

- SEIZE THE DAY -

QUOTES

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“

**Yesterday is gone. Tomorrow
has not yet come. We have
only today. Let us begin.**

- MOTHER TERESA -

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“

**Never lose perspective
on where you are and
what you've got.
And how you got it.**

- ROB HALFORD -

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“

**Nothing creates burnout faster
than losing your passion.**

- DR. TOBY SILVERTON -

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**The big questions are not
answered by Google.**

- UNKNOWN -

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**The wretch, concentrated all in self,
Living, shall forfeit fair renown,
And, doubly dying, shall go down
To the vile dust, from whence he sprung,
Unwept, unhonored, and unsung.**

- SIR WALTER SCOTT -

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Never abandon your personal message. No matter what comes your way, remain dedicated to that which you hold close to your heart.

- JERRY GLADSTONE -

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**Some people will only
“love you” as much as they
can use you. Their loyalty
ends where the benefits stop.**

- UNKNOWN -

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**The best way to find yourself
is to lose yourself in the
service of others.**

- MAHATMA GANDHI -

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**Service to others is the
rent you pay for your
room here on earth.**

- MUHAMMAD ALI -

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**The most powerful
weapon on earth is the
human soul on fire.**

- FERDINAND FOCH -

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**When you are tempted to give up,
your breakthrough is probably just
around the corner.**

- JOYCE MEYER -

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**Optimism is the faith that
leads to achievement;
nothing can be done
without hope.**

- HELEN KELLER -

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**Try to be a rainbow
in someone else's cloud.**

- MAYA ANGELOU -

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**I don't focus on what I'm up against.
I focus on my goals and I try to
ignore the rest.**

- VENUS WILLIAMS -

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**You can waste time, you can kill time,
you can do time, but if you use it
wisely, there's never enough of it.
So you'd better make the most of
the time you've got.**

- PHIL CONNORS -

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**But those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.**

- ISAIAH 40:31 -

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**The only difference between
a rut and a grave are the
dimensions.**

- ELLEN GLASGOW -

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**When we are stuck in a rut
we are being invited to grow
and expand.**

- DANA ARCURI -

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**Everybody needs four things in life:
Something to do, someone to love,
someone to believe in and
something to hope for.**

- LOU HOLTZ -

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**Slow steady progress
is better than daily excuses.**

- ROBIN SHARMA -

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What you're supposed to do when you don't like a thing, is change it. If you can't change it, change the way you think about it. Don't complain.

- MAYA ANGELOU -

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**Remember how far you've come,
not just how far you have to go. You are
not where you want to be, but neither
are you where you used to be.**

- RICK WARREN -

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**Creativity is intelligence
having fun.**

- ALBERT EINSTEIN -

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**One day you will wake up and
there won't be any more time to
do the things you want to do.
Do it now.**

- PAULO COELHO -

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**Our comfort zone is where our
uncertainty, scarcity, and vulnerability
are minimized.**

- BRENÉ BROWN -

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**Nothing great happens
in our comfort zone.**

- BRIAN BUFFINI -

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**A comfort zone is a beautiful place,
but nothing ever grows there.**

- GINA MILICIA -

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**The greatest power we possess
is the power of choice.**

- J. MARTIN KOHE -

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Over time, people regret what they didn't do more than what they did do. Regrets of inaction are far more common than regrets to action.

- DANIEL PINK -

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**So oftentimes it seems that we live
our lives in chains, and we never
realize we hold the key.**

- THE EAGLES -

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**Fear is not a sign of weakness.
It is a sign of maturity. It is a sign that
you are on to something important.
Fear is information. Move forward.**

- ROBIN SHARMA -

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It's simply not true that you can do anything you put your mind to. But when you take the risk, put in the reps and use your unique strengths — that's when your life will truly change.

- BILL HAMPTON -

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**When you know you are doing
what you are meant to do,
you have to try.**

- TED LASSO -

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**The best way to accelerate growth
is to embrace, seek and amplify
discomfort.**

- ADAM GRANT -

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You grow in proportion to the weight you take on voluntarily. People can do remarkable things, but their development was typically forced by necessity to grow beyond where they were and you never know what the upper limit to that is.

- JORDAN PETERSON -

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**Imagine our creator saying
“You weren’t rejected. I hid your
value from them, because they’re
not assigned to your destiny.”**

- JAIME KERN LIMA -

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**Don't waste the pain.
Use it to further fuel your purpose.**

- MARK FOREMAN -

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Your new life is going to cost you your old one. It's going to cost you your comfort zone, your relationships and friends. It's going to cost you being liked and understood. But it doesn't matter. Because the people who are meant for you are going to meet you on the other side. You're going to build a new comfort zone around the things that actually move you forward. Instead of being liked, you're going to be loved. Instead of being understood, you're going to be seen. All you're going to lose is what was built for a person you no longer are. Let it go.

- BRIANNA WIEST -

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**The key is not to prioritize
what's on your schedule, but to
schedule your priorities.**

- STEPHEN COVEY -

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90% of the time, I don't want to run in the morning, but that's OK. Morning me doesn't make decisions. Night me is in charge of decisions. Morning me is in charge of actions. Morning me is a great order taker, but will talk me out of anything difficult if asked to decide.

- JON ACUFF -

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Action is the antidote to fear.

- RUTH SOUKUP -

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**Sometimes the bravest and
most important thing you can
do is just show up.**

- BRENÉ BROWN -

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**Better to remain silent and be
thought a fool than to speak out
and remove all doubt.**

- MARK TWAIN -

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**You don't close a sale;
you open a relationship.**

- PATRICIA FRIPP -

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People who can focus, get things done. People who can prioritize, get the right things done.

- JOHN MAEDA -

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**The Golden Rule of Habit Change:
You can't extinguish a bad habit,
you can only change it.**

- CHARLES DUHIGG -

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**You will be the same person
in five years as you are today
except for the people you
meet and the books you read.**

- CHARLIE JONES -

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**If everybody is thinking alike,
then somebody isn't thinking.**

- GEORGE S. PATTON -

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**No death, no doom, no anguish
can arouse the surpassing despair
which flows from a loss of identity.**

- H.P. LOVECRAFT -

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The scariest thought in the world is that someday I'll wake up and realize I've been sleepwalking through my life: underappreciating the people I love, making the same hurtful mistakes over and over, a slave to neuroses, fear, and the habitual.

- GEORGE SAUNDERS -

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**The price of greatness
is responsibility.**

- WINSTON CHURCHILL -

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When you know yourself you are empowered. When you accept yourself you are invincible.

- TINA LIFFORD -

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Always your first question to yourself should be, “What would I be doing now if it were really impossible for me to fail?”

- DOROTHEA BRANDE -

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