



TALK IS CHEAP

Here are 10 examples which prove that talking a good game is as phony as a three-dollar bill:

Couch potato. It's easy to talk about what you're planning to do, but if you want things to happen, put up or shut up. Just sayin'.

Starting "bench warmer." It's easy to sip lattes and judge from the sidelines. But people who can — do. People who can't — criticize.

Person with promise. It's easy to make promises, but honorable people keep them. I promise.

Monday-morning quarterback. It's easy to predict the past, but everything is obvious in retrospect.

Procrastinator. It's easy to make a New Year's resolution, but promises are meaningless unless you keep them. Even those you make to yourself.

Dreamer. It's easy to have grandiose ambitions, but dreams, unlike eggs, don't hatch from sitting on them.

Role model (not). It's easy to say what you stand for, but if words aren't supported by actions, they're meaningless.

Do-gooder. It's easy to volunteer others, but generous people don't just talk a good game: they raise their *own* hand as well.

Sorry person. It's easy to offer an apology, but words are meaningless unless you modify your behavior.

BIG talker. It's easy to boast about *past* achievements, but what have you accomplished *lately*?