

Bill Crawford Quotes

*Want, Past, People, Mind, Keys, Giving, Choices, Stress, Important, Problem,
Brain, Way, Creating, Worry, Two, Quality, Successful, Purpose, Meaningful,
Children*

Courage isn't the absence of fear, but a decision that what we want is more important than what we are afraid of.

~Bill Crawford

Selfish is caring for ourselves at others' expense ... Self-care is taking care of ourselves so that we can be there for others.

~Bill Crawford

The journey of life is both too short and too precious to be sidetracked by guilt trips.

~Bill Crawford

Until we become clear about our own worth and value, we will forever be searching for it in the eyes of others.

~Bill Crawford

The way to encourage people to be accountable is to engage the responsible, accountable, trustworthy part of their brain.

~Bill Crawford

When we take care of ourselves like we would take care of someone we love, the quality of our living and our giving goes up.

~Bill Crawford

Regardless of the problem, as long as our solution requires someone else to change, we will never know the power and promise of self-determination.

~Bill Crawford

As long as we define stress as how some person or situation is making us feel, we will have to change the world around us to find peace of mind.

~Bill Crawford

Stress is an indicator of our belief in the value and validity of our worries and fears.

~Bill Crawford

Never define people or situations in terms of their effect on you, unless you want to give them the power to make you feel that way.

~Bill Crawford

In our lives, we can either be a reflection of the world around us . . . or a beam that enlightens the lives of others.

~Bill Crawford

Serenity is not just an escape, but a precursor to acceptance, courage, wisdom, and change.

~Bill Crawford

The act of giving is simply a behavior, and the gift merely a symbol. It is the energy behind both that will determine their impact on our lives.

~Bill Crawford

Sleep is simply a chemical change in our brain and body (melatonin) - It's not a place we go, it is a state of being that we fall into.

~Bill Crawford

The problem with lethargy is that doing nothing validates the fear that nothing can be done.

~Bill Crawford

Many of us go from being taken care of as children to taking care of others as adults. Shouldn't there be a time when we learn to take care of ourselves?

~Bill Crawford

When we engage people positively, we create a receptive platform for

the ideas and information we wish to communicate.

~Bill Crawford

Creating a meaningful life has less to do with how we feel about our past than what we do about our future.

~Bill Crawford

There are only three things we 'have to' do in this world we have to be born, we have to die, and we have to live until we die. Everything else is a choice!

~Bill Crawford

To change any aspect of our life we must be willing to change our mind... Unfortunately, that is the one thing most people are the least willing to do.

~Bill Crawford

Problems occur when we tie our peace of mind to another's state of mind.

~Bill Crawford

Nothing will sabotage our happiness and success more thoroughly than the fear that we are not enough.

~Bill Crawford

The problem with righteous indignation is that even when you're right, you're still left feeling indignant.

~Bill Crawford

One key to successful relationships is learning to say "no" without guilt, so that you can say "yes" without resentment.

~Bill Crawford

To understand ourselves, we must understand our "selves," or the parts of

us that motivate our thoughts, decisions, and behaviors.

~Bill Crawford

You never want to tie your responsibility to another's irresponsibility.

~Bill Crawford

What we feed our mind becomes the material with which we build our life.

~Bill Crawford

Sometimes our ability to accept what we can't change is tied to our willingness to change what we can.

~Bill Crawford

We can't always choose how we feel. We can, however, choose what we do about it, which ironically can change how we feel!

~Bill Crawford

A meaningful life is composed of a series of meaningful moments. If this is what we want, then the ability to infuse each moment with meaning would seem to be a skill worth practicing.

~Bill Crawford

Our success and happiness depends not on simply knowing where we stand, but in where we are wanting to go.

~Bill Crawford

To be influential in our conversations, we must first be aware of two things, (1) what do we want to bring to the conversation and (2) what do we want to bring out in others.

~Bill Crawford

Worry, shame, and fear can't be the energy with which we deal with food and weight. It only spurs us to eat more food and produce more

glucose/sugar which gets stored as fat.

~Bill Crawford

Never define yourself in terms of how you are negatively affected by others.

~Bill Crawford

The past exists not as a factual recounting of what happened, but as an experience that we are constantly recreating in our mind which means we CAN change the past!

~Bill Crawford

The cooperative, creative, and flexible parts of your children reside in the joyful part of their brain.

~Bill Crawford

Remembering the past should help you create a purposeful future, not cause you to be afraid of it.

~Bill Crawford

If you want to change your life, you must change your mind and change your brain? on purpose.

~Bill Crawford

A relationship is like life. It isn't a process of preservation, but of change and growth. Unless you grow and change together, you will change ... and grow apart.

~Bill Crawford

Life is not a means to an end but a series of experiences. Are you creating your series 'on purpose' ?

~Bill Crawford

Never make your highest purpose, or the most important thing in your

life something that is outside of your control.

~Bill Crawford

To influence others, we must know what is influencing them... and they must know that we get it.

~Bill Crawford

Love will keep us safe when we commit to choosing the kind of qualities, characteristics, and relationships that we would recommend to someone we love.

~Bill Crawford

Want to change your experience of life? Change the problem to the practice field.

~Bill Crawford

When we take no responsibility for any aspect of our past, we limit our ability to respond in the present and the future.

~Bill Crawford

The difference between self-confidence and conceit is as simple as love and fear. Jesus was self-confident ... Hitler was afraid.

~Bill Crawford

Fear of feeling bad rarely makes one feel good.

~Bill Crawford

Let's not let our fear of dementia deepen our fear of dementia.

~Bill Crawford

Many people would rather be certain of their worries and fears, than risk the uncertainty of hope and optimism.

~Bill Crawford

In order to become more influential with those who are resistant to our point of view, we must be willing to start with what is influencing them.

~Bill Crawford

Mistakes are just 'mis-takes,' or an action that we took that missed.

~Bill Crawford

You can't fight fire with fire, or fear with fear.

~Bill Crawford

It's not simply what we feel, but what we feed, that determines what we do and how we live.

~Bill Crawford

Trusting fear, while fearing trust and happiness often creates a less than happy life.

~Bill Crawford

Nothing destroys a relationship quicker than our fears of inadequacy and loss.

~Bill Crawford

When the question is either/or, the answer is almost always both/and.

~Bill Crawford

The key to self-confidence is knowing that you would choose you... and why. In this way the chosen becomes the chooser, and love versus fear becomes the energy of choice.

~Bill Crawford

Becoming critical in the face of criticism, only inspires more criticism.

~Bill Crawford

The key to changing our past, present, and future is to create our piece

of the PIE (our Perceptions, Interpretations, & Expectations) on purpose.

~Bill Crawford

Autonomy, Purpose, & Mastery: If you are having difficulty creating the life you want, chances are one or more of these are missing.

~Bill Crawford

The most powerful times in our lives can be the time between times, or life's transitions that give us the opportunity to choose.

~Bill Crawford

Holding on to painful images of the past in order to avoid painful experiences in the future serves only to color the present with pain.

~Bill Crawford

One barrier to being a great parent is the mistaken belief that we are raising kids.

~Bill Crawford

Holding on to anger is like grasping a hot coal while blaming our misery on the person who started the fire.

~Bill Crawford

Realistic optimism allows us to experience the best until we have to deal with the worst ... which often, never comes.

~Bill Crawford

You can't use anxiety to deal with your anxiety it only makes you more anxious.

~Bill Crawford

When 'Being Rushed' is the problem . . . Rushing is never the solution.

~Bill Crawford

You can't 'cope with' change anymore than you can 'manage' stress.

~Bill Crawford

As we interact with others, we can either be a person who is bringing out their best or pointing out their worst. Regardless, however, our choice is always more information about us than them.

~Bill Crawford

To find the true cause of how you think and feel, find the 'sponsoring thought' that created the interpretation that created your experience of life.

~Bill Crawford

One key to success is knowing the difference between knowledge and wisdom. One is information from the past while the other is the key to the future.

~Bill Crawford

There are two ways to make someone important in our lives ... we can either love them or hate them.

~Bill Crawford

When our worries and fears just don't make sense, it's possible we are trusting the part of the brain that doesn't make sense... it just reacts.

~Bill Crawford

Meaning isn't something we discover, it is what we bring to life, either by choice or by chance.

~Bill Crawford

The true measure of our belief in the validity of our values is our willingness to act upon them.

~Bill Crawford

When a loving, meaningful experience is our goal, we must trust an energy that is congruent with that goal as our guide along the way. Bottom line, trust love over fear if love is what you're after.

~Bill Crawford

But if your work is your art, a personal reflection of who you are, the only person who can do that better than you, is a future you.

~Bill Crawford

Regardless of what is being discussed . . . the issue is never more important than the quality of the interaction.

~Bill Crawford

When our purpose becomes avoidance, our life becomes a void.

~Bill Crawford

We limit our success when we mistake the limits of our perception for reality.

~Bill Crawford

True 'magic' is simply the ability to transcend what seems to be and, thus, transform one's experience. Maybe we could all use a little 'Harry Potter' in our lives.

~Bill Crawford

Peace of Mind? Don't leave home (or go home) without it.

~Bill Crawford

Sometimes knowing what to do is knowing when to stop.

~Bill Crawford

Children don't know that they are lovable until they are loved. They need to see it in our eyes before they can accept it in their hearts.

~Bill Crawford

The most successful form of correction is when the "other" feels informed versus chastised.

~Bill Crawford

Just because we have a thought, doesn't mean it is a thought worth having.

~Bill Crawford

When people feel criticized, they almost always defend the behavior you want them to change.

~Bill Crawford

Living exclusively in the land of the head or the heart will always be a limiting, limited experience. The most successful among us have dual citizenship.

~Bill Crawford

There's no such thing as a 'stressful' situation.

~Bill Crawford

Change isn't about what you are stopping... it's about what you are starting.

~Bill Crawford

To spank or not to spank isn't the question the question is whether whether we are teaching a quality we want our kids to have as adults?

~Bill Crawford

Trust is simply a set of expectations about the present and the future. The key is to ensure that these are chosen and evaluated based upon awareness versus fear.

~Bill Crawford

Nothing is meaningless it's how we assign meaning to the past that

determines how we experience the present, and future.

~Bill Crawford

One key to creating a meaningful life, is choosing what we want to feel, and for how long.

~Bill Crawford

The key to being with family is to engage with those we love in a way we would teach to those we love.

~Bill Crawford

How do you keep people from jerking your chain? Don't give your chain to jerks!

~Bill Crawford

To truly be of service to others, we must first serve the server. The ability to bring an enlightened presence to those in need is the ability to light a candle without burning ourselves out.

~Bill Crawford

Change isn't always easy, but with purposeful practice, any old habit can be replaced with a way of being we would recommend to those we love.

~Bill Crawford

Leaders should interact with everyone in their organization as if the interaction is being recorded and will be used as a training film on how to treat colleagues, coworkers, and customers.

~Bill Crawford

There are two ways to look at most problems... 'Oh Crap!' or, 'Good Information!,' and our choice will give us good information on how to deal with problems in the future.

~Bill Crawford

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