

A close-up photograph of a woman with dark hair and light-colored eyes. She is using her hands to frame her face, with her fingers positioned around her eyes and nose. She is wearing a ring on her left ring finger and a large, textured ring on her right ring finger. In the background, there are vibrant peacock feathers with blue, green, and gold patterns. The overall mood is artistic and contemplative.

25

Quotes

Transform Your Life

Quote # 1 : “Courage is the discovery that you may not win, and trying when you know you can lose.” – Tom Krause

There are no guarantees in life. Even the false security of having a house, a family and money in the bank will pass. The only constant in life is change. The sooner we can accept that, the smoother life will be.



**Quote # 2 : “The greatest barrier to success is the fear of failure.”
– Sven Goran Eriksson**

We all fear failure. It's a learned habit. It is said that the only fears we are born with are the fear of falling and the fear of loud noises, the rest is learned. There's nothing wrong with failure. In fact, if you never fail, you will never grow.



Quote # 3 : “A leader is one who knows the way, goes the way, and shows the way.” – John C. Maxwell

We grow up with the idea that we have to look for others for answers. Instead of seeking approval, look inside of yourself and feel what is right. We are all unique, therefore we are all on our own path. No one can tell you exactly what to do, because their destination is different from yours.



Quote # 4 : “They can’t hurt you unless you let them.” – Unknown

When I read this quote, I think about our imagination and our fears. Almost all of us are suffering without a cause. The fear of fear is worse than fear itself. You’ve probably heard it many times, but that’s because it’s true. Overcome your fears now!



Quote # 5 : “The key to change... is to let go of fear.” – Rosanne Cash

The more you can let go of fear, the faster you will grow. I’m not talking about eliminating fear or being fearless. When I think about letting go of fear, I think about acknowledging it and letting it be there. There’s nothing wrong with being afraid.



Quote # 6 : “If you wait to do everything until you’re sure it’s right, you’ll probably never do much of anything.” – Win Borden

The common thread that runs through them all is that they want to make sure they’re doing it right. My answer is always the same: you have to try, fail and try again. There are no guarantees. There is only the path.



Quote # 7 : “Courage is the power to let go of the familiar.” – Raymond Lindquist

What is familiar is comfortable. Even though the familiar might be worse than the unfamiliar, we still tend to hold on to it, because going into the unknown is uncomfortable. Having the courage to go into the unfamiliar can be tough, but not impossible. It requires a shift in perspective. Become curious. Become an explorer of life. This is an adventure.



Quote # 8 : “Courage is going from failure to failure without losing enthusiasm.” – Winston Churchill

This is another good take on courage. What we have to remember is that definitions and perspectives are constantly in flux. There are no absolutes. Courage for me isn't the same as courage for you, which is why, in the end, you have to trust yourself.



Quote # 9 : “There is far more opportunity than there is ability.” – Thomas A. Edison

Most people are afraid to take action. Sure, they have ideas, but they don't do anything about it. It's scary to go down that path, which is why so few do. In the end, you have to determine what kind of life you want to live: one of mediocrity, or one of greatness?



Quote # 10 : “Dream as if you’ll live forever, live as if you’ll die today.” – James Dean

Dreams are important, but they do not come to fruition if you do not take action. Don't procrastinate. Start living the life you want to live today. There is always a step you can take. There is always something you can do.



**Quote # 11 : “Every accomplishment starts with the decision to try.”
– Unknown**

If you never start, you will never get anywhere. If you want to find your passion, it starts with trying. You will fail, you will make mistakes, but that’s a part of the journey.



Quote # 12 : “Shoot for the moon. Even if you miss, you’ll land among the stars.” – Brian Littrell

I've found that going after my goals rigidly only makes me unhappy. I now make goals, but I am flexible about them. I am open to new possibilities. Having a goal is essential, but use it as a guideline and not as something you have to reach.



Quote # 13 : “Success is not final, failure is not fatal: it is the courage to continue that counts.” – Winston Churchill

Everything that you see around you will pass. Whatever success you may achieve will pass. Whatever failure you may run into will also pass. Doesn't that make you wonder if life is more than chasing success and avoiding failure?



Quote # 14 : “People often say that motivation doesn’t last. Well, neither does bathing – that’s why we recommend it daily.” – Zig Ziglar

Following your passion isn’t effortless. I know many who think it should be, which is another obstacle holding them back from taking action. This is not a walk in the park. It’s a path of rapid growth. It contains both joy and fear. But you can change your life.



Quote # 15 : “Never, never, never, never give up.” – Winston Churchill

Whatever you do—keep going. When I started playing poker professionally at the age of 18, I knew I was going to succeed. I was prepared to do anything. I knew that others were making money playing poker, so I thought “if they can, so can I.”



Quote # 16 : “Most folks are about as happy as they make their minds up to be.” – Abraham Lincoln

You determine your happiness. There are several studies out there that show that even if you win the lottery, your state of happiness will return to its previous level in about a year. What happens outside of you is of little importance, as long as you have the basic necessities.



Quote # 17 : “Motivation is what gets you started. Habit is what keeps you going.” – Jim Rohn

Motivation ebbs and flows. When I started blogging, the first few months were easy, but then I started bumping into periods of low energy. Habit and a focus on helping people is what kept me going. I constantly reminded myself that this was what I wanted to do.



Quote # 18 : “Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice.” – Wayne Dyer

You are responsible for how you feel. You can blame external things if you want to, but it will never change how things are. It is only when you accept your own responsibility that you can change.



Quote # 19 : “There’s always a way – if you’re committed.” – Tony Robbins

If you’re passionate enough and if you care enough, you will overcome any obstacles. Excuses will be a thing of the past, but if you’re not determined, you will let the smallest excuse hold you back. It’s time to Awaken the Giant Within.



Quote # 20 : “When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.” – Confucius

If you’ve been trying to make your passion a reality, do not quit. If something doesn’t work, all you have to do is change your approach. Look at people who are already doing what you want to do, and learn from them. Set your goals high and achieve them.



Quote # 21 : “It’s kind of fun to do the impossible.” – Walt Disney

Everything that has been invented has at one time or another been thought of as impossible. Don’t let other people hold you down when it comes to going after your dreams. Trust your heart and follow your highest excitement.



**Quote # 22 : “Trust yourself. You know more than you think you do.”
– Benjamin Spock**

I know you may doubt yourself when it comes to following to your heart, but the more you do it, the easier it becomes. The sooner you embrace an attitude of curiosity, the sooner you will start trusting yourself. So what if you make mistakes? Who cares?



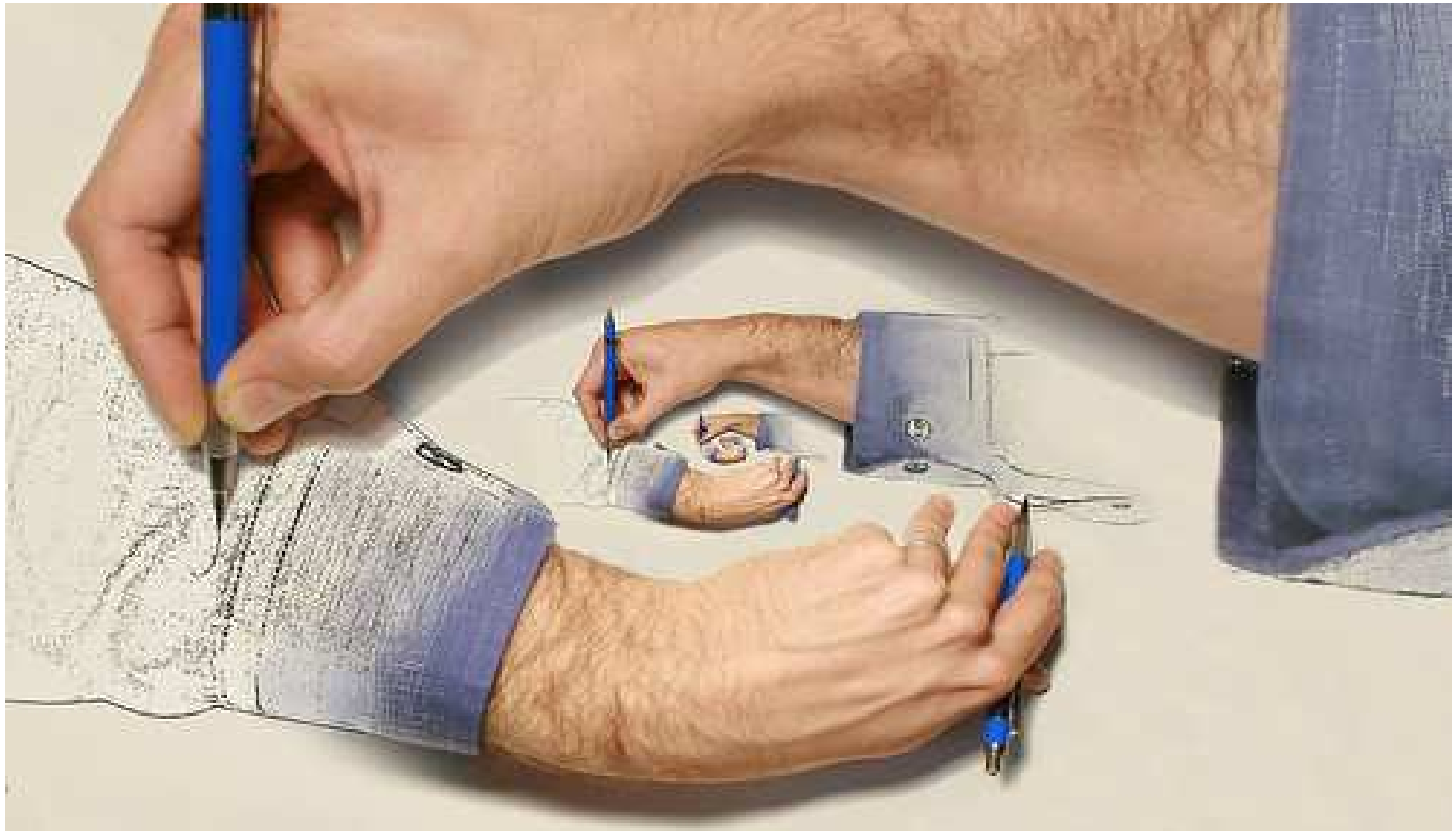
**Quote # 23 : “You must do the thing you think you cannot do.”
- Eleanor Roosevelt**

**The people that can do the things they think they cannot do are the ones who succeed.
Following your passion and living your purpose is not always easy.**



**Quote # 24 : “Action will remove the doubt that theory cannot solve.”
– Petryl Hsieh**

You can spend your whole life thinking and theorizing, but it is only through action that you gain clarity. I’ve noticed that theory can only take me so far. When I actually start taking action, things are much different than in theory.



**Quote # 25 : “Using no way as a way, using no limitation as limitation.”
– Bruce Lee**

Sometimes you have to be the pioneer. The only limitations you have are the ones you impose on yourself.



**Thank You Very Much
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