

# Dream-Build-Share

Wisdom of Friends Podcast Show  
Hosted by - Kal Aras

Wisdom of Friends is a podcast show where I interview fascinating and eclectic people in our community who are living extraordinary lives, capture and share their wisdom and get to know them better, celebrate their life, their journey, their goals, their struggles, their aspirations, their values, their philosophy on life and success, their message and their contribution

Think Global, Act Local

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- ◆ “Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth that ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.” - Goethe

- ◆ “Whatever the mind can conceive and believe, it can achieve.” — Napoleon Hill, Think and Grow Rich

" i am just an ordinary man with below ordinary capabilities...i don't have even a shadow of doubt that any man or woman can do whatever i have done if he or she works with devotion and perseverance.." -

Gandhi

"Everything you've ever done prepares you for all that you can do and be. Once you clarify your purpose for doing something, the way to do it becomes clear." - Oprah

"The reasonable man adapts himself to the world:  
the unreasonable one persists in trying to adapt the  
world to himself. Therefore all progress depends on  
the unreasonable man."

— George Bernard Shaw, *Man and Superman*

"Do the thing you fear the most, and the death of fear is certain" - Franklin Roosevelt

"Health is the crown on a well person's head that only an ill person can see" ~ Robin Sharma

"He who sweats more in training; bleeds less in war" ~  
Spartan

"When you were born, you cried and the world rejoiced. Live your life in such a way that when you die the world cries and you rejoice."

\_ Robin Sharma



“When you are grateful, fear disappears and  
abundance appears  
~ Anthony Robbins

"The Master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his education and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence in whatever he does, leaving others to decide whether he is working or playing. To him he is always doing both." -Zen Philosophy

There are three motives for which we live; we live for the body, we live for the mind, we live for the soul. No one of these is better or holier than the other; all are alike desirable, and no one of the three -- body, mind, or soul -- can live fully if either of the others is cut short of full life and expression. It is not right or noble to live only for the soul and deny mind or body; and it is wrong to live for the intellect and deny body or soul.