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MANAGING IMPULSIVITY

"It is easier to suppress the first desire than to satisfy all that follow it."

Benjamin Franklin

"The real art of conversation is not only to say the right thing at the right place but to leave unsaid the wrong thing at the tempting moment."

Dorothy Nevill

"The immature mind hops from one thing to another; the mature mind seeks to follow through."

Harry A. Overstreet

"Great things are not done by impulse, but by a series of small things brought together."

Vincent Van Gogh

"Speak when you're angry – and you'll make the best speech you'll ever regret."

Laurence Peter

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."

Mark Twain

"Action without study is fatal. Study without action is futile."

Mary Beard

"Think twice before you speak - and you'll find everyone talking about something else."

Francis Rodman

"No good work is ever done while the heart is hot and anxious and fretted."

Olive Schreiner

"Its better to sleep on things beforehand than to lie awake about them afterward."

Balthasar Graciare

"...goal directed self-imposed delay of gratification is perhaps the essence of emotional self-regulation: the ability to deny impulse in the service of a goal, whether it be building a business, solving an algebraic equation, or pursuing the Stanley cup."

Daniel Goleman

"Take time to deliberate; but when the time for action arrives, stop thinking and go in."

Andrew Jackson

"Look twice before you leap."

Charlotte Bronte

"I can give you a six word formula for success:
Think things through - then follow through."

Eddie Rickenbacker

"The sign of intelligent people is their ability to control emotions by the application of reason."

Marya Mannes

"Great things are not something accidental, but must certainly be willed."

Vincent van Gogh

"One of the sources of pride in being a human being is the ability to bear present frustrations in the interests of longer purposes."

Helen Merrell Lynd

"No man can think clearly when his fists are clenched."

George Jean Nathan

"Let our advance worrying become advance thinking and planning."

Winston Churchill

"Caution is the eldest child of wisdom."

Victor Hugo

"Impulse without reason is not enough, and reason without impulse is a poor makeshift."

William James

"A man has no more character than he can command in a time of crisis."

Ralph W. Sockman

"Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself. "

Robert F. Bennett, U.S. Senator

"A handful of patience is worth more than a bushel of brains."

Dutch Proverb

"Before you start up a ladder, count the rungs. "

Yiddish proverb

"The wise man thinks once before he speaks twice."

Robert Benchley

"If you are patient in one moment of anger,
you will avoid one hundred days of sorrow."

Chinese proverb

"I count him braver who overcomes his desires than him who conquers his enemies;
the hardest victory is the victory over self."

Aristotle

"The trouble with talking too fast is you may say something you haven't thought of yet."

Ann Landers

"Never be afraid to sit awhile and think."

Lorraine Hansberry

"A man is not idle because he is absorbed in thought. There is a visible labor and there is an
invisible labor."

Victor Hugo

"One cool judgment is worth a dozen hasty councils. The thing to do is to supply light and not
heat."

Woodrow Wilson

"How poor are they that have not patience! / What wound did ever heal but by degrees?"

Shakespeare (Othello)

"Genius is nothing but a great aptitude for patience."

Georges Louis Leclerc

"Everything comes gradually and at its appointed hour."

Ovid

"Learn the art of patience. Apply discipline to your thoughts when they become anxious over the outcome of a goal. Impatience breeds anxiety, fear, discouragement and failure. Patience creates confidence, decisiveness, and a rational outlook, which eventually leads to success."

Brian Adams

"All things pass ... Patience attains all it strives for."

St. Theresa of Avila

"He who hurries can not walk with dignity."

Chinese Proverb

"The cyclone derives its powers from a calm center. So does a person."

Norman Vincent Peale

I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is the victory over self."

Aristotle

"When angry, count ten, before you speak; if very angry, a hundred."

Thomas Jefferson

Source:

These quotes originally compiled by Emeritus Professor Art Costa.
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