

ENCOURAGING WORDS

I hope you'll find them to be helpful!

The most common way people give up their power is by thinking they don't have any.
- Alice Walker

Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow - Carrie Fisher

Magic is believing in yourself. If you can do that, you can make anything happen.
- Johann Wolfgang von Goethe

No matter how far away from yourself you may have strayed, there is always a path back. - Oprah Winfrey

It always seems impossible until it's done.
- Nelson Mandela

Nothing is impossible. The word itself says 'I'm possible!' - Audrey Hepburn

Difficulty is what wakes up the genius.
- Nassim Taleb

Vitality shows not only in the ability to persist but in the ability to start over.
- F. Scott Fitzgerald

It takes courage to grow up and become who you really are. - E.E. Cummings

Life shrinks or expands in proportion to one's courage. - Anaïs Nin

If I cannot do great things, I can do small things in a great way.
- Martin Luther King, Jr.

Act as if what you do makes a difference. It does. - William James

The bad news is time flies. The good news is you're the pilot. - Michael Altshuler

I can't change the direction of the wind, but I can adjust my sails to always reach my destination. - Jimmy Dean

Be yourself; everyone else is already taken.
- Oscar Wilde

If you spend too much time thinking about a thing, you'll never get it done. - Bruce Lee

If you see someone without a smile, give 'em yours! - Dolly Parton

If you want to lift yourself up, lift up someone else. - Booker T. Washington

Experience is not what happens to you; it is what you do with what happens to you.
- Aldous Huxley

Gratitude is a quality similar to electricity: It must be produced and discharged and used up in order to exist at all. - William Faulkner

The best way to predict the future is to create it. - Dennis Gabor

It does not matter how slowly you go, as long as you do not stop. - Confucius

He who conquers himself is the mightiest warrior. - Confucius

Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.
- Mark Twain

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

Worry is a misuse of imagination.
- Anonymous

The question isn't who is going to let me; it's who is going to stop me. - Ayn Rand

A river cuts through a rock not because of its power, but its persistence. - Jim Watkins

Things may come to those who wait, but only the things left by those who hustle.
- Abraham Lincoln

Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs.
- Václav Havel

If you think you are too small to make a difference, try sleeping with a mosquito.
- Dalai Lama

Our eyes are not only viewers, but projectors that are running a second story over the picture we see in front of us all the time.
- Jim Carrey

A person's intelligence can be measured by the quantity of uncertainties that he can bear.
- Immanuel Kant

I've never seen any life transformation that didn't begin with the person in question finally getting tired of their own bullshit.
- Elizabeth Gilbert

You can't use up creativity. The more you use, the more you have. - Maya Angelou

If we believe something does not exist unless we measure it, then we put aside: love, feeling, intuition, art and philosophy.
- Peter Block

You can easily judge the character of a man by how he treats those who can do nothing for him. - Johann Wolfgang von Goethe

Attention is a limited resource, so pay attention to where you pay attention.
- Howard Rheingold

There is absolutely no inevitability as long as there is a willingness to contemplate what is happening. - Marshall McLuhan

Why are you unhappy? Because 99.9 percent of everything you think, and of everything you do, is for yourself - and there isn't one. - Wei Wu Wei

The greatest illusion in this world is the illusion of separation. - Albert Einstein

The mind, once stretched by a new idea, never returns to its original dimensions.
- Ralph Waldo Emerson

When we are no longer able to change a situation, we are challenged to change ourselves. - Viktor Frankl

There are plenty of difficult obstacles in your path. Don't allow yourself to become one of them. - Ralph Marston

You'll never ever be able to convince a person thru logical argument or even brilliant rhetoric that a free and just society is possible. You can show them. You can start doing it. - David Graeber

Sometimes your only available transportation is a leap of faith. - Margaret Shepard

Freedom means choosing your burden.
- Hephzibah Menuhin

The curious paradox is that when I accept myself just as I am, then I can change.
- Carl Rogers

Nobody can make you feel inferior without your consent. - Eleanor Roosevelt