



365 Positive Life Quotes

Powerful Life Quotes For Every Day

Thea
Westra

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365 Positive Life Quotes

Forward Steps For Every Day

This book will add greater inspiration and
intention to your days

By

Thea Westra

Created & Published By

Thea Westra

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365 Positive Life Quotes is an ebook that you can skim at leisure, to find for yourself an empowering thought or fresh life power tip. Triggering a newly inspired action, enhancing our day-to-day experience of life, keeping you empowered and motivated to act, for achieving your personal goals, and stepping forward just a little more, every day.

When we lose touch with those positive emotions, our source of personal life-power, and no longer challenge ourselves, then some of our days can begin to look a little like a treadmill.

Use this book to raise yourself above the fray, on "those kinds of days"!

About This Book

This is NOT a free book.

You can purchase your personal copy at:

www.forwardsteps.info/365lifequotes

The author of this book has intended each power tip to to inspire you, to provide a focus for empowering you during the course of your day, and beyond.

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Each of the 365 Positive Life Quotes in this book give you something to personally consider, contemplate, or question. Each has a focus point that gives you poignant food for thought.

Nowadays, we live with expectations of instant access, we have a throw away culture. We want it instantly, right now, and at our fingertips! This book caters to that somewhat, by giving you daily sets of quick, inspiring snippets that you can take on board, in any moment.

You can flick through, treat the pages of the book like a deck of cards, and scan through for fast inspiration, motivation, and ideas.

Contemplate each quote for a moment and consider one action to match the idea being presented. Take the action if you feel it will make a positive change to your life.

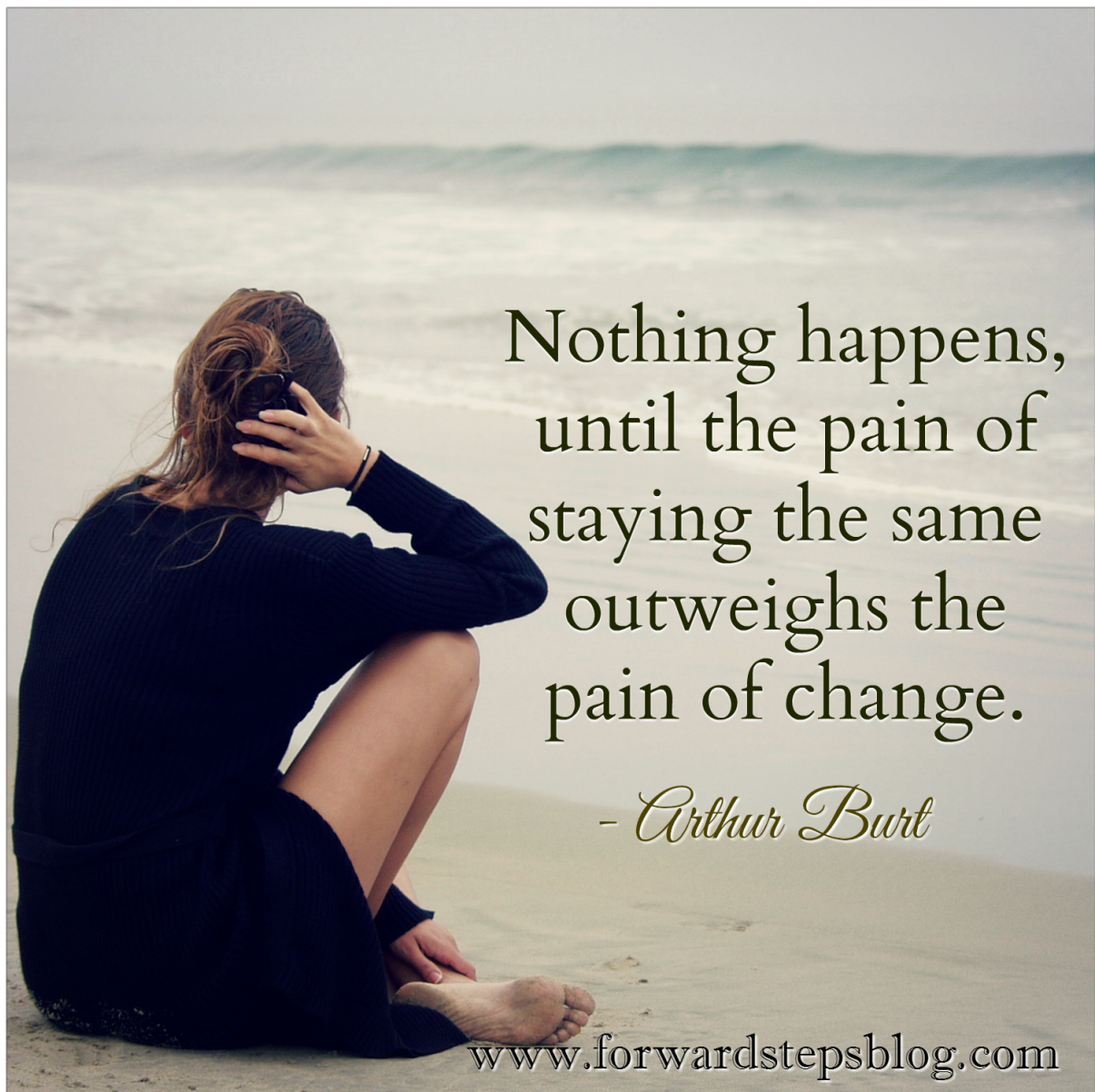
These quotes give you an opportunity to take their ideas for a test drive, seeing if they are something you want to keep or, from which you could learn.

Everyone needs to be motivated at one point or another. No one is immune to the feelings of sadness, loneliness or even laziness. When faced with these feelings or when you feel like your energy is lagging, reflect on these motivational quotes to give you the push you need to refresh your spirit.

Use the book's content as your springboard to fresh insights and new ideas. The messages of each quote can trigger brand new thoughts.

1. A difficult time can be more readily endured if we retain the conviction that our existence holds a purpose - a cause to pursue, a person to love, a goal to achieve. - John Maxwell

2. A goal is created three times. First as a mental picture. Second, when written down to add clarity and dimension. And third, when you take action towards its achievement. -Gary Blair



3. A human being fashions his consequences as surely as he fastens his goods or his dwelling. Nothing that he says, thinks or does is without consequences. -Norman Cousins

4. To carry on a successful business, you must have imagination. You must see things as in a vision, a dream of the whole thing. -Charles M. Schwab

5. A person who dares to waste one hour of life has not discovered the value of life. -Charles Darwin

6. Our life is interesting primarily when we had failed for it is a sign that we tried to surpass ourselves. -Georges Clemenceau

7. A meaningful life will not be found in the next job or the next car. The way you get meaning in your life is to devote yourself to helping others and creating something that gives you purpose. -Morrie Schwartz

8. A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it. Max Planck

9. A pessimist is someone who complains about the noise when opportunity knocks. -Michael Levine

10. A schedule defends from chaos and whim. It is a net for catching days. It is scaffolding on which a worker can stand and labor with both hands at sections of time. - Anne Dillard

11. A single conversation with a wise person is better than ten years of study. -Chinese Proverb



A few basic moves
done consistently
is better than a lot
of moves done
sporadically

Kung Fu Masters

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12. Accept everything about yourself, I mean everything. You are you and that is the beginning and the end, no apologies, no regrets. -Henry Miller

13. Acceptance of what happened is the first step to overcoming the consequence of any misfortune. - William James

14. Achievement seems to be connected with action. Successful people keep moving. They make mistakes, yet they do not quit. -Conrad Hilton

15. Action is a great restorer and builder of confidence. Inaction is not only the result, but also the cause of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. Yet, any action is better than no action at all. -Norman Vincent Peale

16. Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant. - Horace

17. All great masters are chiefly distinguished by the power of adding a second, a third, and perhaps a fourth step in a continuous line. Many a person had taken the first step. With every additional step you enhance immensely the value of your first. -Ralph Waldo Emerson

18. All people are alike in their dreams, and all people are alike in the promises they make. The difference is what they do. -Moliere

19. All that we are is the result of what we have thought; it is founded on our thoughts; it is made up of our thoughts. Our life is the direct result of our thoughts. - Buddha

20. All things are possible until they are proved impossible, and even the impossible may only be so as of now. -Pearl S. Buck



You have been
given a life.
Your very own life.
Why would you
choose to live
someone else's
ideas of what's
right for you?

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21. An old man said to his grandson, "Boy, I have two tigers caged within me. One is love and compassion. The other is fear and anger." The young boy asked, "Which one will win, grandfather?" The old man replied, "The one I feed". -Indian tale

22. And in retrospect I can say it is so interesting that the Universe will keep throwing challenges at us until we finally get it. When you are experiencing it, it is sometimes harder to see it, but you will always get these challenges to learn certain things. -Mark Luyk

23. Anything in life that we do not accept will simply make trouble for us until we make peace with it. -Shakti Gawain

24. Applying one personality for business and another for your 'personal life' can be unnecessarily stressful. You will find that being your authentic self at all times, will yield you the greatest success. -Brian Koslow

25. As I see it, every day you do one of two things: build health or produce disease in yourself. -Adelle Davis

26. As we look deeply within, we understand our perfect balance. There is no fear of the cycle of birth, life and death. For when you stand in the present moment, you are timeless. -Rodney Yee

27. As you emphasize your life, you must localize and define it; you cannot do everything. -Phillips Brooks

28. At some time in everyone's life they will stumble across opportunity. Sadly, most people will pick themselves up and walk away as though nothing had ever happened. -Winston Churchill

29. Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out, it is the grain of sand in your shoe. -Robert Service



If you are not willing
to risk the unusual,
you will have to settle
for the ordinary.

Jim Rohn

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30. Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be. -Thomas à Kempis

31. Be still. Be quiet. While you are verbally quiet, you may find that quiet space inside of yourself. You may have a burst of sudden joy filling up around your heart area. Bliss. It may feel as though you can feel your heart singing. This experience can only occur when you can look out of yourself, without mental comment. -Wisdom Master Maticintin

32. Be yourself and think for yourself; and while your conclusions may not be infallible, they will be nearer right than the conclusions forced upon you. -Elbert Hubbard

33. Before you begin a thing, remind yourself that difficulties and delays quite impossible to foresee are ahead. You can only see one thing clearly and that is your goal. Form a mental vision of that and cling to it through thick and thin. -Kathleen Norris

34. Being defeated is often a temporary condition. Giving up is what makes it permanent. -Marlene Savant

35. Being powerful is like being a lady. If you have to tell people you are, you aren't. -Margaret Thatcher

36. Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials. -Lin Yutang

37. Between stimulus and response, there is a space. In that space lays our freedom and power to choose our response. In our response lays our growth and freedom...Victor Frankl



38. Beware of ominous brain clouds! These groups of negative mind programs perform dastardly deeds including increasing the production of stress chemicals, taking you towards serious disease & unrelenting chronic illness. If that's not enough, brain clouds block communication with the subconscious mind, robbing you of high end cognitive functioning & creativity. - Elizabeth Bohorquez

39. "Go back?" he thought. "No good at all! Go sideways? Impossible! Go forward? Only thing to do! On we go!" -J.R.R. Tolkien

40. Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny. -Mahatma Gandhi

41. Chains of habit are too light to be felt until they are too heavy to be broken. -Warren Buffet

42. Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life. -Herbert Otto

43. When our thoughts are backed by powerful emotions, they have a greater chance of being expressed through our actions. -Thea Westra

44. Change occurs when one becomes what she is, not when she tries to become what she's not. -Ruth P. Freedmen

45. Concentrate your powers. Identify what you are particularly good at doing and do more of it. -Brian Tracy

I've never been poor, only broke.
Being poor is a frame of mind.
Being broke is only a temporary
situation.

-Mike Todd



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46. Conditions are never just right. People who delay action until all factors are favorable do nothing. - William Feather

47. No person ever steps in the same river twice, for it's not the same river and they're not the same person. - Heraclitus

48. Courage does not always roar. Sometimes, it is the quiet voice at the end of the day saying, "I will try again tomorrow". -Mary Anne Radmacher

49. Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you are misunderstood. -Charles Swindoll

50. Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work. -H. L. Hunt

51. Do not dare to live without some clear intention toward which your living shall be bent. Mean to be something with all your might. -Phillips Brooks

52. Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not quite, the not-yet, and the not-at-all. Do not let the hero in your soul perish in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired could be won. It exists, it is real, it is possible, it is yours. -Ayn Rand



53. Whatever your passion is, keep doing it. Don't waste time chasing after success or comparing yourself to others. Every flower blooms at a different pace. Excel at doing what your passion is and only focus on perfecting it. Eventually people will see what you are great at doing, and if you are truly great, success will come chasing after you. -Suzy Kassem

54. Do not wait; the time will never be 'just right'. Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along. -Napoleon Hill

55. Do yourself a favor and master the art of money. Treat it as an honored guest in your life, one who will quickly flee if you do not treat her well, yet one who will stay and enrich your life beyond measure if you treat her with care and respect. -Philip E. Humbert

56. Doing things the hard way is wasted effort. The best way to tackle any job is to find the smartest, most efficient method. -Unknown

57. Do not ask yourself what the world needs. Ask yourself what makes you come alive. Then go and do that. Because what the world needs is people who have come ALIVE!. -Harold Thurman Whitman

58. Do not be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps. -David Lloyd George

59. Do not be fooled by the calendar. There are only as many days in the year as you make use of. -Charles Richards

60. Do not be hard like a rock, be soft like water. Ultimately the soft wins over the hard. Be like water, soft, flowing, at ease. The hardness inside will eventually be reduced to sand, and the rock will completely disappear. -Lao Tzu



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61. Do not go around saying the world owes you a living. The world owes you nothing. It was here first. -Mark Twain

62. Do not say you do not have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein. -.H. Jackson Brown, Jr.

63. Do not think you are, know you are!. -Morpheus, in the film Matrix

64. If you board the wrong train, it is no use running along the corridor in the other direction. -Dietrich Bonhoeffer

65. For as long as there's anyone to ask "Why?" the answer will always be, "Why not?" - Vera Nazarian

66. Each person's only hope for improving his lot rests on his recognizing the true nature of his basic personality, surrendering to it, and becoming who he is. -Sheldon Kopp

67. Education is the ability to listen to almost anything without losing your temper or your self-confidence. - Robert Frost

68. Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?...Mary Manin Morrissey

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



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69. Every act of conscious learning requires the willingness to suffer injury to our self-esteem. That is why young children, before they are aware of their self-importance, learn so easily; and why older people, especially if vain or arrogant, cannot learn at all. - Thomas Szasz

70. Every day, in every way, I am getting better and better. -...mile CouË

71. Every evening, write down the six most important things that you must do the next day. Then while you sleep your subconscious will work on the best ways for you to accomplish them. Your next day will go much more smoothly. -Tom Hopkins

72. Every man, through fear, mugs his aspirations a dozen times a day. -.Brendan Francis

73. Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose your power of judgment. Go some distance away because the work appears smaller and more of it can be taken in at a glance, and a lack of harmony or proportion is more readily seen. -Leonardo Da Vinci

74. Every now and then, somewhere, some place, sometime, you are going to have to plant your feet, stand firm, and make a point about who you are and what you believe in. When that time comes, Pat, you simply have to do it. -Lee Riley (father of Pat Riley, NBA coach)

75. Every time and every place is uniquely different.
There is no need to compare it with any other time and
place. Just carefully taste the present - that is enough!. -
Zen



Chains of habit
are too light to be
felt until they are
too heavy to be
broken.

Wannen Buffett

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76. Every time you say, "I must do something" it takes an incredible amount of energy. Far more than physically doing it. -Gita Bellin

77. Everything you do and say shows the world who you really are. Let it be the truth. -Oprah

78. Everything you have learned in school as 'obvious' becomes less and less obvious as you begin to study the universe. For example, there are no straight lines. -R. Buckminster Fuller

79. Experience is a hard teacher because she gives the test first, the lesson afterward. -Chinese Proverb

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

81. Experience is that marvelous thing that enables you to recognize a mistake when you make it again. F. P. Jones

82. Far better is it to dare mighty things, to win glorious triumphs - even though checkered by failure - than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight, that knows not victory nor defeat. -Theodore Roosevelt

83. Few enterprises of great labor or hazard would be undertaken if we had not the power of magnifying the advantages we expect from them. -Samuel Johnson

84. Give me six hours to chop down a tree and I will spend the first four sharpening the axe. -Abraham Lincoln

85. Giving up doesn't always mean you are weak. Sometimes it means that you are strong enough to let go. -Unknown



Tell me,
what is it you plan
to do with your
one wild and
precious life?

Mary Oliver

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86. Goals help you keep in perspective what's really important so you do not spend all of your time doing what seems urgent. -Nido Qubein

87. Grant me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. -Reinhold Niebuhr

88. Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time. - Mark Twain

89. Happiness is not something ready made. It comes from your own actions. -Dalai Lama

90. Happiness is when what you think, what you say, and what you do are in harmony. -Gandhi

91. Happy, vibrant, successful people think and behave in certain ways. So do miserable and unfulfilled people. In other words, there are patterns of success and patterns of failure. The good news is, success leaves clues. -Tony Robbins

92. Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self confidence of having accomplished a tiresome labor is immense. -Thomas A. Bennett

93. Here is transformational potential which sits in the fifth position, in the center of the Wheel of Life. That transformational energy is what we want to experience every single day. -Joseph Rael

94. Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned...Buddha

95. Human beings, who are almost unique in having the ability to learn from the experience of others, are also remarkable for their apparent disinclination to do so. - Douglas Adams



96. Do what you can, with what you have, where you are.
-Theodore Roosevelt

97. I believe there is no source of deception in the investigation of nature which can compare with a fixed belief that certain kinds of phenomena are impossible. - William James

98. I believe there's an inner power that makes winners or losers. And the winners are the ones who really listen to the truth of their hearts. -Sylvester Stallone

99. I can remember walking as a child. It was not customary to say you were fatigued. It was customary to complete the goal of the expedition. -Katharine Hepburn

100. I couldn't wait for success, so I went ahead without it. -Jonathon Winters

101. I do not want to die, until I have faithfully made the most of my talent and cultivated the seed that was placed in me until the last small twig has grown. -Kathe Kollwitz, German sculptor

102. I feel there are two people inside me - me and my intuition. If I go against her, she'll screw me every time, and if I follow her, we get along quite nicely. -Kim Basinger

103. I have accepted fear as a part of life - specifically the fear of change. I have gone ahead despite the pounding in the heart that says: turn back. -Erica Jong

104. I have come to realize that all my trouble with living has come from fear and smallness within me. -Angela L. Wozniak

105. I have met brave women who are exploring the outer edge of human possibility, with no history to guide them, and with a courage to make themselves vulnerable that I find moving beyond words. -Gloria Steinem



*The moment
you are asking
if you're happy,
you're not.*

Krishnamurti

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106. I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then, whenever doubt, anxiety or fear try to call me, they keep getting a busy signal - and soon they'll forget my number. -Edith Armstrong

107. I love the phrase: *'In a world that is round, it doesn't make sense to take sides'*. So with skills I do not have to position myself against anyone, I become curious about them and I want to teach them about me. When I approach communication and conflict management from that place, I am not butting heads with anyone. I am learning or teaching. ...Dr. Rhoberta Shaler

108. I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time. -Charles Dickens (1812-1870 writer)

109. I spent 26 years looking for a lost city in the desert “ I wasn’t out there for the whole 26 years, I just repeatedly went back to try and find it. It turned out it was under the base camp I had been using for the past 26 years to launch expeditions to find it. -Ran Fiennes

110. I used to believe that marriage would diminish me, reduce my options. That you had to be someone less to live with someone else when, of course, you have to be someone more. -Candice Bergen

111. I wanted a perfect ending. Now I've learned, the hard way, that some poems do not rhyme, and some stories do not have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. -Gilda Radner

112. If in the last few years you haven't discarded a major opinion or acquired a new one, check your pulse. You may be dead. -Gelett Burgess

A photograph of a young child with blonde hair, wearing a pink jacket and blue pants, standing on a long, straight asphalt road that stretches towards a distant horizon. The road is flanked by dry, grassy fields under a hazy, overcast sky. The child is seen from behind, looking down the road.

When faced with a
challenge, look for a
way, not a way out.

- David Weatherford

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113. I will persist until I succeed. Always will I take another step. If that is of no avail I will take another, and yet another. In truth, one step at a time is not too difficult... I know that small attempts, repeated, will complete any undertaking. -Og Mandino

114. If one is master of one thing and understands one thing well, one has at the same time, insight into and understanding of many things...Vincent Van Gogh

115. If there is to be a judgment, we will be judged not by our piety, nor by our observance to ritual. Rather the creator will ask us two questions in order to evaluate our lives: " What did you do with the talents I gave you? How did you treat the people I sent you to love?". -Rabbi Shlomo Carlbach

116. If we are ever in doubt about what to do, it is a good rule to ask ourselves what we shall wish on the morrow that we had done. -John Lubbock

117. If we are facing in the right direction, all we have to do is keep on walking. -Buddhist Proverb

118. If we would only give, just once, the same amount of reflection to what we want to get out of life that we give to the question of what to do with a two week's vacation, we would be startled at our false standards and the aimless procession of our busy days. -Dorothy Canfield Fisher

119. If you are building a house and a nail breaks, do you stop building, or do you change the nail? -Rwandan Proverb

120. 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

*Take good care of your future
because that's where you're going
to spend the rest of your life.*

Charles F. Kettering



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121. If you believe in what you are doing, then let nothing hold you up in your work. Much of the best work of the world has been done against seeming impossibilities. The thing is to get the work done. -Dale Carnegie

122. If you change the way you look at things, the things you look at change. -Dr. Wayne Dyer

123. If you do not design your own life plan, chances are you will fall into someone else's plan. And guess what they have planned for you. Not much. -Jim Rohn

124. If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them. -Henry David Thoreau

125. If you have integrity, nothing else matters. If you do not have integrity, nothing else matters. -Alan Simpson

126. If you knew what I know about the power of giving, you would not let a single meal pass without sharing it in some way. -Buddha

127. 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

128. If you nurture your mind, body, and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more. -Brian Koslow

129. If you really want to do something, you will find a way. If you do not, you will find an excuse. -Jim Rohn

130. If you stood on the bottom rail of a bridge, and lent over, and watched the river slipping slowly away beneath you, you would suddenly know everything that there is to be known. -Winnie the Pooh

*Quality questions create
a quality life.*

*Successful people ask
better questions, and as a
result, they get better
answers*

~Tony Robbins~

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131. If you wait to do everything until you are sure it is right, you will probably never do much of anything. -Win Borden

132. If you want to build a ship do not drum up people together to collect wood and do not assign them tasks and work, but rather teach them to long for the endless immensity of the sea. -Antoine de Saint-Exupery

133. If you want to catch beasts you do not see everyday. You have to go places quite out-of-the-way. You have to go places no others can get to. You have to get cold, and you have to get wet, too. -Dr. Seuss

134. If you want to take the meaning of the word integrity and reduce it to its simplest terms, you'd conclude that a man of integrity is a promise keeper. When he gives you his word. You can take it to the bank. His word is good. -.Bill McCartney

135. If you were going to die soon and had only one phone call you could make, who would you call and what would you say? And why are you waiting? -Stephen Levine

136. If you wish to upset the law that all crows are black, you mustn't seek to prove that no crows are; it is enough to prove one single crow to be white. -William James

137. If you would be rich, you will be rich; if you would be good, you will be good; if you would be learned, you will be learned. But wish for one thing exclusively, and do not at the same time wish for a hundred other incompatible things just as strongly. -William James

138. In producers, loafing is productive; and no creator, of whatever magnitude, has ever been able to skip that stage, any more than a mother can skip gestation. - Jacques Barzun



SILENCE IS A
SOURCE OF
GREAT
STRENGTH.

Lao Tzu

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139. In the confrontation between the stream and the rock, the stream always wins - not through strength but by perseverance. -H. Jackson Brown

140. In true courage, there is always an element of choice, of an ethical choice, and of anguish, and also of action and deed. There is always a flame of spirit in it, a vision of some necessity higher than oneself. -Brenda Ueland

141. Instead of fighting your problems, picture your way out of them. -Vernon Howard

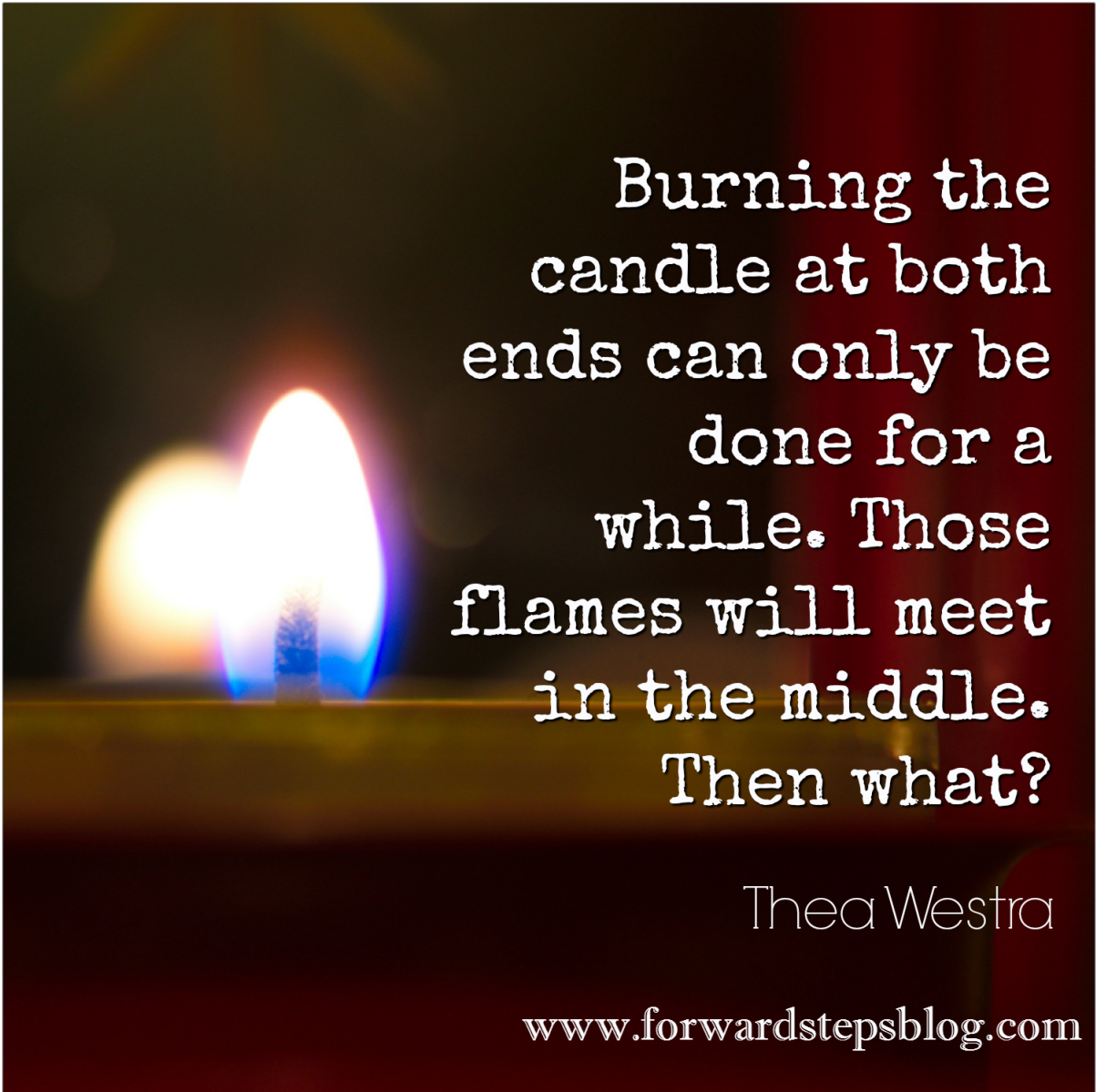
142. Instead of making others right or wrong, or bottling up right and wrong in ourselves, there's a middle way, a very powerful middle way. Could we have no agenda when we walk into a room with another person, not know what to say, not make that person wrong or right? Could we see, hear, feel other people as they really are? It is powerful to practice this way - true communication can happen only in that open space. -Pema Chodron

143. It doesn't interest me where or what or with whom you have studied. I want to know what sustains you from the inside when all else falls away. -Oria

144. It doesn't matter which side of the fence you get off on sometimes. What matters most is getting off. You cannot make progress without making decisions. -Jim Rohn

145. It has been said that success only shows up when determination does... but it must be powered by a non-negotiable decision. -Doug Firebaugh

146. It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it. -John Steinbeck



Burning the
candle at both
ends can only be
done for a
while. Those
flames will meet
in the middle.
Then what?

Thea Westra

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147. It is a sheer waste of time and soul-power to imagine what I would do if things were different. They are not different. -Frank Crane

148. It is by attempting to reach the top in a single leap that so much misery is produced in the world. -William Cobbett

149. It is impossible to walk rapidly and be unhappy. - Mother Theresa

150. It is literally true that you can succeed best and quickest by helping others to succeed. -Napoleon Hill

151. It is not the events but our viewpoint toward events that is the determining factor. We ought to be more concerned about removing wrong thoughts from the mind than removing tumors and abscesses from the body. -Epictetus

152. It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change. - Charles Darwin

153. It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself. -Ralph Waldo Emerson

154. It is the greatest shot of adrenaline to be doing what you have wanted to do so badly. You almost feel like you could fly without the plane. -Charles Lindbergh

155. It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you will do things differently. -Warren Buffett



The ultimate ignorance is the rejection of something you know nothing about, and refuse to investigate.

-Dr. Wayne Dyer

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156. It is not enough to have a dream, Unless you are willing to pursue it. It is not enough to know what's right, Unless you are strong enough to do it. It is not enough to learn the truth, Unless you also learn to live it. It is not enough to reach for love, Unless you care enough to give it Men who are resolved to find a way for themselves will always find opportunities enough; and if they do not find them, they will make them. -Samuel Smiles

157. It is only when we truly know and understand that we have a limited time on Earth€and that we have no way of knowing when our time is up€that we will begin to live each day to the fullest, as if it was the only one we had. -Elisabeth Kubler-Ross

158. I've missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot, and missed. I've failed over and over and over again in my life. And that is why I succeed. -Michael Jordan

159. Just like the harmony created by each unique and important instrument in an orchestra causes your emotions to soar (like an eagle rising on an invisible thermal), complete harmony in your life causes your level of happiness, wealth and success to soar. -James Ray

160. I've never been afraid to admit when I've made a mistake. It nearly drives me nuts sometimes, making mistakes. I keep telling myself I should be perfect, but that isn't what we're here for. Perfection isn't an option for us; perfection is death, Micko. We're here to learn and change, and that means making mistakes. -Greg Bear



A person often
meets his destiny
on the road he took
to avoid it

Jean de la Fontaine

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161. Keep in mind that you are always saying 'no' to something. If it isn't to the apparent, urgent things in your life, it is probably to the most fundamental, highly important things. Even when the urgent is good, the good can keep you from your best, keep you from your unique contribution, if you let it. -Stephen Covey

162. Lack of persistence is one of the major causes of failure. Moreover, experience with thousands of people has proved that lack of persistence is a weakness common to the majority of men. It is a weakness that can be overcome by effort. -Napoleon Hill

163. Life is not easy for any of us. But, what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained. -Marie Curie

164. Life really does take some planning, and doing, and persisting. Trouble is, most operate only on a third of what it takes. -Doug Firebaugh

165. Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows, we guess. We may be wrong, but we take leap after leap in the dark. - Agnes de Mile

166. Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before. -Jacob A. Riis

Taking tiny actions, multiplied
by millions of people,
can make huge changes in our
world.

- *Thea Westra*



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167. Look to this day for it is life - the very life of life In its brief course lie all the realities and truths of existence the joy of growth the glory of action the splendor of beauty. For yesterday is already a memory and tomorrow is only a vision but today well lived makes every yesterday a memory of happiness and every tomorrow a vision of hope. Look well, therefore, to this day. -Ancient Sanskrit Poem

168. Making the simple complicated is commonplace; making the complicated simple, awesomely simple, that's creativity. -Charles Mingus

169. Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, 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

170. Many of life's failures are people who did not realize how close they were to success when they gave up. - Thomas A. Edison

171. Most men pursue pleasure with such breathless haste that they hurry past it. -Soren Kierkegaard

172. My barn burned down, and now I can see the moon. -Masahide

173. My motto was to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was to keep swinging. -Hank Aaron

174. My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment. -Oprah Winfrey

A person is seen from behind, standing with their arms outstretched towards a vast, dramatic sky filled with large, billowing clouds. The sky is illuminated with warm, golden light, suggesting a sunset or sunrise. The person is wearing a dark, form-fitting outfit. The overall mood is one of openness and contemplation.

We don't see things
as they are, we see
them as we are

Anais Nin

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175. My philosophy of life is that if we make up our mind what we are going to make of our lives, then work hard toward that goal, we never lose, somehow we win out. - Ronald Reagan

176. Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstance. -Bruce Barton

177. Obstacles are those frightful things you see when you take your eyes off your goal. -Henry Ford

178. Once in a while you have to take a break and visit yourself. -Audrey Giorgi

179. Once we make our decision, all things will come to us. Auspicious signs are not a superstition, but a confirmation. They are a response. -Deng Ming-Dao

180. One day at a time - this is enough. Do not look back and grieve over the past, for it is gone: and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful that it will be worth remembering. -Ida Scott Taylor

181. One does not discover new lands without consenting to lose sight of the shore for a very long time. -Andre Gide

182. One must also accept that one has 'uncreative' moments. The more honestly one can accept that, the quicker these moments will pass. One must have the courage to call a halt, to feel empty and discouraged. - Etty Hillesum

A woman is shown from the side, wearing a dark wide-brimmed hat and a yellow and black striped scarf. Her blonde hair is blowing in the wind. She is looking out over a city skyline at sunset, with the sun low on the horizon and buildings silhouetted against the orange and blue sky.

In this moment, there is
plenty of time. In this
moment, you are
precisely as you
should be. In this
moment, there is
infinite possibility.

-Victoria Moran

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183. One of the greatest surprises you will experience is when you discover that you can do what you were afraid you couldn't do. Your obstacles will melt away, if instead of cowering before them, you make up your mind to walk boldly through them. -Max Steingart

184. One step at a time is enough for me. Impatience is simply a way of beating yourself up. -Susan Jeffers

185. One's philosophy is not best expressed in words; it is expressed in the choices one makes. In the long run, we shape ourselves. The process never ends until we die. And, the choices we make are ultimately our own responsibility. -Eleanor Roosevelt

186. Other people's interruptions of your work are relatively insignificant compared with the countless times you interrupt yourself. -Brendan Francis

187. Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented and fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are born to make manifest the glory of God that is within us. It is not just in some of us. It is in everyone. And as we let our light shine, we give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. -.Marianne Williamson

188. Our limitations and success will be based, most often, on your own expectations for ourselves. What the mind dwells upon, the body acts upon. -Denis Waitley

189. People begin to be become successful the minute they decide to be. -Harvey Mackay



To be yourself, in a
world that is constantly
trying to make you
something else, is the
greatest
accomplishment.

Ralph Waldo Emerson

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

191. People will forget what you said, people will forget what you did, but people will never forget how you made them feel. -Maya Angelou

192. Perfectionism has nothing to do with getting it right. It has nothing to do with high standards. Perfectionism is a refusal to let yourself move ahead. - Jennifer White

193. Plan your future because that is where you are going to spend the rest of your life! -Mark Twain

194. Probably the most honest 'self-made man' ever was the one we heard say: 'I got to the top the hard way - fighting my own laziness and ignorance every step of the way'. -James Thomas

195. Promises should be taken seriously because they involve something that will touch the future. -Unknown

196. Put yourself in a state of mind where you say to yourself, "Here is an opportunity for me to celebrate like never before, my own power, my own ability to get myself to do whatever is necessary". -Tony Robbins

197. Reality is made by agreement. Agreement is created when two or more similar or identical images are projected and fused. The more similar or identical images that are fused from more sources, the more solid the agreement and the more real the reality. Reality is not truth. The more solid the reality, the more untruth it contains. -Alan C. Walter

A woman wearing a pink hat and a red top is sitting on a sandy beach, looking out at the ocean. She is holding a pink balloon. The background is a soft, hazy view of the sea and sky.

Argue for your
limitations and,
sure enough,
they're yours.

Richard Bach

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198. Realize that now, in this moment of time, you are creating. You are creating your next moment based on what you are feeling and thinking. That is what's real. We can let go of the unconscious belief that being anxious about the past or the future will somehow protect us and instead reprogram our cells with new ways of responding. -Doc Childre

199. Regret for wasted time, is more wasted time. -
Mason Cooley

200. Remember that the six most expensive words in business are: We have always done it that way. -
Catherine DeVrye

201. Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing. -Helen Keller

202. Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me", and when you have found that attitude, follow it. -
William James

203. So when you are listening to somebody, completely, attentively, then you are listening not only to the words, but also to the feeling of what is being conveyed, to the whole of it, not part of it. -Jiddu Krishnamurti

204. Some people storm imaginary Alps all their lives, and die in the foothills, cursing difficulties which do not exist. -Edgar Watson Howe

205. Striving for perfection is the greatest stopper there is. It is your excuse to yourself for not doing anything. Instead, strive for excellence, doing your best. -Sir Laurence Olivier



*Happiness is like a
butterfly which, when
pursued, is always
beyond our grasp, but,
if you will sit down
quietly, may alight upon
you.*

Nathaniel Hawthorne

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206. Success in life consists of going from one mistake to the next without losing your enthusiasm.....Winston Churchill

207. Successful people aren't supermen and women. They fail, but fail forward. Success is not about perfection, it is about progression. -Simon Reynolds

208. Successful people keep moving. They make mistakes, but they do not quit. -Conrad Hilton

209. Surrender. Allow yourself to lighten up and trust the process. Do as you said. No more, no less. -Unknown

210. Tension is who you think you should be. Relaxation is who you are. -Chinese Proverb

211. That's the risk you take if you change: that people you have been involved with won't like the new you. But other people who do will come along. -Lisa Alther

212. The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term is the indispensable prerequisite for success. -Brian Tracy

213. The better organized you are in the simple things, the more spontaneous and free you can be in the more important things. -Brian Tracy

214. The cost of developing one intercontinental ballistic missile could feed 50 million children, build 160,000 schools, and open 340,000 health care centers. -Ruth Sivard

215. The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become. -Ashley Montague



You don't have
to do a thing to
find peace on
this wild
magical ride.
You can
simply relax
into who you
are right now.

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216. The difference between great people and everyone else is that great people create their lives actively, while everyone else is created by their lives, passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing. -Michael E. Gerber

217. The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can. -Richard Cushing

218. The fact that someone says something doesn't mean it is true. Doesn't mean they're lying, but it doesn't mean it is true. -Carl Sagan

219. The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary. -Thomas A. Edison

220. The general view among scientists that novel phenomena must be fitted into an explanatory framework or hypothesis, for them to be taken other than as an epiphenomenon or oddity, is illogical and should be ignored. -Montague Keen

221. The good you do today may be quickly forgotten, but the impact of what you do will never disappear. - Unknown

222. The great composer does not set to work because he is inspired, but becomes inspired because he is working.
-Ernest Newman

223. 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



224. The greatest discovery of my lifetime was that a person can change the circumstances of his life by changing his thoughts. -William James

225. The greatest mystery is not that we have been flung at random between the profusion of matter and of the stars, but that within this prison we can draw from ourselves images powerful enough to deny our nothingness. -Andre Malraux

226. The hero, in living her own life, in being true to herself“radiates a light by which others may see their own way. -Lawrence G. Boldt

227. The human mind, once stretched by a new idea, never regains its original dimensions. -Oliver Wendell Holmes

228. The indispensable first step to getting the things you want out of life is this: decide what you want. -Ben Stein

229. The inspiration is a receptacle for emotions that come from all over the place: from the sky, from the earth, from a scrap of paper, from a passing shape. -Pablo Picasso

230. The man who goes farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore. -Dale Carnegie

231. The mark of a successful person is, one who has spent an entire day on the bank of a river without feeling guilty about it. -Unknown

232. The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse. -Helen Keller



233. The minute you settle for less than you deserve, you get even less than you settled for. -Simone De Beauvoir

234. The more the years go by, the less I know. But if you give explanations and understand everything, then nothing can happen. What helps me go forward is that I stay receptive, I feel that anything can happen. -Anouk Aimee

235. The most important scientific revolutions all include, as their only common feature, the dethronement of human arrogance from one pedestal after another of previous convictions about our centrality in the cosmos. -Stephen Jay Gould

236. The most successful people in life are those who, when confronted with a problem, question why they should spend their time and effort solving the problem at all. -Gerald Nadler

237. The only real prison is fear, and the only real freedom is freedom from fear. -Aung San Suu Kyi

238. The percentage of mistakes in quick decisions is no greater than in long, drawn out vacillations, and the effect of decisiveness itself "make things go" and creates confidence. -Anne O'Hare McCormick

239. The problem is never how to get new, innovative thoughts into our mind, but how to get the old ones out. Every mind is a building filled with archaic furniture. Clean out a corner of your mind and creativity will instantly fill it. -Dee Hock

240. The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem. -Theodore Rubin



A dead thing can go
with the stream,
but only a living
thing can go
against it

G.K. Chesterton

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241. The reason most people never reach their goals is that they do not define them, or ever seriously consider them as believable or achievable. Winners can tell you where they are going, what they plan to do along the way, and who will be sharing the adventure with them. - Denis Waitley

242. The reluctance to put away childish things may be a requirement of genius. -Rebecca P. Sinkler

243. The secret to productive goal setting is in establishing clearly defined goals, writing them down and then focusing on them several times a day with words, pictures and emotions as if we have already achieved them. -Denis Waitley

244. The society that scorns excellence in plumbing because plumbing is a humble activity, and tolerates shoddiness in philosophy because it is an exalted activity, will have neither good plumbing nor good philosophy. Neither its pipes nor its theories will hold water. -John Gardner

245. The strongest oak tree of the forest is not the one that is protected from the storm and hidden from the sun. It is the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun. -Napoleon Hill



Progress should mean
that we are always
changing the world to
fit the vision,
instead we are always
changing the vision

G.K. Chesterton

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246. The story goes that Picasso was sitting at a cafe enjoying the summer morning sun, when a lady came up to him and asked him to sketch a portrait of her. "Oui Madam" he replied, reaching for his drawing book. Within a matter of minutes he had finished the rendition of his subject, and turning the page to show her, scribbled his price for the portrait on a napkin. She exploded! "You must be crazy, asking that much! It took you 3 minutes to draw my portrait!" "Yes Madam" Picasso replied in a slow drawl, "but it took me 40 years to learn how."

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247. The successful person has the habit of doing the things failures do not like to do. They do not like doing them either necessarily. But their disliking is subordinated to the strength of their purpose. -E.M. Gray

248. The traveler was active; he went strenuously in search of people, of adventure, of experience. The tourist is passive; he expects interesting things to happen to him. He goes sight-seeing. -Daniel J. Boorstin

249. The two terrors that discourage originality and creative living are fear of public opinion and undue reverence for one's own consistency. -Ralph Waldo Emerson

250. The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you. Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved. -William Jennings Bryant

251. The world we are experiencing today is the result of our collective consciousness, and if we want a new world, each of us must start taking responsibility for helping create it. -Rosemary Fillmore Rhea

252. The worst bankrupt in the world is the man who has lost his enthusiasm. Let a man lose everything else in the world but his enthusiasm and he will come through again to success. -H. W. Arnold

253. There are always those who thrive when masses are dying of sickness. There are always those who thrive economically when economic decline seems to be the order of your nation. There are always those who are clear-minded, in environments of confusion. You do not need everyone or anyone else to align with your desire€Only you need to align with your desire. - Abraham-Hicks



254. There are those of us who are always about to live. We are waiting until things change, until there is more time, until we are less tired, until we get a promotion, until we settle down - until, until, until. It always seems as if there is some major event that must occur in our lives before we begin living. -George Sheehan

255. There are two kinds of people in this life. Those who walk into a room and say, 'Well, here I am.' And those who walk in and say, 'Ahh, there you are.' Let us each strive to be an 'Ahh, there you are' person. -Leil Lowndes

256. There are two ways of being creative. One can sing and dance. Or one can create an environment in which singers and dancers flourish. -Warren Bennis

257. There is always an inner game being played in your mind no matter what outer game you are playing. How aware you are of this game can make the difference between success and failure in the outer game. -Tim Gallwey

258. There is no reason to ever quit unless of course you had no plans to ever succeed, that is called "Delusional Success". -Doug Firebaugh

259. There is no single face in nature, because every eye that looks upon it, sees it from its own angle. So every man's spice-box seasons his own food. -Zora Neale Hurston

260. There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. -Nelson Mandela

261. There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it. - Napoleon Hill



No fairy dust or magic wand
will bring your goals alive.
Decide and take the first step.
Then, take the next step!

- *Thea Westra*

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262. There is only one thing more painful than learning from experience and that is not learning from experience. -Archibald McLeish

263. These days the business world is knee deep in beautifully crafted mission statements. A finely polished declaration of a corporation's principles is nice, but it is service rather than sonorous prose that generates repeat business. So if you feel compelled to write your own mission statement, remember these points: keep it to two or three do-able standards, and work like hell to put each one of them into practice every day. -Unknown

264. Think of your life as a canoe and your decisions and actions as your paddles. You will get where you are going one stroke at a time with the decisions and actions you make. -D. J. "Eagle Bear" Vanas

265. This art of resting the mind and the power of dismissing from it all care and worry is probably one of the secrets of energy in our great men. -Captain J. A. Hadfield

266. Those who dream by night, in the dusty recesses of their minds wake in the day to find that all was vanity; but the dreamers of the day are dangerous men, for they may act their dream with open eyes, and make it possible. -T.E. Lawrence

267. To be a genuine individualist requires a great deal of strength and courage. It is never easy to chart new territory, to cross new frontiers, or to introduce subtle shadings to an established color. -Toller Cranston

268. To be nobody but yourself in a world that's doing its best to make you somebody else, is to fight the hardest battle you are ever going to fight. Never stop fighting. -E. E. Cummings

You “problems” this year might be the same “problems” that you have next year, if nothing changed and you took no deliberate action, today! -

Thea Westra

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269. To be satisfied with what one has, that is wealth. As long as one sorely needs a certain additional amount, that man isn't rich. -Mark Twain

270. To change and to improve are two different things. -German proverb

271. Today's put-off objectives reduce tomorrow's achievements. -Harry F. Banks

272. Treat a man as he is, and he will remain as he is. Treat a man as he could be, and he will become what he should be. -Ralph Waldo Emerson

273. Trust your hunches. They're usually based on facts filed away just below the conscious level. -Dr. Joyce Brothers

274. Twenty years from now you will be more disappointed by the things 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

275. Unless you join the generation of the future, you will be relegated to living in the past. Unless you are comfortable with the information superhighway, you will be road kill on it. -Denis Waitley



What you did yesterday, or even 1 minute ago, is now gone. What you plan to do 5 minutes from now, and what you plan tomorrow, do not yet exist.

Thea Westra

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276. Until one is committed there is hesitancy, the chance to draw back, always ineffective. Concerning all acts of initiative there is one elementary truth, the ignorance of which kills countless ideas and endless plans. That the moment one definitely commits oneself then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision, raising in one's favour all manner of unforeseen incidents and meetings, and material assistance which no man could have dreamed would come his way. Whatever you can

do, or dream you can, begin it. Boldness has genius power and magic in it. Begin it now. -Goethe

277. Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it. -M. Scott Peck

278. Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best. -William Blake

279. View life as a series of movie frames, the ending and meaning may not be apparent until the very end of the movie, and yet, each of the hundreds of individual frames has meaning within the context of the whole movie. View your life from your funeral, looking back at your life experiences, what have you accomplished? What would you have wanted to accomplish but didn't? What were the happy moments? What were the sad? What would you do again, and what you wouldn't? - Victor Frankl

280. 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. -Vaclav Havel

281. Vision without action is a daydream. Action without vision is a nightmare. -Japanese Proverb

282. We are all given the choice of reacting negatively to the demands made on us or choosing to live abundantly. Attitude is all. If you do not endow your life and your work with meaning, no one will ever be able to do it for you. -Sarah Ban Breathnach

A person stands in a field of tall grass, arms raised in a gesture of freedom or joy, silhouetted against a bright sunset sky. The sun is low on the horizon, casting a warm, golden glow over the scene. The grass in the foreground is slightly out of focus, emphasizing the person and the sky.

"I've found that there is
always some beauty left --
in nature, sunshine,
freedom, in yourself; these
can all help you."

— *Anne Frank*

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283. We are more like an acorn, which contains within it all the potential to be a magnificent oak tree. We need nourishment, encouragement and the light to reach towards, but the oak treeness is already within. -John Whitmore

284. We are taught you must blame your father, your sisters, your brothers, the school, the teachers-you can blame anyone but never blame yourself. It is never your fault. But it is always your fault, because if you wanted to change, you are the one who has got to change. It is as simple as that, isn't it? -Katherine Hepburn

285. We can easily forgive a child who is afraid of the dark; the real tragedy is when men are afraid of the light. -Plato

286. We do not need more money, we do not need greater success or fame, we do not need the perfect body or even the perfect mate. Right now, at this very moment, we have a mind, which is all the basic equipment we need to achieve complete happiness. -Dalai Lama

287. We improve ourselves by victories over ourself. There must be contests, and you must win. -Edward Gibbon

288. We should be careful to get out of an experience only the wisdom that is in it - and stop there, lest we be like the cat that sits down on a hot stove-lid. She will never sit down on a hot stove-lid again, and that is well, but also she will never sit down on a cold one anymore. - Mark Twain



"The beautiful
journey of today can
only begin when we
learn to let go of
yesterday."

Steve Maraboli

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289. We succeed only as we identify in life, or in war, or in anything else, a single overriding objective, and make all other considerations bend to that one objective. - Dwight Eisenhower

290. We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms-to choose one's attitude in any given set of circumstances, to choose one's own way. -Viktor E. Frankl

291. Wealth creation is a game. Which means it has must have rules, and it must be fun. If you do not know the rules, you can't win the game. And if it feels like hard work, you are doing the wrong thing. -Roger Hamilton

292. Wealth isn't how much money you have. It is what you are left with if you lose all your money. -Roger Hamilton

293. Well disease is really just dis-ease, which means to move away from ease. Ease is obviously a feeling of effortlessness or comfort and it really is just when the human body or our physical environment get out of balance, and disease is just our body's way, and our body is our own internal body or our external environmental body, it is our body's way of saying, "Hey, something's not quite right here". -Andrew McCombe

294. Well, the very first thing we need to do is really get a handle on what successful means to you. And the problem that a lot of people have with this work, and I call it work just for the lack of a better term, is that they very often try to attract, or their ideas of success is something that was defined by somebody else. -Bob Doyle

"THERE IS ONLY ONE
WAY TO LEARN. IT'S
THROUGH ACTION.
EVERYTHING YOU
NEED TO KNOW YOU
HAVE LEARNED
THROUGH YOUR
JOURNEY."

Paulo Coelho

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295. What a wonderful life I've had! I only wish I'd realized it sooner. -Colette

296. What are the critical success factors of your job? What must you be absolutely, positively excellent at doing to be successful? -Brian Tracy

297. What is the most important thing that you should do right now? It is easy to figure out the answer - the most important thing is usually the item you least want to do. So jump on it. Get it out of the way. Then go on to the next thing you do not want to do and get rid of that item by completing it. You will be amazed at how it frees your spirit not to have them hanging over you. -Tom Hopkins

298. What this power is, I cannot say. All I know is that it exists, and it becomes available only when you are in that state of mind in which you know exactly what you want, and are fully determined not to quit until you get it. -Alexander Graham Bell

299. What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from. -T.S. Eliot

300. What we do today, right now, will have an accumulated effect on all our tomorrows. -Alexandra Stoddard

301. What you want in your life occasionally shows up, what you must have always does. -Doug Firebaugh

302. When building a team, I always search first for people who love to win. If I can't find any of those, I look for people who hate to lose. -H. Ross Perot

303. When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid. -Audre Lorde



304. When I say "I", I mean a thing absolutely unique, not to be confused with any other. -Ugo Betti

305. When it comes to your dreams, do not take no for an answer. Your wholehearted commitment will attract the support you need. -Unknown

306. When marrying, ask yourself this question: Do you believe that you will be able to converse well with this person into your old age? Everything else in marriage is transitory. -Friedrich Nietzsche

307. When one door closes another 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

308. When someone's character seems impossible to fathom, observe his friends. -Japanese proverb

309. When the final book on you is written, let it show your wins, let it show your losses, don't let it show you never played! -Jim Rohn

310. When we attempt to imagine death, we perceive ourselves as spectators. -Sigmund Freud

311. When we begin to take our failures non-seriously, it means we are ceasing to be afraid of them. It is immense importance to learn to laugh at ourselves. -Katherine Mansfield

312. 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 towards others.
-Eda LeShan



"IF YOU DON'T
KNOW WHERE
YOU'RE GOING,
ANY ROAD'LL
TAKE YOU THERE"

George Harrison

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313. When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you ever dreamed yourself to be. -Patanjali

314. When you are talking to yourself, watch your language. -Dennis Waitley

315. When you get into a tight place and everything goes against you, till it seems as though 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

316. When you have a great and difficult task, something perhaps almost impossible, if you only work a little at a time, every day a little, suddenly the work will finish itself. -Isak Dinesen

317. When you produce results you gain credibility. When you have credibility, you will have an easier time producing results. -Brian Koslow

318. When you see a thing clearly in your mind, your creative "success mechanism" within you takes over and does the job much better than you could do it by conscious effort or willpower. -Maxwell Maltz

319. When you were born, you cried and the world rejoiced. Live your life in such a way that when you die, you will rejoice and the world will cry. -Unknown

320. When your desires are strong enough you will appear to possess superhuman powers to achieve. - Napoleon Hill



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321. When your views on the world and your intellect are being challenged and you begin to feel uncomfortable because of a contradiction you have detected that is threatening your current model of the world or some aspect of it, pay attention. You are about to learn something. -William Drury Sr.

322. When you are in solitary confinement and you are six feet under without light, sound, or running water, there is no place to go but inside. And when you go inside, you discover that everything that exists in the Universe is also within you. -Rubin "Hurricane" Carter

323. When you are in your 90's and looking back, it is not going to be how much money you made or how many awards you have won. It is really, "What did you stand for? Did you make a positive difference for people?" -Elizabeth Dole

324. Where many people go wrong in trying to reach their goals is in constantly looking for the big hit, the home run, the magic answer that suddenly transforms their dreams into reality. The problem is that the big hit never comes without a great deal of little hits first. Success in most things comes not from some gigantic stroke of fate, but from simple, incremental progress. -Andrew Wood

325. Wherever you see a successful business, someone once made a courageous decision. -Peter Drucker

326. Why do people accept the opinions of others about themselves as truth? Who is going to live the rest of your life anyway? Now THAT is TRUTH! -Doug Firebaugh



327. Why do not you just go with the flow and find out that part of your personality, that part of your character. You have been endowed with these enormous gifts, every single one of us has been endowed with these enormously beautiful, divine, talents and gifts, even our flaws are gifts in a way. ..Fred Gratzon

328. Wisdom is knowing what path to take next. Integrity is taking it. -Robyn Elpruhzlein

329. Work expands so as to fill the time available for its completion. -Northcote Parkinson

330. Yeah, it just becomes you, so jumping into the new state, somehow you start to very rapidly tune in into the thoughts and feelings of the way you can feel when you get the things you are trying to get. So you may not know how it feels exactly before you get there, because you have never been there before, but you can approximate and then you get there very rapidly. -David Cameron Gikandi

331. Yes, risk taking is inherently failure-prone. Otherwise, it would be called sure-thing-taking. -Tim McMahon

332. You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand. -Woodrow T. Wilson

333. You are the person who has to decide. Whether you will do it or toss it aside; You are the person who makes up your mind. Whether you will lead or will linger behind. Whether you will try for the goal that's afar. Or just be contented to stay where you are. -Edgar A. Guest



"IT'S NO USE GOING
BACK TO YESTERDAY,
BECAUSE
I WAS A DIFFERENT
PERSON THEN

Lewis Carroll

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334. You can achieve magnitudes more in a few minutes through state of being and deliberate thought than by years of hard work. The wealth gap in this world is proof of this. Effortless success involves intent and detachment, not struggle and control. -David Cameron

335. You can create! You can create anything, big or small. It depends a little bit how fluid you are, how fluent functioning at that level. But that's the level where thoughts are really powerful. -Dr John Hagelin

336. You can rest assured that if you devote your time and attention to the highest advantages of others, the Universe will support you, always and only in the nick of time. -R. Buckminster Fuller

337. You can't build a reputation on what you are going to do. -Henry Ford

338. You can't cross the sea merely by standing and staring at the water. -Rabindranath Tagore

339. You can't depend on your eyes when your imagination is out of focus. -Mark Twain

340. You do not have to be a fantastic hero to do certain things, to compete. You can be just an ordinary chap, sufficiently motivated to reach challenging goals. -Sir Edmund Hillary

341. You gain strength, courage and confidence by every experience in which you really stop to look fear in the face; you must do the things you cannot do. -Eleanor Roosevelt

342. You get what you expect to get. The only question is, "What do you want?" -Mark Victor Hansen

A woman with blonde hair, wearing a white sleeveless dress and a large straw hat, stands on a beach. She is looking up towards the sky, holding the brim of her hat with her right hand. The background shows a clear blue sky with some clouds and the ocean in the distance.

WHEN YOU EMPOWER
ONE AREA OF YOUR
LIFE, THERE IS A FLOW
ON EFFECT INTO MANY
OTHERS.

Thea Westra

www.forwardstepsblog.com

343. You gotta dance like nobody's watching, dream like you will live forever, live like you are going to die tomorrow and love like it is never going to hurt. -Meme Grifsters

344. You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. -Dr. Seuss

345. You have to decide what your highest priorities are and have the courage, pleasantly, smilingly, non-apologetically, to say "no" to other things. And the way you do that is by having a bigger "yes" burning inside. - Stephen Covey

346. You have to find something that you love enough to be able to take risks, jump over the hurdles and break through the brick walls that are always going to be placed in front of you. If you do not have that kind of feeling for what it is you are doing, you will stop at the first giant hurdle. -George Lucas

347. You may delay, but time will not, and lost time is never found again. -Benjamin Franklin

348. You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down. -Mary Pickford

349. You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you. - Walt Disney

350. You must have long range goals to keep you from being frustrated by short-range failures. -Charles C. Noble

351. You must know that in any moment a decision you make can change the course of your life forever... the very next movie you see or book you read or page you turn could be the one single thing that causes the floodgates to open, and all of the things that you have been waiting for to fall into place. -Anthony Robbins



352. You need to claim the events of your life to make yourself yours. When you truly possess all you have been and done, which may take some time, you are fierce with reality. -Florida Scott-Maxwell

353. You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete. -R. Buckminster Fuller

354. You often meet your destiny on the road you take to avoid it. -French Proverb

355. You see, I do something real good for three people. And then when they ask how they can pay it back, I say they have to Pay It Forward. To three more people. Each. So nine people get helped. Then those people have to do twenty-seven. Then it sort of spreads out, see. To eighty-one. Then two hundred forty-three. Then seven hundred twenty-nine. Then two thousand, one hundred eighty-seven. See how big it gets? -Trevor McKinney

356. You seldom get what you go after unless you know in advance what you want. -Maurice Switzer

357. You will achieve 80% of your financial goals in the last 20% of the time you spend working toward them. -Brian Tracy

358. You will become as small as your controlling desire; as great as your dominant aspiration. -James Allen

359. You will never find time for anything. If you want time you must make it. -Charles Buxton

360. You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere. -Charles F. Kettering



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361. Your own mind is a sacred enclosure into which nothing harmful can enter except by your permission. - Ralph Waldo Emerson

362. You are never as good as everyone tells you when you win, and you are never as bad as they say when you lose. -Lou Holtz

363. You are scouring your conscience, raking through your memories, but that was the river. This is the sea! - Waterboys

364. You have got a lot of choices. If getting out of bed in the morning is a chore and you are not smiling on a regular basis, try another choice. -Steven D. Woodhull

365. You have got to jump off cliffs all the time and build your wings on the way down. -Ray Bradbury

366. The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. - Martin Luther King, Jr

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Namaste,
Thea



A handwritten signature in black ink that reads "Thea". The signature is stylized with a long horizontal stroke at the beginning.