

Tom Rath Quotes

*People, Talent, Needs, Energy, Long, Thinking, Growth, Stress, Want,
Important, Leader, Cancer, Cubicles, Jobs, Skills, Quality, May, Disease, Action,
Sacrifice*

If you want people to understand that you value their contributions and that they are important, the recognition and praise you provide must have meaning that is specific to each individual.

~Tom Rath

If you spend your life trying to be good at everything, you will never be great at anything.

~Tom Rath

One's single greatest strength may be uncovering the hidden talents of another person.

~Tom Rath

You cannot be anything you want to be - but you can be a whole lot more of who you already are.

~Tom Rath

Make work a purpose, not just a place.

~Tom Rath

People have several times more potential for growth when they invest energy in developing their strengths instead of correcting their deficiencies.

~Tom Rath

When we build on our strengths and daily successes â€” instead of focusing on failures â€” we simply learn more.

~Tom Rath

The things that change people's lives are usually an accumulation of small acts.

~Tom Rath

Exercise is not enough. Working out three times a week is not enough.

Being active throughout the day is what keeps you healthy.

~Tom Rath

I first found out I had cancer on my eye and lost an eye to this disease when I was 16, and I've since had cancer in my kidneys and pancreas and a host of other areas.

~Tom Rath

The pursuit of meaning, not happiness, is what makes life worthwhile.

~Tom Rath

From the cradle to the cubicle, we devote more time to our shortcomings than to our strengths.

~Tom Rath

If we can find short-term incentives that are consistent with our long-term objectives, it is much easier to make the right decisions in the moment.

~Tom Rath

When we're able to put most of our energy into developing our natural talents, extraordinary room for growth exists

~Tom Rath

Making better choices takes work. There is a daily give and take, but it is worth the effort.

~Tom Rath

Perhaps the ultimate test of a leader is not what you are able to do in the here and now - but instead what continues to grow long after you're gone

~Tom Rath

Far too many people spend a lifetime headed in the wrong direction.

They go not only from the cradle to the cubicle, but then to the casket, without uncovering their greatest talents and potential.

~Tom Rath

Followers have a very clear picture of what they want and need from the most influential leaders in their lives: trust, compassion, stability, and hope.

~Tom Rath

The absence of high-quality friendships is bad for your health, spirits, productivity, and longevity.

~Tom Rath

If you want to improve your life and the lives of those around you, you must take action.

~Tom Rath

Even if people just change two or three things that they are able to sustain over time, it makes quite a difference eventually.

~Tom Rath

Its tempting to work more than 60 hours a week and sacrifice sleep, not move, and eat bad foods as they are convenient. But this comes with a cost.

~Tom Rath

Although individuals need not be well-rounded, teams should be.

~Tom Rath

Every human being has talents that are just waiting to be uncovered.

~Tom Rath

When you ask people what affects their wellbeing most, they think of health and wealth.

~Tom Rath

Figure out what you really love doing and use your strengths on a daily basis.

~Tom Rath

Clearly, there aren't enough positive moments or interactions happening in the workplace. As a result, our economy suffers, companies suffer, and individual relationships suffer.

~Tom Rath

When we can see an immediate payoff, we are more likely to change our behavior in the moment. This aligns our daily actions with our long-term interests.

~Tom Rath

Every hour you spend on your rear end ... saps your energy and ruins your health.

~Tom Rath

The vast knowledge we have to prevent cancer, heart disease, and other chronic illnesses is staggering.

~Tom Rath

Every day, I read about new ideas and research that could help someone I care about live a longer and healthier life.

~Tom Rath

Spending on oneself does not boost wellbeing. However, spending money on others does -- and it appears to be as important to people's happiness as the total amount of money they make.

~Tom Rath

Most people perceive their occupation as being a detriment to their

overall wellbeing.

~Tom Rath

What works for one persons needs is almost always very different from the next.

~Tom Rath

At its fundamentally flawed core, the aim of almost any learning program is to help us become who we are not.

~Tom Rath

Doing for others may be the only way to create lasting well-being.

~Tom Rath

Positive words are the glue that holds relationships together.

~Tom Rath

There will be plenty of blame to go around but if you take credit for the sunshine, you also get blamed for the rain.

~Tom Rath

When I was in kindergarten, I entered a competition and read 52 books in a week.

~Tom Rath

The most successful people start with dominant talentâ€™”and then add skills, knowledge, and practice to the mix. When they do this, the raw talent actually serves as a multiplier.

~Tom Rath

The quickest way to be a little bit happier and more engaged in your job is to spend some time thinking about developing closer friendships.

~Tom Rath

Buying experience such as going out to dinner or taking a vacation increases our own wellbeing and the wellbeing of others. Experiences last while material purchases fade.

~Tom Rath

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