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'These words changed my life'

The right words can give you a needed push, inspire you or offer comfort during tough times

As told to Amy Capetta

"People only have as much power as you give them"

Source: A former boss
Life-changing effect: I heard my boss talking angrily on the phone to one of the company founders. I said I couldn't believe he would talk to his boss that way. I was 25 and tended to defer to people I felt had more authority. His response made me think. I started voicing my opinion and asking questions more. Eleven years later, his words are still with me. I thank him for helping me find my own power. For example, when I was pregnant I told my doctor and midwife what kind of birth experience I wanted instead of letting them tell me what kind I should have.



Sheri Menelli, 36, Carlsbad, Calif.

"Leap and the net will appear"

Source: A magnet in a card store
Life-changing effect: I was thinking about quitting my job and starting my own company, but I didn't know if I was ready. When I saw this magnet, I took it as a sign that I was meant to take the chance. At that moment I knew I could do it. I met with a financial adviser, a lawyer and a number of professionals in the field, and I launched my company later that year. Not only have I been more



Eda Kalkay, 29, New York City

financially successful, but I'm able to select who I want to hire and which clients I want to represent. Every day, I am thankful that I took the leap!

wish I had treasured the doing a little more and the getting it done a little less"
An essay by Anna Quindlen in a magazine that I read in 2001, right after my

"Just