

A person in a blue leotard is performing a handstand on a beach. The background features a sunset over the ocean with the sun low on the horizon, creating a bright reflection on the water. The sky is a mix of orange and blue.

25

Quotes

Transform Your Life # 3

Quote # 1 : “Do you want to know who you are? Don’t ask. Act! Action will delineate and define you.” – Thomas Jefferson

You have to beat this point into your head: take action, and do it now! The stars will never align. Circumstances will never be perfect. The sooner you get started, the better off you will be. You will have to make mistakes, because it is the only way.



Quote # 2 : “If you spend too much time thinking about a thing, you’ll never get it done.” – Bruce Lee

Do not overanalyze. Err on the side of taking too much action, rather than thinking too much. Most people are thinkers, because it is easy, but few are doers. It’s hard, frustrating and sometimes painful, but it works.



Quote # 3 : “Simplicity is the key to brilliance.” – Bruce Lee

The human mind wants to complicate. It takes awareness to keep things simple. It is only when you embrace simplicity that you start to realize how much you are capable of.



Quote # 4 : “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

You already have everything you need. Be grateful for the things you already have. It's easy to get caught up in the drama of life. Focusing on negativity is easy, but focusing on the positive is what makes a difference and spurs you into action.



Quote # 5 : “The superior man acts before he speaks, and afterwards speaks according to his action.” – Confucius

Instead of telling people what to do, go and do it first and then speak. I have had more than a few people tell me that they were going to do something, and they never did. It doesn't leave a good impression.



Quote # 6 : “We don’t stop playing because we grow old; we grow old because we stop playing.” – George Bernard Shaw

Always maintain the beginner’s mind. Whenever you think you’ve got it, you’re mistaken. You are never too old to play. You are never too old to have fun. It all comes down to your perspective.



**Quote # 7 : “We acquire the strength we have overcome.”
– Ralph Waldo Emerson**

When you face your fears, you grow stronger. Each time you do something you're afraid of, it becomes easier. This has been true in my life, so I have no doubt that the same will be true for you. When you start out, it's hard, but it gets easier. Trust me.



Quote # 8 : “Every choice you make has an end result.” – Zig Ziglar

Be aware of the actions you take and the consequences they have. It's easy to act in haste. It's easy to do selfish things. They may look good in the short-term, but in the long-term you'll be digging your own grave. The same goes for going after your passion. It may be hard in the short-term, but it is more than worth it.



Quote # 9 : “I’ve failed over and over and over again in my life and that is why I succeed.” – Michael Jordan

When Michael Jordan was a kid, he was horrible at basketball, but he kept failing, practicing and trying, which is why he became great. If you want to make something happen in your life, you have to start failing, trying and moving forward.



Quote # 10 : “Life is change. Growth is optional. Choose wisely.” – Unknown

Everything around you and inside you is constantly changing. The people that resist this process are the ones constantly whining and complaining. They are in constant internal agony. Keep going, be curious, ask the right questions and remember to breathe.



Quote # 11 : “Nature does not hurry, yet everything is accomplished.” – Lao Tzu

There is no rush anywhere. The perfection of life lies in the ability to accept the perceived imperfection. This is why I recommend you find your passion, because life is a process that never ends. If you find something you love doing, you will be at peace. If you strive for a big payday, you will be striving even when you hit your goal.



Quote # 12 : “A good traveler has no fixed plans, and is not intent on arriving.” – Lao Tzu

Have plans, but do not be rigid. Be present and focus on each task. Thinking about an end goal will cause stress, because your mind is focusing on the future, on lack, instead of focusing on what's in front of you.



Quote # 13 : “What you do not want done to yourself, do not do to others.” – Confucius

This is such a simple quote, yet so powerful. If everyone lived by this, the world would be a better place. Treat others with respect and kindness, because that is how you would like to be treated, right?



Quote # 14 : “One day your life will flash before your eyes. Make sure it’s worth watching.” – Unknown

One day you will die. Why not make your life worth it? Every fear you have will disappear. They only exist because you have given credence to them. They exist because you allow them to.



Quote # 15 : “Sometimes the road less traveled is less traveled for a reason” – Jerry Seinfeld

You don't have to re-invent the wheel if you're starting something new. It's perfectly okay to learn from someone who's already been where you want to be.



Quote # 16 : “Always bear in mind that your own resolution to succeed is more important than any other” – Abraham Lincoln

You determine your success. No tools, strategies or courses can do it for you. If someone has resolution, but bad tools, he will succeed. But if someone has poor resolution and the best tools in the world, I certainly wouldn't bet on him or her.



**Quote # 17 : “Be kind, for everyone you meet is fighting a hard battle.”
– Plato**

We're all going through this journey together, and we all have our own problems. Remember to be kind. Remember others, because you are not the only one that has problems. Focus your energy on being kind and helping. You will see a difference in your life.



Quote # 18 : “He who is not courageous enough to take risks will accomplish nothing in life.” – Muhammed Ali

You have to be willing to take risks. I’m not talking about going for broke with a slim chance of success. I am talking about jumping into the unknown and going after the things that excite you, even if you are afraid.



Quote # 19 : “Procrastination is the bad habit of putting off until the day after tomorrow what should have been done the day before yesterday.” – Napoleon Hill

Take whatever you're procrastinating on and do it right now. Get into the habit of using your awareness of procrastination as a trigger to take action. When you make it a habit, you are no longer slave to that which we call procrastination.



Quote # 20 : “The only reason for time is so that everything doesn’t happen at once.” – Albert Einstein

Time is an interesting beast, because it is relative. Put your hand on a stove and time moves slowly. Watch an excellent movie with someone you love and time flies by.



Quote # 21 : “Beware the barrenness of a busy life. ” – Socrates

You can do a lot of busy work. Actually doing the work is when you get results, but it's hard and we tend to procrastinate a lot. If you're just going to be busy, you might as well do something else. Do something that matters or nothing at all.



**Quote # 22 : “Take time for all things: great haste makes great waste.”
– Benjamin Franklin**

Remind yourself to be present with whatever you are doing. Keep your focus on one thing. Avoid multi-tasking. It doesn't allow you to get into the flow and dip your soul into the eternal nature of all that is.



**Quote # 23 : “Time you enjoyed wasting is not wasted time.”
– T.S. Elliot**

There is nothing wrong with wasting time. I tend to force myself to work, so I’ve had to learn that wasting some time and having fun isn’t a deadly sin. It’s essential to a happy life.



Quote # 24 : “Don’t let the past steal your present” – Cherralea Morgen

We all dwell on the past too much. I know I do. Don’t let your past determine your future. Focus on what you want to do, and go do it. Release the past and step into your potential. Remember who you really are.



**Quote # 25 : “Time spent laughing is time spent with the gods.”
– Japanese Proverb**

Last, but not least, remember to enjoy your life. Remember to be grateful for the little things. Remember to be kind to the people around you and remember to follow your heart. And of course, remember to read inspiring quotes on a daily basis!



**Thank You Very Much
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