

Inspiration to Change the World





I hope this book inspires you to believe that **“You Can Change the World.”** Imagine if all of us accepted this privileged role and began to act.

Warmest regards,

David Santulli
Founder & Director

Dedicated to

> All the people who strive to make a better world.

May this inspiration fuel your passion.

> All the people who question their ability to make a difference.

May this inspiration ignite your determination to serve the world.

Before we can make our world a better place and solve all the surmountable problems which exist (and they are surmountable), we need to pull together. We need to unite. We need to recognize that global problems require global solutions and that global solutions demand global solidarity.

How can we solve global warming if only some of us take part? How can we address global disasters as a globally disconnected world? How can we avert clashes of civilizations, extinguish the cultural mistrust, fear, and hatred which lead to global terrorism and bridge deepening cultural divides if only some sides are present? How can we find true economic prosperity and social justice when so many are left behind?

It takes a community to make a better world—a global community—a community beyond borders. So, one of our first steps must be a step towards fostering global community. But what does a global community—a truly united planet— look like and who should be a part of it?

Every individual—every living being—deserves a place of honor. It is a community in which people care for, understand, respect and appreciate each other for who they are and how they are different. It is a world in which people take an active role to contribute and to serve—to leave their world better than they found it. It is a world of active, engaged, and responsible global citizens who value their allegiance not only to their countries, but also—and perhaps more strongly—to their world. It is a community empowered to address global concerns through global understanding, cooperation, and teamwork.

How do we build this global citizen corps and forge this global community—a community beyond borders?

We inspire the young, the old, and the jaded. We introduce our own human diversity as an essential strength instead of a regretful weakness. We ignite global curiosity by demonstrating the wonders of our diverse cultural heritage and the beauty of our earth. We raise awareness for the challenges faced by others in distant parts of the world and nurture abstract sympathy for the plight of people we can't see, talk to, or hear—people we will most likely never know. We instill a belief that each one of us—no matter how small—can make a difference to bring the world closer together.

There are many paths up a steep mountain. Each path attracts different climbers, but all lead to the summit. If we are all pointed in the right direction, we will find the way. If we inspire a dual allegiance to country and to world—we will cultivate and share a common dream for a United Planet. We will construct a bridge to peace, a common human heritage, and an earth peacefully shared. We are all dual citizens—Citizens of the World and Citizens of our own Countries.

About United Planet

United Planet (UP) is an international non-profit organization striving to create a world in which all people understand, respect, and support one another. United Planet's global network of leaders and volunteers fosters cross-cultural understanding and addresses shared challenges to unite the world in a community beyond borders. The underlying principle of our programs is the concept of Relational Diplomacy – recognizing that the relationship between people of diverse backgrounds is the basic building block for uniting the world.

United Planet's innovative programs are designed to expose our common human bonds and foster respect and appreciation for our cultural, racial, and religious diversity, while improving and enriching lives worldwide. All the people of the world are invited to join United Planet's membership in "a community beyond borders."

What We Do

United Planet offers a strategic range of international, local, and online programs to unite a diverse world.

International Programs

Quest - Through local partnerships, Quests provide meaningful volunteer experiences and support for communities in need in over 40 countries. In doing so, United Planet empowers people of all ages to form genuine cross-cultural relationships while making a direct impact on the world. Programs include: Short-Term Quests (1 to 12 weeks) and Long-Term Quests (6 months to 1 year). Volunteers can participate as individuals or in groups.

Local Community Building

Cultural Awareness Project (CAP) - CAP draws on the diversity of cultures and international experience that exists within local communities. By providing opportunities for people to come together and learn from each other's experiences and backgrounds, CAP promotes global understanding on a local level.

Ambassador Clubs - UP Ambassador Clubs inspire leadership, civic engagement, and international cooperation and empower people of all ages to become catalysts for change. This program places the tools for change in the hands of empowered global citizens at school and community clubs around the world.

Community Development Projects - In partnership with local NGOs, United Planet undertakes sustainable projects that provide support for communities in need. For instance, UP and its partner in Guatemala, a shelter for abused women and their children, opened a Laundromat that brings in necessary revenue for the shelter, while financially empowering the women who reside there.

United Planet Day - Brings together diverse populations within the local community to both share and celebrate their own cultural differences in order to foster understanding, friendship, and cooperation. United Planet Day falls on the Autumn Equinox- a day on which the sun shines equally on all people on Earth.

Online Programs

Voices of Earth Community - Voices of Earth, UP Forum, UP Blogs, and UP Videos draw on the power of online technology, allowing people from every corner of the world to communicate and connect with the click of a mouse.

How You Can Help

Read this book, get inspired, and help change the world. You can make a difference through many of United Planet's programs.

All proceeds from this book support United Planet projects worldwide. You can make a difference right now by inspiring others to make a difference.

Share this book. Share the inspiration.

To learn more about United Planet, visit www.unitedplanet.org or contact us at:

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**Individually, we are one drop.
Together, we are an ocean.**

Ryunosuke Satoro



**I am not bound to win but I am bound to be true.
I am not bound to succeed but I am bound to live up
to what light I have.**

**I must stand with anybody that stands right:
stand with him while he is right
and part with him when he goes wrong.**

Abraham Lincoln

**You judge a person like you judge an apple tree,
by the fruit it produces.**

Abraham Maslow



**In the depths of winter I finally learned
that within me there lay an invincible summer.**

Albert Camus

**Your imagination is your preview of life's
coming attractions.**

Albert Einstein

**Experience is not what happens to you;
it is what you do with what happens to you.**

Aldous Huxley

**We don't see things as they are,
we see things as we are.**

Anais Nin

**Zigong asked: "Is there any single word
that could guide one's entire life?"**

The Master said: "Should it not be reciprocity?

**What you do not wish for yourself,
do not do to others."**

The Analects of Confucius, 15.24

One man with courage makes a majority.

Andrew Jackson

**They always say that time changes things,
but you actually have to change them yourself.**

Andy Warhol

Man is what he believes.

Anton Chekhov

We are what we repeatedly do.

Excellence, then, is not an act, but a habit.

Aristotle

**Do not seek to follow in the footsteps
of the men of old; seek what they sought.**

Basho

**He who controls his mind and has cut off
desire and anger realizes the Self.**

The Bhagavad Gita

**A man is a success if he gets up
in the morning and goes to bed at night
and in between does what he wants to do.**

Bob Dylan

**I have seen what a laugh can do.
It can transform almost unbearable tears
into something bearable, even hopeful.**

Bob Hope





**We are what we think.
All that we are arises with our thoughts.
With our thoughts we make the world.**

Buddha

**No one is useless in this world
who lightens the burdens of another.**

Charles Dickens

I was given life that I might enjoy all things.

A prayer of an unknown Confederate soldier

**Compassion is the most wonderful
and precious thing.**

His Holiness The Dalai Lama

**You can conquer almost any fear if you will only
make up your mind to do so. For remember, fear
doesn't exist anywhere except in the mind.**

Dale Carnegie

He who would leap high must take a long run.

Danish Proverb



Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have strength to stare it down.

Eleanor Roosevelt

The truth dazzles gradually, or else the world would be blind.

Emily Dickinson



He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has.

Epictetus

The main hope of a nation lies in the proper education of its youth.

Erasmus

A wise man will make more opportunities than he finds.

Francis Bacon

There is more to life than increasing its speed.

Gandhi

Get beyond love and grief; exist for the good of man.

Ha Gakure

All the world is full of suffering, it is also full of overcoming it.

Helen Keller



**I know of no more encouraging fact
than the unquestionable ability of man
to elevate his life by conscious endeavor.**

Henry David Thoreau

**Perseverance is a great element of success.
If you only knock long enough and loud enough
at the gate, you are sure to wake up somebody.**

Henry Wadsworth Longfellow

**I wanted only to try to live in accord with the
promptings which came from my true self.
Why was that so very difficult?**

Hermann Hesse, Demian

The meaning of life is to see.

Hui-neng

**When the way comes to an end,
then change- having changed, you pass through.**

I Ching

You cannot shake hands with a clenched fist.

Indira Gandhi



It shouldn't be difficult for anyone to resist the temptation to force himself into a pattern of being average. One needs only to remember that a groove may be safe- but as one wears away at it, the groove becomes first a rut and finally a grave.

J. Paul Getty

Life is not a spectator sport.... If you're going to spend your whole life in the grandstands just watching what goes on, in my opinion you're wasting your life.

Jackie Robinson

**Vision without action is a daydream.
Vision without vision is a nightmare.**

Japanese Proverb

**The deed is everything,
The glory is naught.**

Johann Wolfgang von Goethe

Who dares nothing, need hope for nothing.

Johann Von Schiller

To live in one land is captivity.

John Donne

**One day's exposure to mountains
is better than cartloads of books**

John Muir

**I do not think there is any other quality so essential
to success of any kind as the quality of perseverance.**

John D. Rockefeller

**Our most basic common link is that we all inhabit
this planet. We all breathe the same air. We all
cherish our children's future. And we are all mortal.**

John F. Kennedy

**If you go as far as you can see,
you will then see enough to go even farther.**

John Wooden

**It was in my heart to help a little
because I was helped much.**

Khalil Gibran





Just as a white summer cloud, in harmony with heaven and earth freely floats in the blue sky from horizon to horizon following the breath of the atmosphere- in the same way the pilgrim abandons himself to the breath of the greater life that... leads him beyond the farthest horizons to an aim which is already present within him, though yet hidden from his sight.

Lama Govinda, The Way of White Clouds

Respond intelligently even to unintelligent treatment.

Lao-Tzu

The sole meaning of life is to serve humanity.

Leo Tolstoy

Chance favors the prepared mind.

Louis Pasteur

Life is not easy for any of us. But what of that?

We must have perseverance and above all, confidence in ourselves.

We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.

Marie Curie



**Turn your face to the sun
and the shadows fall behind you.**

Maori Proverb

**The only real voyage of discovery consists not
in seeking new landscapes but in having new eyes.**

Marcel Proust

**Never doubt that a small group of thoughtful
committed citizens can change the world.
Indeed, it's the only thing that ever has.**

Margaret Mead

**The man who does not read good books has no
advantage over the man who cannot read them.**

Mark Twain

**An individual has not started living until he can rise
above the narrow confines of individualistic concerns
to the broader concerns of all humanity.**

Martin Luther King

**Either men will learn to live like brothers,
or they will die like beasts.**

Max Lerner



**If you don't like something, change it.
If you can't change it, change your attitude.
Don't complain.**

Maya Angelou

Friendship is one mind in two bodies.

Mencius

**The marble not yet carved can hold the form
of every thought the greatest artist ever has.**

Michelangelo

You always pass failure on the way to success.

Mickey Rooney

**I know fear is an obstacle for some people,
but it's an illusion to me.**

Michael Jordan

Only those who do nothing never make mistakes.

Mikhail Gorbachev

We cannot do great things.

We can only do little things with great love.

Mother Teresa



**As you go the way of life you will see a great chasm.
Jump. It is not as wide as you think.**

Native American Proverb

**Let a series of happy thoughts run through your mind.
They will show on your face.**

Norman Vincent Peale

**What lies behind us and what lies before us
are tiny matters compared to what lies within us.**

Oliver Wendell Holmes

**Don't give them what they want.
Give them what they never thought possible.**

Orson Welles

**The true mystery of the world is the visible,
not the invisible.**

Oscar Wilde

When I work, I relax; doing nothing makes me tired.

Pablo Picasso

**Never compare yourself with anybody else.
You are what you are.**

Nobody is like you.

Nobody can act your part as you can.

Paramabansa Yogananda

**Be kind, for everyone you meet
is fighting a hard battle.**

Plato

Observation, not old age, brings wisdom.

Publilius Syrus

**Choose always the way that seems the best,
however rough it may be, custom will soon
render it easy and agreeable.**

Pythagoras

**First say to yourself what you would be:
and then do what you have to do.**

Ralph Waldo Emerson

**Most people look around and ask 'why'?
I ask 'why not'?**

Robert Kennedy





**Keep your fears to yourself,
but share your courage with others.**

Robert Louis Stevenson

**Extend a hand whether or not
you know it will be grasped.**

Ryunosuke Satoro

**Life is like playing a violin in public and
learning the instrument as one goes along.**

Samuel Butler

**Our mind should be free from traces
of the past, just like the flowers of spring.**

Shunryu Suzuki

Anger is the only thing to put off till tomorrow.

Slovakian Proverb

**I am not an Athenian or a Greek,
but a citizen of the world.**

Socrates

**The world is a book, and those who
do not travel read only a page.**

St. Augustine

**Beyond this storm, there exists
an eternal sun and sky that is always blue.**

Takuin

We all of us tend to rise or fall together.

Theodore Roosevelt

**If we did all the things we are capable of doing,
we would literally astound ourselves.**

Thomas Edison

The great end of life is not knowledge but action.

Thomas Henry Huxley

**Everything can be taken from a man except
the last of human freedoms - to choose one's
attitudes in any given set of circumstances.**

Viktor E. Frankl

**The future has several names.
For the weak, it is "Impossible."
For the fainthearted, it is the "Unknown."
For the thoughtful and valiant, it is "Ideal."**

Victor Hugo



Man is not on the earth solely for his own happiness. He is there to realize great things for humanity.

Vincent Van Gogh

Not I- Not anyone else, can travel that road for you. You must travel it for yourself.

Walt Whitman

You must keep your eye on the objective, not the obstacle.

William Randolph Hearst

Difficulties mastered are opportunities won.

Winston Churchill

Any damn fool can make something complex. It takes a genius to make something simple.

Woody Guthrie

