

499 INSPIRATIONAL QUOTES FOR COACHES



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Helping you and your Business Flourish!

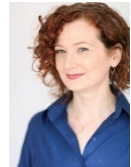


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Dear Fellow Coach,

Have you noticed that hearing the right quote at the right time can sometimes be just the medicine we need? Whether it's for inspiration, encouragement or if it helps facilitate an "Aha!" moment, we just can't seem to get enough of quotes!



So, creating an ebook of curated quotes seemed a great way to show my appreciation for all the work coaches do. I had a lot of fun putting this together. And this is a collection of just some of my favourite quotes!

I'd love for you to use them on Social Media, in your newsletters or programs to connect with your fans and followers. Or use them with your friends, clients, in your articles or workshops!

Lastly, I can't guarantee that all these quotes are 100% correct. I have collected them over the last several years, and trusted that they are accurate as I found them. Over the years I have updated a few quotes and attributions, so *if any of the quotes or attributions are incorrect—please let me know* and I will update this eBook and my master quote list.

I hope you love this ebook—and use these quotes to help you get out there and make a difference!

Warmly,

Emma-Louise



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On ACTION

1. "Progress always involves risk; you can't steal second base and keep your foot on first." **Frederick Wilcox**
2. "Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work." **William Ward**
3. "Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps." **David Lloyd George**
4. "Inspiration does not beget action. Action begets inspiration." **Chinese Proverb**
5. "Do or do not, there is no try." **Yoda**
6. "Even if you're on the right track, you'll get run over if you just sit there." **James Allen**
7. "... life never calms down long enough for us to wait until tomorrow to start living the lives we deserve." **Sarah Ban Breathnach**
8. "If you limit your actions in life to things that nobody can possibly find fault with, you will not do much." **Lewis Carroll**
9. "Don't worry about doing great things... just do little things with great heart." **Mother Teresa**
10. "There are three sorts of people: those who make things happen; those who watch things happen; and those who wonder what has happened." **Pascal**

On (IN)ACTION

11. "Nothing will ever be attempted if all possible objections must first be overcome." **Samuel Johnson**
12. "It is not because things are difficult that we do not dare, It is because we do not dare that they are difficult." **Seneca**
13. "Putting off an easy thing makes it hard, and putting off a hard one makes it impossible." **George H. Lonmer**
14. "You can't just sit there and wait for people to give you that golden dream. You've got to get out there and make it happen for yourself." **Diana Ross**
15. "There is no pleasure in having nothing to do. The fun is in having lots to do and not doing it." **Mary Little**
16. "If you do nothing unexpected, nothing unexpected happens." **Fay Weldon**



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17. "He who deliberates fully before taking a step will spend his entire life on one leg." **Chinese Proverb**
18. "The greatest amount of wasted time is the time not getting started." **Dawson Trotman**
19. "Action may not always bring happiness; but there is no happiness without action." **Benjamin Disraeli**

On ADVERSITY

20. "People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within." **Elisabeth Kübler-Ross**
21. "Mountaintops inspire leaders but valleys mature them." **Winston Churchill**
22. "There is no education like adversity." **Benjamin Disraeli**
23. "When you are face to face with a difficulty, you are up against a discovery." **Lord Kelvin**
24. "I'm not afraid of storms, for I'm learning how to sail my ship." **Louisa May Alcott**
25. "When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity." **John F. Kennedy**
26. "If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." **Michael Jordan**

On Meeting Adversity and Thriving

27. "The most beautiful people are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." **Elisabeth Kübler-Ross**
28. "Beautiful light is born of darkness, so the faith that springs from conflict is often the strongest and the best." **R. Turnbull**
29. "We could never learn to be brave and patient if there were only joy in the world." **Helen Keller**
30. "The real mark of the creative person is that the unforeseen problem is a joy and not a curse." **Norman H. Mackworth**
31. "Freedom is what you do with what's been done to you." **Jean-Paul Sartre**



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32. "Don't waste your time hating a failure. Failure is a greater teacher than success. Listen, learn, go on." **Clarissa Pinkola Estés**

On BALANCE

33. "The more balanced our lives, the more serene we feel." **Ann Smith**
34. "Tension is who you think you should be. Relaxation is who you are." **Chinese Proverb**
35. "Life is like riding a bicycle. To keep your balance you must keep moving" **Albert Einstein**
36. "We can be sure that the greatest hope for maintaining equilibrium in the face of any situation rests within ourselves." **Francis J. Braceland**
37. "Flow with whatever is happening and let your mind be free. Stay centered by accepting whatever you are doing. This is the ultimate." **Chuang Tzu**
38. "The key to keeping your balance is knowing when you've lost it." **Anonymous**
39. "Happiness is not a matter of intensity but of balance and order and rhythm and harmony." **Thomas Merton**
40. "Problems arise in that one has to find a balance between what people need from you and what you need for yourself." **Jessye Norman**
41. "The calm and balanced mind is the strong and great mind; the hurried and agitated mind is the weak one." **Wallace D. Wattles**

On Balance and Doing Less

42. "There is no pleasure in having nothing to do. The fun is in having lots to do and not doing it." **Mary Little**
43. "I've learned that you can't have everything and do everything at the same time." **Oprah Winfrey**
44. "Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices." **Betsy Jacobson**

On BELIEFS

45. "Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense." **Buddha**
46. "We resist what we don't want to let go of, and what we don't want to let go of is what we truly believe." **Neale Donald Walsch**



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- 47. "We don't see things as they are, we see them as we are." **Anais Nin**
- 48. "If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." **Gandhi**
- 49. "What you resist persists. And what you look at, disappears." **Neale Donald Walsch**
- 50. "I would rather have a mind opened by wonder than one closed by belief." **Gerry Spence**
- 51. "Whether you believe you can do a thing or believe you cannot, you are right." **Henry Ford**
- 52. "If you accept a limiting belief, then it will become a truth for you." **Louise Hay**
- 53. "People usually think according to their inclinations, speak according to their learning and ingrained opinions, but generally act according to custom." **Francis Bacon**
- 54. "Everything is habit forming, so make sure what you do is what you want to be doing." **Wilt Chamberlain**

On BUSINESS and WORK

- 55. "To be a good marketer you have to know your target market. To build a profitable business you love, you have to know yourself." **Cindy Schulson**
- 56. "The more you treat your work as a business, and avoid the trap of calling it a 'side job' (which only serves to keep it small and thus limited), the more the world around you will respond to the power and potential of your business." **Ellen Ercolini**
- 57. "We often miss opportunity because it's dressed in overalls and looks like work." **Thomas Edison**
- 58. "I work with wonderful people who support me. And my beliefs are that the business needs to serve the family rather than the family serve the business." **Kathy Ireland**

On BUSY-NESS!

- 59. "The trouble with the rat race is that even if you win, you're still a rat." **Lily Tomlin**
- 60. "Something's got to give. Don't let it be you." **Steve Robbins**
- 61. "The harder you push yourself, the harder your self pushes back." **Anonymous**

On CELEBRATION

- 62. "The more you praise and celebrate your life, the more there is in life to celebrate." **Oprah Winfrey**



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- 63. "Celebration is a confrontation, giving attention to the transcendent meaning of one's actions." **Abraham Joshua Heschel**
- 64. "Celebrate what you want to see more of." **Thomas J. Peters**
- 65. "Put yourself in a state of mind where you say to yourself: Here is an opportunity for you to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary." **Anthony Robbins**

On CHOICE

- 66. "There are only two things you 'have to' do in life. You 'have to' die and you 'have to' live until you die. You make up the rest." **Marilyn Grey**
- 67. "It is our choices ... that show what we truly are far more than our abilities." **Albus Dumbledore (J.K. Rowling)**
- 68. "If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise." **Robert Fritz**
- 69. "Of the blessings set before you, make your choice, and be content." **Samuel Johnson**
- 70. "Every choice moves us closer to or farther away from something. Where are your choices taking your life?" **Eric Allenbaugh**

On COACHING

- 71. "Coaching is about helping clients unlock the treasure-chest of their lives - worth bearing in mind then that diamonds are made from coal under pressure and it's the grit in the oyster which creates the pearls." **Sarah Durrant**
- 72. "Coaching isn't therapy. It's product development, with you as the product." **Fast Company**
- 73. "Do not wait for leaders; do it alone, person to person." **Mother Teresa**

On COURAGE

- 74. "Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." **Winston Churchill**
- 75. "Freedom lies in being bold." **Robert Frost**
- 76. "Life is either a daring adventure, or nothing. To keep our faces toward change and behave like free spirits in the presence of fate, is strength undefeatable." **Helen Keller**



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- 77. "Life shrinks or expands in proportion to one's courage." **Anaïs Nin**
- 78. "Courage: the most important of all the virtues because without courage, you can't practice any other virtue consistently." **Maya Angelou**
- 79. "We could never learn to be brave and patient if there were only joy in the world." **Helen Keller**
- 80. "Courage is the price that life exacts to grant you peace" **Amelia Earhart**
- 81. "Efforts and courage are not enough without purpose and direction." **John F. Kennedy**

On Courage in the Face of Fear

- 82. "In their daily life, all are braver than they know." **Henry David Thoreau**
- 83. "There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." **Anaïs Nin**
- 84. "Courageous people are still afraid, but they don't let the fear paralyze them." **Steve Pavlina**

On CREATIVITY

- 85. "Creativity requires the courage to let go of certainties." **Erich Fromm**
- 86. "If you're having difficulty coming up with new ideas, then slow down. For me, slowing down has been a tremendous source of creativity. It has allowed me to open up - to know that there's life under the earth and that I have to let it come through me in a new way." **Natalie Goldberg**
- 87. "Learn your techniques well and be prepared to let them go when you touch the human soul" **Carl Jung**
- 88. "Every child is an artist. The problem is how to remain an artist once we grow up." **Pablo Picasso**
- 89. "There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will have truly defeated age." **Sophia Loren**
- 90. "Creativity exists in the present moment. You can't find it anywhere else." **Natalie Goldberg**
- 91. "The most important thing in science is not so much to obtain new facts as to discover new ways of thinking about them." **Sir William Bragg**
- 92. "Creativity requires the courage to let go of certainties." **Erich Fromm**
- 93. "The real mark of the creative person is that the unforeseen problem is a joy and not a curse." **Norman H. Mackworth**



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94. "To think creatively, we must be able to look afresh at what we normally take for granted." **George Kneller**

On CRITICISM

95. "There is nothing either good or bad, but thinking makes it so." **Shakespeare**
96. "He has the right to criticize who has the heart to help." **Abraham Lincoln**
97. "I get out my work and have a show for myself before I have it publicly. I make up my own mind about it how good or bad or indifferent it is. After that the critics can write what they please. I have already settled it for myself, so flattery and criticism go down the same drain and I am quite free." **Georgia O'Keefe**
98. "Nobody wants constructive criticism. It's all we can do to put up with constructive praise." **Mignon McLaughlin**
99. "Children have more need of models than of critics." **Carolyn Coats**
100. "Criticizing others is a dangerous thing, not so much because you may make mistakes about them, but because you may be revealing the truth about yourself." **Harold Medina**
101. "To avoid criticism, do nothing, say nothing, be nothing" **Elbert Hubbard**

On CURIOSITY and WONDER

102. "A generous and elevated mind is distinguished by nothing more certainly than an eminent degree of curiosity." **Samuel Johnson**
103. "Curiosity is the wick in the candle of learning." **William Arthur Ward**
104. "All thinking begins with wondering." **Socrates**
105. "The cure for boredom is curiosity. There is no cure for curiosity." **Ellen Parr**
106. "I have no special gift. I am only passionately curious." **Albert Einstein**
107. "I think, at a child's birth, if a mother could ask a fairy godmother to endow it with the most useful gift, that gift would be curiosity." **Eleanor Roosevelt**
108. "Be curious always! For knowledge will not acquire you; you must acquire it." **Sudie Back**

On DREAMS and GOALS

109. "Go confidently in the direction of your dreams; live the life you imagined." **Henry David Thoreau**



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- 110. "Let me fall. Let me climb. There's a moment where fear and dream must collide."
Lyrics from Let Me Fall - collaboration between Josh Groban and Cirque du Soleil
- 111. "Don't spend time beating on a wall, hoping to transform it into a door." **Coco Chanel**
- 112. "Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning." **Gloria Steinem**
- 113. "The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be the far greater value than what you get." **Jim Rohn**
- 114. "The future belongs to those who believe in the beauty of their dreams." **Eleanor Roosevelt**
- 115. "What you get by achieving your goals is not as important as what you become by achieving your goals." **Henry David Thoreau**
- 116. "I discovered that searching can be as interesting as finding" **Paulo Coelho**

On Impossible Dreams

- 117. "You see things and say "Why?" but I dream things that never were, and I say, Why not?"
George Bernard Shaw
- 118. "Impossible is just an opinion." **Paulo Coelho**
- 119. "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**
- 120. "At first, dreams seem impossible, then improbable, and eventually inevitable."
Christopher Reeve
- 121. "If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them." **Henry David Thoreau**
- 122. "Nothing is impossible... the word itself says "I'm possible!" **Audrey Hepburn**
- 123. "If your dreams don't scare you, they aren't big enough." **Lowell Lundstrum**
- 124. "It's kind of fun to do the impossible." **Walt Disney**

Essential WISDOM

- 125. "To be truly alive, we need two capabilities: To swim against the tide and to float downstream." **Zen Buddhist Saying**
- 126. "An intelligent person understands others, A brilliant person understands himself."
Chinese Proverb



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- 127. "Keep me away from the wisdom that does not cry, the philosophy which does not laugh, and the greatness which does not bow down before children" **Khalil Gibran**
- 128. "Value what you have [and] have in your life only those things that you value. Value doing what is right over what is easy. Value tomorrow along with today." **Suze Orman**
- 129. "At the end of the day, let there be no excuses, no explanations, no regrets." **Steve Maraboli**

On FAILURE

- 130. "Defeat is not the worst of failures. Not to have tried is the true failure." **George E. Woodberry**
- 131. "There's only one way you can fail, and that's to quit." **Brian Hays**
- 132. "THE LAW OF FAILURE: There is no failure, only feedback. No mistakes, only learning. No errors, only results" **NLP Presupposition**
- 133. "The man who makes no mistakes does not usually make anything." **Edward J Phelps**
- 134. "Whatever humans have learned had to be learned as a consequence only of trial and error experience. Humans have learned only through mistakes." **Buckminster Fuller**
- 135. "My great concern is not whether you have failed, but whether you are content with your failure." **Abraham Lincoln**
- 136. "Good people are good because they've come to wisdom through failure. We get very little wisdom from success, you know." **William Saroyan**
- 137. "To acknowledge you were wrong yesterday is to acknowledge you are wiser today." **Charles Haddon Spurgeon**

On FEAR

- 138. "Don't let mental blocks control you. Set yourself free. Confront your fear and turn the mental blocks into building blocks." **Dr Roopleen**
- 139. "Fear is that little darkroom where negatives are developed." **Michael Pritchard**
- 140. "Courage is not the absence of fear, but rather the judgment that something else is more important than fear." **Ambrose Redmoon**
- 141. "We are able to be of service to those who suffer only to the extent that we have been able to transform fear in our own lives." **Robert Sardello**
- 142. "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face." **Eleanor Roosevelt**



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- 143. "Life begins at the end of your comfort zone." **Neale Donald Walsch**
- 144. "Try a thing you haven't tried before three times: once to get over the fear, once to find out how to do it and a third time to find out if you like it or not." **Virgil Thomson**
- 145. "If you want to conquer fear, do not sit home and think about it. Go out and get busy." **Dale Carnegie**
- 146. "The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences." **Eleanor Roosevelt**
- 147. "If you are deliberately trying to create a future that feels safe, you will willfully ignore the future that is likely." **Seth Godin**

On FEELINGS and EMOTIONS

- 148. "Never apologize for showing feelings. When you do so, you apologize for truth." **Benjamin Disraeli**
- 149. "As she had been walking from the ward to that room, she had felt such pure hatred that now she had no more rancor left in her heart. She had finally allowed her negative feelings to surface, feelings that had been repressed for years in her soul. She had actually FELT them, and they were no longer necessary, they could leave." **Paulo Coelho**
- 150. "When she cried, he would say, "there is nothing wrong with crying. Your feelings tell you who are. They tell what is important. Don't ever be ashamed of them." **Terry Brooks**
- 151. "What we don't let out traps us. We think, No one else feels this way, I must be crazy. So we don't say anything. And we become enveloped by a deep loneliness, not knowing where our feelings come from or what to do with them. Why do I feel this way?" **Sabrina Ward Harrison**
- 152. "One can be the master of what one does, but never of what one feels." **Gustave Flaubert**
- 153. "That was one of the saddest things about people their most important thoughts and feelings often went unspoken and barely understood." **Alexandra Adornetto**
- 154. "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart" **Helen Keller**

On FOCUS and DIRECTION

- 155. "Only one thing has to change for us to know happiness in our lives: where we focus our attention." **Greg Anderson**



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- 156. "The great thing in the world is not so much where we stand, as in what direction we are moving." **Oliver Wendell Holmes**
- 157. "Anything worth doing is worth doing poorly to start." **NLP Presupposition**
- 158. "Every choice moves us closer to or farther away from something. Where are your choices taking your life?" **Eric Allenbaugh**
- 159. "Everything is habit forming, so make sure what you do is what you want to be doing." **Wilt Chamberlain**
- 160. "If you don't know what you want you'll end up with what you get " **Unknown**

On FORGIVENESS

- 161. "True forgiveness is when you can say, 'Thank you for that experience.' " **Oprah Winfrey**
- 162. "God has a big eraser." **Billy Zeoli**
- 163. "Forgive your enemies, but never forget their names." **John F. Kennedy**
- 164. "To forgive, we do not have to say that whatever happened was okay. We simply have to decide that we won't allow the memories of the event to poison us any longer.... Forgiveness holds immense power for it mends separation. It moves us towards the unity and love that lie at the essence of our existence." **John Robson**
- 165. "All you must do is accept all that is unacceptable to you." **Cheri Huber**
- 166. "Forgiveness does not change the past, but it does enlarge the future." **Paul Boese**
- 167. "Forgiveness is a funny thing. It warms the heart and cools the sting." **William Arthur Ward**

On FRIENDSHIP

- 168. "Love is blind; friendship closes its eyes." **Friedrich Nietzsche**
- 169. "A true friend is someone who thinks you're a good egg even though he knows that you are slightly cracked" **Bernard Meltzer**
- 170. "People are lonely because they build walls instead of bridges." **Joseph F. Newton**
- 171. "A quarrel between friends, when made up, adds a new tie to friendship." **Saint Francis de Sales**
- 172. "The only service a friend can really render is to keep up your courage by holding up to you a mirror in which you can see a noble image of yourself." **George Bernard Shaw**
- 173. "A friend is a gift you give yourself." **Robert Louis Stevenson**



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174. "Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'" **C.S. Lewis**

On FUN

175. "We have to pursue this subject of fun very seriously if we want to stay competitive in the twenty-first century." **George Yeo**
176. "Fun is going to enhance interest, because people don't feel incompetent when they're having fun." **Matthew S. Richter**
177. "The most wasted of all days is one without laughter." **E.E. Cummings**
178. "The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm." **Aldous Huxley**
179. "We don't stop playing because we grow old; we grow old because we stop playing." **George Bernard Shaw**
180. "I think of life itself now as a wonderful play that I've written for myself, and so my purpose is to have the utmost fun playing my part." **Shirley MacLaine**

On GETTING STARTED

181. "It takes as much energy to wish as it does to plan." **Eleanor Roosevelt**
182. "Every artist was first an amateur" **Ralph Waldo Emerson**
183. "Anything worth doing is worth doing poorly until you learn to do it well" **Steve Brown**
184. "Nothing changes if nothing changes." **Earnie Larson**
185. "In doing anything, the first step is the most difficult " **Chinese Proverb**
186. "The greatest amount of wasted time is the time not getting started." **Dawson Trotman**
187. "Sometimes you have to take the leap, and build your wings on the way down." **Kobi Yamada**
188. "Life begins at the end of your comfort zone." **Neale Donald Walsch**

On GETTING UNSTUCK

189. "When you're stuck in a spiral, to change all aspects of the spin you only need to change one thing." **Christina Baldwin**
190. "Perplexity is the beginning of knowledge." **Kahlil Gibran**



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- 191. "To think creatively, we must be able to look afresh at what we normally take for granted." **George Kneller**
- 192. "If you do nothing unexpected, nothing unexpected happens." **Fay Weldon**

On GROWTH

- 193. "The things which hurt, instruct." **Benjamin Franklin**
- 194. "The strongest principle of growth lies in human choice." **George Eliot**
- 195. "The foundations of a person are not in matter but in spirit." **Ralph Waldo Emerson**
- 196. "Spiritual growth is not made in reaction against, for all striving against imposed restrictions is imaginary. Spiritual growth is accomplished by inclination toward. We grow like the sunflower, following the light." **Joy Houghton**

On HAPPINESS

- 197. "Most people are about as happy as they make up their minds to be." **Abraham Lincoln**
- 198. "People don't notice whether it's winter or summer when they're happy." **Anton Chekhov**
- 199. "Happiness is not a goal, it is a by-product." **Eleanor Roosevelt**
- 200. "The most revolutionary act one can commit in our world is to be happy." **Hunter 'Patch' Adams**
- 201. "Happiness is when what you think, what you say, and what you do are in harmony." **Mahatma Gandhi**
- 202. "One is never so happy nor so unhappy as one thinks." **Francois de La Rochefoucauld**
- 203. "Joy is what happens to us when we allow ourselves to recognize how good things really are." **Marianne Williamson**
- 204. "It is pretty hard to tell what does bring happiness; poverty and wealth have both failed." **Kin Hubbard**

On Finding Happiness

- 205. "Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you." **Nathaniel Hawthorne**
- 206. "Joy is not in things, it is in us." **Richard Wagner**
- 207. "Sometimes happiness is only a sadness away." **Anthony McIlwain**



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- 208. "Happiness is having a sense of self - not a feeling of being perfect but of being good enough and knowing that you are in the process of growth, of being, of achieving levels of joy." **Leo Buscaglia**
- 209. "Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." **Denis Waitley**

On HEALTH

- 210. "Take care of your body. It's the only place you have to live." **Jim Rohn**
- 211. "Those who think they have not time for bodily exercise will sooner or later have to find time for illness." **Edward Stanley**
- 212. "Movement is a medicine for creating change in a person's physical, emotional, and mental states." **Carol Welch**
- 213. "A bear, however hard he tries, grows tubby without exercise." **Winnie the Pooh**
- 214. "Health and cheerfulness naturally beget each other." **Joseph Addison**
- 215. "Cancer is a word, not a sentence." **John Diamond**
- 216. "The patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop." **Quentin Regestein**
- 217. "A good laugh and a long sleep are the best cures in the doctor's book." **Irish Proverb**
- 218. "My own prescription for health is less paperwork and more running barefoot through the grass." **Terri Guillemets**
- 219. "Health is a relationship between you and your body." **Terri Guillemets**
- 220. "So many people spend their health gaining wealth, and then have to spend their wealth to regain their health." **A.J. Reb Materi**

On HEART and INTUITION

- 221. "The heart has eyes that the brain knows nothing of." **Charles H. Parkhurst**
- 222. "Good instincts usually tell you what to do before your head has figured it out." **Michael Burke**
- 223. "The heart is wiser than the intellect" **Josiah G. Holland**
- 224. "Trust your hunches. They're usually based on facts filed away just below the conscious level." **Dr. Joyce Brothers**



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- 225. "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honours the servant and has forgotten the gift." **Albert Einstein**
- 226. "It is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it and rely on it. It's my partner." **Jonas Salk**
- 227. "You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover will be yourself." **Alan Alda**
- 228. "Trust in yourself. Your perceptions are often far more accurate than you are willing to believe." **Claudia Black**

HUMOUR!

- 229. "Every time I close the door on reality, it comes in through the windows." **Jennifer Unlimited**
- 230. "The only advantage of not being too good a housekeeper is that your guests are so pleased to feel how very much better they are." **Eleanor Roosevelt**
- 231. "I try to take one day at a time - but sometimes several days attack me at once." **Ashleigh Brilliant**
- 232. "Lead me not into temptation; I can find the way myself" **Rita Mae Brown**
- 233. "Inside every older person is a younger person - wondering what the hell happened." **Cora Harvey Armstrong**
- 234. "Things are going to get a lot worse before they get worse." **Lily Tomlin**
- 235. "Specialists are people who always repeat the same mistakes." **Walter Gropius**
- 236. "The trouble with the rat race is that even if you win, you're still a rat." **Lily Tomlin**
- 237. "I always wanted to be somebody, but I should have been more specific." **Jane Wagner**
- 238. "It has been my experience that folks who have no vices have very few virtues." **Abraham Lincoln**
- 239. "I have to exercise in the morning before my brain figures out what I'm doing." **Marsha Doble**
- 240. "I May Not Be Totally Perfect, but Parts of Me Are Excellent" **Ashleigh Brilliant**
- 241. "I'm not offended by all the dumb blonde jokes because I know I'm not dumb and I'm also not blonde." **Dolly Parton**
- 242. "Man does not live by words alone, despite the fact that sometimes he has to eat them." **Adlai E. Stevenson**



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On KINDNESS

- 243. "Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom." **Theodore Isaac Rubin**
- 244. "Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness, and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again." **Og Mandino**
- 245. "Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile." **Mother Teresa**
- 246. "Be kind whenever possible. It is always possible." **Dalai Lama**
- 247. "Sometimes being kind means being tough with ourselves. Look within—the answers to what is truly kind to yourself are always to be found in pausing, a deep breath and a connection with our deepest selves." **Emma-Louise Elsey**
- 248. "Don't confuse giving with generosity. True generosity only exists if the act is kind to the recipient AND the giver - meaning the gift does not deplete the giver's resources or harm their financial security" **Suze Orman**
- 249. "Etiquette – a fancy word for simple kindness." **Elsa Maxwell**
- 250. "If you are kind, people may accuse you of ulterior motives. Be kind anyway." **Mother Teresa**

On LEARNING

- 251. "I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind could comprehend it." **Harry Emerson Fosdick**
- 252. "Usually when we hear or read something new, we just compare it to our own ideas. If it is the same, we accept it and say that it is correct. If it is not, we say it is incorrect. In either case, we learn nothing." **Thich Nhat Hanh**
- 253. "Read not to contradict and confute; nor to believe and take for granted; nor to find talk and discourse; but to weigh and consider." **Sir Francis Bacon**

On LISTENING

- 254. "It is the province of knowledge to speak and it is the privilege of wisdom to listen." **Oliver Wendell Holmes, Sr.**



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- 255. "Nature has given men one tongue and two ears, that we may hear twice as much as we speak." **Epictetus**
- 256. "Listening, not imitation, may be the sincerest form of flattery." **Dr. Joyce Brothers**
- 257. "People don't listen to understand. They listen to reply. The collective monologue is everyone talking and no one listening." **Stephen Covey**
- 258. "The reason why so few people are agreeable in conversation is that each is thinking more about what he intends to say than about what others are saying, and we never listen when we are eager to speak." **Francois de La Rochefoucauld**
- 259. "Listen and hear not only what you thought you wanted to hear. Listen and hear what you have to learn." **Ralph S. Marston, Jr.**
- 260. "When one's own problems are unsolvable and all best efforts are frustrated, it is lifesaving to listen to other people's problems." **Suzanne Massie**
- 261. "One of the best ways to persuade others is with your ears—by listening to them." **Dean Rusk**
- 262. "To listen fully means to pay close attention to what is being said beneath the words. You listen not only to the 'music,' but to the essence of the person speaking. You listen not only for what someone knows, but for what he or she is." **Peter Senge**
- 263. "If you spend more time asking appropriate questions rather than giving answers or opinions, your listening skills will increase." **Brian Koslow**

On Listening and Caring

- 264. "Listening is a hug you give with your mind." **Barbara Nixon**
- 265. "The real art of conversation is not only to say the right thing at the right place but to leave unsaid the wrong thing at the tempting moment." **Dorothy Nevill**
- 266. "The first duty of love is to listen." **Paul Tillich**
- 267. "Being listened to is so close to being loved that most people cannot tell the difference." **David Oxberg**
- 268. "Nothing increases the respect and gratitude of one man for another more than when he is heard exactly and with interest." **R. Umbach**
- 269. "Listening is as important as talking. If you're a good listener, people often compliment you for being a good conversationalist." **Jesse Ventura**

On Listening to Ourselves

- 270. "No one will listen to us until we listen to ourselves." **Marianne Williamson**



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- 271. "The more faithfully you listen to the voice within you, the better you will hear what is sounding outside. Only he who listens can speak." **Dag Hammarskold**
- 272. "Listening is a form of accepting." **Stella Terill Mann**

On LOVE

- 273. "Being deeply loved by someone gives you strength while loving someone deeply gives you courage." **Lao Tzu**
- 274. "Age does not protect you from love. But love, to some extent, protects you from age." **Jeanne Moreau**
- 275. "If you judge people, you have no time to love them." **Mother Teresa**
- 276. "Everyone discusses my art and pretends to understand, as if it were necessary to understand, when it is simply necessary to love." **Claude Monet**
- 277. "Your task is not to seek for Love, but merely to seek and find all the barriers within yourself that you have built against it." **Rumi**
- 278. "I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love." **Mother Teresa**
- 279. "People are lonely because they build walls instead of bridges." **Joseph F. Newton**
- 280. "Loving myself provides the power for transformation." **John Ruskan**
- 281. "We lose ourselves in the things we love. We find ourselves there too." **Kristin Martz**
- 282. "The hunger for love is much more difficult to remove than the hunger for bread." **Mother Teresa**

On MEDIOCRITY

- 283. "If at first you don't succeed you're running about average." **M.H. Alderson**
- 284. "Only the mediocre are always at their best." **Jean Giradoux**
- 285. "Great spirits have always encountered violent opposition from mediocre minds." **Albert Einstein**
- 286. "Mediocrity knows nothing higher than itself; but talent instantly recognizes genius." **Arthur Conan Doyle**
- 287. "Idleness is fatal only to the mediocre." **Albert Camus**



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- 288. "The only sin is mediocrity." **Martha Graham**
- 289. "Some men are born mediocre, some men achieve mediocrity, and some men have mediocrity trust upon them." **Joseph Heller**
- 290. "If any of you have a desire to be mediocre, you will probably find that you have already achieved your ambition." **Hugh B. Brown**

On MONEY

- 291. "A person's treatment of money is the most decisive test of his character, how they make it and how they spend it." **James Moffatt**
- 292. "As you manage your money, you manage your life." **Dan Millman**
- 293. "Re: Savings "Gone today. Here tomorrow." **Catherine Crook de Camp**
- 294. "We can tell our values by looking at our check book stubs." **Gloria Steinem**
- 295. "If money be not thy servant, it will be thy master." **Francis Bacon**

On MOTIVATING and MOTIVATION

- 296. "Everything you want is just outside your comfort zone." **R. Allen**
- 297. "It's so hard when I have to. And so easy when I want to." **Sondra Anice Barnes**
- 298. "Don't judge each day by the harvest you reap, but by the seeds you plant." **Robert Louis Stevenson**
- 299. "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**
- 300. "It is not because things are difficult that we do not dare, It is because we do not dare that they are difficult." **Seneca**
- 301. "A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves." **Lao Tzu**
- 302. "You get the best effort from others not by lighting a fire beneath them, but by building a fire within." **Bob Nelson**
- 303. "Motivation is what gets you started. Habit is what keeps you going." **Jim Ryan**
- 304. "... life never calms down long enough for us to wait until tomorrow to start living the lives we deserve." **Sarah Ban Breathnach**



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On *PASSION* and *INSPIRATION*

- 305. "Passion emerges when your essence expresses itself. How do you stop yourself from fully expressing who you are?" **Unknown**
- 306. "Without passion man is a mere latent force and possibility, like the flint which awaits the shock of the iron before it can give forth its spark." **Henri Frederic Amiel**
- 307. "People do their best work when they are passionately engaged in what they are doing." **Erie S. Raymond**
- 308. "A strong passion for any object will ensure success, for the desire of the end will point out the means." **Henry Hazlitt**
- 309. "Sometimes success is due less to ability than to zeal." **Charles Buxton**
- 310. "There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment." **Norman Vincent Peale**
- 311. "You can do anything as long as you have the passion, the drive, the focus and the support." **Sabrina Bryan**
- 312. "You only lose energy when life becomes dull in your mind... Get interested in something! ... The more you lose yourself in something bigger than yourself, the more energy you will have." **Norman Vincent Peale**
- 313. "We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about." **Charles Kingsley**
- 314. "Don't ask yourself what the world needs. Ask yourself what makes you come alive, and then go do that. Because what the world needs is people who have come alive." **Howard Thurman**

On *PERFECTION*

- 315. "It is not perfection we must seek, but freedom of the heart." **Buddha**
- 316. "The desire of perfection is the worst disease that ever affected the human mind." **Louis de Fontanes**
- 317. "Human beings are not perfectible. They are improbable." **Eric Severeid**
- 318. "Actually, I can't imagine anything more tedious than a perfect person." **Hugh Mackay**
- 319. "You don't have to be perfect, but you do have to be 100% committed." **Alexandria Ocasio-Cortez**



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- 320. "Once you accept the fact that you're not perfect, then you develop some confidence." **Rosalynn Carter**
- 321. "I don't have to try and live up to other people's expectations of perfection and then feel inadequate when I fail miserably. I'm at my most powerful when I allow myself to be who life intended me to be." **Anita Moorjani**
- 322. "If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake." **Frank Wilczek**
- 323. "The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." **Anna Quindlen**

On PERSEVERANCE

- 324. "It's never crowded along the extra mile." **Dr. Wayne Dyer**
- 325. "Age wrinkles the body. Quitting wrinkles the soul." **Douglas MacArthur**
- 326. "If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." **Mahatma Gandhi**
- 327. "It's hard to wring my hands when I am busy rolling up my sleeves." **Linda Geraci**
- 328. Be afraid not of growing slowly, be afraid only of standing still. **Chinese Proverb**
- 329. "If we did the things we are capable of doing, we would literally astound ourselves." **Thomas Edison**
- 330. "The man who makes no mistakes does not usually make anything" **Edward J. Phelps**
- 331. "It is never too late to become what you might have been." **George Eliot**
- 332. "We rise to great heights by a winding staircase of small steps" **Francis Bacon**
- 333. "The only limits to the possibilities in your life tomorrow are the butts you use today." **Les Brown**
- 334. "Unless you go too far, you don't know how far you can go." **William Friedkin**
- 335. "If you're going through hell... keep going" **Winston Churchill**

On PERSPECTIVE

- 336. "A desk is a dangerous place from which to view the world." **John le Carre**
- 337. "There is nothing either good or bad, but thinking makes it so." **William Shakespeare**



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- 338. "We see the world not as it is, but as we are" **Stephen Covey**
- 339. "The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." **Winston Churchill**
- 340. "You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you." **James Allen**
- 341. "Every thought we think is creating our future." **Louise L. Hay**
- 342. "Experience is not what happens to a man; it is what a man does with what happens to him." **Aldous Huxley**
- 343. "You are as big as the smallest thing that makes you mad." **Unknown**
- 344. "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." **Herm Albright**
- 345. "Don't cry because it's over, smile because it happened." **Dr. Seuss**

On PRAISE and ENCOURAGEMENT

- 346. "People are like acorns, already containing all the potential to grow into a magnificent oak tree—they just need encouragement and nourishment to grow towards the light." **John Whitworth**
- 347. "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." **Albert Schweitzer**
- 348. "Given enough space, support, and encouragement, the heart calms down - and wakes up - all by itself." **Sylvia Boorstein**

On PROBLEMS and PROBLEM-SOLVING

- 349. "The best way to escape from a problem is to solve it." **Alan Saporta**
- 350. "Intellectuals solve problems; geniuses prevent them." **Albert Einstein**
- 351. "The greater the obstacle, the more glory in overcoming it." **Jean-Baptiste Molière**
- 352. "Problems are only opportunities in work clothes." **Henry Kaiser**
- 353. "A problem well stated is a problem half solved." **Charles Kettering**
- 354. "The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem." **Theodore Rubin**



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- 355. "There is a time in the life of every problem when it is big enough to see, yet small enough to solve." **Mike Leavitt**
- 356. "The formulation of a problem is often more essential than its solution, which may be merely a matter of mathematical or experimental skill. To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advances." **Albert Einstein**

On PROCRASTINATION

- 357. "Procrastination is like a credit card; it's lots of fun until you get the bill." **Christopher Parker**
- 358. "Procrastination is, hands down, our favorite form of self-sabotage." **Alyce Cornyn-Selby**
- 359. "Procrastination is sometimes best put off until tomorrow." **Gerald Vaughan**
- 360. "Do you know what happens when you give a procrastinator a good idea? Nothing!" **Donald Gardner**
- 361. "Putting off an easy thing makes it hard, and putting off a hard one makes it impossible." **George H. Lonner**
- 362. "Procrastination is the art of keeping up with yesterday." **Don Marquis**
- 363. "Never put off till tomorrow what you can do today." **Thomas Jefferson**

On QUESTIONS

- 364. "It is only by questioning what people take for granted, what people hold to be true, that we can break through the hypnosis of social conditioning." **Deepak Chopra**
- 365. "The key to wisdom is knowing all the right questions." **John A. Simone, Jr.**
- 366. "It is not the answer that enlightens, but the question." **Eugène Ionesco**
- 367. "You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions." **Naguib Mahfouz**
- 368. "Judge a man by his questions rather than by his answers." **Voltaire**
- 369. "Nothing shapes our journey through life so much as the questions we ask." **Greg Levoy**
- 370. "The wise man doesn't give the right answers, he poses the right questions." **Claude Levi-Strauss**
- 371. "He who is ashamed of asking is ashamed of learning." **Danish Proverb**



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- 372. "If there is something to gain and nothing to lose by asking—by all means ask!" **W. Clement Stone**
- 373. "He who asks is a fool for five minutes, but he who does not ask remains a fool forever." **Chinese proverb**
- 374. "If we would have new knowledge, we must get a whole world of new questions." **Suzanne Langer**
- 375. "If you don't ask, you don't get." **Mahatma Gandhi**

On (the nature of) REALITY

- 376. "Reality is merely an illusion, albeit a very persistent one." **Albert Einstein**
- 377. "We move from the illusion of certainty to the certainty of illusion." **John Bradshaw**
- 378. "Reality is that which, when you stop believing in it, doesn't go away." **Philip K. Dick**
- 379. "Once in a while it really hits people that they don't have to experience the world in the way they have been told to." **Alan Keightley**
- 380. "What we see depends mainly on what we look for." **Sir John Lubbock**
- 381. "Life can only be understood backwards; but it must be lived forwards." **Soren Kierkegaard**
- 382. "The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." **Albert Einstein**

On SELF-ACCEPTANCE

- 383. "You cannot be lonely if you like the person you're alone with." **Wayne Dyer**
- 384. "It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do." **Charly Heavenrich**
- 385. "Self-acceptance is my refusal to be in an adversarial relationship to myself." **Nathaniel Branden**
- 386. "A person's worth is contingent upon who he is, not upon what he does, or how much he has. The worth of a person, or a thing, or an idea, is in being, not in doing, not in having." **Alice Mary Hilton**
- 387. "A man needs self-acceptance or he can't live with himself; he needs self-criticism or others can't live with him." **James A. Pike**
- 388. "A mother who radiates self-acceptance actually vaccinates her daughter against low self-esteem" **Naomi Wolf**



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- 389. "Catching a glimpse of your own greatness can be one of the most unsettling experiences imaginable" **Steve Pavlina**
- 390. "There comes a time in each life like a point of fulcrum. At that time you must accept yourself. It is not any more what you will become. It is what you are and always will be." **John Fowles**
- 391. "Try to be like a turtle - at ease in your own shell." **Bill Copeland**
- 392. "Make the most of yourself, for that is all there is of you." **Ralph Waldo Emerson**

On not feeling inferior

- 393. "You were wild once. Don't let them tame you." **Isadora Duncan**
- 394. "I can be changed by what happens to me. But I refuse to be reduced by it." **Maya Angelou**
- 395. "Some people have so much respect for their superiors they have none left for themselves." **Peter McArthur**
- 396. "Nobody can make you feel inferior without your permission." **Eleanor Roosevelt**
- 397. "When you are content to be simply yourself and don't compare or compete, everybody will respect you." **Lao Tzu**

On SELF-BELIEF

- 398. "I was once afraid of people saying 'Who does she think she is?' Now I have the courage to stand and say, 'This is who I am.'" **Oprah Winfrey**
- 399. "Returning to your true nature, spontaneity and essence are found. This is the space that always exists and holds all within." **Sosan**
- 400. "Until you make peace with who you are you'll never be content with what you have." **Doris Mortman**
- 401. "You are imperfect, you are wired for struggle, but you are worthy of love and belonging." **Brene Brown**
- 402. "We generally change ourselves for one of two reasons: inspiration or desperation." **Jim Rohn**
- 403. "Beauty, to me, is about being comfortable in your own skin. That, or a kick-ass red lipstick." **Gwyneth Paltrow**
- 404. "In the depths of winter, I finally learned that within me there lay an invincible summer." **Albert Camus**



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405. "When you do not require a person to show up as you imagine you need them to be, then you can drop expectation. Then you love them exactly as they are. Yet this can only happen when you love your Self exactly as you are." **N. D. Walsch**

406. "Nothing can bring you peace but yourself." **Ralph Waldo Emerson**

On Having an Impact

407. "'There are two ways of spreading light: To be the candle or the mirror that reflects it.'
Edith Wharton

408. "If you think you're too small to have an impact, try going to bed with a mosquito in the room." **Anita Roddick**

409. "In a gentle way, you can shake the world." **Gandhi**

On SELF-CARE

410. "The time to relax is when you don't have time for it." **Jim Goodwin**

411. "Something's got to give. Don't let it be you." **Stever Robbins**

412. "You are important enough to ask and you are blessed enough to receive back. **Wayne Dyer**

413. "When we truly care for ourselves, it becomes possible to care far more profoundly about other people. The more alert and sensitive we are to our own needs, the more loving and generous we can be toward others." **Eda LeShan**

On SELF-DISCOVERY

414. "At the center of your being you know you have the answer, you know who you are and you know what you want." **Lao Tzu**

415. "The deepest secret is that life is not a process of discovery, but a process of creation. You are not discovering yourself but creating yourself anew. Seek therefore not to find out who you are but determine who you want to be." **N. D. Walsch**

416. "Life is not about finding yourself. Life is about creating yourself." **George Bernard Shaw**

417. "One of the greatest moments in anybody's developing experience is when he no longer tries to hide from himself but determines to get acquainted with himself as he really is."
Norman Vincent Peale

418. "When one door closes another door opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us." **Alexander Graham Bell**



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419. "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." **Mark Twain**

On SELF-ESTEEM

420. "It ain't what they call you, it's what you answer to." **W.C. Fields**
421. "Once you label me, you negate me." **Soren Kierkegaard**
422. "Labels are for filing. Labels are for clothing. Labels are not for people." **Martina Navratilova**
423. "The way you treat yourself sets the standard for others." **Sonya Friedman**
424. "To tell the truth is to become beautiful, to begin to love yourself, value yourself. And that's political, in its most profound way." **June Jordan**

On SELF-LOVE

425. "Self-love seems so often unrequited." **Anthony Powell**
426. "Plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers." **Veronica A. Shoffstall**
427. "If you must love your neighbor as yourself, it is at least as fair to love yourself as your neighbor." **Nicholas de Chamfort**
428. Dare to love yourself
as if you were a rainbow
with gold at both ends. **Aberjhani**
429. "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world." **Lucille Ball**
430. "Love yourself instead of abusing yourself." **Karolina Kurkova**
431. "To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now." **Alan Cohen**
432. "Don't forget to love yourself." **Soren Kierkegaard**
433. "If you can learn to love yourself and all the flaws, you can love other people so much better. And that makes you so happy." **Kristin Chenoweth**
434. "You, yourself, as much as anybody in the entire universe, deserve your love and affection." **Buddha**
435. "Make the most of yourself, for that is all there is of you." **Ralph Waldo Emerson**



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On SILENCE

- 436. "We need silence to be able to touch souls." **Mother Teresa**
- 437. "You don't learn when you're talking." **Watts Wacker**
- 438. "In the silence we listen to ourselves. Then we ask questions of ourselves. We describe ourselves, and in the quietude we may even hear the voice of God." **Maya Angelou**
- 439. "Ten people who speak make more noise than ten thousand who are silent." **Napoleon**
- 440. "You talk when you cease to be at peace with your thoughts." **Kahlil Gibran**
- 441. "Silent and listen are spelled with the same letters!" **Unknown**
- 442. "There are very few people who don't become more interesting when they stop talking." **Mary Lowry**
- 443. "Even a fool is thought wise if he keeps silent, and discerning if he holds his tongue."
Anonymous

On SOUL

- 444. "It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul. The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity." **Thomas Moore**
- 445. "Acceptance. It is the true thing everyone longs for. The one thing everyone craves. To walk in a room and to be greeted by everyone with hugs and smiles. And in that small passing moment, you truly know you're loved, needed, and accepted." **Rena Harmon**
- 446. "Anything which keeps us unconscious blocks the pathway to soul consciousness."
Andrew Schneider
- 447. "When we learn how to be truly present with our joy and our sorrow, with our longing and our desires, layer upon layer of ourselves and the world are revealed." **Oriah Mountain Dreamer**

On SUCCESS

- 448. "What's money? A man is a success if he gets up in the morning and goes to bed at night and in between does what he wants to do." **Bob Dylan**
- 449. "Don't worry about doing great things, just do little things with great heart" **Mother Teresa**



499 Inspirational Quotes for Coaches

- 450. "The successful man is the average man, focused." **Unknown**
- 451. "People want riches; they need fulfillment." **Robert Conklin**
- 452. "I measure my success based on how much fun I'm having." **Gabby Bernstein**
- 453. "It is not important to be successful at what you undertake, but rather to undertake what you'd like to succeed at." **Wajdi Mouawad**
- 454. "Think in terms of what's good for the other person and success will seek you out." **Mary Kay Ash**
- 455. "Being able to manage uncertainty is what separates those who prosper in business and spirit." **Lewis Richmond**
- 456. "Try not to become a man of success, but rather try to become a man of value." **Albert Einstein**
- 457. "There are only two words that will always lead you to success. Those words are yes and no. Undoubtedly, you've mastered saying yes. So start practicing saying no. Your goals depend on it!" **Jack Canfield**
- 458. "Success is getting what you want, happiness is wanting what you get" **W.P. Kinsella**
- 459. "It's a funny thing about life; if you refuse to accept anything but the best, you very often get it." **W. Somerset Maugham**

Success 'v' Failure

- 460. "Winners are not afraid of losing. But losers are. Failure is part of the process of success. People who avoid failure also avoid success." **Robert T. Kiyosaki**
- 461. "Success is often achieved by those who don't know that failure is inevitable." **Coco Chanel**
- 462. "The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year." **John Foster Dulles**
- 463. "Never let success get to your head and never let failure get to your heart." **Drake**

On TIME

- 464. "Spend 10 minutes each morning planning your day - and getting out of your comfort zone. This simple practice gives you focus, direction and helps you achieve everything you want in life." **Mike Hartman**
- 465. "Spend ten to fifteen minutes each morning planning your day. If I could get you to do that, you'd not only scare yourself, you'd intimidate everybody on your block." **Hyrum W. Smith**



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- 466. "How you spend your time is more important than how you spend your money. Money mistakes can be corrected, but time is gone forever." **David Norris**
- 467. "If, before going to bed every night, you will tear a page from the calendar, and remark, 'there goes another day of my life, never to return,' you will become time conscious." **A. B. ZuTavern**
- 468. "How is it that after decades of inventions and new technologies devoted to saving time and labor, the result is that there is no time left? We are a time-poor society; we are temporally impoverished. And there is no issue, no aspect of human life, that exceeds this in importance. The destruction of time is literally the destruction of life." **Jacob Needleman**
- 469. "They always say time changes things, but you actually have to change them yourself." **Andy Warhol**
- 470. "Time has no meaning in itself unless we choose to give it significance." **Leo Buscaglia**
- 471. "Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice. But for those who love, time is not." **Henry Van Dyke**

On TRUSTING YOURSELF

- 472. "Trust yourself, you know more than you think you do." **Benjamin Spock**
- 473. "There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because his conscience tells him it is right." **Martin Luther**
- 474. "Too often we don't trust our own deepest truth; it makes us feel too vulnerable or it seems incongruous with the person we think we are or must be." **Emily Hanlon**
- 475. "An intelligent person understands others, a brilliant person understands himself." **Chinese Proverb**
- 476. "If you obey all the rules, you miss all the fun." **Katherine Hepburn**

On WHAT OTHERS THINK...

- 477. "When you are content to be simply yourself and don't compare or compete, everybody will respect you." **Lao-Tzu**
- 478. "There just isn't any pleasing some people. The trick is to stop trying." **Robert Mitchum**
- 479. "We would worry less about what others think of us if we realized how seldom they do." **Ethel Barrett**
- 480. "The most courageous act is still to think for yourself. Aloud." **Coco Chanel**



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- 481. "I think the reward for conformity is that everyone likes you except yourself." **Rita Mae Brown**
- 482. "If I'd asked my customers what they wanted, they'd have said faster horses." **Henry Ford**
- 483. "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind." **Dr. Seuss**
- 484. "Where do you need to think for yourself? When we begin to cultivate awareness of our thoughts and emotions, we begin to see just how much we live according to other people's and society's beliefs and actions. Don't get upset by this. Just get in touch with how you really think and feel inside and begin to express your authenticity." **Alan Keightley**
- 485. "When one burns one's bridges, what a very nice fire it makes." **Dylan Thomas**

On WISDOM

- 486. "A man begins cutting his wisdom teeth the first time he bites off more than he can chew." **Herb Caen**
- 487. "Never seem more learned than the people you are with. Wear your learning like a pocket watch and keep it hidden. Do not pull it out to count the hours, but give the time when you are asked." **Lord Chesterfield**
- 488. "Asking for help doesn't mean that we are weak or incompetent. It usually indicates an advanced level of honesty and intelligence." **Anne Wilson Schaef**
- 489. "Wisdom means listening to the still, small voice, the whisper that can be easily lost in the whirlwind of busyness, expectations, and conventions of the world." **Jean M. Blomquist**
- 490. "By adding something new every day, we gain knowledge. By taking something away every day, we gain wisdom." **Lao Tzu**
- 491. "The beginning of wisdom is found in doubting; by doubting we come to the question, and by seeking we may come upon the truth" **Pierre Abelard**
- 492. "There are two things to aim at in life; first to get what you want, and after that to enjoy it. Only the wisest of mankind has achieved the second." **Logan Pearsall Smith**

On WOMEN

- 493. "A woman is like a tea bag; you never know how strong it is until it's in hot water." **Eleanor Roosevelt**
- 494. "The phrase 'working mother' is redundant." **Jane Sellman**
- 495. "Well behaved women rarely make history." **Laura Thatcher Ulrich**



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On WONDER and WONDERING

- 496. "All thinking begins with wondering." **Socrates**
- 497. "Wonder is what sets us apart from other life forms. No other species wonders about the meaning of existence or the complexity of the universe or themselves." **Herbert W. Boyer**
- 498. "I would rather have a mind opened by wonder than one closed by belief." **Gerry Spence**
- 499. "People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering." **Saint Augustine**

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Have any questions or suggestions? Just give me a shout, I'd love to hear from you!



Emma-Louise

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