

**BEGIN**  
*anywhere*

Randomly flip open,

Read the quote that pops up.

Locate the quote  
that resonates with you,  
unique to your frequency.  
It can ignite a spark  
when you are in the dark.

The right word at  
the right time can make  
the right difference

**“A quotation at the right moment  
is like bread to the famished.”**

**-THE TALMUD-**

An inspiring quote could  
be the insight you need  
to ignite your soul

MOTIV  
*be your own*  
ATION

**BELIEVE**



**The body achieves  
what the mind believes,  
the mind believes  
what the body achieves**

**You will never find time for anything.  
If you want time you must make it.**

**-CHARLES BUXTON-**

**We are what we think.  
All that we are arises with our thoughts.  
With our thoughts, we make the world.**

**-BUDDHA-**

**You are always standing in the middle  
of sacred space,  
standing in the middle of the circle...  
Whatever comes into  
space is there to teach you.**

**-PEMA CHÖDRÖN-**

**Take care of the minutes and the  
hours will take care of themselves.**

**-LORD CHESTERFIELD-**

**The great dividing line between  
success and failure can be  
expressed in five words:  
“I did not have time.”**

**-FRANKLIN FIELD-**

**A celebrity is a person who works hard all his life to become well known and then wears dark glasses to avoid being recognized.**

**-FRED ALLEN-**

**I am an old man  
and have known  
a great many troubles,  
but most of them  
never happened.**

**-MARK TWAIN-**



**Love is found in the things  
we've given up  
More than in the things  
that we have kept**

**-RICH MULLINS-**

**Getting to the top is nothing.  
The way you do it is everything.**

**-ROYAL ROBBINS-**

**It's better to do the right thing slowly  
than the wrong thing quickly.**

**-PETER TURLA-**

**When you get into a tight place  
and everything goes against you,  
till it seems that you could not  
hold on a minute longer, never give  
up then, for that is just the place  
and time that the tide will turn.**

**-HARRIET BEECHER STOWE-**

**I cannot give you the formula  
for success, but I can give you  
the formula for failure, which is:  
Try to please everybody.**

**-HERBERT SWOPE-**

**The most important relationship  
in your life is the relationship  
that you have with yourself.  
Who else is with you at all times?**

**-DIANE VON FÜRSTENBERG-**

**We have not passed that subtle  
line between childhood and  
adulthood until we move from the  
passive voice to the active voice—  
that is, until we stop saying  
'It got lost,' and say 'I lost it.'**

**-SYDNEY J. HARRIS-**

**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 of the bowlines.  
Sail away from the safe harbor.  
Catch the trade winds in your sails.  
Explore. Dream. Discover.**

**-H. JACKSON BROWN JR-**



**The world has the habit of making  
room for the man whose words  
and actions show that he knows  
where he is going.**

**-NAPOLEON HILL-**

**If you only knock long enough and  
loud enough at the gate,  
you are sure to wake somebody up.**

**-HENRY LONGFELLOW-**

**You can't cross the sea merely by  
standing and staring at the water.**

**-RABINDRANATH TAGORE -**

**You cannot change your  
destination overnight,  
but you can change your  
direction overnight.**

**-JIM ROHN-**

**When everything seems to be  
going against you, remember  
that the airplane takes off  
against the wind, not with it.**

**-HENRY FORD-**

**Don't compare your version of  
success with anyone else's.  
Everyone has their own unique path.  
There will almost always be  
someone richer, fitter, happier, or  
more successful than you.  
The real challenge is to learn to  
appreciate what you have while you  
pursue all that you want.**

**-RUBÉN CHAVEZ-**

**Embrace relational uncertainty.**

**It's called romance.**

**Embrace spiritual uncertainty.**

**It's called mystery.**

**Embrace occupational uncertainty.**

**It's called destiny.**

**Embrace emotional uncertainty.**

**It's called joy.**

**Embrace intellectual uncertainty.**

**It's called revelation.**

**-MARK BATTERSON-**

**With time and patience, the  
mulberry leaf becomes a silk gown.**

**-CHINESE PROVERB-**



**Life is 10% what happens to me and  
90% of how I react to it.**

**-CHARLES SWINDOLL-**

**When you arise in the morning,  
think of what a precious  
privilege it is to be alive—  
to breathe, to think,  
to enjoy, to love.**

**-MARCUS AURELIUS-**

**It is impossible to live  
without failing at something,  
unless you live so cautiously  
that you might as well  
not have lived at all—  
in which case,  
you fail by default.**

**-J. K. ROWLING-**

**Start by doing what's necessary,  
then what's possible, and suddenly  
you are doing the impossible.**

**-FRANCIS OF ASSISI-**

**Let others lead small lives, but not you.**

**Let others argue over small things,  
but not you.**

**Let others cry over small hurts,  
but not you.**

**Let others leave their future in someone  
else's hands, but not you.**

**-JIM ROHN-**

**Look at the sky.**

**We so rarely look at the sky.  
We so rarely note how different  
it is from moment to moment.**

**-BROTHER DAVID STEINDL-RAST-**

**When one door of happiness  
closes, another opens; but often  
we look so long at the closed  
door that we do not see the one  
which has been opened for us.**

**-HELEN KELLER-**

**If you look at what you have in life,  
you'll always have more.  
If you look at what you don't have in  
life, you'll never have enough.**

**-OPRAH WINFREY-**



**We must be willing to let go of the  
life we've planned, so as  
to have the life that is waiting for us.**

**-JOSEPH CAMPBELL-**

**Issue a blanket pardon. Forgive everyone who has ever hurt you in any way. Forgiveness is a perfectly selfish act. It sets you free from the past**

**-BRIAN TRACY-**

**I don't believe in circumstances.  
The people who get on in this world  
are the people who get up and  
look for circumstances they want.**

**-GEORGE BERNARD SHAW-**

**Learn to enjoy every minute of your life. Be happy now. Don't wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it's at work or with your family. Every minute should be enjoyed and savoured.**

**-EARL NIGHTINGALE-**

**Take care of your thoughts,  
Then, actions will take care of themselves.  
You sow an action and reap a tendency.  
You sow a tendency and reap a habit.  
You sow your habit  
and reap your character.  
You sow your character  
and reap your destiny.  
Therefore, destiny is in your hands.**

**-SATHYA SAI BABA-**

**To keep the body in good health is a duty. Otherwise we shall not be able to keep our mind strong and clear.**

**-BUDDHA-**

**Never let yesterday use up today.**

**-RICHARD H. NELSON -**

**If you hear a voice within you  
say “you cannot paint,”  
then by all means paint  
and that voice will be silenced.**

**-VINCENT VAN GOGH-**



**You can have anything you want if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose.**

**-ABRAHAM LINCOLN-**

**The only man who never  
makes mistakes is the man  
who never does anything.**

**-THEODORE ROOSEVELT-**

**Eighty percent of success is  
showing up.**

**-WOODY ALLEN-**

**Challenges are what make life interesting and overcoming them is what makes life meaningful.**

**-JOSHUA J. MARINE-**

**In a day, when you don't come  
across any problems –you can be  
sure that you are travelling on  
the wrong path.**

**-SWAMI VIVEKANANDA-**

**Even if you're on the right track,  
you'll get run over if you just sit there.**

**-WILL ROGERS-**

**When we feel love and kindness  
towards others, it not only  
makes others feel loved and cared  
for, but it helps us also to  
develop inner happiness and peace.**

**-DALAI LAMA-**

**Habit is a cable; we weave a  
thread of it each day, and at  
last, we cannot break it.**

**-HORACE MANN-**



**Life can only be understood backwards  
but must be lived forwards.**

**-SOREN KIERKEGAARD-**

**Know the true value of time; snatch,  
seize, and enjoy every moment of it.**

**No idleness, no delay, no  
procrastination; never put off till  
tomorrow what you can do today.**

**-EARL OF CHESTERFIELD-**

**When I let go of what I am,  
I become what I might be.**

**-LAO TZU-**

**The appearance of things changes  
according to the emotions and  
thus we see magic and beauty in  
them, while the magic and  
beauty are really in ourselves.**

**-KAHLIL GIBRAN-**

**Vision without action is a daydream.  
Action without vision is a nightmare.**

**-Japanese Proverb-**

**At least three times every day take a moment and ask yourself what is really important. Have the wisdom and the courage to build your life around your answer.**

**-LEE JAMPOLSKY-**

**What you see  
and what you hear  
depends a good deal  
on where you are standing.**

**-C. S. LEWIS-**

**We drink and eat all the time,  
but we usually ingest only  
our ideas, projects, worries, and  
anxiety. We do not really  
eat our bread or drink our  
beverage. If we allow ourselves  
to touch our bread deeply, we  
become reborn, because our  
bread is life itself.**

**-THICH NHAT HANH-**



**There is more to life than  
simply increasing its speed.**

**-MAHATMA GANDHI-**

**The key is in not spending time,  
but in investing it.**

**-STEPHEN R. COVEY-**

**The secret of happiness  
is to count your blessings  
while others are  
adding up their troubles.**

**-WILLIAM PENN-**

**We all have those things that even in the midst of stress and disarray, they energize us and give us renewed strength and purpose. These are our passions.**

**-ADAM BRAUN-**

**Remember that not getting what  
you want is sometimes a  
wonderful stroke of luck.**

**-DALAI LAMA-**

**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-**

**The man who trims himself  
to suit everybody will soon  
whittle himself away.**

**-Charles Schwab-**

**Ask and it will be given to  
you; search, and you will  
find; knock and the door will  
be opened for you.**

**-JESUS-**



**If the only prayer  
you said was thank you,  
that would be enough.**

**-MEISTER ECKHART-**

**When people talk,  
listen completely.  
Most people never listen.**

**-ERNEST HEMINGWAY-**

**There is something infinitely  
healing in the repeated  
refrains of nature—  
the assurance that dawn  
comes after night, and  
spring after winter.**

**-RACHEL CARSON-**

**He who controls others may be  
powerful, but he who has  
mastered himself is mightier still.**

**-LAO-TZU-**

**Seek opportunity, not security.  
A boat in a harbor is safe,  
but in time its bottom will rot out.**

**-H. JACKSON BROWN JR.-**

**We tend to forget that happiness  
doesn't come as a result of  
getting something we don't have,  
but rather recognizing and  
appreciating what we do have.**

**-FRIEDRICH KOENIG-**

**The secret of health for both mind and body is not to mourn for the past, not to worry about the future, nor to anticipate troubles, but to live in the present moment wisely and earnestly.**

**-BUDDHA-**

When an archer is shooting for nothing,  
he has all his skill.

If he shoots for a brass buckle,  
he is already nervous.

If he shoots for a prize of gold,  
he goes blind or sees two targets

.....

His skill has not changed.

But the prize divides him. He cares.

He thinks more of winning than of shooting

And the need to win drains him of power

**-CHUANG TZU-**



**Map out your future,  
but do it in pencil.**

**-JON BON JOVI-**

**Gratitude unlocks the fullness of life.**

**It turns what we have into enough,  
and more. It turns denial into acceptance,  
chaos to order, confusion to clarity.**

**It can turn a meal into a feast,  
a house into a home, a stranger into a  
friend. Gratitude makes sense of our past,  
brings peace for today, and  
creates a vision for tomorrow.**

**-MELODY BEATTIE-**

**In today's rush, we all think too much,  
seek too much, want too much,  
and forget about the joy of just being.**

**-ECKHART TOLLE-**

**Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours.**

**-DALE CARNEGIE-**

Two monks were arguing about the temple flag. One said the flag moved, the other said the wind moved. Master Eno overheard them and said, “It is neither the wind nor the flag, but your mind that moves.” The monks were speechless.

-TOLD BY JON WINOKUR IN  
“ZEN TO GO”-

**Life is what happens to us  
while we are making other plans.**

**-ALLEN SAUNDERS-**

**What you are is what you have  
been, and what you will be  
is what you do now.**

**-BUDDHA-**

**Be not afraid of growing slowly,  
be afraid only of standing still.**

**-CHINESE PROVERB-**



**It is not death that a man  
should fear, but he should fear  
never beginning to live.**

**-MARCUS AURELIUS-**

**To one who is afraid,  
everything rustles.**

**-SOPHOCLES-**

**If it weren't for the last minute,  
a lot of things wouldn't get done.**

**-MICHAEL S. TRAYLOR-**

**Do not spoil what you have by desiring  
what you have not, but remember  
that what you now have was once  
among the things only hoped for.**

**-EPICURUS-**

**You never know when a moment  
and a few sincere words can have  
an impact on a life.**

**-ZIG ZIGLAR-**

**If your mind is empty, it is  
always ready for anything;  
it is open to everything.**

**In the beginner's mind, there are  
many possibilities, but in the  
expert's there are few.**

**-SHUNRYU SUZUKI-**

**Man cannot discover new oceans  
unless he has the courage to lose  
sight of the shore.**

**-ANDRE GIDE-**

**It is not because things are  
difficult that we do not dare;  
it is because we do not dare that  
things are difficult.**

**-SENECA-**



**A hundred years from now it will  
not matter what my bank  
account was, the sort of house I  
lived in, or the kind of car I  
drove...but the world may be  
different because I was important  
in the life of a child.**

**-FOREST WITCRAFT-**

**If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.**

**-MARCUS AURELIUS-**

**In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.**

**-ALBERT SCHWEITZER-**

**ABILITY**

IS WHAT YOU'RE CAPABLE OF DOING

**MOTIVATION**

DETERMINES WHAT YOU DO

**ATTITUDE**

DETERMINES HOW WELL YOU DO IT