



Pocket Wisdom

Mini sayings for a Great life

智

Table of Content

Motivation	4-10
Affirmations	11-18
Happiness	19-30
Purpose	31-38
Health	39-46
Wealth	47-59
Love	60-71

智

**What can I do to ease my mind
now and into the future? The
secrete of a great life is having a
*peace of mind.***

**God grant me the serenity, to
except the things I cannot
change. The courage to change
the things I can. And the wisdom
to know the difference. –
Reinhold Niebuhr.**

I made it through every day in the past what makes today any different.

Do at least one thing that you don't want to do today. Do at least one thing that you want to do today.

**Worries go when exercise
begins.**

**The power of life and death is in
the tongue.**

Believe life will get better.

**Give thanks to all your
circumstances. Every day is a
new life to a wise man.**

**Live and focus on what is at hand
today. Start a task and you will
be closer to finishing it and
closer to happiness.**

Fear is false events appearing real. – Zig Ziglar

The mind is everything. What you think you become. – Buddha

Believe and that is where you will go.

Indecision increases doubt and the combination of the two creates fear.

Remain disciplined, stay strong, and your time will come.

It's not about winning, it's about how hard you try.

I am kind to everyone.

I am social when I need to be.

**I care about the well-being of
other people.**

**I am friendly to everyone I come
in contact with.**

**I have charisma and I have a
confident voice and appearance.**

I am fun to be around.

**I am loving and understanding to
others.**

I am a positive person.

**I forgive others who do me
wrong.**

**I am good at selling to who
needs my services.**

I think mostly good thoughts.

I read often.

**I get important things done
because I am not lazy.**

**I create a win-win in every
situation because I am not
selfish.**

I am energetic.

I have feelings of abundance.

I feel good and healthy.

I am motivated.

**I trust that I will make the right
decisions.**

I never give into hate or anger.

I never steal from anyone.

I am honest to everyone.

**I am educated in all important
subjects.**

I have a great smile.

I am loyal to my family.

I get things done.

It's not what you have that makes you happy, it's giving others what they want that makes you happiness. Focusing on yourself is not happiness, it's self-forgetfulness that makes you happy.

Happiness is the human connections you have. It's not about what you do that makes you happy it's about how many people you show love to.

You will soon realize that there is always something to be thankful for, even if there is nothing around you that is positive. For example, you are alive: Be thankful. You have imagination: Be thankful. You can think: Be thankful.

Realize no matter where you are in life, there is always someone who wishes they had the life you live.

Personal happiness only comes when you adjust your goals and values to the laws and actions of the universe.

The happiest people are the ones who give the most happiness.

See life as a comedy, it will bring your days more enthusiasm, humor, joy, and fun.

Believe in yourself today and have less fear of tomorrow.

You have the power to influence the commanding voice within you. If you say to the inner voice stop, over time, it will listen.

Take time to be quiet. If you take time every day to be quiet, your mind can remain still and you will gain control over your life.

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses. – Abraham Lincoln

The more you praise and celebrate your life, the more there is in life to celebrate. – Oprah Winfrey

Stop looking at what everyone else has and start looking at what you have.

Take massive action when the idea is intense enough and your emotions are strong enough.

Persistence in your most talented interest gives you great significance. Significance is one of the foundations for happiness.

One important key to success is self-confidence. An important key to self-confidence is preparation. – Arthur Ashe

Take baby steps and increase momentum, and one day you will build those steps into elephant strides and walk over your current situation.

The undisciplined life is an unhappy life. You may think discipline is not fun and that may be true, but it is the path to your happiness.

What projects can I do at work today. What projects can I do at home today.

**Build your integrity today.
Commitment to a small task for
the rest of your life. This one
small task will create larger
commitments, larger results, and
in the end more happiness.**

A purpose is what provides you and your family with more health, wealth, love, and happiness. A purpose is what provides you and your family more success, prosperity, and abundance.

A vision is the preview of your purpose. It is a preview of the life you may one day live.

**A tree has the ability to stay still.
An ant has the ability to stay busy. A human has the ability to balance the two.**

The more you read, the more you will receive. The more you read, the more you will achieve. So, read, read, read until you can read no more. When you're at the office, read a little bit more. The more you read different subjects to restore. The more life will have in store.

The greatest tragedy is not death, it's settling with a life you do not want.

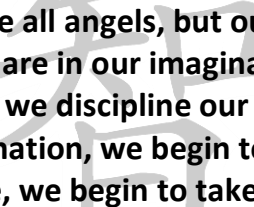
Walk as if you already have what you want. Talk as if you're about to receive what you want. Make sure; however, to take more actions towards what you want.

**It is a poor and disgraceful thing
not to be able to reply, with
some degree of certainty, to the
simple questions, What will you
be? What will you do? – John
Foster**

Whenever you have a brake for more than 5 minutes plan and take actions towards a brighter future. It is the little progressions in life that make the most success.

Failure is inevitable, but nothing is impossible. So, fail towards your success.

Don't commit to results, commit to the journey. Don't compare your results to others.



**We are all angels, but our
wings are in our imagination.
When we discipline our
imagination, we begin to
create, we begin to take flight.**

Do Every Day

Do 20 push-ups, 20 sit-ups, and 20 squats. Do a sensational breathing medication in the morning for 15 minutes. Have an energy drink with many B-12 vitamins. Take a fish oil and eat an apple right before bed.

The more intensive you move an area of your body the more fat you'll burn.

You are what you make your mind to be.

When you walk into a room you don't walk in as one person you walk in as 10,000 strong.

Think you can or think you can't; either way you will be right. – Henry Ford

**What you focus on leads you to
the words you hear, what you
hear leads to the words you
think, what you think leads to
what you speak, what you speak
leads to how you feel.**

**You have two super powers.
Your consciousness and your
freedom to choose. You have
what you need to create a life.**

**When your mind and body
disagrees with you. Tell them
both you're in control of the
journey you will go on together.**

**Your body ages, your spirit never
ages. A relaxed attitude will
lengthen your life.**

**If you can think, you can
become. Your thoughts are wise
seeds that spring forth the tree
of life.**

**If you don't weed the garden,
the weeds take over the garden.
If you don't maintain the village,
the jungle takes over the village.
If you don't discipline your mind,
then your body takes over your
mind.**

Your thoughts are not positive or negative, they are just Ideas to move you in the direction of either righteousness or foolishness. Spend more time on creating more positive thoughts when you arise each morning.

**If you had all the money in the world, what would you do?
That's what you need to pursue every day.**

Usually what you're good at and what you like to do, is what you should do.

Pursue only your talents, and let others do what they're gifted in. You can have a great life if you focus on a balanced life of discipline and serenity.

Expect the best, plan for the worst, and prepare to be surprised. – Denis Waitley

You will create the money you want, the career you want, the family you want, the people you want around you, and the life you deeply desire to have.

No enterprise can exist for itself alone. It ministers to some great need, they perform some great service, not for itself, but for others; or failing therein, it ceases to be profitable and ceases to exist. – Calvin Coolidge

The difference between a person who has and a person who has not is work ethic.

Surround yourself with sales people if you want to become great at sales.

Is today the day I am going to make a great deal?

Go to professional meetings with people who are more professional than you. Go twice a week. So, you can learn to interact with the elite and the highly educated.

Your job is what you get paid to do. Your work is what molds your character, improves your relationships, creates your overall fulfillment, and earns you the bulk of your financial freedom.

People are not built to control others, they are built to have dominion over their own personalized values and desires. Remember that if you want to manage a staff more effectively.

Enjoy the process of failure, so you can achieve success.

Wisdom is understanding how things truly work.

Anything you learn you can unlearn or relearn. Unlearn to improve yourself and the world around you. Relearn to become a master in whatever you do.

Maintain courage and confidence within yourself. Feel a sense of nobility since you are a natural born leader. Conquer the world by fighting for what is right that you also desire.

Your attitude is the product of your belief. Instead of saying everything is a problem, say everything is a way for opportunity.

If a person ever tells you, why do you get up so early? You know that person is not a person you want to spend a lot of time with. Great individuals are the ones who want to become better, not comfortable.

The only way to create opportunities is to be aware that you're in the right place at the right time.

Double your income every two years by just growing your income by 0.5% each week or even 2% each month.

**Love is the human connections
you have. It's not all about what
you do that makes you have
love; it's about how many
people you show love to.**

What is love? Love is cooperation among people, harmony among humankind to end suffering, the way you contribute value and service for the rest of the world, and the actions you take to live well with your family, friends, and neighbors.

Treat others as you want to be treated, Treat yourself as you want to be treated, and Treat all life as you want to be treated.

To listen is the greatest way to improve any relationship because it shows you care.

Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill. – Buddha

A relationship is alive based on how you make another person feel.

**Treat everyone as if they were
the most important person on
earth. And these same people
will treat you as if you're the
most important person on earth.**

**Corruption is the path of evil.
Service is the path of peace. Pick
the side that you believe in and
that is where you'll go. The
Secrete of Life is not in where
you go or what you do. The
secrete of life is to leave the
world better than you found it.**

Spend most of your time around people who are mostly confident, enthusiastic, and happy.

Spend most of my time around happy people who enjoy the little things about life.

Surround yourself with good people. People who say I want more, I demand more, I deserve more, and I can do more. Instead of people who say I have just enough or I'm making enough to get by. Get away from the comfortable life and be around people who want to do more.

Whatever you assume about others, you find it within yourself. Change your perspective to others are good then you will be good.

Whenever you think a person notices you. Spontaneously smile at them. Say things like, have a great day, thank you, and, you're the best; or simply smile at them, and if they don't smile back then so be it. How many smiles can you put on other people's faces today?

Bring your children to different places. Sign your children up for different activities. And watch them gravitate towards what makes them happy.

Just love your children and show them that you care. When they need you, be there. When they call you, answer. When they want to see you, see them. Always be there for your children and for the ones who you love.