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Book of Quotes: Motivational

MOTIVATIONAL



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Motivational

"A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided."

Tony Robbins

"Shoot for the moon. Even if you miss, you'll land among the stars."

Les Brown

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

Dale Carnegie

"Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight."

Helen Keller

"Live your beliefs and you can turn the world around."

Henry David Thoreau

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Anais Nin

"The poor, the unsuccessful, the unhappy, the unhealthy are the ones who use the word tomorrow the most"

Robert Kiyosaki

"Everyone who has ever taken a shower has had an idea. It's the person who gets out of the shower, dries off, and does something about it that makes a difference."

Nolan Bushnell

"Be curious always! For knowledge will not acquire you: you must acquire it."

Sudie Back

"There's always a way if you're committed."

Anthony Robbins

"Your future is created by what you do today, not tomorrow"

Robert Kiyosaki



"I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning."

J.B. Priestly

"Let us move on, and step out boldly, though it be into the night, and we can scarcely see the way."

Charles B. Newcomb

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Michelangelo

"If you're not giving the world the best you have, what world are you saving it for?"

Kent Keith

"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."

Morris Adler

"A dream is your creative vision for your life in the future. You must break out of your current comfort zone and become comfortable with the unfamiliar and the unknown."

Denis Waitley

"Argue for your limitations, and sure enough, they're yours."

Richard Bach

"Be smart, be intelligent and be informed."

Tony Alessandra

"The only limits to the possibilities in your life tomorrow are the butts you use today."

Les Brown

"You'll seldom experience regret for anything that you've done. It is what you haven't done that will torment you. The message, therefore, is clear. Do it! Develop an appreciation for the present moment. Seize every second of your life and savor it. Value your present moments. Using them up in any self defeating ways means you've lost them forever."

Dr Wayne Dyer

"When you face your fear, most of the time you will discover that it was not really such a big threat after all. We all need some form of deeply rooted, powerful motivation it empowers us to overcome obstacles so we can live our dreams."

Les Brown

"It is better to be motivated by the souls hunger rather than the egos greed."

Unknown

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

Mark Twain

"The more you can dream the more you can do."

Michael Korda

"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



"In imagination, there's no limitation."

Mark Victor Hansen

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."

Joel A. Barker

"When you face your fear, most of the time you will discover that it was not really such a big threat after all. We all need some form of deeply rooted, powerful motivation it empowers us to overcome obstacles so we can live our dreams."

Les Brown

"Life is ours to be spent, not to be saved."

D. H. Lawrence

"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

"Real, constructive mental power lies in the creative thought that shapes your destiny, and your hour by hour mental conduct produces power for change in your life. Develop a train of thought on which to ride. The nobility of your life as well as your happiness depends upon the direction in which that train of thought is going."

Laurence J. Peter

"Remember that if the opportunities for great deeds should never come, the opportunities for good deeds are renewed day by day. The thing for us to long for is the goodness, not the glory."

F.W. Faber

"To be what we are, and to become what we are capable of becoming, is the only end in life."

Robert Louis Stevenson

"When you cannot make up your mind which of two evenly balanced courses of action you should take choose the bolder."

W.J. Slim

"People often say that motivation doesn't last. Well, neither does bathing that's why we recommend it daily."

Zig Ziglar

"Some day, in years to come, you will be wrestling with the great temptation, or trembling under the great sorrow of your life. But the real struggle is here, now, in these quiet weeks. Now it is being decided whether, in the day of your supreme sorrow or temptation, you shall miserably fail or gloriously conquer. Character cannot be made except by a steady, long continued process."

Phillips Brooks

"If you don't risk anything, you risk even more."

Erica Jong

"Men have been taught that it is a virtue to agree with others. But the creator is the man who disagrees. Men have been taught that it is a virtue to swim with the current. But the creator is the man who goes against the current. Men have been taught that it is a virtue to stand together. But the creator is the man who stands alone."

Ayn Rand

"It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance."

Robert F. Kennedy

"Nothing will ever be attempted, if all possible objections must first be overcome."

Samuel Johnson

"There are powers inside of you which, if you could discover and use, would make of you everything you ever dreamed or imagined you could become."

Orison Swett Marden

"You always do what you want to do. This is true with every act. You may say that you had to do something, or that you were forced to, but actually, whatever you do, you do by choice. Only you have the power to choose for yourself."

W. Clement Stone



"If passion drives you, let reason hold the reins."

Benjamin Franklin

The action signal of anger, annoyance, resentment, or rage is a powerful emotion. Its source is feelings of hurt that have not been dealt with. This action signal tells us that one of our important standards, or rules, has been violated by ourselves or someone else. The Solution 1) Realize you may have misinterpreted, and the person you believe has "broken your rules" may not even know they've broken them. 2) Realize that your rules are not necessarily the "right" rules (sometimes that's hard to do). 3) Interrupt the anger by asking yourself such questions as "In the long run, is it true that this person really cares about me? What can I learn from this? How can I communicate the importance of my standards?"

Anthony Robbins

"Nature does not bestow virtue; to be good is an art."

Seneca

"There are no great people in this world, only great challenges which ordinary people rise to meet."

William Frederick Halsey, Jr.

"Mistakes are merely steps up the ladder..."

Paul J. Meyer

"Dreams not pursued by action are simply that, dreams with little prospect of being attained. Action taken without a plan or direction is simply that action with little prospect of success. Tie the plan and the action together and the dreams can become reality."

Julie V. Watson

"Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit."

Aristotle

"The gem cannot be polished without friction, nor man perfected without trials."

Chinese proverb

"In the final analysis there is no solution to man's progress but the day's honest work, the day's honest decisions, the day's generous utterances and the day's good deed."

Clare Booth Luce

"The times in our lives in which we feel that we have the least power are actually the times when we have the most. Those are the times in which we affirm or redefine who we are, what we believe, and make choices that can impact ourselves and those we encounter for a lifetime. "

Gail Pursell Elliott

"Be Prepared!"

Boy Scout Motto

"We should not let our fears hold us back from pursuing our hopes."

John F. Kennedy

"Wherever we are and whatever we are doing, it is possible to learn something that can enrich our lives and the lives of others... No one's education is ever complete."

Sir John Templeton

"The key to why things change is the key to everything."

James Burke

"Trials, temptations, disappointments all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of a character, but strengthen it. Every conquered temptation represents a new fund of moral energy. Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before."

James Buckham

"Change does not necessarily assure progress, but progress implacably requires change. Education is essential to change, for education creates both new wants and the ability to satisfy them."

Henry Steele Commager

"Life does not require us to make good; it asks only that we give our best at each level of experience."

Harold Ruopp

"True leadership must be for the benefit of the followers, not the enrichment of the leaders."

Robert Townsend

"Accept the challenges, so you may feel the exhilaration of victory."

George S. Patton

"Whatever you attempt, go at it with spirit. Put some in!"

David Starr Jordan

Never look back unless you are planning to go that way.

Unknown

"Teaching kids how they can create their futures is a powerful and critical character building attribute. Goals education gives them the tools needed for designing a productive life, of benefit to themselves, our country and for future generations."

Gary Ryan Blair

"Everything you need you already have. You are complete right now, you are a whole, total person, not an apprentice person on the way to someplace else. Your completeness must be understood by you and experienced in your thoughts as your own personal reality."

Wayne Dyer

"Through zeal, knowledge is gotten; through lack of zeal, knowledge is lost."

Buddha



"Get excited and enthusiastic about your own dream. This excitement is like a forest fire you can smell it, taste it, and see it from a mile away."

Denis Waitley

"It is easier to live through someone else than to become complete yourself."

Betty Friedan

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

Sidney J. Harris

"He who has done his best for his own time has lived for all times."

Johann von Schiller

"As long as a man stands in his own way, everything seems to be in his way."

Ralph Waldo Emerson

"The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out to meet it."

Thucydides

"The character traits most critical to creating empowerment are: Integrity habits are congruent with values, words with deeds, expressions with feelings. Maturity courage balanced with consideration. Abundance mentality there is plenty out there for everybody. A person with these character traits can be genuinely happy for the success and accomplishments of others."

Stephen R. Covey

"Our inheritance of well founded, slowly conceived codes of honor, morals and manners, the passionate convictions which so many hundreds of millions share together of freedom and justice, are far more precious to us than anything which scientific discoveries can bestow."

Winston Churchill

"Old habits can't be thrown out the upstairs window. They have to be coaxed down the stairs one step at a time."

Mark Twain

Life consists in penetrating the unknown, and fashioning our actions in accord with the new knowledge thus acquired.

Leo Tolstoy

"One of the nice things about problems is that a good many of them do not exist except in our imaginations."

Steve Allen

How does a person make a difference? The history of the world is simply a chronicle of the deeds of a small number of ordinary people who had extraordinary levels of commitment. Those individuals who had the power to make a meaningful difference in the quality of our lives are the men and women we call heroes. Who are your heroes?

Anthony Robbins

Seek First to understand, then to be understood.

Stephen Covey

"There is no man living who isn't capable of doing more than he thinks he can do."

Henry Ford

It takes a habit to replace a habit.

Napoleon Hill



Let everything you do be done as if it makes a difference.

William James

"The mind is not a vessel to be filled but a fire to be kindled."

Plutarch

It is not the strongest of the species that survive nor the most intelligent, but the one most responsive to change.

Charles Darwin

"To be pleased with one's limits is a wretched state."

Johann Wolfgang von Goethe

"The smallest good deed is better than the grandest good intention."

Duguet

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 encumbered with your old nonsense.

Ralph Waldo Emerson

"Power is not something that we can bestow on another person. It is something he or she already has within and will struggle to retain. Empowerment means that we acknowledge the personal power each person has to make positive decisions and to take responsibility for them, a simple exercise in treating others with dignity and respect."

Gail Pursell Elliott

There are vast untapped resources of faith and talent that can only be discovered in adversity.

Robert H. Schuller

"The most damaging phrase in the language is, 'It's always been done that way'."

Admiral Grace Hopper

Think like a man of action and act like a man of thought.

Henri Bergson

"It is not because things are difficult that we do not dare, It is because we do not dare that They are difficult."

L.P.Sanadhya

An important question to answer whenever we consistently feel pain in our lives is, "Is this pain the result of my situation or of my rules for how I should feel about it? Is my feeling bad about this making it better? What rule (belief) must I have in order to feel bad in this situation?" It's critical to examine our rules to make certain they're intelligent and appropriate. Some people's rules for feeling good are that their children must be getting straight A's in school, they must be #1 in their office in sales, have less than 10 percent body fat, and feel calm and unstressed at all times! Can you imagine how often someone with these rules would feel good? Examine your rules. Make sure they serve you!

Anthony Robbins

"Your future depends on many things, but mostly on you."

Frank Tyger

"Do the next thing."

John Wanamaker

A little bit added to what you've already got gives you a little bit more.

P.G. Wodenhouse

Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Brian Dyson

Start living now. Stop saving the good china for that special occasion. Stop withholding your love until that special person materializes. Every day you are alive is a special occasion. Every minute, every breath, is a gift from God.

Mary Manin Morrissey

"There's no such thing as Perfection. But, in striving for perfection, we can achieve excellence"

Vince Lombardi

You can stand tall without standing on someone. You can be a victor without having victims

Harriet Woods

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

Native American Proverb

No dream is out of reach....you can do anything!

Unknown

"To live a creative life, we must lose our fear of being wrong."

Joseph Chilton Pearce



You only lose energy when life becomes dull in your mind. Your mind gets bored and therefore tired of doing nothing. Get interested in something! Get absolutely enthralled with something! Get out of yourself! Be somebody! Do something! The more you lose yourself in something bigger than yourself, the more energy you will have.

Norman Vincent Peale

"Identify your problems, but give your power and energy to solutions."

Anthony Robbins

"Change your thoughts and you change your world."

Norman Vincent Peale

IF YOU CAN DO don't not.

Malcolm Forbes

Man must cease attributing his problems to his environment and learn to exercise his will his personal responsibility.

Albert Schweitzer

Know that every "no" is one step closer to a "YES"! Never give up!

Unknown

"Look at frustration as a positive thing. It is the frustration that drives you to improve."

John Lyons

The things that come to those who wait may just be the things left behind by those who got there first.

Unknown

"Power is not something that we can bestow on another person. It is something he or she already has within and will struggle to retain. Empowerment means that we acknowledge the personal power each person has to make positive decisions and to take responsibility for them, a simple exercise in treating others with dignity and respect."

Gail Pursell Elliott

Think like a man of action and act like a man of thought.

Henri Bergson

"Mans mind, once stretched by a new idea, never regains its original dimensions."

Oliver Wendell Holmes

Everything we do is infused with the energy with which we do it. If we're frantic, life will be frantic. If we're peaceful, life will be peaceful. And so our goal in any situation becomes inner peace. Our internal state determines our experience of our lives; our experiences do not determine our internal state.

Marianne Williamson

If you get caught up in things over which you have no control, it will adversely affect those things over which you have control.

John Wooden

Fear doesn't exist anywhere except in the mind.

Dale Carnegie

"The only things in your control are your thoughts and then your actions. Positive, powerful thoughts lead to positive, powerful actions, and when done with repeated consistency this cycle leads to greatness. Dream it! Pray for it! Believe it! Work for it! And then be ready when it happens!"

Greg Werner

"Life's lessons may be viewed as difficulties or challenges to be overcome, but in reality they are an exercise in fine tuning that will make our efforts more effective in the long run. We are developing skills, attitudes, and perspectives that we need to move forward with insight and awareness."

Gail Pursell Elliott

It takes a habit to replace a habit.

Napoleon Hill

Begin somewhere. You cannot build a reputation on what you intend to do.

Liz Smith

Define your personal dignity today. Make a list of the positive internal qualities that you value that never change. Read it every morning and evening to remind yourself that no matter what you meet in the course of the day, regardless of the actions of others, no one can define who you are but you. "

Gail Pursell Elliott

If you don't run your own life....someone else will.

John Atkinson

As I say YES to life, life says YES to me!

Louise L. Hay

Life is a mirror, if you frown at it, it frowns back; if you smile, it returns the greeting.

William Thackeray

"Learning is not compulsory... neither is survival."

W. Edwards Deming

"When we accept tough jobs as a challenge to our ability and wade into them with joy and enthusiasm, miracles can happen.

Arland Gilbert



"There are in fact four very different stumbling blocks in the way of grasping the truth... the example of weak and unworthy authority, longstanding custom, the feeling of the ignorant crowd, and the hiding of our own ignorance while making a display of our apparent knowledge."

Roger Bacon

"A fool's paradise is a wise man's hell!"

Thomas Fuller

"Language is not only the vehicle of thought, it is a great and efficient instrument in thinking."

Sir Humphrey Davy

"A line runs from the meditations of the heart to the words of the mouth. The meditations are not clear to us until the mouth utters its words. If what the mouth utters is unclear or foolish or mendacious, it must be that the meditations are the same. But the line runs both ways. The words of the mouth will become the meditations of the heart, and the habit of loose talk loosens the fastenings of our understanding."

Richard Mitchell

"If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month."

Unknown

"Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will."

Jawaharlal Nehru

"Wealth is not a matter of intelligence it's a matter of inspiration."

Jim Rohn

"Every day you waste is one you can never make up."

George Allen

"Before you speak, listen. Before you write, think. Before you spend, earn. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you retire, save. Before you die, give."

William A. Ward

"Make every thought, every fact, that comes into your mind pay you a profit. Make it work and produce for you. Think of things not as they are but as they might be. Don't merely dream but create!"

Robert Collier

It was on my fifth birthday that Papa put his hand on my shoulder and said, "Remember, my son, if you ever need a helping hand, you'll find one at the end of your arm."

Sam Levenson

"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you."

Barbara Sher

"Striving for excellence motivates you; striving for perfection is demoralizing."

Harriet Braiker

"If you are worried about money, it simply means that you can and should be earning more. How are you doing to do it?"

Brian Tracy

"I am the master of my fate; I am the captain of my soul."

William Ernest Henley

What would happen to your stress level if you consistently thought about dealing with various challenges in terms of "climbing the ladder of success" rather than "struggling to keep my head above water"? Would you feel different about taking a test if you talked about "sailing" through it rather than "flailing"? Would your perception of time change if you talked about it "flying" rather than "crawling"? You bet it would! What metaphors do you use to describe the things you do every day? How do they make you feel? What new metaphors could you use to be more effective and make life more enjoyable?

Anthony Robbins

When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life."

Greg Anderson

It is not failure itself that holds people back; it is the fear of failure that paralyzes you.

Brian Tracy

Decide how much you want to be earning one year, five years and ten years from today. What will you have to do to achieve these amounts."

Brian Tracy

"A thought which does not result in an action is nothing much, and an action which does not proceed from a thought is nothing at all."

Georges Bernanos

A journey of a thousand miles must begin with a single step.

Anthony Robbins

Without a sense of urgency, desire loses its value."

Jim Rohn

Never follow the crowd.

Bernard Baruch

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.

Seneca

It is not what you say, or wish, or hope or intent, it is only what you do that counts.

Brian Tracy

"The past does NOT equal the future!"

Anthony Robbins

F.E.A.R. = False Evidence Appearing Real

Anthony Robbins

"A great flame follows a little spark."

Dante Alighieri

Practice creative abandonment of time consuming activities that are not longer of importance to you.

Brian Tracy

If you were starting over today, what changes would you make in your life?

Brian Tracy

"Men may change their climate, but they cannot change their nature. A man that goes out a fool cannot ride or sail himself into common sense."

Joseph Addison



"All things are created twice. There's a mental or first creation, and a physical or second creation to all things."

Stephen R. Covey

"Take responsibility for all that you are and all that you can be."

Bob Greene

"The path of least resistance makes all rivers, and some men, crooked."

Napoleon Hill

Change is inevitable. You can't avoid it. The best thing to do is accept change, learn from it, and use it to your BEST advantage! Every situation, properly perceived, becomes an opportunity.

Helen Schucman

"My first act of free will shall be to believe in free will."

William James

The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do.

Dennis Waitley

Human beings can transform themselves. They can grow larger or smaller but they grow every day.

Walter Anderson

If you pump casually, you will pump forever. Pump hard to begin with and keep it up until you get that water flowing. Then a great deal will happen.

Zig Ziglar

"In addition to self-awareness, imagination and conscience, it is the fourth human endowment-independent will-that really makes effective self-management possible. It is the ability to make decisions and choices and to act in accordance with them. It is the ability to act rather than to be acted upon, to proactively carry out the program we have developed through the other three endowments. Empowerment comes from learning how to use this great endowment in the decisions we make every day.

Stephen Covey

We speak of waves in a storm as "sea horses." Like wild horses, impetuous and irresistible, a man can drown in them, but if he can ride them in a well-founded ship (as a man rides a horse which carries him), they can support him on his voyages.

John Layard

There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment . . . It gives warmth and good feeling to all your personal relationships.

Norman Vincent Peale

"Language is the armory of the human mind, and at once contains the trophies of its past and the weapons of its future conquests."

Samuel Coleridge

Superior people take both the credit and the blame for everything that happens to them.

Brian Tracy

"The greatest pleasure in life is doing what others say cannot be done."

Randy Foutch

"Make sure your right, and then go do it."

Davy Crockett

Do not confuse motion and progress. A rocking horse keeps moving, but does not make any progress.

Alfred A. Montapert

"Bad situations provide the opportunity for great deeds."

Dee H. Groberg

I have learned throughout my life as a composer chiefly through my mistakes and pursuits of false assumptions, not my exposure to founts of wisdom and knowledge.

Igor Stravinsky

"We can choose to throw stones, to stumble on them, to climb over them or to build with them."

William Arthur Ward

"Behold the turtle. He makes progress only when he sticks his neck out."

James Bryant Conant

“I begin to think, that calm is not desirable in any situation in life. Man was made for action and for bustle too, I believe.

Abigail Adams

“It is our choices...that show what we truly are, far more than our abilities”.

J. K. Rowling

“I know nothing except the fact of my ignorance.”

Socrates

“When you want to believe in something, you also have to believe in everything that's necessary for believing in it. “

Ugo Betti

“What is a rebel? A man who says no.”

Albert Camus

“We have given away far too many freedoms in order to be free. Now it's time to take some back.”

John Le Carre

“Experience suggests it doesn't matter so much how you got here, as what you do after you arrive.”

Lois McMaster Bujold

“Opportunities constantly arise in one area...that in turn ignite opportunities in other areas.”

Michael D. Eisner

“The strongest of all warriors are these two -- Time and Patience.”

Leo Tolstoy

“When a distinguished but elderly scientist states that something is possible, he is almost certainly right. When he states that something is impossible, he is very probably wrong”.

Arthur C. Clarke

“I came upstairs into the world; for I was born in a cellar.”

William Congreve



“Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.

Samuel Johnson

“You can never plan the future by the past.”

Edmund Burke

“Why wilderness? Because we like the taste of freedom; because we like the smell of danger.”

Edward Abbey

“The true traveler is he who goes on foot, and even then, he sits down a lot of the time.”

Colette

“The knowledge of the world is only to be acquired in the world, and not in a closet.”

Lord Chesterfield

"Give me a lever long enough and a fulcrum on which to place it, and I shall move the world."

Archimedes

To travel the "high road" from pain to pleasure, discover numerous positive ways to change your outlook. Consider some of these strategies: Sing along with your favorite music...read something that offers information you can immediately apply...laugh at a funny movie or show...swim several laps...share a meal with your family or with a friend...dance...soak in a warm tub...come up with five new ideas...get to know a stranger...tell silly jokes to friends, knowing they'll probably still like you anyway...write in your journal...hug and kiss your spouse.

Anthony Robbins

“I do not want to get to the end of my life and find that I just lived the length of it. I want to have lived the width of it as well.”

Diane Ackerman

For knowledge itself is power.”

Francis Bacon

“We grow in time to trust the future for our answers.”

Ruth Benedict

“That's what learning is, after all; not whether we lose the game, but how we lose and how we've changed because of it and what we take away from it that we never had before, to apply to other games. Losing, in a curious way, is winning.”

Richard Bach

“The wisest is he that knows only that he knows nothing.”

William Cowper Brann

“Life...is not simply a series of exciting new ventures. The future is not always a whole new ball game. There tends to be unfinished business. One trails all sorts of things around with one, things that simply won't be got rid of.”

Anita Brookner

“The plain fact is that man is not ruled by thinking. When man thinks he thinks, he usually merely feels; and his instincts and feelings are powerful precisely in proportion as they are irrational.”

Nicholas Murray Butler

“I deny nothing, but doubt everything.”

Lord George Gordon Byron

“You're alive. Do something. The directive in life, the moral imperative was so uncomplicated. It could be expressed in single words, not complete sentences. It sounded like this: Look. Listen. Choose. Act.”

Barbara Hall

“Reach into life, it is a teeming ocean! All live in it, not many know it well!”

Goethe

“The truth of the matter is that you always know the right thing to do. The hard part is doing it.”

Norman Schwarzkop

“You have a very powerful mind that can make anything happen as long as you keep yourself centered.”

Dr. Wayne W. Dyer

“People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.” Andrew Carnegie

"The best motivating is self-motivating. The guy says, "I wish someone would come by and turn me on." What if they don't show up? You've got to have a better plan for your life."

Jim Rohn

"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

"Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly."

Stephen R. Covey

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."

Wayne Dyer

"You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you."

Barbara Sher

"Life is an opportunity, benefit from it. Life is a beauty, admire it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is life, fight for it!"

Mother Teresa

"Motivation is like food for the brain. You cannot get enough in one sitting. It needs continual and regular top ups."

Peter Davies

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?"

Marianne Williamson

"It's never too late, in fiction or in life, to revise."

Nancy Thayer

"There's always the motivation of wanting to win. Everybody has that. But a champion needs, in his attitude, a motivation above and beyond winning."

Pat Riley

Why are so many people afraid to make even the smallest effort to help others? One of the most common reasons is that they are just embarrassed. They're afraid of being rejected or appearing foolish. But you know what? If you want to play the game of life and win, you've got to play full out. You've got to be willing to feel stupid, and you've got to be willing to try things that might not work. Otherwise, how can you innovate, how can you grow, how can you discover who you really are?

Anthony Robbins

"No bird soars too high if he soars with his own wings."

Unknown

"You must motivate yourself EVERYDAY!"

Matthew Stasior

"If you don't have confidence, you'll always find a way not to win."

Carl Lewis



"In my experience, there is only one motivation, and that is desire. No reasons or principle contain it or stand against it."

Jane Smiley

"Do not let what you cannot do interfere with what you can do."

John Wooden

"All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way."

Goethe

"You only ever grow as a human being if you're outside your comfort zone." Percy Cerutti

"The best way to predict the future is to create it."

Unknown

"If you don't think about the future, you cannot have one."
John Galsworthy

"Winners never quit and quitters never win."
Anonymous

"Winners lose much more often than losers. So if you keep losing but you're still trying, keep it up! You're right on track."
Matthew Keith Groves

"A stumble may prevent a fall."
English Proverb

"You must scale the mountain if you would view the plain."
Chinese Proverb

"Getting motivated is like switching the engine of a car and starting to move."
Remez Sasson

"The power of motivation is the power behind every achievement, big and small."
Remez Sasson

"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

"Either write something worth reading or do something worth writing."
Benjamin Franklin

"Motivation comes from within."
Unknown

"They can because they think they can."
Virgil

"Character is higher than intellect. A great soul will be strong to live, as well as strong to think."
Ralph Waldo Emerson

"People ask me 'what was going through your mind in the race?' and I don't know. I try and ...let my body do what it knows"

Ian Thorpe

"If you don't know what port you are sailing to, no wind is favourable."

Seneca

"Knowledge is not power; Implementation is power"

Garrison Wynn

"There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other."

Douglas Everett

"Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self confidence of having accomplished a tiresome labor is immense."

Thomas A. Bennett

"Whatever qualities the rich may have, they can be acquired by anyone with the tenacity to become rich. The key, I think, is confidence. Confidence and an unshakable belief it can be done and that you are the one to do it."

Felix Dennis

My dad always used to say, "If you're falling off a cliff, you may as well try to fly. You have nothing to lose."

Captain John Sheridan

"He who hesitates is lost."

Proverb

"We have to understand that the world can only be grasped by action, not by contemplation. The hand is more important than the eye... The hand is the cutting edge of the mind."

Jacob Bronowski

"To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in, and scramble through as well as we can."

Sydney Smith

"The principle is competing against yourself. It's about self improvement, about being better than you were the day before."

Steve Young

"Cause Change & Lead. Accept Change & Survive. Resist Change & Die."

Ray Norda

"The longer I live, the surer I become that the truest real difference between the success and the failure, between the strong and the weak, between the rich and the poor, between the great and the average, is just plain will power, invincible determination, a purpose once set and then death or victory. And no fine manners, education or brilliance, no talent, opportunity or culture can make any two-legged creature a man without it."

Sir Thomas Buxton

"I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline... I firmly believe that any man's finest hour - this greatest fulfillment to all he holds dear is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle, victorious."

Vine Lombardi

"Don't bunt. Aim out of the ballpark."

David Ogilvy

"Nothing beats taking that big bite out of life and having it bite back just a bit!"

Skye Thomas

