

Stephen Covey Quotes

"But until a person can say deeply and honestly, "I am what I am today because of the choices I made yesterday," that person cannot say, "I choose otherwise."

"Seek first to understand, then to be understood."

"Start with the end in mind."

"Most people do not listen with the intent to understand; they listen with the intent to reply."

"We are free to choose our actions, . . . but we are not free to choose the consequences of these actions."

"Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships."

"Most of us spend too much time on what is urgent and not enough time on what is important."

"I am not a product of my circumstances. I am a product of my decisions."

"You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically, to say "no" to other things. And the way you do that is by having a bigger "yes" burning inside. The enemy of the "best" is often the "good."

"The way we see the problem is the problem."

"How different our lives are when we really know what is deeply important to us, and keeping that picture in mind, we manage ourselves each day to be and to do what really matters most."

"There are three constants in life... Change, Choice and Principles."

"Live, love, laugh, leave a legacy."

"To change ourselves effectively, we first had to change our perceptions."

"You can't talk your way out of a problem you behaved your way into!"

"...to learn and not to do is really not to learn. To know and not to do is really not to know."

"When the trust account is high, communication is easy, instant, and effective."

"We are not human beings on a spiritual journey. We are spiritual beings on a human journey."

Stephen Covey Quotes

“We see the world, not as it is, but as we are—or, as we are conditioned to see it.”

“Two people can see the same thing, disagree, and yet both be right. It's not logical; it's psychological.”

“Words are like eggs dropped from great heights. You could no more call them back than ignore the mess they left when they fell.”

“Live out of your imagination, not your history.”

“Without involvement, there is no commitment. Mark it down, asterisk it, circle it, underline it. No involvement, no commitment.”

“It is one thing to make a mistake, and quite another thing not to admit it. People will forgive mistakes, because mistakes are usually of the mind, mistakes of judgment. But people will not easily forgive the mistakes of the heart, the ill intention, the bad motives, the prideful justifying cover-up of the first mistake.”

“If I really want to improve my situation, I can work on the one thing over which I have control - myself.”

“Independent will is our capacity to act. It gives us the power to transcend our paradigms, to swim upstream, to rewrite our scripts, to act based on principle rather than reacting based on emotion or circumstance.”

“The main thing is to keep the main thing the main thing.”

“[W]isdom is the child of integrity—being integrated around principles. And integrity is the child of humility and courage. In fact, you could say that humility is the mother of all virtues because humility acknowledges that there are natural laws or principles that govern the universe. They are in charge. Pride teaches us that we are in charge. Humility teaches us to understand and live by principles, because they ultimately govern the consequences of our actions. If humility is the mother, courage is the father of wisdom. Because to truly live by these principles when they are contrary to social mores, norms and values takes enormous courage.”

“I teach people how to treat me by what I will allow.”

“It's not what happens to us, but our response to what happens to us that hurts us.”

Stephen Covey Quotes

“If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster.”

“To know and not to do is really not to know.”

“Happiness, like unhappiness, is a proactive choice.”

“Through imagination, we can visualize the uncredited worlds of potential that lie within us.”

“As long as you think the problem is out there, that very thought is the problem”

“Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.”

“At some time in your life, you probably had someone believe in you when you didn't believe in yourself.”

“People simply feel better about themselves when they're good at something.”

“I think the most significant work we'll do in our whole life, in our whole world is done within the four walls of our home.”

“Treat a man as he is and he will remain as he is. Treat a man as he can and should be and he will become as he can and should be.”

“People can't live with change if there's not a changeless core inside them.”

“The ability to subordinate an impulse to a value is the essence of the proactive person.”

“..people are working harder than ever, but because they lack clarity and vision, they aren't getting very far. They, in essence, are pushing a rope...with all of their might.”

“Habit is the intersection of knowledge (what to do), skill (how to do), and desire (want to do).”

“Love is a verb. Love – the feeling – is the fruit of love the verb or our loving actions. So love her. Sacrifice. Listen to her. Empathize. Appreciate. Affirm her.”

“Begin each day with the blueprint of my deepest values FIRMLY in mind then when challenges come, make decisions BASED on those values.”

“Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.”

Stephen Covey Quotes

“Ineffective people live day after day with unused potential.”

“Treat them all the same by treating them differently.”

“Admission of ignorance is often the first step in our education.”

“Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us.”

“My behavior is a product of my own conscious choices based on principles, rather than a product of my conditions, based on feelings.”

“To Retain those who are present, be loyal to those who are absent.”

“Our behavior is a function of our decisions, not our conditions.”

“To maintain the P/PC Balance, the balance between the golden egg (production) and the health and welfare of the goose (production capability) is often a difficult judgment call. But I suggest it is the very essence of effectiveness.”

“Don't argue for other people's weaknesses. Don't argue for your own. When you make a mistake, admit it, correct it, and learn from it / immediately.”

“We must look at the lens through we see the world, as well as the world we see, and that the lens itself shapes how we interpret the world.”

“The core of any family is what is changeless, what is going to be there—shared vision and values.”

“We can't live without eating, but we don't live to eat.”

“There's no better way to inform and expand you mind on a regular basis than to get into the habit of reading good literature.”

“Being is seeing in the human dimension.”

“But borrowing strength builds weakness.”

“How you treat the one reveals how you regard the many, because everyone is ultimately a one.”

Stephen Covey Quotes

“As you care less about what people think of you, you will care more about what others think of themselves.”

“...people have character strength but they lack communication skills, and that undoubtedly affects the quality of relationships as well.”

“If you organize your family life to spend even ten or fifteen minutes a morning reading something that connects you with these timeless principles, its almost guaranteed that you will make better choices during the day--in the family, on the job, in every dimension of life. Your thoughts will be higher. Your interactions will be more satisfying. You will have a greater perspective. You will increase that space between what happens to you and your response to it. You will be more connected to what really matters most.”

“we're responsible for our own lives.”

“When air is charged with emotions, an attempt to teach is often perceived as a form of judgment and rejection.”

“We see the world, not as it is, but as we are -- or, as we are conditioned to see it. When we open our mouths to describe what we see, we in effect describe ourselves, our perceptions, our paradigms.”

“In the space between stimulus (what happens) and how we respond, lies our freedom to choose. Ultimately, this power to choose is what defines us as human beings. We may have limited choices but we can always choose. We can choose our thoughts, emotions, moods, our words, our actions; we can choose our values and live by principles. It is the choice of acting or being acted upon.”

“All the well-meaning advice in the world won't amount to a hill of beans if we're not even addressing the real problem.”

“The reflection of the current social paradigm tells us we are largely determined by conditioning and conditions.”

“If you want to have a more pleasant, cooperative teenager, be a more understanding, emphatic, consistent, loving parent.”

“Perhaps a sense of possessing needs to come to come before a sense of genuine sharing.”

“Each of us guard a gate of change that can only be opened from the inside.”

Stephen Covey Quotes

“Involve people in the problem and work out the solution together.”

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“If you want to have a more pleasant, cooperative teenager, be a more understanding, emphatic, consistent, loving parent.”

“People can't live with change if there's not a changeless core inside them. The key to the ability to change is a changeless sense of who you are, what you are about and what you value.”

“Our problems and pain are universal and increasing, and the solutions to the problems are and always will be based upon universal, timeless, self-evident principles common to every enduring, prospering society throughout history.”

Quotes compiled from

http://www.goodreads.com/author/quotes/1538.Stephen_R_Covey?page=1