

# *No Room for Regrets*

*Inspiring  
Quotations &  
Life lessons on  
self-discovery,  
courage and  
living life to the  
fullest...*



Copyright

# No Room for Regrets

*Inspiring Quotations*

*Life lessons on self-discovery, courage and living life to the fullest ...*

Marquita Herald

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## Introduction

Most people have some regret from their past they can't seem to shake. Something we wish we'd done differently, or wish we hadn't done at all. As we get older we learn and grow. But that doesn't mean we have to live with regrets about what we did or didn't do before we learned how to do things differently.

Mistakes are merely stepping stones to growth. Choosing to live a smaller "safer" life in order to avoid mistakes is the surest path to regret over a life unfulfilled.

Living a life of no regrets doesn't mean perfection. It means that when you look back over your life you accept that if you hadn't gone through all those experiences you might not have grown into the strong and knowledgeable person you are today.

The single most important message in personal growth is that you do have the power to change your life if you choose to. You do not have to settle for what you think is life's role for you. You are not doomed to live a life you are unhappy living. You are not enslaved to other people. Any and all of these self-limiting beliefs can be overcome.

Regrets are such a waste of a good life. If what you are currently doing doesn't serve you, you can begin to change it right now by exorcising those old *could have, should have, if only I'd have* limiting beliefs.

You can choose to begin living a more fulfilling life, and you can start by making today a day without regrets.

The hundreds of inspirational quotes and sayings contained in **No Room for Regrets** were carefully selected to affirm and encourage you ... return to them often as you find yourself facing new challenges on your journey toward inspired living.

*Aloha!*

A handwritten signature in cursive script that reads "Marty".

## Embrace Life - Leave No Room for Regrets

I have no regrets in my life. I think that everything happens to you for a reason. The hard times that you go through build character, making you a much stronger person.  
~Rita Mareo

Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is. ~Mary Anne Racmacher

I would much rather have regrets about not doing what people said than regretting not doing what my heart led me to and wondering what life had been like if I'd just been myself. ~Brittany Renee

He who spends time regretting the past loses the present and risks the future. ~Santiz Quevedo

Sometimes, struggles are exactly what we need in our life. If we were to go through our life without any obstacles, we would be crippled. We would not be as strong as what we could have been. Give every opportunity a chance, leave no room for regrets. ~Author Unknown

Life is short - don't waste time worrying about what people think of you. Hold on to the ones that care, in the end they will be the only ones there. ~Author Unknown

Accept everything about yourself – I mean everything. You are you and that is the beginning and the end – no apologies, no regrets. ~Henry Kissinger

This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy. ~Susan Polis Schutz

I believe life is constantly testing us for our level of commitment, and life's greatest rewards are reserved for those who demonstrate a never-ending commitment to act until they achieve. This level of resolve can move mountains, but it must be constant and consistent. As simplistic as this may sound, it is still the common denominator separating those who live their dreams from those who live in regret. ~Anthony Robbins

We must all suffer from one of two pains; the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons. ~Jim Rohn

If you aren't in the moment, you are either looking forward to uncertainty, or back to pain and regret. ~Jim Carrey

My only regret about being gay is that I repressed it for so long. I surrendered my youth to the people I feared when I could have been out there loving someone. Don't make that mistake yourself. Life's too damn short. ~Armistead Maupin

The only thing I regret about my past is the length of it. If I had to live my life again I'd make all the same mistakes - only sooner. ~Tallulah Bankhead

Today I bent the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true. ~Robert Brault

The follies which a man regrets the most in his life are those which he didn't commit when he had the opportunity. ~Helen Rowland

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable. ~Sydney J. Harris

The bitterest tears shed over graves are for words left unsaid and deeds left undone. ~Harriet Beecher Stowe

## Let the World Know Who You Truly Are

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself. *~Harvey Fierstein*

Let the world know you as you are, not as you think you should be, because sooner or later, if you are posing, you will forget the pose, and then where are you? *~Fanny Brice*

No man for any considerable period can wear one face to himself and another to the multitude, without finally getting bewildered as to which may be the true. *~Nathaniel Hawthorne*

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. *~Dr. Seuss*

Like the sky opens after a rainy day we must open to ourselves.... Learn to love yourself for who you are and open so the world can see you shine. *~James Poland*

Be what you are. This is the first step toward becoming better than you are. *~Julius Charles Hare*

Why try to be someone you're not? Life is hard enough without adding impersonation to the skills required. *~Robert Brault*

Today you are you, that is truer than true. There is no one alive who is youer than you. *~Dr. Seuss*

Your work is to discover your world and then with all your heart give yourself to it. *~Buddha*

People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates. *~Thomas Szasz*

Never mind searching for who you are. Search for the person you aspire to be. *~Robert Brault*

The value of identity of course is that so often with it comes purpose. *~Richard Grant*

If you aren't sure who you are, you might as well work on who you want to be. *~Robert Brault*

Man's main task in life is to give birth to himself, to become what he potentially is. The most important product of his effort is his own personality. *~Erich Fromm*

Value everything about yourself ... I mean everything, you are you and that is the beginning and the end ... no apologies, no regrets. ~*Clark Moustakas*

Any life, no matter how long and complex it may be, is made up of a single moment ... the moment in which a man finds out, once and for all, who he is. ~*Jorge Luis Borges*

You need to claim the events of your life to make yourself yours. When you truly possess all that you have been and done, which may take some time, you are fierce with reality. ~*Florida Scott Maxwell*

You really have to look inside yourself and find your own inner strength, and say, "I'm proud of what I am and who I am, and I'm just going to be myself. ~*Mariah Carey*

The individual has always had to struggle to keep from being overwhelmed by the tribe. To be your own man is a hard business. If you try it, you'll be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself. ~*Arthur Gordon*

Defining myself, as opposed to being defined by others, is one of the most difficult challenges I face. ~*Carol Mosely-Braun*

Accept everything about yourself – I mean everything. You are you and that is the beginning and the end – no apologies, no regrets. ~*Henry Kissinger*

There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and be lost. ~*Martha Graham*

There's always someone to tell you what you have to be. *Wrong. Don't.* Rather, spend time finding out who you *really are*. Work on being more of *that*. A lot better than the futile "gotta change" treadmill, which never really ends. ~*Shirley Jones*

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself. ~*Anna Quindlen*

To be nobody-but-yourself ... in a world which is doing its best, night and day, to make you everybody else ... means to fight the hardest battle which any human being can fight; and never stop fighting. ~*e. e. cummings*

To be what we are, and to become what we are capable of becoming, is the only end of life. ~*Baruch Spinoza*

To do good things in the world, first you must know who you are and what gives meaning to your life. ~*Paula P. Brownlee*



Why be afraid of what people will say? Those who care about you will say, "Good luck!" and those who care only about themselves will never say anything worth listening to anyway. ~*J. Z. Knight*

Your time is limited; don't waste it living someone else's life. Don't be trapped by dogma, which is living the result of other people's thinking. Don't let the noise of other's opinion drowned your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary. ~*Steve Jobs*

The individual has always had to struggle to keep from being overwhelmed by the tribe. To be your own man is a hard business. If you try it, you'll be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself. ~*Arthur Gordon*

What the world needs now is for each of us to be who we truly are, and to bring our gifts into the world. Don't hold back any longer. Be Present, Be You. That is enough. Really it is. ~*Nancy Bishop*

## Trust Yourself. You Know More Than You Think You Do

Quality begins on the inside... and then works its way out. ~*Bob Moawad*

All my life I had been looking for something, and everywhere I turned someone tried to tell me what it was. I accepted their answers too, though they were often in contradiction and even self-contradictory. I was naive. I was looking for myself and asking everyone except myself questions which I, and only I, could answer. It took me a long time and much painful boomeranging of my expectations to achieve a realization everyone else appears to have been born with: that I am nobody but myself. ~*Ralph Ellison*

Someone once said that it's not who you are that holds you back, it's who you think you're not. Self-trust is what gets you to push your limits and take risks. Of the many secrets to success, self-trust and self confidence are foremost. ~*Unknown Author*

The willingness to accept responsibility for one's own life is the source from which self-respect springs. ~*Joan Didion*

Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power. ~*Clint Eastwood*

Trust yourself. You know more than you think you do. ~*Benjamin Spock*

Quality begins on the inside... and then works its way out. ~*Bob Moawad*

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They cannot take away our self-respect if we do not give it to them. ~*Mahatma Gandhi*

Be beautiful if you can, wise if you want to, but be respected - that is essential. ~*Anna Gould*

Self-respect cannot be hunted. It cannot be purchased. It is never for sale. It cannot be fabricated out of public relations. It comes to us when we are alone, in quiet moments, in quiet places, when we suddenly realize that, knowing the good, we have done it; knowing the beautiful, we have served it; knowing the truth we have spoken it. ~*Whitney Griswold*

If you want to be respected by others the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you. ~*Fyodor Dostoyevsky*

Self-respect knows no considerations. ~*Mahatma Gandhi*

Respect yourself and others will respect you. ~*Confucius*

A man who doesn't trust himself can never really trust anyone else. ~*Cardinal De Retz*

That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.

~*William J. H. Boetcker*

It is the highest form of self-respect to admit our errors and mistakes and make amends for them. To make a mistake is only an error in judgment, but to adhere to it when it is discovered shows infirmity of character. ~*Dale E. Turner*

No man who is occupied in doing a very difficult thing, and doing it very well, ever loses his self-respect. ~*George Bernard Shaw*

The way in which we think of ourselves has everything to do with how our world sees us and how we can see ourselves successfully acknowledged by that world. ~*Arlene Raven*

## View Change is the Spirit of Life

When we are no longer able to change a situation, we are challenged to change ourselves. ~*Victor Frankl*

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another. ~*Anatole France*

Sometimes it's the smallest decisions that change your life forever. ~*Keri Russell*

If you're in a bad situation, don't worry it'll change. If you're in a good situation, don't worry it'll change. ~*John A. Simone, Sr.*

When you are through changing, you are through. ~*Bruce Barton*

We all have big changes in our lives that are more or less a second chance. ~*Harrison Ford*

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. ~*Joseph Campbell*

We must learn to view change as a natural phenomenon - to anticipate it and to plan for it. The future is ours to channel in the direction we want to go... we must continually ask ourselves, 'What will happen if...?' or better still, 'How can we make it happen?' ~*Lisa Taylor*

If we can recognize that change and uncertainty are basic principles, we can greet the future and the transformation we are undergoing with the understanding that we do not know enough to be pessimistic. ~*Hazel Henderson*

In every crisis there is a message. Crises are nature's way of forcing change, breaking down old structures, shaking loose negative habits so that something new and better can take their place. ~*Susan Taylor*

Change has long been a fearful thing for human beings ... and at the same time, it is our most Divine opportunity. Clinging to the banks of the river may seem safe and more secure, but life's possibilities are truly engaged only when we trust, release and become part of The Flow of the Universe. ~*Chelle Thompson*

The key to change... is to let go of fear. ~*Rosanne Cash*

The interval between the decay of the old and the formation and the establishment of the new, constitutes a period of transition which must always necessarily be one of uncertainty, confusion, error, and wild and fierce fanaticism. ~*John C. Calhoun*

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is the trip. ~*Robert Hastings*

In the power to change yourself is the power to change the world around you. ~*Anwar Sadat*

Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life. ~*Dr. Herbert A. Otto*

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today? ~*Mary Manin Morrissey*

Each choice we make causes a ripple effect in our lives. When things happen to us, it is the reaction we choose that can create the difference between the sorrows of our past and the joy in our future. ~*Chelle Thompson*

Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one. ~*Marianne Williamson*

That's the risk you take if you change: that people you've been involved with won't like the new you. But other people who do will come along. ~*Lisa Alther*

## Mastering Transitions – The Key to Successful Life Changes

While the words are occasionally used interchangeably, there is actually a subtle, but nonetheless significant difference between change and transition. Change is the external circumstances of what's happening – the job change, the passing of a loved one, the break-up of a marriage; while transition on the other hand is the internal process that you must go through to adapt to the change and the new situation it presents.

A life transition can be positive or negative, planned or unexpected. Some transitions happen without warning, and they may be quite dramatic, as in cases of accidents, death, divorce, or job loss.

Other life transitions come from positive experiences such as getting married, going away to college, starting a new job, or giving birth to a child. Even though events like these are usually planned and anticipated, they can be just as life-altering as the unexpected events.

There are three stages to transitioning from your old reality to the new:

**Letting go of the past:** What is ending in your life ... your life as a mother with children living at home is ending; you are no longer single, married, employed, etc.

**Internalizing Process:** This can look and feel like periods of inactivity or even depression, as you allow yourself to mourn the loss of your old life. Feelings and reactions to things go flat, rudderless, ambition less ... it's like spending time in your own cocoon while you allow yourself time of solitude to rewrite your life story with a new and better ending.

**Embracing the change:** The beginning of a new way of living. It's always up to you to decide if a change is for the better or for the worse. However, if you give yourself time to adjust to the change ... to let go of what was, celebrate the good and forgive the bad ... you may find change far easier and less stressful, and a wonderful opportunity to revisit hopes and dreams you once had but perhaps had forgotten.

## What Do You Really Want?

The worst thing that one can do is not try ... to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized ... and never knowing. ~*David Viscott*

If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much. ~*Jim Rohn*

At the center of your being you have the answer; you know who you are and you know what you want. ~*Lao Tzu*

One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular. ~*Anthony Robbins*

If you want to be successful, it's just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing. ~*Will Rogers*

It isn't sufficient just to want - you've got to ask yourself what you are going to do to get the things you want. ~*Franklin D. Roosevelt*

I know where I'm going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want. ~*Muhammad Ali*

I want you to be everything that's you, deep at the center of your being. ~*Confucius*

If you can dream it, then you can achieve it. You will get all you want in life if you help enough other people get what they want. ~*Zig Ziglar*

What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds. ~*Wayne Dyer*

If you want to reach a goal, you must "see the reaching" in your own mind before you actually arrive at your goal. ~*Zig Ziglar*

It isn't sufficient just to want - you've got to ask yourself what you are going to do to get the things you want. ~*Franklin D. Roosevelt*

Decide that you want it more than you are afraid of it. ~*Bill Cosby*

If you want to conquer fear, don't sit home and think about it. Go out and get busy. ~*Dale Carnegie*

If you don't hurry up and let life know what you want, life will damned soon show you what you'll get. ~Robertson Davies

## 8 Tips to Help You Uncover What You Want in Life

If you're struggling to decide what you really want in life, first know that you are not alone. Then try this ...

1. Make a list of what you absolutely *don't* want in your life and then consider the opposite - ask yourself 'What I would want instead?' Keep asking ...
2. Sometimes we don't want things because we feel they are unachievable – so why should we bother wanting them? If there's a big dream you've long pushed aside for this reason, try chopping it into chunks. Keep chopping until you have bite size actions that feel more attainable.
3. What are you naturally good at? Are there things that amaze you when others can't do them as easily as you? You may have found a hidden talent!
4. What does your *ideal* life look like? This may take practice, but come up with a list including as much detail as possible ... how you spend your time, where you live, etc., and then create your wheel of life vision board. Spend time each day picturing your ideal day as vividly as possible. Use your "ideal life" list as a starting point to create an action plan to take the steps to finally getting what you *really* want in life!
5. Sweep the decks of old baggage, hurts and anger to make room for inspiration and your bigger, bolder, and *happier* future.
6. Stop waiting ... if you knew today was your last day, who would you call? Call them. What would you do? Do it. Start *today* to make the most of every single day.
7. Learn to understand what motivates you so you can say 'This is what's important to me.'
8. What makes you feel pure joy or has brought you joy in the past? The surest direction for your future is to follow your joy.



## Overcoming the Obstacles That Get in the Way

### Worry and Fear

I have not ceased being fearful, but I have ceased to let fear control me. I have accepted fear as a part of life — specifically the fear of change, the fear of the unknown; and I have gone ahead despite the pounding in my heart that says: turn back, turn back, you'll die if you venture too far. ~*Erica Jong*

Worry never robs tomorrow of its sorrow, it only saps today of its joy. ~*Leo Buscaglia*

If you want to test your memory, try to recall what you were worrying about one year ago today. ~*E. Joseph Cossman*

For peace of mind, resign as general manager of the universe. ~*Author Unknown*

Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained. ~*Arthur Somers Roche*

There are people who are always anticipating trouble, and in this way they manage to enjoy many sorrows that never really happen to them. ~*Josh Billings*

Every evening I turn my worries over to God. He's going to be up all night anyway. ~*Mary C. Crowley*

That some good can be derived from every event is a better proposition than that everything happens for the best, which it assuredly does not. ~*James K. Feibleman*

We often hear of people breaking down from overwork, but in nine out of ten they are really suffering from worry or anxiety. ~*John Lubbock*

My dad used to say, 'You wouldn't worry so much about what people thought about you if you knew how seldom they did.' ~*Phil McGraw*

## Every Mistake a Lesson

Our 'mistakes' become our crucial parts, sometimes our best parts, of the lives we have made. ~*Ellen Goodman*

When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful. ~*Barbara Bloom*

The greatest mistake you can make in life is to continually be fearing you will make one. ~*Elbert Hubbard*

Every mistake is a lesson and every opportunity is a blessing. ~*Cristina D. Baines*

No man ever became great or good except through many and great mistakes. ~*William E. Gladstone*

The trouble in America is not that we are making too many mistakes, but that we are making too few. ~*Philip Knight*

To swear off making mistakes is very easy. All you have to do is to swear off having ideas. ~*Leo Burnett*

The only real mistake is the one from which we learn nothing. ~*John Powell*

The man who makes no mistakes does not usually make anything. ~*Edward Phelps*

It was when I found out I could make mistakes that I knew I was on to something. ~*Ornette Coleman*

I never make stupid mistakes. Only very, very clever ones. ~*John Peel*

If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake. ~*F. Wiczek*

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior. ~*Henry C. Link*

The only thing I regret about my past is the length of it. If I had to live my life again I'd make all the same mistakes - only sooner. ~*Tallulah Bankhead*

It is very easy to forgive others their mistakes; it takes more grit to forgive them for having witnessed your own. ~*Jessamyn West*

You will do foolish things, but do them with enthusiasm. ~*Author Unknown*

Things could be worse. Suppose your errors were counted and published every day, like those of a baseball player. ~*Author Unknown*

When you realize you've made a mistake, make amends immediately. It's easier to eat crow while it's still warm. ~*Dan Heist*

Making a different mistake every day is not only acceptable; it is the definition of progress. ~*Robert Brault*

Just because you make mistakes doesn't mean you are one. ~*Author Unknown*

In the game of life it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season. ~*Bill Vaughan*

He who fears something gives it power over him. ~*Moorish Proverb*

Not many people are willing to give failure a second opportunity. They fail once and it is all over. The bitter pill of failure is often more than most people can handle. If you are willing to accept failure and learn from it, if you are willing to consider failure as a blessing in disguise and bounce back, you have got the essential of harnessing one of the most powerful success forces. ~*Joseph Sugarman*

## Setbacks and Failure

You can't wring your hands and roll up your sleeves at the same time. ~*Pat Schroeder*

Damaged people are dangerous. They know they can survive. ~*Josephine Hart*

If you can find a path with no obstacles, it probably doesn't lead anywhere. ~*Frank A. Clark*

Real difficulties can be overcome; it is only the imaginary ones that are unconquerable. ~*Theodore N. Vail*

Wanna fly; you got to give up the shit that weighs you down. ~*Toni Morrison*

The difficulties of life are intended to make us better, not bitter. ~*Author Unknown*

Life's problems wouldn't be called "hurdles" if there wasn't a way to get over them. ~*Author Unknown*

Failure is an event, never a person. ~*William D. Brown*

Try again. Fail again. Fail better. ~*Samuel Beckett*

One fails forward toward success. ~*Charles F. Kettering*

Failure doesn't mean you are a failure... it just means you haven't succeeded yet. ~*Robert Schuller*

A man may fall many times, but he won't be a failure until he says that someone pushed him. ~*Elmer G. Letterman*

Just once it might be instructive to pretend you're accepting an award for failure, just to see who you would thank. ~*Robert Braut*

Don't be afraid to fail. Don't waste energy trying to cover up failure. Learn from your failures and go on to the next challenge. It's OK to fail. If you're not failing, you're not growing. ~*H. Stanley Judd*

If we fill our hours with regrets over the failures of yesterday, and with worries over the problems of tomorrow, we have no today in which to be thankful. ~*Author Unknown*

The men who try to do something and fail are infinitely better than those who try to do nothing and succeed. ~*Lloyd Jones*

In 1978, I lost my first major business, which shot up like a rocket—and came down like a rock. I struggled to regain my momentum, and lost another business two years later. I was down for about four years, working hard for very little return. But by 1994, I retired financially free at the age of 47. ~*Robert Kiyosaki*

A bend in the road is not the end of the road... unless you fail to make the turn. ~*Author Unknown*

Wherever you are, whatever your circumstances may be, whatever misfortune you may have suffered, the music of your life has not gone. It's inside you ... if you listen to it, you can play it. ~*Nido Qubein*

When you acknowledge the less than perfect parts of yourself, something magical begins to happen. Along with the negative, you'll also begin to notice the positive, the wonderful aspects of yourself that you may not have given yourself credit for, or perhaps even been aware of. ~*Richard Carlson*

Sometimes I think my life would make a great TV movie. It even has the part where they say, "Stand by. We are experiencing temporary difficulties." ~*Robert Braut*

Sometimes in tragedy we find our life's purpose - the eye sheds a tear to find its focus. ~*Robert Braud*

Good people are good because they've come to wisdom through failure. ~*William Saroyan*

Sometimes, struggles are exactly what we need in our life. If we were to go through our life without any obstacles, we would be crippled. We would not be as strong as what we could have been. Give every opportunity a chance, leave no room for regrets. ~*Author Unknown*

What great thing would you attempt if you knew you could not fail? ~*Adlai Stevenson*

The worst thing that one can do is not try; to be aware of what one wants and not give in to it, to spend years in silent hurt wondering if something could have materialized ... and never knowing. ~*David Viscott*

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are. ~*Bernice Johnson Reagon*

Being defeated is often a temporary condition. Giving up is what makes it permanent. ~*Marilyn vos Savant*

Be bold and mighty forces will come to your aid. In the past, whenever I had fallen short in almost any undertaking, it was seldom because I had tried and failed. It was because I had let fear of failure stop me from trying at all. ~*Arthur Gordon*

## Be the First to Forgive

True remorse is never just regret over consequence; it is regret over motive. ~*Mignon McLaughlin*

The weak can never forgive. Forgiveness is the attribute of the strong. ~*Mahatma Gandhi*

To forgive is to set a prisoner free and discover that the prisoner was you. ~*Lewis B. Smedes*

Forgiveness is a funny thing. It warms the heart and cools the sting. ~*William Arthur Ward*

If you can't forgive and forget, pick one. ~*Robert Brault*

When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free. ~*Catherine Ponder*

The remarkable thing is that we really love our neighbour as ourselves: we do unto others as we do unto ourselves. We hate others when we hate ourselves. We are tolerant toward others when we tolerate ourselves. We forgive others when we forgive ourselves. We are prone to sacrifice others when we are ready to sacrifice ourselves. ~*Eric Hoffer*

We read that we ought to forgive our enemies; but we do not read that we ought to forgive our friends. ~*Sir. Francis Bacon*

Forgiveness does not change the past, but it does enlarge the future. ~*Paul Boese*

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. ~*Robert Muller*

True forgiveness is not an action after the fact; it is an attitude with which you enter each moment. ~*David Ridge*  
Let us forgive each other – only then will we live in peace.  
~*Leo Nikolaevich Tolstoy*

It is easier to forgive an enemy than to forgive a friend. ~*William Blake*

Forgive all who have offended you, not for them, but for yourself. ~*Harriet Nelson*

There's no point in burying a hatchet if you're going to put up a marker on the site.  
~*Sydney Harris*

Always forgive your enemies - nothing annoys them so much. ~*Oscar Wilde*

I can forgive, but I cannot forget, is only another way of saying, I will not forgive.  
Forgiveness ought to be like a cancelled note - torn in two, and burned up, so that it never can be shown against one. ~*Henry Ward Beecher*

Without forgiveness life is governed by... an endless cycle of resentment and retaliation.  
~*Roberto Assagioli*

If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner. ~*Nelson Mandela*

## Habit Sense: We Are What We Repeatedly Do

First we form habits, then they form us. Conquer your bad habits or they will conquer you. ~Rob Gilbert

Tell me what you eat, and I will tell you what you are. ~Anthelme Brillat-Savarin

Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions. It also includes the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones. ~Stephen R. Covey

Winning is a habit. Unfortunately, so is losing. ~Vince Lombardi

Your net worth to the world is usually determined by what remains after your bad habits are subtracted from your good ones. ~Benjamin Franklin

The only reason habits persist is that they are offering some satisfaction. You allow them to persist by not seeking any other, better form of satisfying the same needs. Every habit, good or bad, is acquired and learned in the same way - by finding that it is a means of satisfaction. ~Juliene Berk

Once you learn to quit, it becomes a habit. ~Vince Lombardi

I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time. ~Charles Dickens

It is hard to let old beliefs go. They are familiar. We are comfortable with them and have spent years building systems and developing habits that depend on them. Like a man who has worn eyeglasses so long that he forgets he has them on, we forget that the world looks to us the way it does because we have become used to seeing it that way through a particular set of lenses. Today, however, we need new lenses. And we need to throw the old ones away. ~Kenich Ohmae

Good habits result from resisting temptation. ~Indian Proverb

Thoughts lead on to purposes; purposes go forth in action; actions form habits; habits decide character; and character fixes our destiny. ~Tryon Edwards

Bad habits are like a comfortable bed, easy to get into, but hard to get out of. ~Anonymous



What a curious phenomenon it is that you can get men to die for the liberty of the world who will not make the little sacrifice that is needed to free themselves from their own individual bondage. ~Bruce Barton

It seems the second half of a man's life is made up of nothing but the habits he has accumulated during the first half. ~Fyodor Mikhailovich Dostoevsky

Any act often repeated soon forms a habit; and habit allowed, steadily gains in strength. At first it may be but as the spider's web, easily broken through, but if not resisted it soon binds us with chains of steel. ~Tyron Edwards

The long span of the bridge of your life is supported by countless cables called habits, attitudes, and desires. What you do in life depends upon what you are and what you want. What you get from life depends upon how much you want it, how much you are willing to work for it. The long span of the bridge of your life is supported by countless cables that you are spinning ever faster now, and that is why today matters. ~L.G. Elliott

We are what we think; as we desire so do we become! By our thoughts, desires, and habits, we either ascend to the full divine dignity of our nature, or we descend to suffer and learn. ~J. Todd Ferrier

Those who have attained things worth having in this world have worked while others idled, have persevered when others gave up in despair, have practiced early in life the valuable habits of self-denial, industry, and single mindedness of purpose. As a result, they enjoy in later life the success so often erroneously attributed to good luck. ~Grenville Kleiser

The unfortunate thing about this world is that good habits are so much easier to give up than bad ones. ~William Somerset Maugham

A habit is something you can do without thinking - which is why most of us have so many of them. ~Frank A. Clark

The easier it is to do, the harder it is to change. ~Eng's Principle

## Hope Gives Us the Power to Try

Hope begins in the dark; the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up. ~*Anne Lamott*

Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are. ~*Augustine of Hippo*

Hope is always available to us. When we feel defeated, we need only take a deep breath and say, "Yes," and hope will reappear. ~*Monroe Forester*

Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence. ~*Lin Yutang*

If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all. And so today I still have a dream. ~*Martin Luther King, Jr.*

Learn from yesterday, live for today, hope for tomorrow. ~*Albert Einstein*

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy. ~*Author Unknown*

Hope is not a dream but a way of making dreams become reality. ~*Author Unknown*

Never let go of hope. One day you will see that it all has finally come together. What you have always wished for has finally come to be. You will look back and laugh at what has passed and you will ask yourself... "How did I get through all of that?" ~*Author Unknown*

Practice hope. As hopefulness becomes a habit, you can achieve a permanently happy spirit. ~*Norman Vincent Peale*

Once you choose hope, anything's possible. ~*Christopher Reeve*

Of all the forces that make for a better world, none is so indispensable, none so powerful, as hope. Without hope people are only half alive. With hope they dream and think and work. ~*Author Unknown*

When the world says, "Give up," hope whispers, "Try it one more time." ~*Author Unknown*

Hope never abandons you, you abandon it. ~*George Weinberg*

Some see a hopeless end, while others see an endless hope. ~*Author Unknown*

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow. ~*Orison Swett Marden*

When the heart is enlivened again, it feels like the sun coming out after a week of rainy days. There is hope in the heart that chases the clouds away. Hope is a higher heart frequency and as you begin to reconnect with your heart, hope is waiting to show you new possibilities and arrest the downward spiral of grief and loneliness. It becomes a matter of how soon you want the sun to shine. Listening to the still, small voice in your heart will make hope into a reality. ~*Sara Paddison*

## Patience, Persistence and Perspiration

When you come to the end of your rope, tie a knot and hang on. ~*Franklin D. Roosevelt*

Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there. ~*Josh Billings*

The greatest oak was once a little nut that held its ground. ~*Author Unknown*

Perseverance is the hard work you do after you get tired of doing the hard work you already did. ~*Newt Gingrich*

If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again. ~*Flavia Weedn*

Stubbornly persist, and you will find that the limits of your stubbornness go well beyond the stubbornness of your limits. ~*Robert Brault*

I frequently-regularly-often trip while reaching for my high ideals. Then I giggle, or cry, and get back up. ~*Erika Harris*

The race is not always to the swift, but to those who keep on running. ~*Author Unknown*

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them. ~*G.B. Shaw*

A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success. ~*Elbert Hubbard*

As long as we are persistence in our pursuit of our deepest destiny, we will continue to grow. We cannot choose the day or time when we will fully bloom. It happens in its own time. ~*Denis Waitley*

Patience, persistence and perspiration make an unbeatable combination for success. ~*Napoleon Hill*

The most essential factor is persistence - the determination never to allow your energy or enthusiasm to be dampened by the discouragement that must inevitably come. ~*James Whitcomb-Riley*

## Notable Examples of People Who Persevered

His first attempt at building a women's fitness empire didn't end well. **Gary Heavin** grew the company to 14 locations, but overhead costs became too much to handle, and the business went bankrupt. The failure caused Heavin to rethink his business plan, and he tried again in 1992. This time, he decided the fitness centers would provide 30-minute workout classes while limiting the amount of equipment offered. The strategy worked, and Curves now has more than 10,000 locations throughout the world.

\* \* \*

When he was young, **Walt Disney** tried to get a job as a newspaper cartoonist, but he was rejected by the industry, with one Kansas City Star editor reportedly telling him he "lacked imagination and had no good ideas." (Ouch!) Then, a bad business deal resulted in the bankruptcy of his first cartoon studio—one of many such failures. Even his most iconic creation, Mickey Mouse, was dismissed by studio execs because they thought the when he finally succeeded in building an entertainment empire, complete with Disneyland, "the happiest place on Earth."

\* \* \*

**Charles Schulz** was already an artist by the time he reached high school. Unfortunately, his classmates did not see it that way. None of the drawings he contributed to the school yearbook were included in the publication, and when he applied for a job at Disney, they didn't want him. After several rejections, Schulz finally sold his "Li'l Folks" strip to United Feature Syndicate, which renamed it "Peanuts." The strip went on to run for almost 50 years; was syndicated, turned into a cartoon, and made into several products; and won Schulz a slew of awards and praise.

\* \* \*

After his first audition, **Sidney Poitier** was told by the casting director, "Why don't you stop wasting people's time and go out and become a dishwasher or something?" It was at that moment, recalls Poitier, that he decided to devote his life to acting.

## Courage is Not Letting Fear Win

Courage is doing what you're afraid to do. There can be no courage unless you are scared. ~*Eddie Rickenbacker*

Start by doing what's necessary; then do what's possible, and suddenly you are doing the impossible. ~*St Francis of Assisi*

Courage is the power to let go of the familiar. ~*Raymond Lindquist*

Courage is not the absence of fear, but rather the judgment that something else is more important than fear. ~*Ambrose Redmoon*

There is no security in this life. There is only opportunity. ~*Douglas MacArthur*

Don't limit yourself to the possible when you can reach for the impossible. ~*Kim Trinh*

The man who can drive himself further once the effort gets painful is the man who will win. ~*Roger Bannister*

Accept the challenges, so that you may feel the exhilaration of victory. ~*General George S. Patton*

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. ~*Winston Churchill*

Courage is resistance to fear, mastery of fear - not absence of fear. Except a creature be part coward it is not a compliment to say it is brave. ~*Mark Twain*

Courage is being afraid but going on anyhow. ~*Dan Rather*

The question isn't who is going to let me; it's who is going to stop me. ~*Ayn Rand*

Courage is tiny pieces of fear all glued together. ~*Terri Guillemets*

Courage is fear holding on a minute longer. ~*George Smith Patton*

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." ~*Mary Anne Radmacher*

A hero is no braver than an ordinary man, but he is braver five minutes longer. ~*Ralph Waldo Emerson*

I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin but you begin anyway and you see it through no matter what. You don't always win, but sometimes you do. ~*Harper Lee*

Cultivate the courage to embrace whatever is unfolding in your life and whatever cranky, hating feelings you may feel about it. Hold your precious self with tender compassion as you do. ~*Author Unknown*

God grant me the courage not to give up what I think is right even though I think it's hopeless. ~*Chester W. Nimitz*

## Attitude is Everything

Happiness doesn't depend on what we have, but it does depend on how we feel toward what we have. ~*William Dempster Hoard*

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. ~*Herm Albright*

If you don't think every day is a good day, just try missing one. ~*Cavett Robert*

Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left. ~*Hubert Humphrey*

Throughout the years of your life you will face many challenges, remember that you can climb the highest mountain, drive through the roughest storm, soar across the bluest sky, or even sail across the roughest waters. It is only destined by your attitude where you will end up in life. The most important thing is don't let yourself get lost in the crowd. ~*Angela Duvall*

Every day may not be good, but there's something good in every day. ~*Author Unknown*

There are exactly as many special occasions in life as we choose to celebrate. ~*Robert Brault*

The sun shines and warms and lights us and we have no curiosity to know why this is so; but we ask the reason of all evil, of pain, and hunger, and mosquitoes and silly people. ~*Ralph Waldo Emerson*

A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely. ~*Roald Dahl*

The only disability in life is a bad attitude. ~*Scott Hamilton*

There are no menial jobs, only menial attitudes. ~*William J. Bennett*

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes. ~*William James*

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful. ~*Buddha*



Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same. ~*Francesca Reigle*

Success is due less to ability than to zeal. ~*Charles Buxton*

My father's nature turned out no waste product; he had none of that useless stuff in him that lies in heaps near factories. He took his own happiness with him. ~*Margot Asquith*

Anywhere is paradise; it's up to you. ~*Author Unknown*

We awaken in others the same attitude of mind we hold toward them. ~*Elbert Hubbard*

Look at everything as though you were seeing it either for the first or last time. ~*Betty Smith*

Where the loser saw barriers, the winner saw hurdles. ~*Robert Brault*

Misery is a communicable disease. ~*Martha Graham*

Optimist: someone who isn't sure whether life is a tragedy or a comedy but is tickled silly just to be in the play. ~*Robert Brault*

If you have the will to win, you have achieved half your success; if you don't, you have achieved half your failure. ~*David Ambrose*

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes. ~*Hugh Downs*

Eagles come in all shapes and sizes, but you will recognize them chiefly by their attitudes. ~*Charles Prestwich Scott*

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. ~*Ralph Waldo Emerson*

You cannot tailor make the situations in life, but you can tailor make the attitudes to fit those situations before they arise. ~*Zig Ziglar*

The world is your mirror and your mind is a magnet. What you perceive in this world is largely a reflection of your own attitudes and beliefs. Life will give you what you attract with your thoughts think, act and talk negatively and your world will be negative. Think and act and talk with enthusiasm and you will attract positive results. ~*Michael LeBeuf*

There are souls in this world which have the gift of finding joy everywhere and of leaving it behind them when they go. ~*Frederick Faber*

We all live under the same sky, but we don't all have the same horizon. ~Konrad Adenauer

The power of the mind is your power. Use it. Don't let it use you. ~Terri Guillemets

We can destroy ourselves by cynicism and disillusion, just as effectively as by bombs. ~Kenneth Clark

Whatever your situation might be, set your mind to whatever you want to do and put a good attitude in it and I believe that you can succeed. You are not going to get anywhere just sitting on your butt and moping around. ~Bethany Hamilton (shark attack survivor)

## The Relationship Factor

Having someone wonder where you are when you don't come home at night is a very old human need. ~*Margaret Mead*

Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand. ~*Emily Kimbrough*

If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting? ~*Stephen Levine*

Trouble is part of your life, and if you don't share it, you don't give the person who loves you enough chance to love you enough. ~*Dinah Shore*

As we grow up, we learn that even the one person that wasn't supposed to ever let you down probably will. You will have your heart broken probably more than once and it's harder every time. You'll break hearts too, so remember how it felt when yours was broken. You'll fight with your best friend. You'll blame a new love for things an old one did. You'll cry because time is passing too fast, and you'll eventually lose someone you love. ~*Author Unknown*

Sometimes, we need a few people in our lives who will calmly call our bluff. ~*Dr. SunWolf*

A friend is one of the nicest things you can have, and one of the best things you can be. ~*Douglas Pagels*

Most of us don't need a psychiatric therapist as much as a friend to be silly with. ~*Robert Brault*

Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude. ~*William James*

It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship. ~*Norman Vincent Peale*

Courage means to keep working a relationship, to continue seeking solutions to difficult problems, and to stay focused during stressful periods. ~*Denis Waitley*

There is no more lovely, friendly and charming relationship, communion or company than a good marriage. ~*Martin Luther*

The formula for achieving a successful relationship is simple: you should treat all disasters as if they were trivialities but never treat a triviality as if it were a disaster.  
~*Quentin Crisp*

A relationship isn't going to make me survive. It's the cherry on top. ~*Jennifer Aniston*

There is no substitute for the comfort supplied by the utterly taken-for-granted relationship. ~*Iris Murdoch*

The one who loves the least, controls the relationship. ~*Robert Anthony*

For me, the highest level of sexual excitement is in a monogamous relationship.  
~*Warren Beatty*

## Friendships

A loyal friend laughs at your jokes when they're not so good, and sympathizes with your problems when they're not so bad. ~*Arnold H. Glasgow*

Friends are those rare people who ask how you are and then wait for the answer.  
~*Author Unknown*

The best kind of friend is the one you could sit on a porch with, never saying a word, and walk away feeling like that was the best conversation you've had. ~*Author Unknown*

When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares. ~*Henri Nouwen*

Can miles truly separate you from friends? If you want to be with someone you love, aren't you already there? ~*Richard Bach*

Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend. ~*Albert Camus*

Friendship is held to be the severest test of character. It is easy, we think, to be loyal to a family and clan, whose blood is in your own veins. ~*Charles Alexander Eastman*

I value the friend who for me finds time on his calendar, but I cherish the friend who for me does not consult his calendar. ~*Robert Brault*

Never explain - your friends do not need it and your enemies will not believe you anyway. ~*Elbert Hubbard*

## Love

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. ~*Lau Tzu*

For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul. ~*Judy Garland*

Immature love says: 'I love you because I need you.' Mature love says 'I need you because I love you.' ~*Erich Fromm*

Love is a force more formidable than any other. It is invisible - it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could. ~*Barbara de Angelis*

The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed. ~*Jiddu Krishnamurti*

We are not the same persons this year as last; nor are those we love. It is a happy chance if we, changing, continue to love a changed person. ~*W. Somerset Maugham*

Love is missing someone whenever you're apart, but somehow feeling warm inside because you're close in heart. ~*Kay Knudsen*

You learn to like someone when you find out what makes them laugh, but you can never truly love someone until you find out what makes them cry. ~*Author Unknown*

Some people come into our lives and quickly go. Some stay for a while, leave footprints on our hearts, and we are never, ever the same. ~*Flavia Weedn*

You know you're in love when you don't want to fall asleep because reality is finally better than your dreams. ~*Dr. Seuss*

## Marriage and Family

A happy marriage has in it all the pleasures of friendships, all the enjoyment of sense and reason - and indeed all the sweets of life. ~*Joseph Addison*

Marriage is not a ritual or an end. It is a long, intricate, intimate dance together and nothing matters more than your own sense of balance and your choice of partner. ~*Amy Bloom*

Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that's a real treat. ~*Joanne Woodward*

I love being married. It's so great to find one special person you want to annoy for the rest of your life. ~*Rita Rudner*

We are told that people stay in love because of chemistry, or because they remain intrigued with each other, because of many kindnesses, because of luck. But part of it has got to be forgiveness and gratefulness. ~*Ellen Goodman*

The more you invest in a marriage, the more valuable it becomes. ~*Amy Grant*

We all have a childhood dream that when there is love, everything goes like silk, but the reality is that marriage requires a lot of compromise. ~*Raquel Welch*

Grow old with me! The best is yet to be. ~*Robert Browning*

Happy marriages begin when we marry the ones we love, and they blossom when we love the ones we marry. ~*Tom Mullen*

Marriage, families, all relationships are more a process of learning the dance rather than finding the right dancer. ~*Paul Pearsall*

Give her two red roses, each with a note. The first note says, "For the woman I love" and the second, "For my best friend." ~*Author Unknown*

A good marriage is the union of two good forgivers. ~*Ruth Bell Graham*

Marriage is more than finding the right person. It is being the right person. ~*Author Unknown*

No man is truly married until he understands every word his wife is NOT saying. ~*Author Unknown*

A happy home is one in which each spouse grants the possibility that the other may be right, though neither believes it. ~*Don Fraser*

A successful marriage requires falling in love many times, and always with the same person. ~*Mignon McLaughlin*

The family. We were a strange little band of characters trudging through life sharing diseases and toothpaste, coveting one another's desserts, hiding shampoo, borrowing money, locking each other out of our rooms, inflicting pain and kissing to heal it in the same instant, loving, laughing, defending, and trying to figure out the common thread that bound us all together. ~*Erma Bombeck*

The great gift of family life is to be intimately acquainted with people you might never even introduce yourself to, had life not done it for you. ~*Kendall Hailey*

Our siblings push buttons that cast us in roles we felt sure we had let go of long ago - the baby, the peacekeeper, the caretaker, the avoider.... It doesn't seem to matter how much time has elapsed or how far we've traveled. ~*Jane Mersky Leder*

You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you. ~*Frederick Buechner*

To the outside world, we all grow old. But not to brothers and sisters. We know each other as we always were. We know each other's hearts. We share private family jokes. We remember family feuds and secrets, family griefs and joys. We live outside the touch of time. ~*Clara Ortega*

Sometimes being a brother is even better than being a superhero. ~*Marc Brown*

I don't believe an accident of birth makes people sisters or brothers. It makes them siblings, gives them mutuality of parentage. Sisterhood and brotherhood is a condition people have to work at. ~*Maya Angelou*

The best way to get a puppy is to beg for a baby brother - and they'll settle for a puppy every time. ~*Winston Pendelton*

It snowed last year too: I made a snowman and my brother knocked it down and I knocked my brother down and then we had tea. ~*Dylan Thomas*

Siblings are the people we practice on, the people who teach us about fairness and cooperation and kindness and caring, quite often the hard way. ~*Pamela Dugdale*



## Here's to New Beginnings

The secret to a rich life is to have more beginnings than endings. ~*Dave Weinbaum*

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. ~*Carl Bard*

If you have made mistakes, there is always another chance for you. You may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down. ~*Mary Pickford*

When you feel that you have reached the end and that you cannot go one step further, when life seems to be drained of all purpose; what a wonderful opportunity to start all over again, to turn over a new page. ~*Eileen Caddy*

What you need to know about the past is that no matter what has happened, it has all worked together to bring you to this very moment. And this is the moment you can choose to make everything new. Right now. ~*Author Unknown*

You will never win if you never begin. ~*Robert H. Schuller*

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born. ~*Dr. Dale Turner*

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. ~*Joseph Campbell*

A time comes when you need to stop waiting for the man you want to become and start being the man you want to be. ~*Bruce Springsteen*

Whatever you do or dream you can do - begin it. Boldness has genius and power and magic in it. ~*Johann Wolfgang von Goethe*

The secret to living the life of your dreams is to start living the life of your dreams today, in every little way you possibly can. ~*Mike Dooley*

Take the first step in faith. You don't have to see the whole staircase, just take the first step. ~*Martin Luther King, Jr.*

Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect. ~*Alan Cohen*

Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it the present. ~*Babatunde Olatunji*

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon - instead of enjoying the roses that are blooming outside our windows today. ~*Dale Carnegie*

Celebrate endings - for they precede new beginnings. ~*Jonathan Lockwood Huie*

Whatever you do or dream you can do - begin it. Boldness has genius and power and magic in it. ~*Johann Wolfgang von Goethe*

The secret to living the life of your dreams is to start living the life of your dreams today, in every little way you possibly can. ~*Mike Dooley*

Vitality shows in not only the ability to persist but the ability to start over. ~*F. Scott Fitzgerald*

The distance is nothing; it is only the first step that is difficult. ~*Marie de Vichy-Chamrond*

## Dare to Dream a *Little Bigger*

If you don't like the road you're walking, start paving another one. ~*Dolly Parton*

The greatest dreams are always unrealistic. ~*Will Smith*

Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal. ~*Pamela Vaull Star*

Dream no small dreams for they have no power to move the hearts of men. ~*Johann Wolfgang Von Goethe*

Dreaming is an act of pure imagination, attesting in all men a creative power, which, if it were available in waking, would make every man a Dante or a Shakespeare. ~*H. F. Hedge*

Put yourself in a state of mind where you say to yourself, "Here is an opportunity for me to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary". ~*Anthony Robbins*

Dreams are illustrations from the book your soul is writing about you. ~*Marsha Norman*

The two important things I did learn were that you are as powerful and strong as you allow yourself to be, and that the most difficult part of any endeavor is taking the first step, making the first decision. ~*Robyn Davidson*

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born. ~*Dale E. Turner*

The world needs people like you to dream of something great and then pursue it with all your heart. ~*Chris Widener*

A desire to be in charge of our own lives, a need for control, is born in each of us. It is essential to our mental health, and our success, that we take control. ~*Robert F. Bennett*

You have a masterpiece inside you, you know. One unlike any that has ever been created, or ever will be. If you go to your grave without painting your masterpiece, it will not get painted. No one else can paint it. Only you. ~*Gordon MacKenzie*

You got to sing like you don't need the money and love like you'll never get hurt. You got to dance like nobody's watchin' and it's gotta come from the heart if you want it to work. ~*Susanna Clark & Richard Leigh*

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive. ~Howard Thurman

Don't listen to those who say, "It's not done that way." Maybe it's not, but maybe YOU will. Don't listen to those who say, "You're taking too big a chance." Michelangelo would have painted the Sistine floor, and it would surely be rubbed out today. Most importantly, don't listen when the little voice of fear inside of you rears its ugly head and says, "They're smarter than you out there. They're more talented, they're taller, blonder, prettier, luckier and have connections." I firmly believe that if you follow a path that interests you, not to the exclusion of love, sensitivity, and cooperation of others, but with the strength of conviction that you can move others by your own efforts, and do not make success or failure the criteria by which you live, the chances are you'll be a person worthy of your own respect. ~ Neil Simon

The greatest thing is, at any moment, to be willing to give up who we are in order to become all that we can be. ~Max De Pree

How are you going to spend this one odd and precious life you have been issued? Whether you're going to spend it trying to look good and creating the illusion that you have power over people and circumstances, or whether you are going to taste it, enjoy it and find out the truth about who you are. ~Anne Lamott

The future you see is the future you get. ~Robert G. Allen

Don't live down to expectations. Go out there and do something remarkable. ~Wendy Wasserstein

Think about your future possibilities and the fact that your potential is virtually unlimited. You can do what you want to do and go where you want to go. You can be the person you want to be. You can set large and small goals and make plans and move step-by-step, progressively toward their realization. There are no obstacles to what you can accomplish except the obstacles that you create in your mind. ~Brian Tracy

## 8 Tips to Begin Living a Bigger, Bolder Life

If you feel like you're ready to make some changes ... to live a bigger, bolder life, the following suggestions will help you take those first few steps.

1. Develop clarity about what you want to achieve and why. With clarity of purpose it will be easier for you to focus on the outcome, without wasting time or energy.
2. Today matters . . . take at least one step toward achieving your goals every single day. Learn what you need to do, but don't waste time trying for perfection.
3. Make your goals measurable and review your progress regularly.
4. Learn to forgive yourself. If you don't make mistakes, you're not working hard enough. Truth is, you'll learn far more from your mistakes than by playing it safe.
5. Remove clutter and activities from your life that do not serve your purpose.
6. Replace negative self talk (and negative people) with positive affirmations and stories of people who have achieved similar goals despite all odds.
7. Take time to celebrate your accomplishments. There are going to be challenges; you're going to fall down and probably get a bruise or skinned knee here or there, but you'll pick yourself up and move on. As important as it is to stay focused on the desired outcome, it's even more important to feel good about each step you take along the way.
8. Be confident in yourself and your power to choose your own destiny. You have more power than you know what to do with in your life. Harness that potential, and your limits will know no bounds.

So, what kind of story will your life turn out to be?

## Happy As You Want to Be

Happiness is never stopping to think if you are. ~*Palmer Soudreal*

Most people would rather be certain they're miserable, than risk being happy. ~*Robert Anthony*

If only we'd stop trying to be happy we could have a pretty good time. ~*Edith Wharton*

Nobody really cares if you're miserable, so you might as well be happy. ~*Cynthia Nelms*

Those who can laugh without cause have either found the true meaning of happiness or have gone stark raving mad. ~*Norm Papernick*

Joy is what happens to us when we allow ourselves to recognize how good things really are. ~*Marianne Williamson*

Happiness often sneaks in through a door you didn't know you left open. ~*John Barrymore*

People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost. ~*H. Jackson Browne*

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want. ~*Margaret Young*

A truly happy person is one who can enjoy the scenery while on a detour. ~*Author Unknown*

The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse. ~*Helen Keller*

Happiness held is the seed; happiness shared is the flower. ~*Author Unknown*

If you search the world for happiness, you may find it in the end, for the world is round and will lead you back to your door. ~*Robert Brault*

The world is full of people looking for spectacular happiness while they snub contentment. ~*Doug Larson*

The search for happiness is unlike any other search, for we search last in the likeliest places. ~*Robert Brault*

There can be no happiness if the things we believe in are different from the things we do. ~*Freya Stark*

Enjoy the little things, for one day you may look back and realize they were the big things. ~*Robert Brault*

On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so. ~*William R. Inge*

Happiness is when what you think, what you say, and what you do are in harmony. ~*Mahatma Gandhi*

Now and then it's good to pause in our pursuit of happiness and just be happy. ~*Robert Brault*

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life. ~*Albert Camus*

Be content with what you have, rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. ~*Lao Tzu*

If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden, or looking for dinosaur eggs in the Gobi desert. He will not be searching for happiness as if it were a collar button that has rolled under the radiator. He will not be striving for it as a goal in itself. He will have become aware that he is happy in the course of living life twenty-four crowded hours of the day. ~*W. Beran Wolfe*

Happiness is not a state to arrive at, but a manner of traveling. ~*Margaret Lee Runbeck*

There is a strange reluctance on the part of most people to admit that they enjoy life. ~*William Lyon Phelps*

Every day may not be good, but there's something good in every day. ~*Author Unknown*

There are exactly as many special occasions in life as we choose to celebrate. ~*Robert Brault*

Joy, rather than happiness, is the goal of life, for joy is the emotion which accompanies our fulfilling our natures as human beings. It is based on the experience of one's identity as a being of worth and dignity. ~*Rollo May*

I've decided that the stuff falling through the cracks is confetti and I'm having a party!  
~*Betsy Cañas Garmon*

## Joy: That WOW Feeling of Just Being Alive

The words joy and happiness are often used interchangeably, and they do share some characteristics, however there is a difference between the two words.

Happiness is based on external circumstances – in other words, when things go well, we feel happy. Joy on the other hand comes from a swell of emotion within us and sometimes has to be learned.

Happiness may warm us, but it is joy that creates the fierce heat of emotion that takes our breath away ... it is that WOW experience of just being alive. We experience it during intense moments such as when we achieve a significant goal, overcome a particularly challenging obstacle, feel connected with others and part of something special, and see the beauty in our world and in those we love.

Joyful people are often healthy, both physically and mentally, they value strong positive relationships but they also appreciate the merit of reflective solitude, and they don't allow the extremes of life - sudden highs or sudden lows - to influence them excessively. But these abilities do not just arrive; they have to be cultivated.

Recognizing the connection between emotional health and physical health, teaching ourselves to be joyful may be one of the greatest things we can do to enhance our overall health. However, it is important to continually remind ourselves that joy is an emotion that arises from within us and is not affected by the things that happen to us.

So, where do we begin? Since joy comes from within, rather than pursuing an emotional state, it's really a matter of slowly cultivating the ability to appreciate the experience of joy, as you would cultivate a well-tended flower garden that radiates beauty for all who enter into it.



## Pay it Forward - Help Make the World a Better Place

How wonderful it is that nobody need wait a single moment before starting to improve the world. ~*Anne Frank*

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not. ~*Dr. Seuss*

I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do. ~*Edward Everett Hale*

It is the greatest of all mistakes to do nothing because you can only do little - do what you can. ~*Sydney Smith*

Dare to reach out your hand into the darkness, to pull another hand into the light. ~*Norman B. Rice*

There are many in the world who are dying for a piece of bread, but there are many more dying for a little love. ~*Mother Teresa*

Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope... and crossing each other from a million different centers of energy and daring those ripples build a current that can sweep down the mightiest walls of oppression and resistance. ~*Robert F. Kennedy*

In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us. ~*Flora Edwards*

The ultimate expression of generosity is not in giving of what you have, but in giving of who you are. ~*Johnnetta B. Cole*

In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it. ~*Marianne Williamson*

It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself. ~*Ralph Waldo Emerson*

Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: true fulfillment. ~*Tony Robbins*

Whoever renders service to many puts himself in line for greatness - great wealth, great return, great satisfaction, great reputation, and great joy. ~*Jim Rohn*

There's a great joy in my giving. It's thrilling. It's exhilarating. It's important to be a part of sharing. It is my love. It is my joy. ~*W. Clement Stone*

## The Voice of Volunteers

Community service is important to me because it helps people in my community and because it has pushed me to step outside of my comfort zone and take initiative. ~*Laura Banks, Volunteer*

There are so many people who have to get by with nothing, whether it's no food, no affection, no education, or no respect. To alleviate any degree of any burden – to make something better – is, for me, the pinnacle of accomplishment and hope. ~*Alaina Smith, Volunteer*

When you learn about different people, you can respect each other more and you cannot be fearful. You think they are just so different and their lives are so different from ours. And that's not true. ~*Amy Finnegan, Volunteer*

Service has taught me courage, compassion, love, appreciation, teamwork, humility. I have seen hardship and pain and the power that a simple act of kindness holds. And I have been forever changed by the people I have met, worked with, and served. ~*Laura Chicoine, Volunteer*

## Believe in Your Success

If at first you don't succeed, you're running about average. ~*M.H. Alderson*

Success consists of going from failure to failure without loss of enthusiasm. ~*Winston Churchill*

At any moment, you have the ability to dramatically change any area of your life, or follow your heart's deepest desires. It's yours to create, any way you want it. ~*Craig Townsend*

Many of life's failures are people who did not realize how close they were to success when they gave up. ~*Thomas Edison*

You will find the key to success under the alarm clock. ~*Benjamin Franklin*

Sometimes I worry about being a success in a mediocre world. ~*Lily Tomlin*

I couldn't wait for success... so I went ahead without it. ~*Jonathan Winters*

There is no point at which you can say, "Well, I'm successful now. I might as well take a nap." ~*Carrie Fisher*

Don't aim for success if you want it; just do what you love and believe in, and it will come naturally. ~*David Frost*

Time is the most precious element of human existence. The successful person knows how to put energy into time and how to draw success from time. ~*Denis Waitley*

The great dividing line between success and failure can be expressed in five words: I DID NOT HAVE TIME. ~*Franklin Field*

Some people dream of success... while others wake up and work hard at it. ~*Author Unknown*

In order to succeed you must fail, so that you know what not to do the next time. ~*Anthony J. D'Angelo*

Judge your success by what you had to give up in order to get it. ~*Author Unknown*

Whatever you are by nature, keep to it; never desert your line of talent. Be what nature intended you for, and you will succeed. ~*Sydney Smith*

It's a funny thing about life: if you refuse to accept anything but the best you very often get it. ~*Somerset Maugham*

Some people want it to happen, some wish it would happen, others make it happen. ~*Michael Jordan*

Success is more permanent when you achieve it without destroying your principles. ~*Walter Cronkite*

Success is how high you bounce when you hit bottom. ~*George Smith Patton*

The man who has done his level best, and who is conscious that he has done his best, is a success, even though the world may write him down as a failure. ~*B.C. Forbes*

There is only one success - to be able to spend your life in your own way. ~*Christopher Morley*

Success will never be a big step in the future, success is a small step taken just now. ~*Jonatan Martensson*

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome. ~*Booker T. Washington*

Success seems to be largely a matter of hanging on after others have let go. ~*William Feather*

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible. ~*Doug Larson*

Only those who will risk going too far can possibly find out how far one can go. ~*T.S. Eliot*

The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it. ~*Author Unknown*

I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. ~*Michael Jordan*

In order to succeed, we must first believe that we can. ~*Michael Korda*

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. ~*Norman Vincent Peale*

The turning point, I think, was when I really realized that you can do it yourself. That you have to believe in you because sometimes that's the only person that does believe in your success but you. ~*Tim Blixseth*

Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful. ~*Mark Victor Hansen*

## Forever Young at Heart

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.  
~*Samuel Ullman*

Do not regret growing older. It is a privilege denied to many. ~*Author Unknown*

A man is not old until regrets take the place of dreams. ~*John Barrymore*

There was no respect for youth when I was young, and now that I am old, there is no respect for age - I missed it coming and going. ~*J.B. Priestly*

Some people, no matter how old they get, never lose their beauty - they merely move it from their faces into their hearts. ~*Martin Buxbaum*

It is possible at any age to discover a lifelong desire you never knew you had. ~*Robert Brault*

The other day a man asked me what I thought was the best time of life. "Why," I answered without a thought, "now." ~*David Grayson*

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young. ~*Henry Ford*

Old age is an excellent time for outrage. My goal is to say or do at least one outrageous thing every week. ~*Louis Kronenberger*

Preparation for old age should begin no later than one's teens. A life which is empty of purpose until 65 will not suddenly become filled on retirement. ~*Dwight L. Moody*

Aging only happens to people who lose their lust for getting better and disconnect from their natural base of curiosity. ~*Robin Sharma*

The man who views the world at fifty the same as he did at twenty has wasted thirty years of his life. ~*Muhammad Ali*

What makes people age prematurely is the fact they don't live in the present, nor do they fill their lives with love. ~*Mark Fisher*

Father Time is not always a hard parent, and, though he tarries for none of his children, often lays his hand lightly upon those who have used him well; making them old men and women inexorably enough, but leaving their hearts and spirits young and in full vigor. With such people the grey head is but the impression of the old fellow's hand in

giving them his blessing, and every wrinkle but a notch in the quiet calendar of a well-spent life. ~*Charles Dickens*

The great use of life is to spend it on something that will outlast it. ~*William James*

We can choose to function at a lower level of awareness and simply exist, caring for our possessions, eating, drinking, sleeping and managing in the world as pawns of the elements, or we can soar to new and higher levels of awareness allowing ourselves to transcend our environment and literally create a world of our own – a world of real magic. ~*Wayne W. Dyer*

Sometimes, people use age as a convenient excuse. 'I'm too old to start something new', or, 'I couldn't learn that at my age.' Other people, though, go on to achieve their greatest accomplishments in life in later years. ~*Catherine Pulsifer*

We do not stop playing because we grow old, we grow old because we stop playing. ~*Benjamin Franklin*

## Living Life to the Fullest

I've decided that the stuff falling through the cracks is confetti and I'm having a party!

~*Betsy Cañas Garmon*

Life begins at the end of your comfort zone. ~*Author Unknown*

He who has a why to live can bear almost any how. ~*Friedrich Nietzsche*

Life is like a ten-speed bicycle. Most of us have gears we will never use. ~*Charles Schulz*

People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child - our own two eyes. All is a miracle.

~*Thich Nhat Hanh*

The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny. ~*Albert Ellis*

When you re-read a classic you do not see in the book more than you did before. You see more in you than there was before. ~*Clifton Fadiman*

Look, I don't want to wax philosophic, but I will say that if you're alive you've got to flap your arms and legs, you've got to jump around a lot, for life is the very opposite of death, and therefore you must at very least think noisy and colorfully, or you're not alive.

~*Mel Brooks*

I think of life itself now as a wonderful play that I've written for myself, and so my purpose is to have the utmost fun playing my part. ~*Shirley MacLaine*

It's a funny thing about life: if you refuse to accept anything but the best you very often get it. ~*Somerset Maugham*

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 must be attained. ~*Marie Curie*

Perhaps nobody ever accomplishes all that he feels lies in him to do but nearly everyone who tries his power touches the walls of his being occasionally, and learns about how far to attempt to spring. ~*Charles Dudley Warner*



Life is too short to wake up in the morning with regrets, so love the people who treat you right, forget about the ones who don't, and believe that everything happens for a reason. If you get a chance, take it. If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it. ~*Harvey Mackay*

Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is. ~*Mary Anne Racmacher*

I would much rather have regrets about not doing what people said than regretting not doing what my heart led me to and wondering what life had been like if I'd just been myself. ~*Brittany Renee*

One day at a time – this is enough. Do not look back and grieve over the past for it is gone; and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful it will be worth remembering. ~*Author Unknown*

Quit hanging on to the handrails . . . Let go. Surrender. Go for the ride of your life. Do it every day. ~*Melody Beattie*

There are many wonderful things that will never be done if you do not do them. ~*Charles D. Gill*

This life is yours. Take the power to choose what you want to do and do it well. Take the power to love what you want in life and love it honestly. Take the power to walk in the forest and be a part of nature. Take the power to control your own life. No one else can do it for you. Take the power to make your life happy. ~*Susan Polis Schutz*

I never regret anything. Because every little detail of your life is what made you into who you are in the end. ~*Drew Barrymore*

Live life fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human. ~*Anthony Robbins*

You only live once, but if you do it right, once is enough. ~*Joe Lewis*

The past is a great place and I don't want to erase it or to regret it, but I don't want to be its prisoner either. ~*Mick Jagger*

Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand-and melting like a snowflake. ~*Marie Beyon Ray*

Life is a great big canvas, and you should throw all the paint on it you can. ~*Danny Kaye*

Life isn't worth living unless you're willing to take some big chances and go for broke. ~*Eliot Wiggington*

Life is what we make it, always has been, always will be. ~*Grandma Moses*

Life is a great big canvas, and you should throw all the paint on it you can. ~*Danny Kaye*

Love the moment. Flowers grow out of dark moments. Therefore, each moment is vital. It affects the whole. Life is a succession of such moments and to live each, is to succeed. ~*Author Unknown*

There is only one success – to be able to spend your life in your own way. ~*Christopher Morley*

## Living Your Best Life Check List

*How do you feel about your life today? Are you living in exuberance? Do you love what you're doing? Are you excited every single moment? Are you looking forward to what's coming up next? Are you living your best life?*

See each day as a fresh new start. Don't get held back by what happened yesterday, the day before, or last month.

Be true to who you are. Stop trying to please other people or be someone else. It's better to be an original version of you than a duplicate of someone else.

Quit complaining about your problems and do something about them. Be proactive. Rather than "what if thinking, instead focus on the things you can do something about.

Make a Difference. There are many things in the world that need attention and support. Poverty, disaster recovery, literacy, children in need. Depleting rainforests, animal rescue and global warming ... how can you do your part?

Create your own opportunities. You can wait for opportunities to drop into your life, or you can go out and create your own. The latter is definite and much more empowering.

Live more consciously each day. Try new things, get uncomfortable, and scare yourself now and then. Is there something you've been putting avoiding or denying? Uncover it and start working on it.

Commit to your growth with lifelong learning.

Discover your values. Values are the essence of what makes you, you.

Hold yourself accountable. Every one of us has our own set of ethics, principals and moral codes. Live true to yours every day.

Design your ideal life. What would an ideal day look like; what would you do; who would you spend your time with. What is the life that will make you the best person you can ever be? Think BIG ... there are no limits in life other than those we set for ourselves.

Set your goals. After you design your ideal life, set your 5-year, 3-year and 1-year goals. The more specific your goals, the better!

Create your bucket list of things to do before you die. Have fun with this and don't forget to include them in your goals.

Begin to take action on your goals and dreams. Create a plan and commit to doing at least one (but preferably 2 or 3) things each day to get you closer toward success.

Don't do things for the sake of checking them off a list. Always evaluate what you're doing and only do it if there's meaning behind your actions. Don't be afraid to quit the things that no longer serve you, or to re-evaluate goals.

Make time to do the things you love because life is short, and far too precious to waste. Spend your time and energy on things that bring you joy and fulfillment.

Learn from criticism, but don't be overly affected by it. Constructive criticism should help you be a better person.

Be positive. Purge unnecessary negativity from your life and embrace gratitude.

Don't badmouth other people. If there's something you don't like about someone, either tell them to their face, or don't say anything at all.

Forgive those who may have wronged you in the past. Holding grudges harms you more than the other person.

Let go of relationships that don't serve you. That means negative people, or those who do not respect you by being overly critical or unkind.

Cultivate friendships with people who are positive, successful, strong achievers and supportive of your growth.

Lend a helping hand. Voluntarism is one way... you can also start with your friends and family. Help someone when they least expect it, without a reason or expectation of return. Do it because you want to.

Remain focused on your priorities and overcome procrastination – it's a huge waste of time (and your life).

Get out of your comfort zone by trying new things. You can start with something as simple as taking a new route to, trying a new food, picking up a new hobby, or trying a new restaurant. Work up to bigger things like learning a foreign language, going back to school, or taking your trip of a lifetime. Remember ... no regrets!

Don't settle – go for what you really want out of life. Live more, love more, laugh more!

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## About the Author



My name is Marquita (Marty) Herald, the founder and author of the lifestyle blog, IGG-Tips, Tools & Tantalizing Ideas. My mission is to challenge you to recognize that it really is up to you to choose to accept "as is" or expand your world.

Personal growth is much like the domino effect ... when you change how you think about your circumstances your feelings change and then the actions you take change and then your world begins to change ...

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