



100 Positive Quotes To Keep You Going

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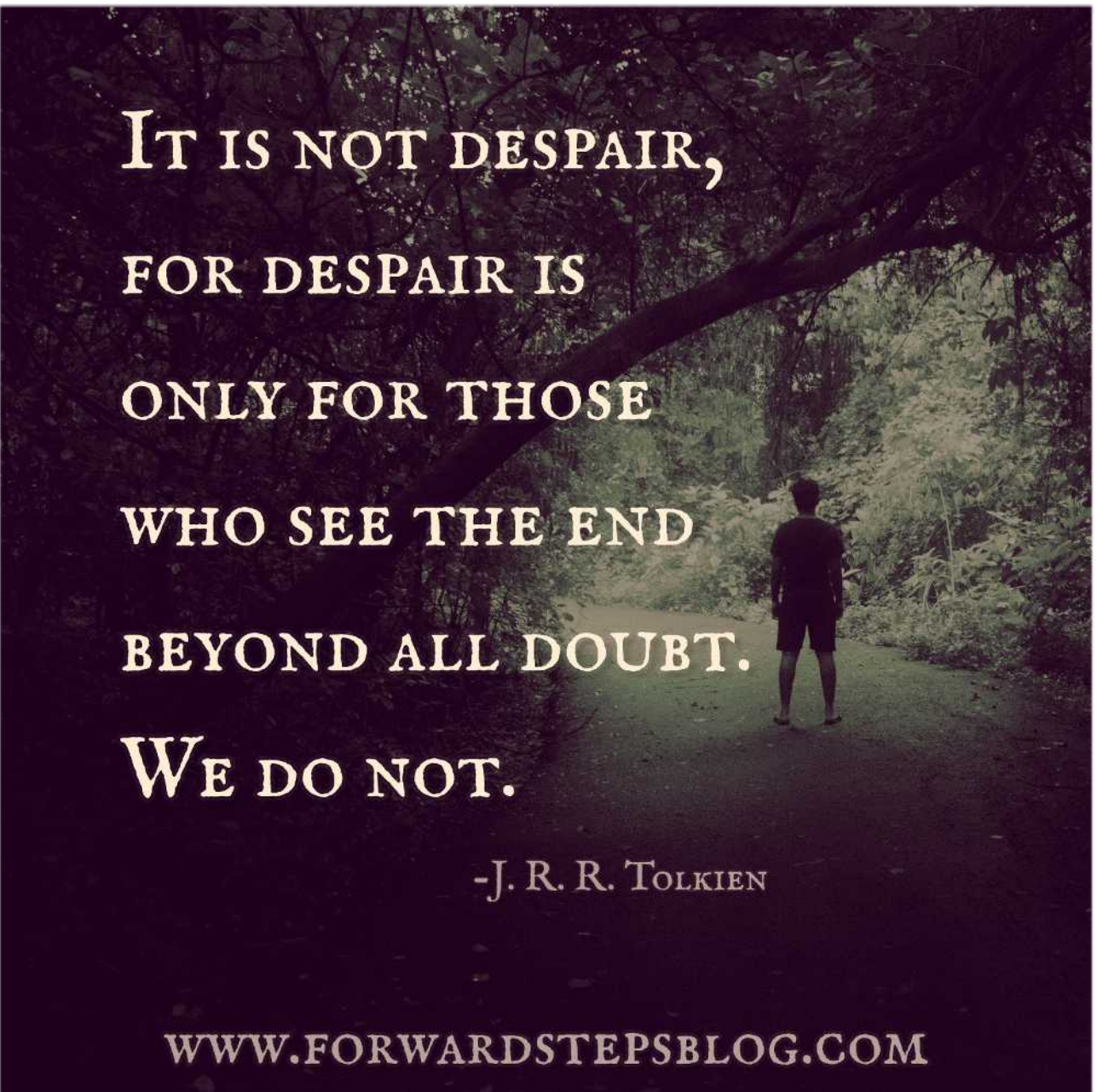
100 Positive Quotes To Keep You Going

By Thea Westra

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1. And this, too, shall pass away. - Persian Proverb

2. You have survived everything you have been through, and you will survive this too. Stay for the person you will become. You are more than a bad day, or week, or month, or year, or even a decade. You are a future of multifarious possibility. You are another self at a point in future time looking back in gratitude that this lost and former you held on. Stay. - Matt Haig

A person is standing on a dirt path in a lush, green forest. The person is seen from behind, looking down the path towards a large, thick tree trunk on the left. The path is covered in fallen leaves and dappled sunlight. The overall mood is contemplative and serene.

IT IS NOT DESPAIR,
FOR DESPAIR IS
ONLY FOR THOSE
WHO SEE THE END
BEYOND ALL DOUBT.
WE DO NOT.

-J. R. R. TOLKIEN

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3. Staying positive does not mean that things will turn out okay. Rather it is knowing that you will be okay no matter how things turn out. - Unknown

4. Sometimes, when you least expect it, the tables turn and that scary feeling that has taken hold of you for so long somehow turns into hope. - David Archuleta

5. The struggles we endure today will be the 'good old days' we laugh about tomorrow. - Aaron Lauritsen

6. The difference between hope and despair is a different way of telling stories from the same facts. - Alain de Botton

7. Sometimes good things fall apart, so better things can fall together. - Marilyn Monroe

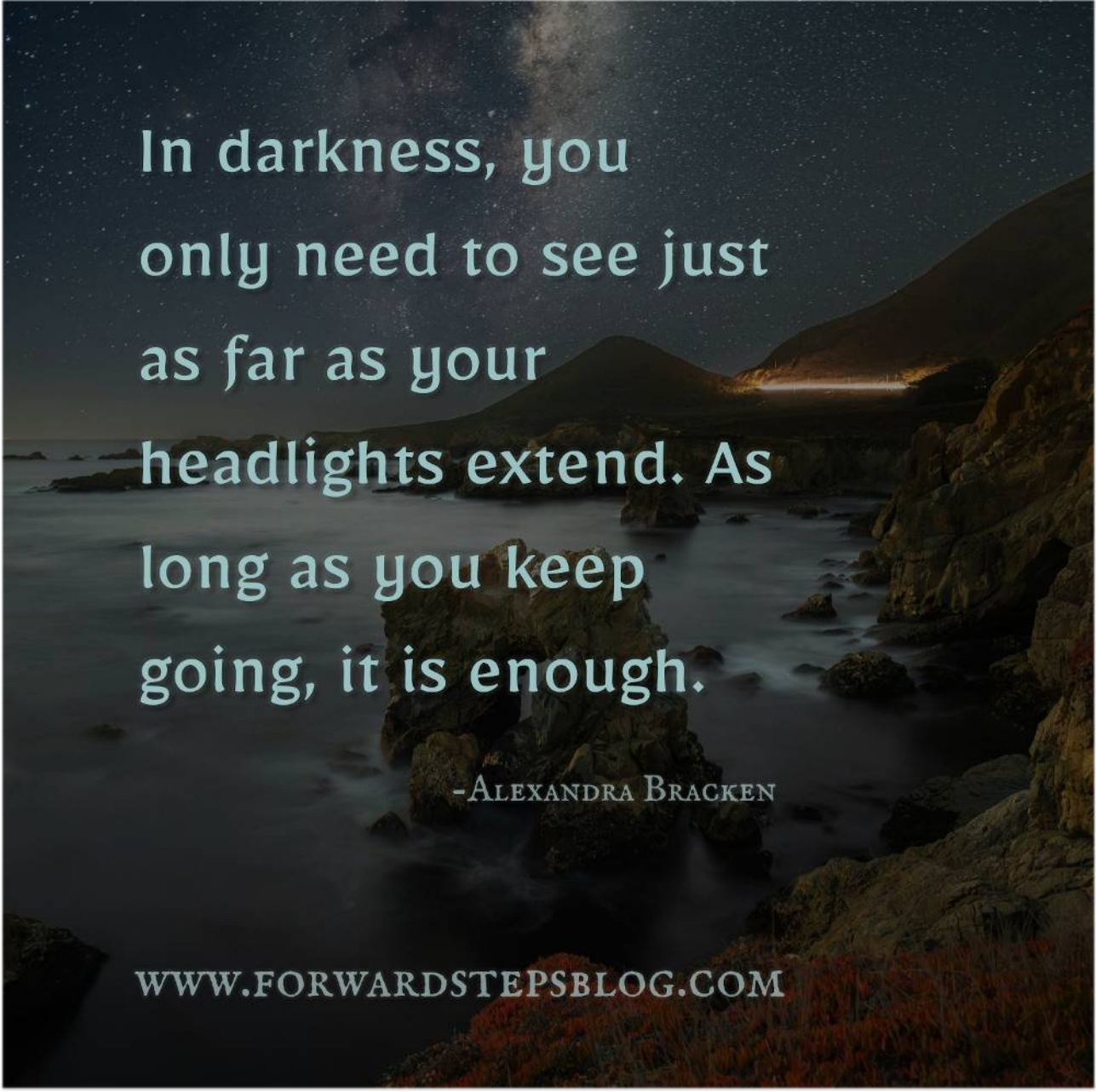
8. May your choices reflect your hopes, not your fears. - Nelson Mandela

9. There is a secret medicine given only to those who hurt so hard they can't hope. The hopers would feel slighted if they knew. - Mawlana Jalal-al-Din Rumi

10. Where there is no hope, it is incumbent on us to invent it. - Albert Camus

11. Rock bottom became the solid foundation on which I rebuilt my life. - J. K. Rowling

12. The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose. - Arnold Bennett



In darkness, you
only need to see just
as far as your
headlights extend. As
long as you keep
going, it is enough.

-ALEXANDRA BRACKEN

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13. When you are standing in that forest of sorrow, you cannot imagine that you could ever find your way to a better place. But if someone can assure you that they themselves have stood in that same place, and now have moved on, sometimes this will bring hope - Elizabeth Gilbert

14. You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope. - Thomas Merton

15. It is not despair, for despair is only for those who see the end beyond all doubt. We do not. - J. R. R. Tolkien

16. When you're at the end of your rope, tie a knot and hold on. - Theodore Roosevelt

17. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. - Ralph Waldo Emerson

18. Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for. - Epicurus

19. There is a crack in everything. That's how the light gets in. - Leonard Cohen

20. As we fly, we still may not know where we are going to. But the miracle is in the unfolding of the wings. You may not know where you're going, but you know that so long as you spread your wings, the winds will carry you. - C. JoyBell C.

21. It's amazing how a little tomorrow can make up for a whole lot of yesterday. - John Guare



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LEAST EXPECT IT, THE
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SCARY FEELING THAT HAS
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-DAVID ARCHULETA

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22. But I know, somehow, that only when it is dark enough can you see the stars. - Martin Luther King, Jr.

23. The world is indeed full of peril, and in it there are many dark places; but still there is much that is fair, and though in all lands love is now mingled with grief, it grows perhaps the greater. - J. R. R. Tolkien

24. When you come to the edge of all that you know, you must believe one of two things: there will be ground to stand on or you will grow wings to fly. - O. R. Melling

25. Pain had a way of breaking time down. I thought about the next minute, the next hour. There wasn't enough space in my mind to put all those pieces together, to find words to summarise the whole of it. But the keep going part, I knew the words for. - Veronica Roth

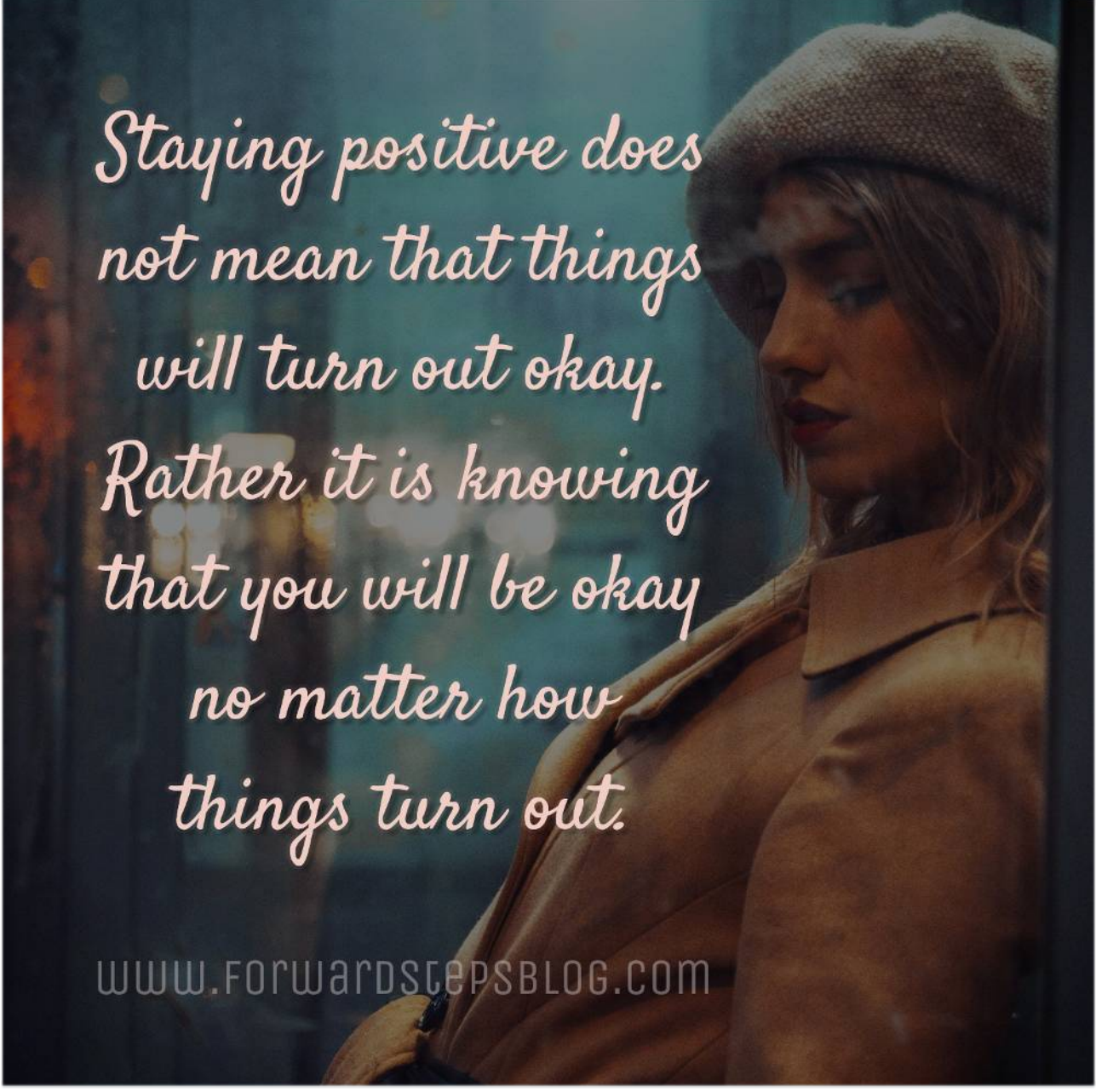
26. Preparation time is necessary for your growth. Trust and believe everything you're going through is preparing you for some request you put out into the universe. - Germany Kent

27. In darkness, you only need to see just as far as your headlights extend. As long as you keep going, it is enough. - Alexandra Bracken

28. A bad day doesn't cancel out a good life. Keep going. - Richie Norton

29. Hope is valuable. The smallest fraction of hope can grow into the abundant mountain you need to keep going. - Kaylee Stepkoski

30. Don't wait for the right moment. Just get started and learn along the way. - Garima Soni

A woman with long brown hair, wearing a brown beret and a brown coat, is looking down and to the left. The background is a blurred city street at night with warm lights. Overlaid on the left side of the image is a quote in a white, cursive font.

*Staying positive does
not mean that things
will turn out okay.
Rather it is knowing
that you will be okay
no matter how
things turn out.*

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31. Good things tend to come in waves. Keep your head up, they could come today. - B. K. Sweeting

32. We all have a list of things that we failed at. This list is not kept in our mind to remind us of the failure, but it's there so we remember that we cannot let that be the thing we are known for. We must try again - this time, we will not fail. - C Miller

33. Progressing at a snail's pace is still progress, and slow progress is better than no progress. Never be stagnant, and never give up. - Richelle E. Goodrich

34. It's the days you have every right to break down and fall apart, yet choose to show up anyway that matter most. Don't diminish the small steps that others can't see. - Brittany Burgunder

35. A bend in the road is not the end of the road. Unless you fail to make the turn. - Helen Keller

36. Keep your face always toward the sunshine and shadows will fall behind you. - Walt Whitman

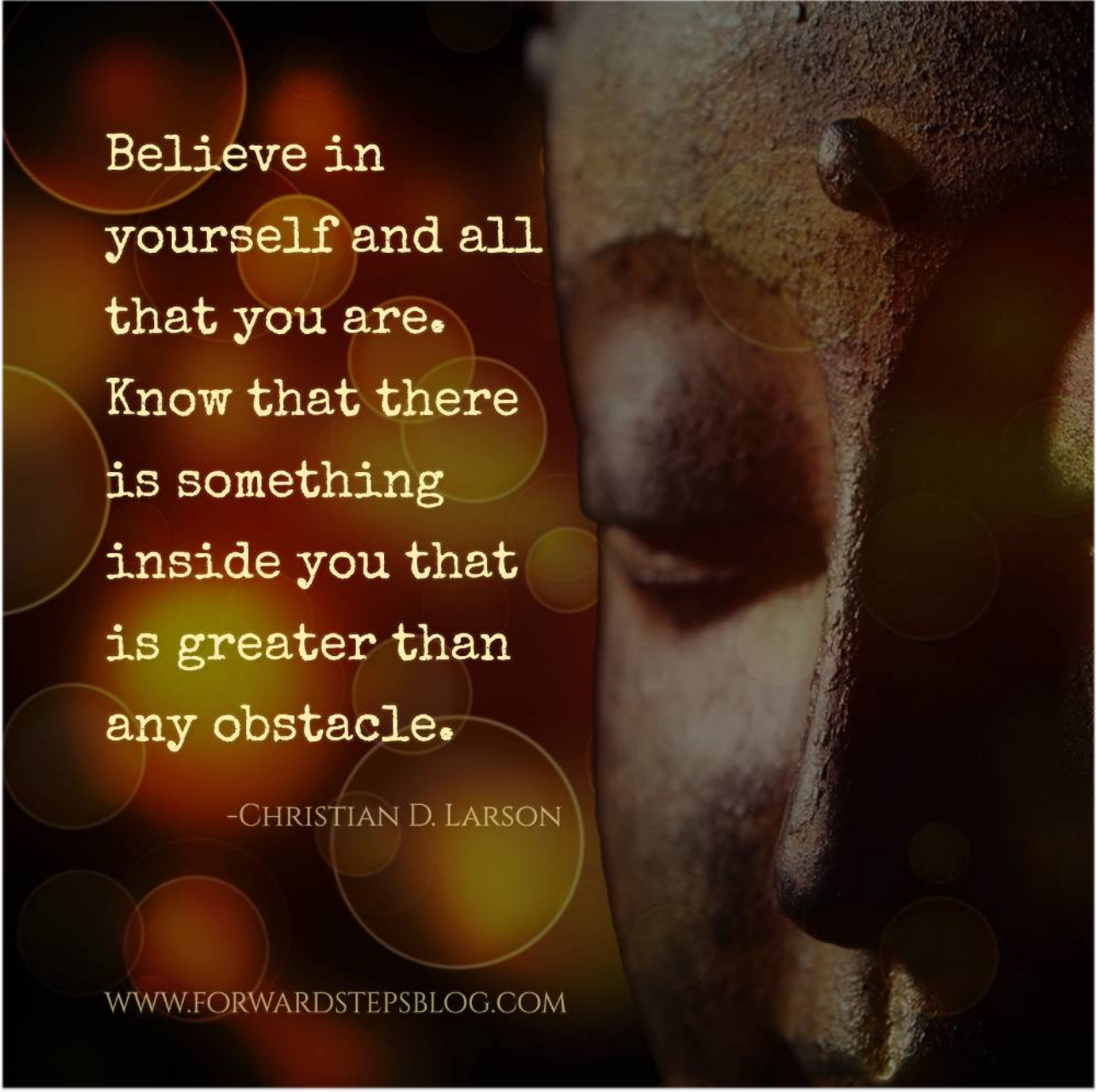
37. The only way to do great work is to love what you do. - Steve Jobs

38. Believe you can, and you're halfway there. - Theodore Roosevelt

39. In the middle of every difficulty lies opportunity. - Albert Einstein

40. The most beautiful people I've known are those who have known trials, have known struggles, have known loss and have found their way out of the depths.– Elizabeth Kübler-Ross

41. Success is not final, failure is not fatal. It is the courage to continue that counts. - Winston Churchill



Believe in
yourself and all
that you are.
Know that there
is something
inside you that
is greater than
any obstacle.

-CHRISTIAN D. LARSON

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42. The only place where success comes before work is in the dictionary. - Vidal Sassoon

43. The future belongs to those who believe in the beauty of their dreams. - Eleanor Roosevelt

44. You are never too old to set another goal or to dream a new dream. - C. S. Lewis

45. Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle. - Christian D. Larson

46. Success is walking from failure to failure with no loss of enthusiasm. - Winston Churchill

47. You miss 100% of the shots you don't take. - Wayne Gretzky

48. The only limit to our realization of tomorrow will be our doubts of today. - Franklin D. Roosevelt

49. The best way to predict the future is to create it. - Peter Drucker

50. Don't watch the clock; do what it does. Keep going. - Sam Levenson

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

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

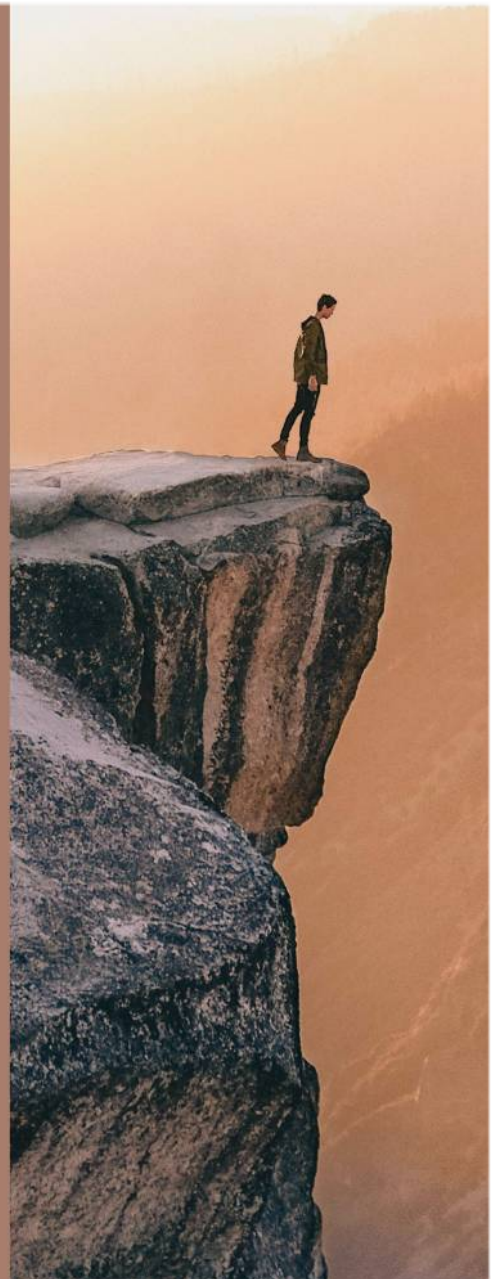
53. Life is 10% what happens to us and 90% how we react to it. - Charles R. Swindoll

54. You can't go back and change the beginning, but you can start where you are and change the ending. - C. S. Lewis

When you come to the edge of all that you know, you must believe one of two things. There will be ground to stand on or you will grow wings to fly.

-O. R. Melling

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55. The only person you should try to be better than is the person you were yesterday. - Unknown

56. Every moment is a fresh beginning. - T. S. Eliot

57. Aim for the moon. If you miss, you may hit a star.
- W. Clement Stone

58. The future depends on what you do today. -
Mahatma Gandhi

59. Don't let yesterday take up too much of today. -
Will Rogers

60. Hard times may have held you down, but they will not last forever. When all is said and done, you will be increased. - Joel Osteen

61. Success is not in what you have, but who you are.
- Bo Bennett

62. Your time is now. - Unknown

63. You are the master of your destiny. You can influence, direct, and control your own environment. -
Napoleon Hill

64. The power you have is to be the best version of yourself you can be, so you can create a better world.
- Ashley Rickards

65. The greatest glory in living lies not in never falling, but in rising every time we fall. - Nelson Mandela

66. Dream big and dare to fail. - Norman Vaughan

67. The only way to achieve the impossible is to believe it is possible. - Charles Kingsleigh

68. You have within you the strength, the patience and the passion to reach for the stars to change the world. - Harriet Tubman



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

-EPICURUS

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69. The difference between a stumbling block and a stepping stone is how you use it. - Unknown

70. You can, you should and if you're brave enough to start, you will. - Stephen King

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

72. The biggest risk is not taking any risk. In a world that's changing quickly, the only strategy that is guaranteed to fail is not taking risks. - Mark Zuckerberg

73. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. - Steve Jobs

74. The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails. - William Arthur Ward

75. The only thing we have to fear is fear itself. - Franklin D. Roosevelt

76. Opportunities don't happen. You create them. - Chris Grosser

77. The secret of getting ahead is getting started. - Mark Twain

78. Today's accomplishments were yesterday's impossibilities. - Robert H. Schuller

79. Change your thoughts and you change your world. - Norman Vincent Peale



It's amazing
how a little
tomorrow can
make up for a
whole lot of
yesterday.

-JOHN GUARE

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80. It is during our darkest moments that we must focus to see the light. - Aristotle Onassis

81. The only person you are destined to become is the person you decide to be. - Ralph Waldo Emerson

82. It's not whether you get knocked down, it's whether you get up. - Vince Lombardi

83. The only thing standing between you and your goal is the story you keep telling yourself as to why you can't achieve it. - Jordan Belfort

84. Don't be pushed around by the fears in your mind. Be led by the dreams in your heart. - Roy T. Bennett

85. Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. - Albert Schweitzer

86. Life is what happens when you're busy making other plans. - John Lennon

87. 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

88. Your time is limited, don't waste it living someone else's life. - Steve Jobs

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

90. Even the darkest night will end and the sun will rise. - Victor Hugo



Success is walking
from failure to
failure with no loss
of enthusiasm.

-WINSTON CHURCHILL

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91. The only way out is through. - Robert Frost
92. Tough times never last, but tough people do. - Robert H. Schuller
93. When you come out of the storm, you won't be the same person who walked in. That's what the storm is all about. - Haruki Murakami
94. The darkest hour has only sixty minutes. - Morris Mandel
95. A smooth sea never made a skilled sailor. - Franklin D. Roosevelt
96. Difficulties in life are intended to make us better, not bitter. - Dan Reeves
97. Sometimes when you're in a dark place, you think you've been buried, but you've actually been planted. - Christine Caine
98. You never know how strong you are until being strong is your only choice. - Bob Marley
99. Stars can't shine without darkness. - D. H. Sidebottom
100. Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved. - Helen Keller

The End

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