONESTY - "There is no acceptable substitute for honesty; there is no valid excuse for dishonesty."











