

## **Motivational Quotations**

**Enjoy some of my favorites.**

“Sometimes, there are things in our lives that aren’t meant to stay. Sometimes, change may not be what you want. But sometimes, change is exactly what is needed. Change is good.”

“To be beautiful means to be yourself. You don’t need to be accepted by others. You need to accept yourself.” – Thich NhatHanh

“It’s truly amazing what happens when you let go of all the negativity and drama. Your days become so much better and easier.”

“The soul always knows what to do to heal itself. The challenge is to silence the mind.”

“No relationship is a waste of time. If it didn’t bring you what you wanted, it taught you what you don’t want.”

“Once you become consciously aware of just how powerful your thoughts are, you will realize everything in your life is exactly how you allow it to be.” – Melanie Moushigian Koulouris

“The best kinds of people are the ones that come into your life and make you see the sun where you once saw clouds. The people that believe in you so much, you start to believe in you too. Then people will love you simply for being you.”

“When you meet the other half of your soul, you will understand why all the others let you go. When you meet the one who deserves your heart, you’ll understand why things didn’t work out with everyone else.”

“We are not given a good life or a bad life. We are given a life. It’s up to us to make it good or bad.”

“Someday everything will make perfect sense. So, for now, laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason.”

“The best use of imagination is creativity. The worse use of imagination is anxiety.” Deepak Chopra

“Never be defined by your past. It is just a lesson, not a life sentence.”

“Be an example. . . Show kindness to unkind people. Forgive give people who don’t deserve it. Love unconditionally; your actions always reflect who you are.” – MrHealthyLife

“I may not be the richest person, but I have good friends, family, and a roof over my head. I’m better than rich, I am happy. – WomanWorking.com

“Life is an echo. What you send out, comes back. What you sow, you reap. What you give, you get. What you see in others, exist in you.” Zig Ziglar

“Life is all about balance. Be kind, but don’t let others abuse you. Trust, but don’t be deceived. Be content, but never stop improving yourself.” – Women in Stone Farm

“Everyone makes mistakes in life, but it doesn’t mean they have to pay for them the rest of their life. Sometimes good people make bad choices; it doesn’t mean they are bad. It means they are human.”

“Peace of mind is putting you head on the pillow and knowing you’ve done your best. Tomorrow is a new day. – Women Working, com

“Being with no one is better than being with the wrong one. Sometimes those who fly alone are the ones with the strongest wings.” –True-life

“The best way to be happy with someone is to learn to be happy alone. That way the company will be a matter of choice...and not necessity.”

“It’s easy to take off all your clothes and have sex. People do it all the time. But, opening up your soul to someone, letting them into your spirit, thoughts, fears, future, hopes, dreams...Now that’s being naked.” –Khalil Underwood

“The 3 C’s of Life: choices, chances and changes. You must make a choice to take a chance or your life will never change.”

“It may not sound like it now, but at the end of this struggle, you’ll be ready to take on whatever life throws at you. Nothing can stop you.”

“Be patient with yourself, you are growing stronger every day. The weight of the world will become lighter and you will begin to shine brighter. Don’t give up.” –Robert Tew

“You have to do what is right for you. No one walks in your shoes.”

“The older I get, the more I realize I just need the simple things in life. A comfortable home, good food on the table and surrounded by the people I love.”

“I’m not a perfect person. I make a lot of mistakes. But I really appreciate those people who stay with me after knowing how I really am.”

“You were never created to live depressed, defeated, guilty, condemned, ashamed or unworthy. You were created to be victorious.”

“There are far, far better things ahead than any we leave behind.” - C.S. Lewis

“To be content does not mean that you’re don’t desire more, it means you are thankful for what you have and patient for what’s to come.” – Tony Gaskin

“The only things you can take with you when you leave this earth are things you’ve packed in your heart.” – Susan Cole

“When you feel as though you are drowning, you have to reach the surface. That’s the only choice. You can breathe there. Just keep swimming.” – Megan Goldsmith

“As you awaken, you will come to understand that the journey to love isn’t about finding “the one”, the journey is about becoming “the one “.” - Craig Crippen

“Stop waiting for Friday. For summer. To fall in love. To lose weight. For the perfect job. For a holiday. For life..

Happiness is achieved when you stop waiting for it, and make the most of the moment you’re in now.”

“Sometimes all you can do is smile. Move on with your day, hold back the tears and pretend you’re okay.” – curiano.com

“I’ve learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I’ve learned you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I’ve learned that regardless of your relationship with your parents, you’ll miss them when they’re gone from your life. I’ve learned that making a “living” is different from making a “life”. I’ve learned that life sometimes gives you a second chance. I’ve learned you shouldn’t go through life with a catcher’s mitt on both hands; you need to be able to throw some things back. I’ve learned that whenever I decide something with an open heart, I usually make the right decision. I’ve learned that even when I have pains, I don’t have to be one. I’ve learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I’ve learned that I still have a lot to learn. I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou

“When a negative thought enters your mind, think 3 positive ones! TRAIN YOURSELF to flip the script.” The Master Shift

“You know great things are coming when everything seems to be going wrong. Old energy is clearing out for new energy to enter. Be patient!” – Idil Ahmed

“Go and love someone exactly as they are. And then watch how quickly they transform into the greatest, truest version of themselves. When ones feels seen and appreciated in their own essence, one is instantly empowered.” - Wes Angelozzi

“Someone once asked me, “Why do you always insist on taking the hard road?” I replied, “Why do you assume I see two roads?”

“None of us are getting out of here alive, so please stop treating yourself like an afterthought. Eat the delicious foods. Walk in the sunshine. Jump in the ocean. Say the truth that you’re carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There’s no time for anything else.” – Richard Gere

“**Pain** changes people. It makes them **trust** less, overthink more and shut people out.”

“You have to learn to say no without feeling guilty. Setting boundaries is healthy. You need to learn to respect and take care of yourself.”

“Don’t chase people. Be yourself, do your own thing and work hard. The right people – the ones who really belong in your life – will come to you. And stay.” – Will Smith

“Life has knocked me down quite a few times. It had shown me things that I never wanted to see. I have experienced sadness, heartbreaks, and failures, but one thing is for sure... I ALWAYS GET BACK UP, EVEN STRONGER.

“Be confused, it’s when you begin to learn new things. Be broken, it’s where you begin to heal. Be frustrated, it’s where you start to make more authentic decisions. Be sad, because if we are brave enough we can hear our heart’s wisdom through it. Be whatever you are right now. No more hiding. You are worthy, always.” – S.C. Lurie