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Dumb Little Man: 11 Inspirational Quotes That Will Supercharge Your Day

If you've read previous issues of Piping Systems' newsletter, you will know that I subscribe to the website www.dumblittleman.com. I recommend it highly. Each week they provide a handful of tips that save you money, increase your productivity, or simply keep you sane. There are over 1,700 articles of wisdom posted to their website; go there to subscribe to these tidbits of information.

I'd like to share one of their most recent articles. Notice how many quotations included that are from people you're familiar with. Do we pay more attention to something quoted from someone we know, or are their quotes an indication of their genius?

We all need a pick-me-up from time to time. And what could be better than some of the most inspirational quotes on this beautiful, blue planet of ours? There's something about inspirational and wise quotes that gets your mind churning and thinking about the positive instead of the negative. Here is the article:

I've collected 11 highly inspirational quotes below that will supercharge your day with positivity if you spend some time contemplating each and how each quote relates to your life. Even though we all live completely unique lives, there still something about quotes that speak to all of us. With all that said, let's dive right in, shall we?

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

—Mark Twain

We will always be afraid of doing new things and having new experiences, but it isn't until we do what we most fear that we truly come alive. Look back into your life when you faced and overcame your fears and did something you were scared of. It felt amazing, didn't it?

"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced."

—Vincent van Gogh

Never let yourself or anyone else say that you cannot do something. You alone determine the limitations that you set upon yourself. If you want to do something, just do it. Get rid of negative friends and destroy your inner critic that tells you that you cannot do something. You are a genius, you can do anything you want to do.

"Fall seven times, stand up eight!"

—Japanese proverb

Life is about failing and learning from your mistakes. If you want a truly happy and successful life, you have to be willing to stand up and never give up. Truly successful people are positive and they know that each failure gets them closer to their goals. Failures are nothing but mere stepping stones to success.

"To change one's life; Start immediately. Do it flamboyantly. No exceptions."

—William James

Never put off what you can do today. If you want a fulfilling and passionate life, start moving toward it, even if it means beginning by writing down what you want. Most people put off their goals because they can't see how they could reach them. What matters is not how you are going to get there, but that you're moving in the right direction every single day.

"Life is either daring adventure or nothing."

—Helen Keller

Take life by the horns, conquer your fears and live your life as a daring adventure. If you settle down and think mediocrity is good enough, you will soon regret your decision. Think about what you want to accomplish and go after it. Make the choice that you will not give up before you have it. You can make your wildest dreams come true, if you'll just have the courage to go after them.

"Realize that true happiness lies within you."

—Lucian

It is not the stuff that we have but what goes on inside that makes us truly happy. If you want to feel happy inside, start working on yourself. Begin listening to personal development audio courses. Read books. Attend seminars. Do whatever it

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piping systems inc.

32 Mill Street (Rt. 79)

P.O. Box 409

Assonet, MA 02702

TEL: 508/644-2221 • FAX: 508/644-2447

E-MAIL: psi@PipingSystemsInc.com

WEBSITE: www.PipingSystemsInc.com

Jump-Start Your Brain With Music

You can't summon inspiration with a flick of the radio dial, or a tap on your iPod. But music can set the stage for creativity. Certain types of sounds can stimulate alpha waves in your brain, which normally occur when you're close to sleep. The relaxed sensations created by alpha waves can lower your mental barriers and help you see new connections and possibilities.

Experiment with using music to spur your creative juices by remembering these guidelines:

- **Don't play music nonstop.** It may distract you when you need to focus your attention on details. You may also train yourself to tune it out. Use music when you need a boost. The best time is usually the mid-afternoon, to get through the post-lunch energy slump.
- **Choose the right music.** What's right? That depends on your own tastes, but many creative types find that classical music of the baroque style relaxes their mind and makes them more receptive to new ideas.
- **Keep your balance.** You need a variety of fast-paced and slower music, or your brain will get tired quickly. Choose music you're familiar with, so you can pay attention to it without being unable to do other things. It should be rhythmic but not too repetitive, so your mind can wander freely.
- **Be patient.** Just turning on a song won't instantly turn you into a genius. Feed your mind in other ways, with art, games, and sufficient rest so you're ready and able to be creative when the time is right.



Key To Success: Showing Up On Time

Are you always running late? Maybe you're legitimately busy, but sometimes chronic lateness springs from other factors. The danger is that being late all the time will give you a reputation for being undependable and/or careless.

Take better control of your time by considering these psychological causes behind being constantly behind schedule:

- **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. The problem is, important people like customers and your boss don't like it. Remind yourself that other people's time is important, too.
- **Validation.** Being busy can be one measure of success—"Look at all the customers/projects/important tasks I've got to do!" But if you overextend yourself, you'll burn out. Teach yourself to track other metrics that don't overwhelm your day.
- **Anger.** Sometimes we "punish" people by forcing them to waste time waiting for us. This rarely solves any problems and may exacerbate them. If you've got an issue, talk it out openly. You'll both save a lot of time.

Zig's Words Of Wisdom

Motivational writer and speaker Zig Ziglar has a lot to say, and his words have inspired thousands of people to reach for and achieve their dreams. Here's a selection of some of his most powerful quotes:

- "You can have everything in life that you want if you will just help enough other people get what they want."
- "The greatest good we can do for others is not just to share our riches with them, but to reveal theirs."
- "Your attitude, not your aptitude, will determine your altitude."
- "Every choice you make has an end result."
- "If you learn from defeat, you haven't really lost."
- "If you wait until all the lights are green before you leave home, you'll never get started on your trip to the top."
- "Sometimes adversity is what you need to face in order to become successful."

Free Up Your Schedule

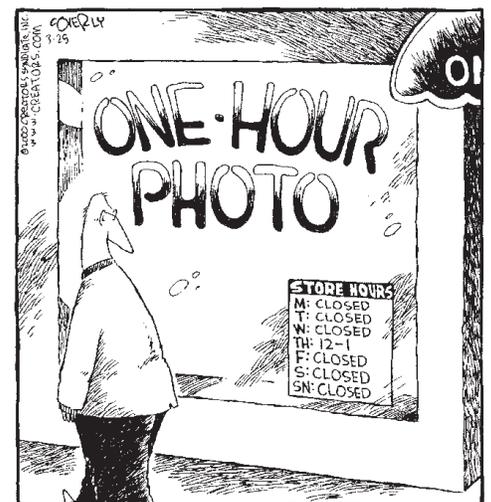
Managing your time better is often a matter of identifying the tasks you don't really need to do.

Here's one approach: Write up a list of everything you do during the day. Then analyze your list by asking: "Who could take care of this if I got sick?" This will help you identify both the chores you can delegate and the workers capable of taking them on.

You'll simplify your life, and your team will get added experience and responsibility.

SPEED BUMP

Dave Coverly



The Best Managers Are Effective Coaches

A key responsibility of every manager is helping employees develop and learn. It's a challenge that calls for coaching that's active and involved. Here are five tips to help you develop solid coaching skills:

1. **Delivery is as important as the message.** Before you shoot off some constructive feedback, ask yourself whether your attitude is oriented toward problem-solving or punishment. You need to give feedback that's geared toward getting positive results, not demoralizing your people.
2. **Tailor your coaching to the individual employee's style.** People learn in various ways. Some prefer hands-on experience, whereas others focus on visual learning, for example, by reading a book. When you coach, take a minute to adjust your message to fit the person's learning style and level of experience.
3. **Coaching takes time and patience.** Sometimes you may feel too busy to provide more than a cursory answer to a question asked by an employee. But the expedient approach may cut you off from valuable information and create problems in the future. Sometimes making a little more effort to help and encourage an employee goes a long way in developing more-productive workers.
4. **Explore the options.** Providing solutions to problems is easy, but exploring the possibilities is much more effective. The process of analyzing problems and solutions teaches workers critical thinking, consequences, creativity, and cost-benefit analysis. When employees are faced with problems or difficult tasks, coax out the solutions by asking open-ended questions.
5. **Coaches copy the best coaches.** Find good coaches, inside your industry and in other areas, to learn from and emulate. Apply what you observe to your workplace.

Can You Trust That E-Mail?

E-mail is quicker and more informal than regular mail—and maybe less trustworthy. The *Journal of Applied Psychology* has published a study observing that people are 50% more likely to lie in an e-mail than when writing letters or notes by hand. This is in line with other research showing that people are more likely to lie in text messages than when talking in person or on the phone.

Most people apparently think of e-mail as a conversation, not a stand-in for an enduring document like a letter, creating a sense of impermanence that makes fibbing a little easier—even when they're not offering to cut you in on a payment of \$20 million from an overseas bank account.

Practice The Positive Values Of Inspiration

Creativity isn't just a process. It's a value. To become more creative, you have to accept the beliefs and practice the behaviors that help creativity to flourish. For a more inspired and creative life, here are a few of the values you should live:

- **A sense of wonder.** Don't take a cynical, seen-it-all attitude. Pretend you're a child experiencing everything in life for the first time. Ask questions about the world around you.
- **Pursuit of ideas.** Don't hold back. As soon as you feel a spark of interest in something, regardless of how "practical" it seems, let yourself go with it. Follow your ideas wherever they take you.
- **Courage.** You've got to be fearless and not worry about what others may think. Don't try to be like everyone else. Take your own approach, whatever you're doing.
- **Patience.** You can't hurry creativity, so take time to ponder your ideas. Sit down, relax, have a cup of tea, and think things over. That's usually how the best ideas bloom.



Since the turn of the 21st century, how many times has the U.S. first-class postal rate increased?

Trivial Matters

- 1) Since the turn of the 21st century, how many times has the U.S. first-class postal rate increased?
 - a) 2 times
 - b) 4 times
 - c) 6 times
 - d) 11 times
- 2) Which Knight of the Round Table has a pure heart that gave him the strength of 10 men?
 - a) Sir Galahad
 - b) Sir Percival
 - c) Sir Gawain
 - d) Sir Lancelot
- 3) Which is the most commonly used five-letter word in the English language?
 - a) which
 - b) these
 - c) where
 - d) would
- 4) Which is the westernmost nation in Europe?
 - a) Portugal
 - b) Ireland
 - c) Iceland
 - d) Norway
- 5) Which of these weight measurements is the heaviest?
 - a) kilogram
 - b) stone
 - c) hundredweight
 - d) short ton

Answers: 1) c (The rate has increased from 33 cents to 44 cents in that span.) 2) a 3) a 4) c 5) d

Supercharge Your Day... continued from page 1

takes to increase the happiness you feel inside. You cannot control anything outside of yourself, so you might as well start with what you can control, which are the thoughts you think.

"We are not human beings having a spiritual experience. We are spiritual beings having a human experience"

—Pierre Teilhard de Chardin

You are here for a reason. We all came to this planet to contribute as human beings. Most people forget who they truly are, and end up thinking that this life is all there is to it. Never forget who you are and the amazing things you are capable of. You have gifts to share. Discover what they are and share them with the world.

"Your work is to discover your work and then, with all your heart, to give yourself to it."

—Buddha

You may not know what your purpose or passion is, but you can find out. It isn't until people become determined to find and go after their passions that they become truly great. When you've finished reading this article, make sure you find your passion in life and start moving toward it as fast as you possibly can. One step at a time will get you there if you take consistent action.

"You can have anything you want if you are willing to give up the belief that you can't have it."

—Robert Anthony

Most blame external circumstances when it is they who hold themselves back from success, prosperity, and happiness in life.

If you want success, start by eliminating the negative beliefs you have about yourself. You have the choice between feeling happy or unhappy. What do you choose?

"There is no man living that can not do more than he thinks he can."
—Henry Ford

There's a reason why most of these quotes focus on what we think and believe about ourselves. The thoughts we think shape our reality. Successful and happy people are those that are positive and always thinking about solutions instead of problems.

"The best way to predict the future is to create it."

—Dr. Forrest C. Shaklee

It's time to take control of your destiny and think about what you truly want. Are you in a job you love? Is your life heading in the direction you want? Is your body in great shape? Is your health where you want it to be? Everything you do shapes your future, so make sure you're creating the future you want. Remember, for those of you that just read something and thought, "AH HA! Awesome point," the key is to do something with it. Even if it's a small, somewhat silly, step forward, something is something.

Written on 4/24/2011 by Henri Junttila. Henri writes at Wake Up Cloud, where he shares his personal tips on how you can live the life you know you deserve. When you feel ready to take action, get his free course, "Find Your Passion in 5 Days or Less." And if you liked this article, you will enjoy one of his top articles, "77 Great Quotes That Will Change Your Life."



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Visit us online today at www.PipingSystemsInc.com



32 Mill Street (Rt. 79)
P.O. Box 409
Assonet, MA 02702

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