

Quotes, Memes & other Content to Consider Adding to Your Journal.

Please browse and refer to your selections
by the number associated with each.

YOU DON'T ALWAYS NEED A
PLAN. SOMETIMES YOU JUST
NEED TO BREATHE, TRUST, LET GO
AND SEE WHAT HAPPENS.



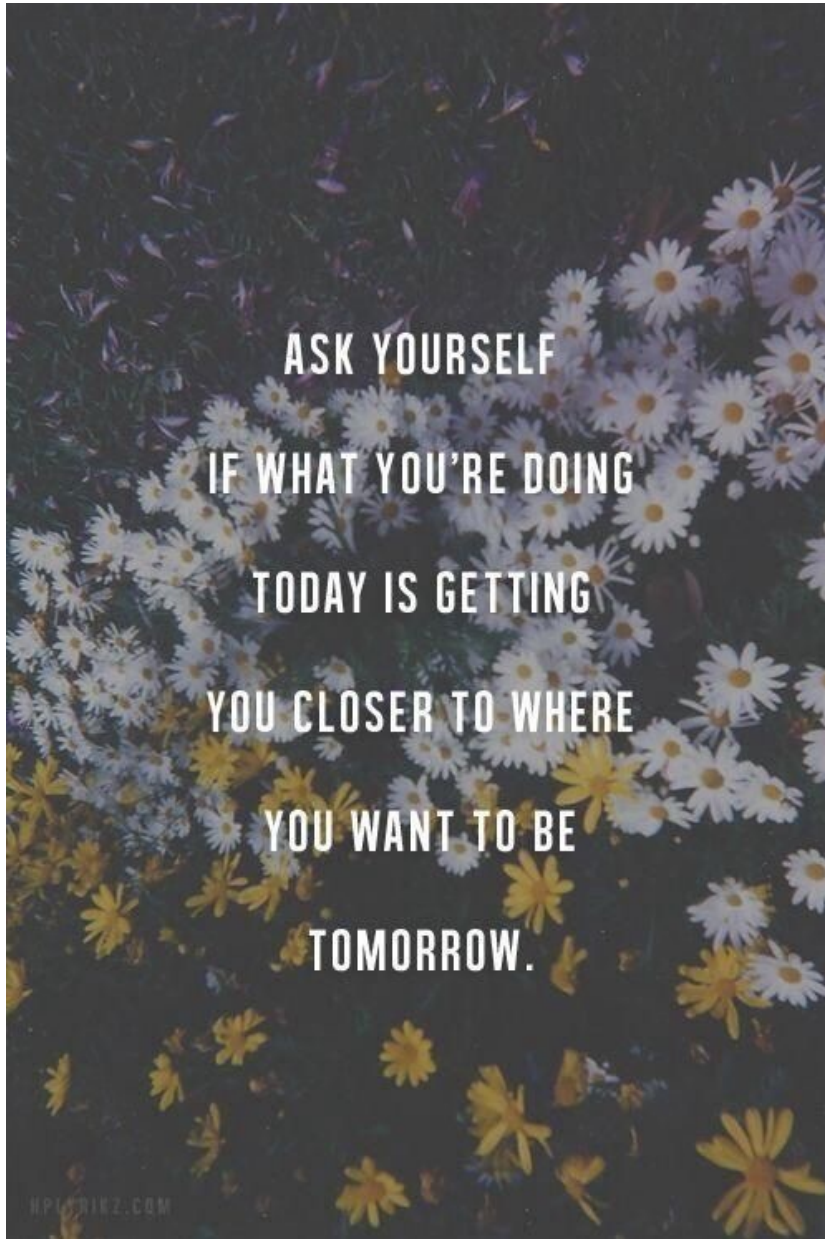
m1

The real luxuries in life:

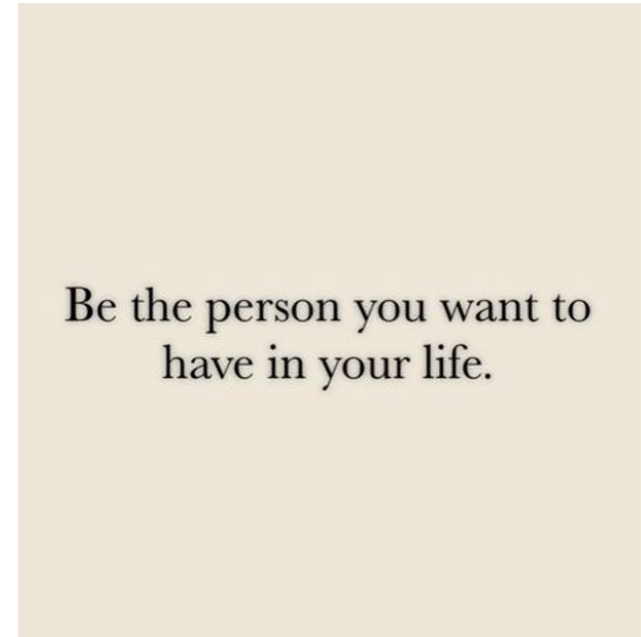
Slow mornings
Freedom to choose
A good night's sleep
Peace of mind
Calm and "boring" days
Being present
People you love
People who love you back

@Femalempire.co

m2



m3



m4

**Become the
hardest
working
person you
know.**

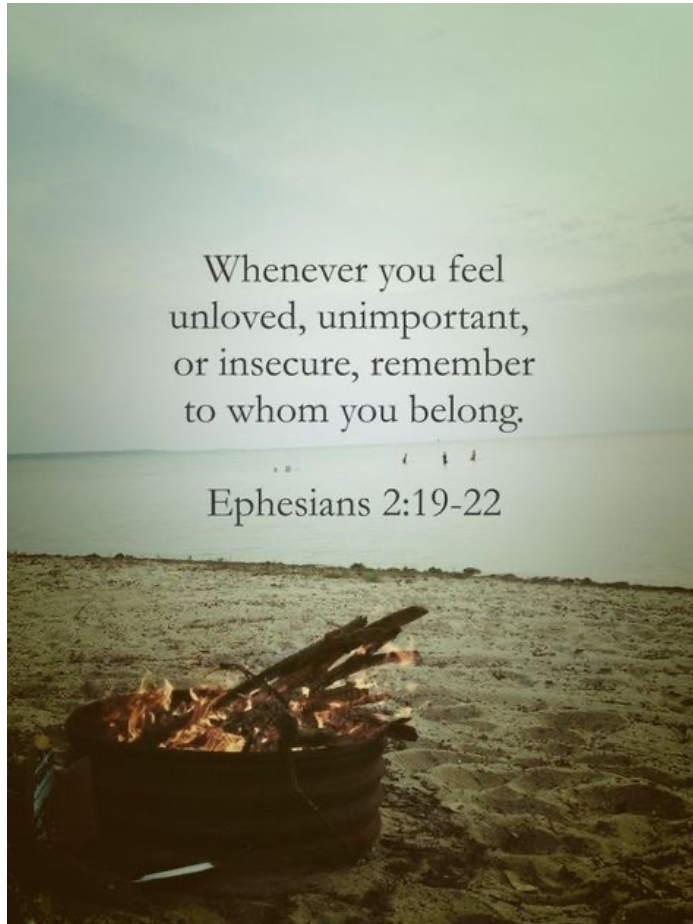
www.LaurenGleisberg.com

m5

**Dear Body,
I love you.**

MuTuSystem.com

m6



m7

don't just exist,
live.

m8

GOALS.
GRACE.
GROWTH.
GRATITUDE.

bossbabechroniclesblog.com

m9

*Expect nothing.
Appreciate everything.*

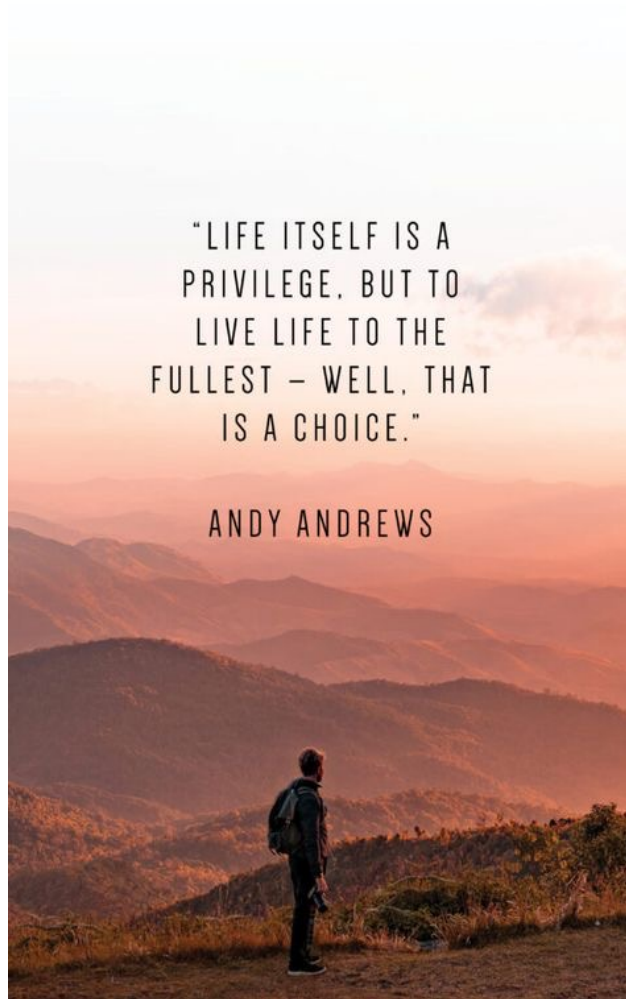
m10

“

Let your heart
be your compass.

LIFE MOTTOS TO LIVE BY

“Life isn’t about
waiting for the
storm to pass, it’s
about learning
how to dance in
the rain.”
– Author Unknown



"LIFE ITSELF IS A
PRIVILEGE, BUT TO
LIVE LIFE TO THE
FULLEST – WELL, THAT
IS A CHOICE."

ANDY ANDREWS

m13

Life is 10%
what happens
to you, and
90% how you
react to it.

m14

*Life is tough
my dear,
but so are you.*

JANET GWEN
designs

m14

Life is either a daring
adventure or nothing.

—Helen Keller

m15

*"For though I fall, I will rise again.
Though I sit in darkness, the Lord will be
my light."*

- Micah 7:8

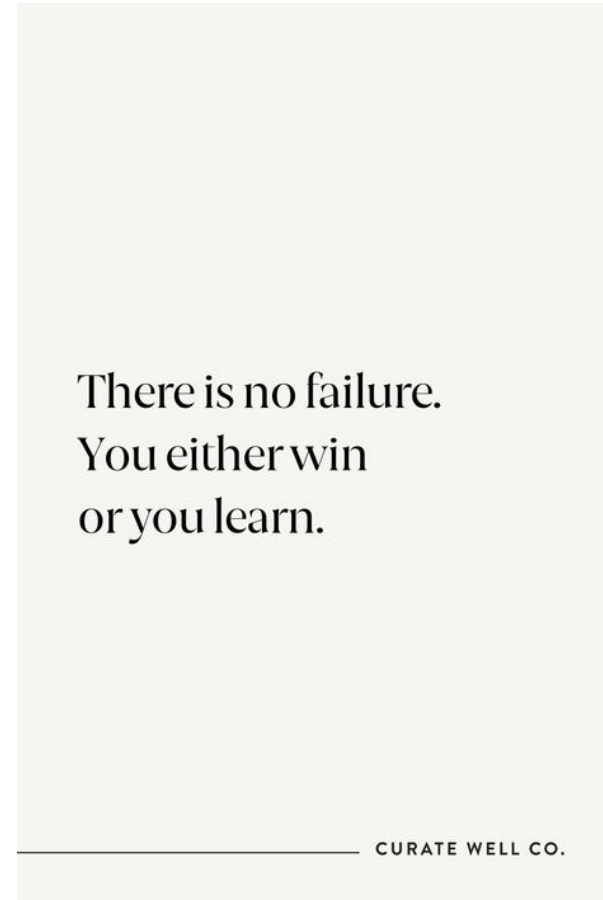
m16

Live
every moment
Laugh
every day
Love
beyond words

m17



m18



m19

Focus on the step
in front of you,
not the whole staircase.

homebody club.

m20

“It’s not the load
that weighs you down,
it’s the way you
carry it.”

— C.S. Lewis

m21

When you replace “why is this happening to me” with “what is God trying to show me”, everything changes.

LivingChristian.org

m22

“Progress,
not perfection.”

HELLOBOMBSHELL.COM

m23

Sometimes the
smallest step in the
right direction
ends up being the
biggest step
of your life



- Naeem Callaway

Gentle Little Planners

m24

Say yes
to new
adventures

m25

THE THINGS YOU ARE
PASSIONATE ABOUT
ARE NOT RANDOM,
THEY ARE YOUR CALLING.

-- FABIENCE FREDRICKSON

RACHELGADEL.COM

m26

Stay strong
Believe in yourself
Never give up

m27



When you can't
control what's
happening, challenge
yourself to control the
way you respond.

That's where your
power is.

WWW.KAITLYNMOORHEAD.COM

m28


When we
have each
other, we have
everything.



www.motivationformom.com

m29

“Strength doesn't
come from what
you can do,
it comes from
overcoming the
things you once
thought you
couldn't.”



It will hurt.
It will take time.
It will require dedication.
It will require willpower.
You will need to make
healthy decisions.
It requires sacrifice.
You will need to push your
body to its max.
There will be temptation.
But, I promise you, when you
reach your goal, it's worth it.

things to let *go of*

- fear of failure
- your comfort zone
- gossiping
- overspending
- reminiscing about the past
- being dishonest
- toxic relationships
- guilt about letting go
- grudges
- the illusion of control
- fear of the future
- greed
- the idea of a "perfect life"
- placing people on an unrealistic pedestal
- clutter
- breaking promises

Watch the way your outside world starts to shift when you:

- spend more time focusing on what you love.
- pause before responding.
- connect to the essence of you. .
- stop chasing what doesn't feel aligned.
- stop going back to places that have hurt in the past.
- allow yourself some grace.
- lean into self acceptance.
- start being on your own side.
- acknowledge that you matter too.
- speak to yourself like someone you love.
- decide to make your self care a priority.
- show up for yourself.

@h.e.l.e.n.m.a.r.i.e

m33

Whatever you
feed will
grow. Faith
or fear.
Worry or
confidence.
Doubt or
belief. It's
your choice
what grows.

m34

”

We fall, we break, and we fail.

But then we rise, we heal,

and we overcome.

m35

When you can't control
what's happening, challenge
yourself to control the way
you respond to what's
happening. That's where
your power is.



Power of
Positivity

m36

You *glow differently*
when your confidence
is fuelled by a belief in
yourself instead of
validation from others.

©WOMENWHOLEADEMPIRES

MIRROR, MIRROR on the wall



It doesn't matter if I'm
short or tall, if I have
skinny legs or my hips
are wide. It only
matters who I am inside.
Blue eyes, brown eyes,
black or green . . . what
makes me beautiful
cannot be seen. When
you look at me don't
judge me by my parts.
The most beautiful
thing about me is my
heart.





WILL IT
BE EASY?
NOPE.
WILL IT BE
WORTH IT?
ABSOLUTELY.

WHEN YOU FEEL OFF, TURN
YOUR BODY ON. WALK, RUN,
LIFT, TRAIN.

WHEN YOU OVERTHINK, TURN
YOUR BODY OFF. SIT, BREATHE,
JOURNAL, MEDITATE.

YOUR BODY ISN'T JUST A HOME,
IT'S A VEHICLE. USE IT TO
CHANGE YOURSELF—
PHYSICALLY AND MENTALLY.

6 MONTH LEVEL UP

MONTH 1  Reflection on your life so far.  Find what your true goals are.  Create a 6 month action plan.	MONTH 2  Focus on ending bad habits.  Build new positive habits.  Embrace a minimalist lifestyle.
MONTH 3  Focus on excuting your pain.  Increase time spent working.  Improve your diet nutrition.	MONTH 4  Improve your finances.  Start working out more.  Adjust plan for final months.
MONTH 5  face your inner demons.  Start reading more.  Be more responsible.	MONTH 6  Finish your 6 month plan.  Reflect on your journey.  Set a new 6 month plan.

m41

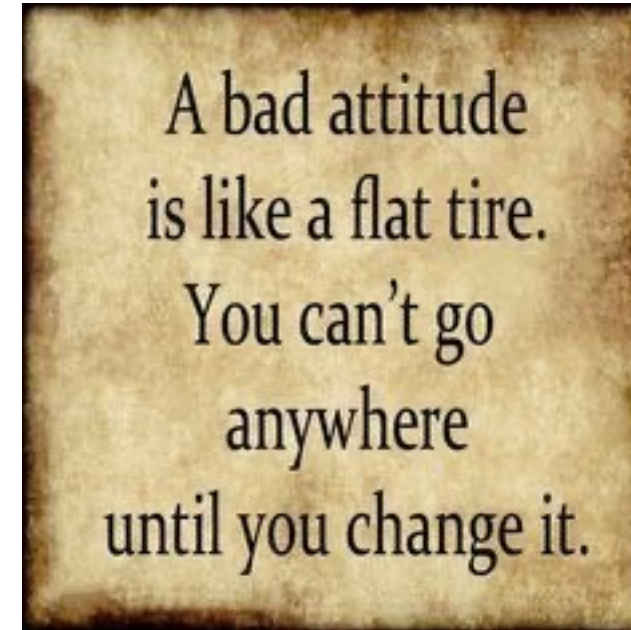


m42

All you have to focus on is building the kind of life that is yours, and yours alone. All you have to do is focus on building yourself into the kind of person you are proud of. You are in charge of your worth. Nothing can externally dictate that, nothing has that power, unless you give that power of yours away. Don't give that power away. Make yourself happy on your own terms.

When you are not feeling good enough, just try your best to remind yourself how far you have come. Start paying attention to what you are, rather than what you aren't. Start paying attention to the things you have, rather than the things you don't. Remind yourself that you are someone's favorite human being. Remind yourself that you have overcome the most hurtful and haunted aspects of life. Remind yourself that while sometimes your journey may feel like it is being weathered by circumstance or difficulty, while there are going to be days where the dark and the doubt crack within the soul of you — you have defeated those days before. And as simple as that may sound, 50

it is important to remind yourself of the strength you have fostered, it is important to remind yourself that the things you thought would once destroy or bury you never had the capacity to do so. There is worth in that strength. There is worth in that growth. It will always exist within you, even when you cannot feel it.



21 Skills That Will Pay You Forever

1. Ability to sell and negotiate.
2. Ability to convey what you think and feel.
3. Ability to break a process down into smaller steps.
4. Ability to shut up, listen & learn from others.
5. Ability to adapt, improvise and overcome obstacles.
6. Ability to read, understand and memorize.
7. Ability to walk away.
8. Ability to manage time effectively.
9. Ability to stay positive and optimistic.
10. Ability to make decisions, based on facts not based on emotions.
11. Ability to speak in front of large audience.
12. Ability to keep trying even after failure.
13. Ability to invest money on own.
14. Ability to do things irrespective of situation.
15. Ability to self-analysis.
16. Ability to learn how to learn.
17. Ability to understand what others feel.
18. Ability to remain consistent.
19. Ability to master your thoughts.
20. Ability to write words to persuade and influence others.
21. Ability to ask for help.

ask for it.

Ask for healing, clarity, peace, wisdom, and guidance. Ask for abundance, creativity, light and love. Don't be timid in your prayers or your request. Be bold. Be positive. Be grateful as everything you're asking for is already making its way to you.

-Unknown (via. @Law.of.Attraction1111)

m46

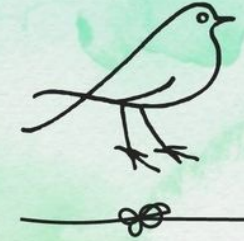
BE THE REASON
SOMEONE BELIEVES
THERE ARE STILL GOOD
PEOPLE OUT THERE

m47

Accept both
compliments and *criticism*.
It takes both sun and rain
for a flower to grow.



m48



A BIRD SITTING ON A
TREE IS NEVER AFRAID
OF THE BRANCH
BREAKING BECAUSE
IT'S TRUST IS NOT ON
THE BRANCH BUT ON
ITS OWN WINGS.
ALWAYS BELIEVE IN
YOURSELF.

www.motivationformom.com

m49

You can't go back
and change the
beginning, but you
can start where
you are and
change the ending.

- C.S. Lewis

m50



m51

It is better
to do
something
than to do
nothing
while waiting
to do
everything.

Winston Churchill

m52

BECOME SO
CONFIDENT IN
WHO YOU ARE
THAT NO ONE'S
OPINION,
REJECTION, OR
BEHAVIOR CAN
ROCK YOU.

m53

“Life isn’t about
waiting for the
storm to pass, it’s
about learning
how to dance in
the rain.”

– Author Unknown

RESILIENT

m54

Did you know!?

4 second inhale.

7 second hold.

8 second exhale.

This principle and practice of
breathing daily for 5-10 minutes
alone can change your life completely.

m55

CONSISTENCY WINS

**BECAUSE IT'S NOT
WHAT YOU DO
ONCE IN A WHILE
THAT MATTERS.
IT'S WHAT YOU
DO EVERY DAY.**

BECHAMPIONMINDED

m56

Clarity
about
what
matters
provides
clarity
about
what
does not.

Cal Newport

m57

Gentle questions to ask yourself on hard days:

- What's making today so challenging?
- What sensations do I notice in my body?
- What emotions do I feel?
- What story are these emotions telling me?
- What actions are they telling me to safely take?
- What words of kindness can I offer myself?
- What tools do I have access to that bring me back to connection with myself?
- When have I felt this before?
- What helped then? Can I try that now?
- Who can I reach out to?
- What's one small thing I can give myself in this moment that will bring some ease?

@h.e.l.e.n.m.a.r.i.e

DON'T HESITATE

Mary Oliver

If you suddenly and unexpectedly feel joy,
don't hesitate. Give in to it. There are plenty
of lives and whole towns destroyed or about
to be. We are not wise, and not very often
kind. And much can never be redeemed.
Still, life has some possibility left. Perhaps this
is its way of fighting back, that sometimes
something happens better than all the riches
or power in the world. It could be anything,
but very likely you notice it in the instant
when love begins. Anyway, that's often the
case. Anyway, whatever it is, don't be afraid
of its plenty. Joy is not made to be a crumb.

Everybody is a genius..
But if you judge a fish
by its ability
to climb a tree,
it will live
its whole life
believing
that it is stupid..

-Albert Einstein

m60



FEAR IS A
REACTION.
COURAGE IS
A DECISION.

www.michael-bonnell.com

m61

**DON'T TRUST
EVERYTHING YOU
SEE, EVEN
SALT LOOKS LIKE
SUGAR.**

m62

God, please make
my days useful,
my nights restful,
my home peaceful
and my efforts
fruitful.

m63

DON'T
LOOK
BACK
YOU'RE NOT
GOING THAT
WAY

m64



THE GRACE OF GOD
WILL CARRY YOU
AND HIS

Love
WILL HOLD
YOU CLOSE.

m65

IF THE PLAN
DOESN'T
WORK,
CHANGE
THE PLAN
BUT NEVER
THE GOAL

If this is not the life you want to live, stop. Go in another direction. Do this as many times as it takes to live that life.

GOAL SETTING



I PRAY
not because I need
something, but
because I have a lot
to thank God for.

An Affirmation to Read Slowly & Feel Deeply

I am in peace. No matter what is happening around me, I know that there is peace within me. I am not rushed; I am not behind. I know that things will come together in perfect timing. I give and do my best with the task in front of me without thinking about any others. I allow myself moments of stillness to hear my soul and align with my center. I am in peace.

— *Nikki Banas @WalkTheEarthWriter*

If you want a job,
be ready to work.
If you want a relationship,
be ready to work.
If you want a family,
be ready to work.
If you want happiness,
be ready...
To learn
and earn
and give
and grow,
NOT just want
and have
and take
and show.
- marcandangel

Eat like you love
yourself. Move like
you value yourself.
Speak like you
respect yourself.
Live like you care
for yourself.

@knowingmejournaling_

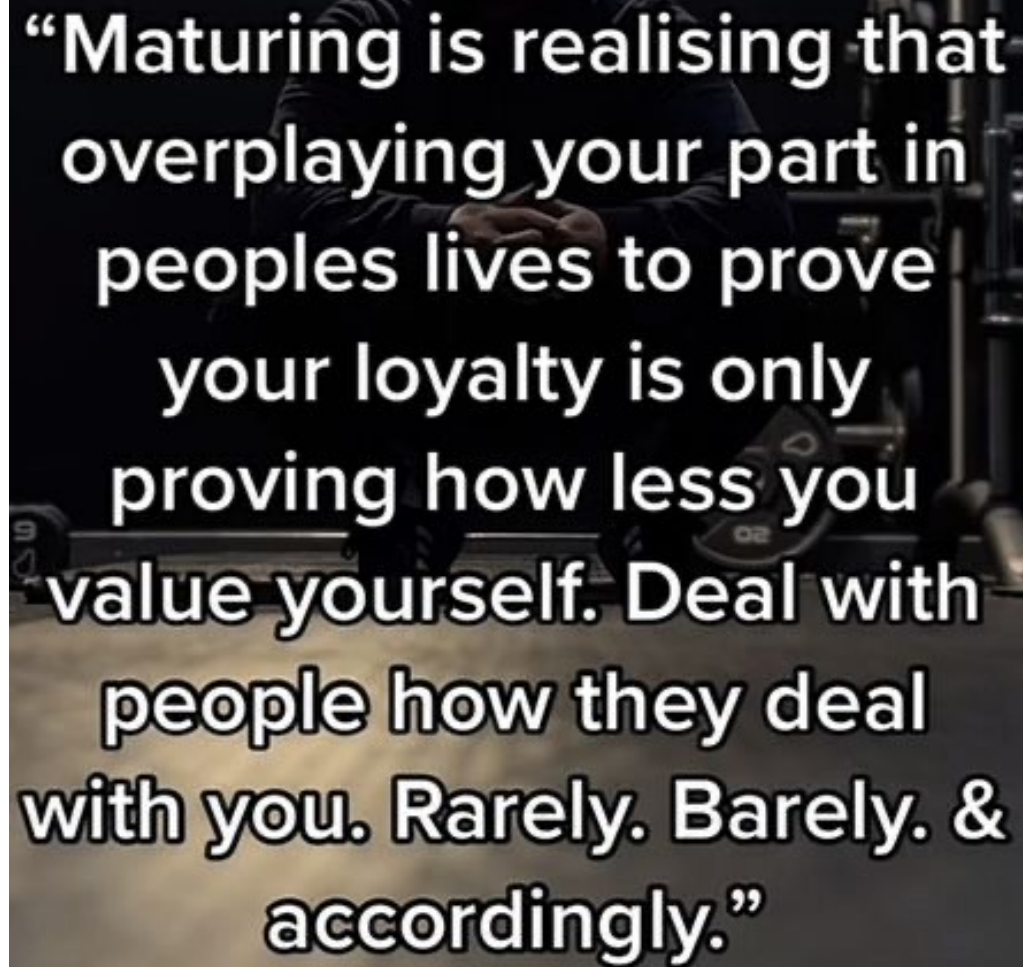


Let your dreams be
bigger than your
fears, your actions
louder than your
words, and your
faith stronger than
your feelings.

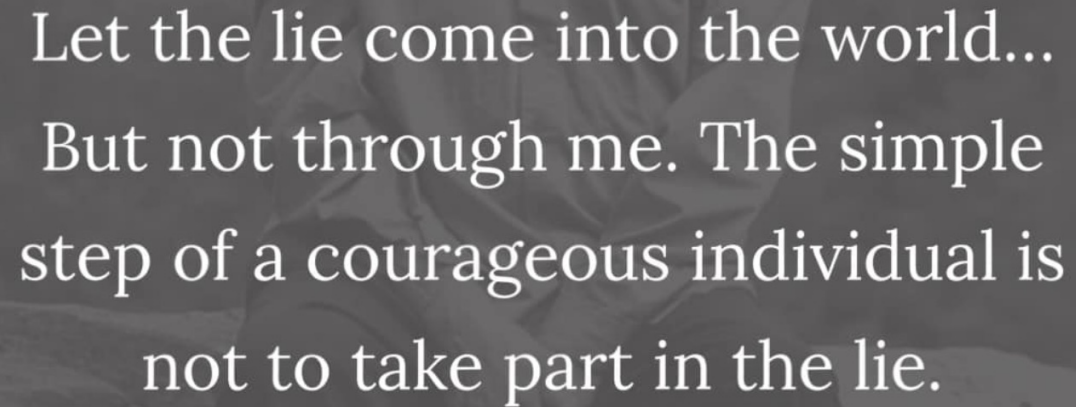


There's a Japanese phrase that I like: koi no yokan. It doesn't mean love at first sight. It's closer to love at second sight. It's the feeling when you meet someone that you're going to fall in love with them. Maybe you don't love them right away, but it's inevitable that you will.

— Nicola Yoon, *The Sun Is Also a Star*

A person is visible in the background, sitting on a bench in what appears to be a gym or fitness center. They are wearing a dark long-sleeved shirt and dark pants. The background is slightly out of focus, showing gym equipment like a rack of weights.

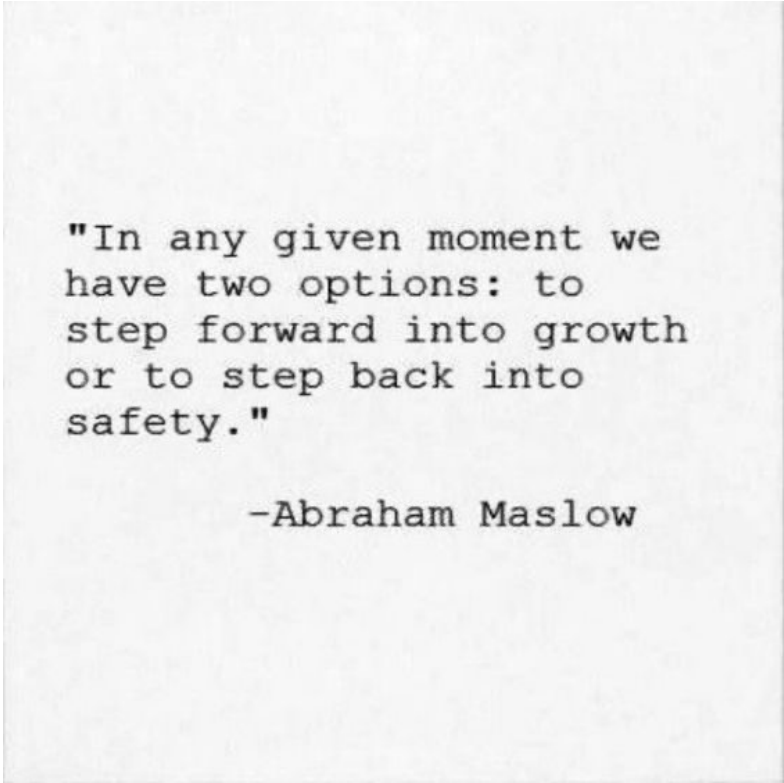
“Maturing is realising that overplaying your part in peoples lives to prove your loyalty is only proving how less you value yourself. Deal with people how they deal with you. Rarely. Barely. & accordingly.”



Let the lie come into the world...
But not through me. The simple
step of a courageous individual is
not to take part in the lie.

Aleksandr Solzhenitsyn

m76



"In any given moment we
have two options: to
step forward into growth
or to step back into
safety."

-Abraham Maslow

m77

**"Never trust
your fears,
they don't know
your strength."**

-ATHENA SINGH

Mindfully Glass

m78

**Never regret
a day in your life.**

Good days give you
happiness, bad days
give you **experience**,
worst days give you
lessons, and best days
give you **memories**.

fb/LifeLearnedFeelings

m79

Maybe,
true happiness
is when we are
happy with
ourselves.
- *faraway*

m80



m81

YOU ARE
DOING THE
BEST YOU
CAN

YOU ARE
WORTHY
AND
LOVABLE

IT'S OK
TO ASK
FOR HELP

YOU ARE
CAPABLE OF
AMAZING
THINGS

NOTE TO SELF

YOUR
BOUNDARIES
ARE
IMPORTANT

YOUR
FEELINGS
ARE VALID

IT'S OK
TO START
OVER AND
TRY AGAIN

YOU ARE
ALLOWED
TO SAY
NO

m82

"One life.
Just one.
Why aren't we running
like we are on fire
towards our
wildest dreams?"

m83

**IT'S NOT
WHO YOU ARE
THAT HOLDS
YOU BACK

IT'S WHO
YOU THINK
YOU'RE NOT**

"Resilience is
silent and deep,
like roots.
It doesn't
announce itself.
It doesn't
explode outward.
It doesn't fall.
It doesn't break.
It simply always is.
And you are."

Victoria Erickson
Author, *Edge of Wonder*

'Reading gives us
some place to go
when we have to stay,
where we are.'

Mason Cooley



Whimsical
PAPERIE

A prayer to remove the blocks in your life:

Dear God / The Universe,

I ask that you gently remove anything which is preventing me from loving myself fully and unconditionally. That which is preventing me from believing in myself wholeheartedly and consistently, and that which is keeping me from my joy, peace, blessings, and success.

Remove those barriers that I placed around myself and my blessings in moments of fear, and the blocks that I created when I pushed down my pain.

Allow me to know and accept my worth and greatness. I am open and ready for more. Release anything that's not built upon love, and do it all through feelings of peace, joy, and love. Amen!

m87

there is nothing
more beautiful
than
when you prove
to yourself
just how strong
you are

m88

Practice
like you've
never won.

Perform
like you've
never lost.

QUOTEDIARY.ME

m89

ONE REASON PEOPLE
RESIST CHANGE
IS BECAUSE
THEY FOCUS ON
WHAT THEY
HAVE TO GIVE UP
INSTEAD OF
WHAT THEY
HAVE TO GAIN.

m90

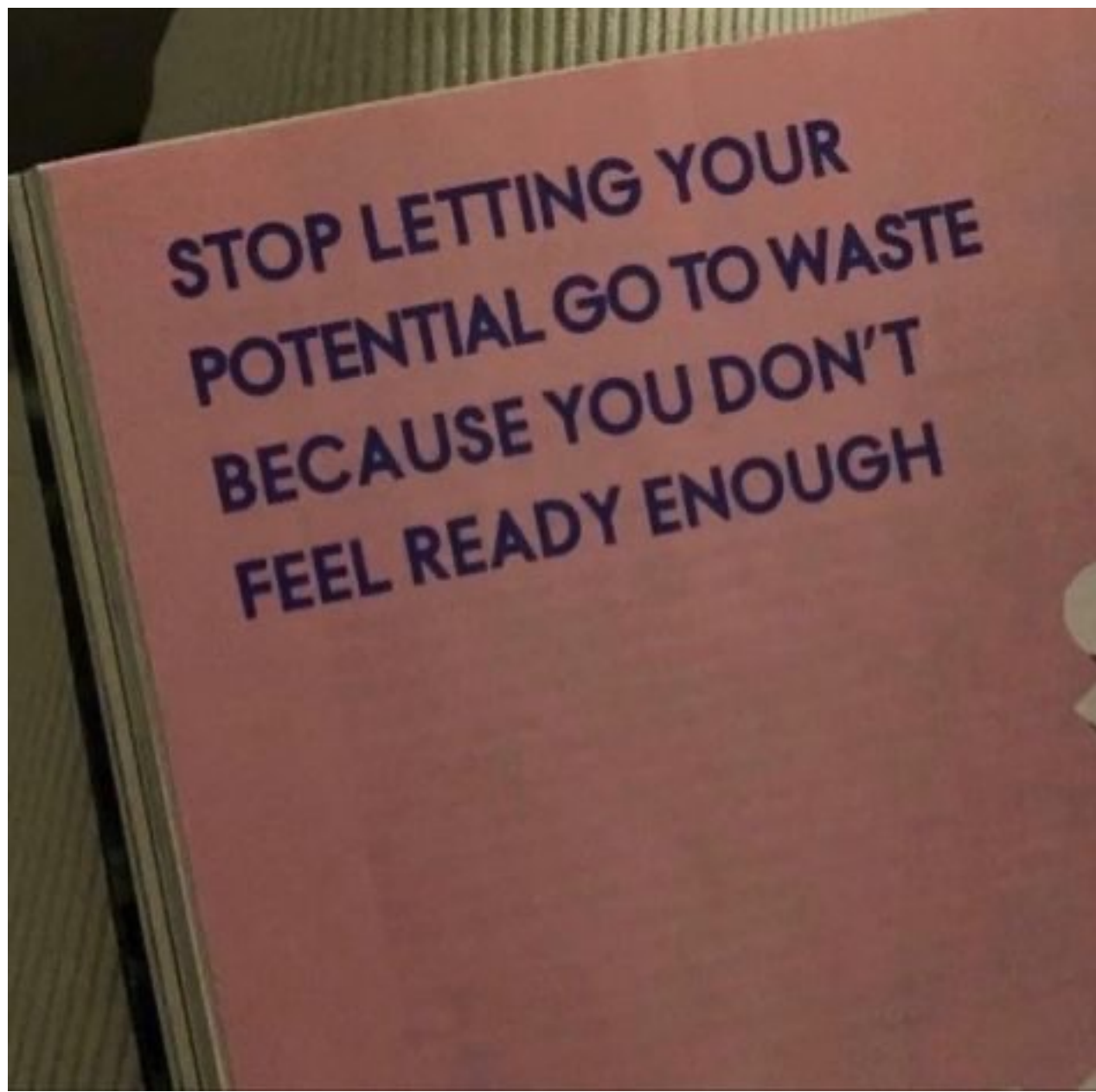
Sometimes it
takes an
overwhelming
breakdown to
have an
undeniable
breakthrough.

SIMPLE FORMULA FOR LIVING

Live beneath your means.
Return everything you borrow.
Stop blaming other people.
Admit it when you make mistake
Give clothes not worn to charity
Do something nice and try not to get caught.
Listen more; talk less.
Every day take a 30 min. walk.
Strive for excellence, not perfection.
Be on time. Don't make excuses.
Don't argue. Get organized.
Be kind to unkind people.
Let someone cut ahead of you in line.
Take time to be alone.
Cultivate good manners.
Be humble.
Realize and accept that life isn't fair.
Know when to keep your mouth shut.
Go an entire day without criticizing anyone.
Learn from the past. Plan for the future.
Live in the present.
Don't sweat the small stuff.
It's all small stuff.

stay away
from
people who
make you
feel like
you're hard
to love

**SET GOALS.
STAY QUIET
ABOUT THEM.
SMASH THE SHIT OUT
OF THEM.
CLAP FOR YOUR
DAMN SELF.
REPEAT.**



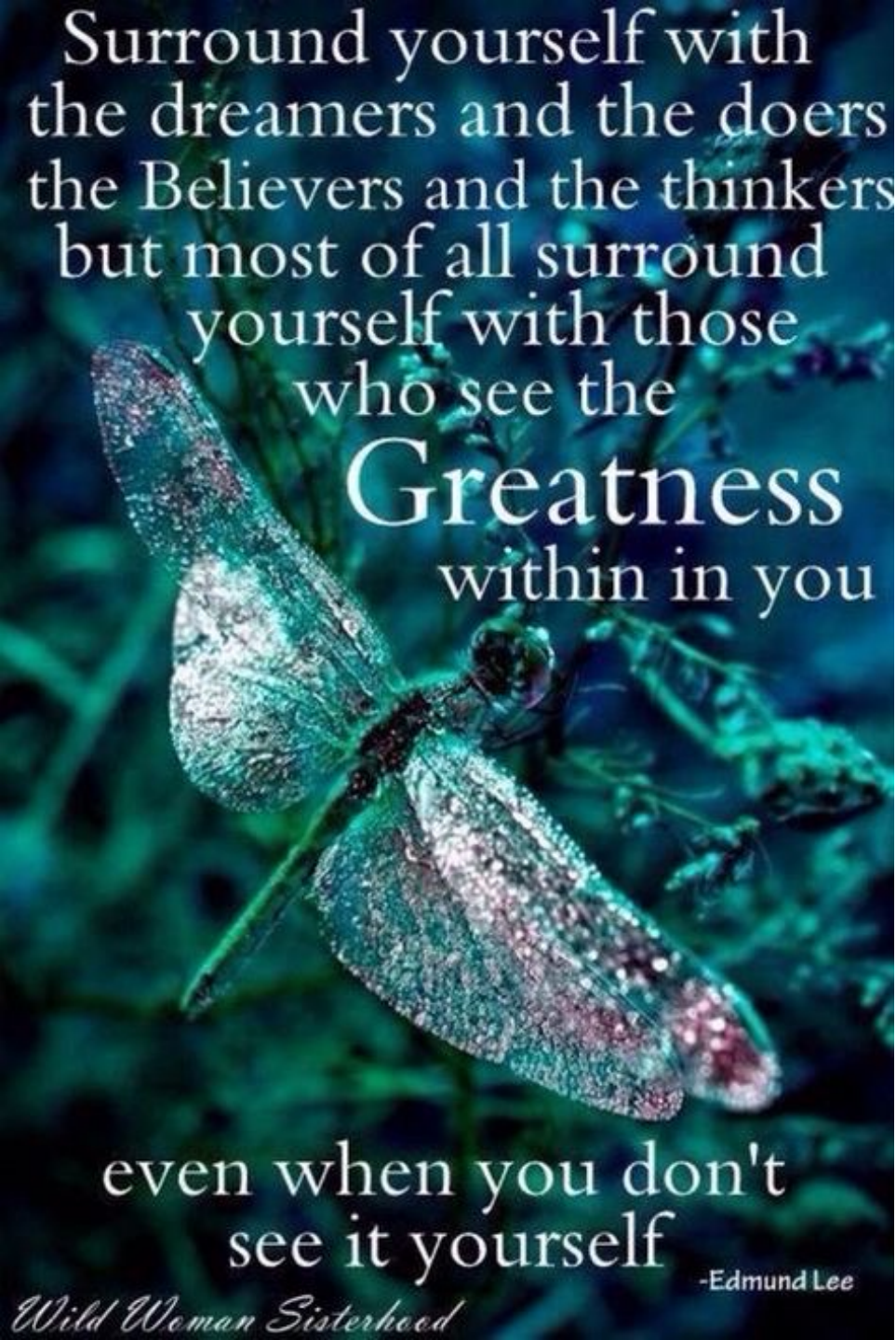
**STOP LETTING YOUR
POTENTIAL GO TO WASTE
BECAUSE YOU DON'T
FEEL READY ENOUGH**

Stop waiting
for friday,

for summer,
for someone to
fall in love with you,
for life. Happiness is
achieved when you stop
waiting for it and make
the most of the moment
you are in now.

One day you will
tell your story of how
you overcame what you
went through and it will
be someone else's
survival guide.

- Brene Brown

A close-up photograph of a dragonfly with translucent wings and a dark body, perched on a green plant stem. The background is a soft-focus green. Overlaid on the image is white text.

Surround yourself with
the dreamers and the doers
the Believers and the thinkers
but most of all surround
yourself with those
who see the
Greatness
within in you

even when you don't
see it yourself

-Edmund Lee

Wild Woman Sisterhood

m98

The day I changed
was the day I quit
trying to fit into
a world that never
really fit me.

JmStorm

m99

When your intentions are pure,
you don't lose anybody,
they lose you.

-Nipsey

m100

7 Steps to Designing the Life You Want:

① Quit procrastinating

- Turn off your phone

Take time to reflect:

- What brings you joy?
- What are your strengths?

② Prioritize your health

Meditate	8 hours sleep
No alcohol	No added sugar
Lift weights	No energy vampires
Clear vision	Make time for family
Morning Sun	Express gratitude daily

③ Take control of your future

Unfocused	→	Run
Uninspired	→	Read
Upset	→	Breathe
Burnt out	→	Seek nature
Tired	→	Go for a walk

④ Craft a compelling vision

- What are your 10 year goals?
- What are your 3 year goals?
- What are your 1 year goals?
- What are your 90 day goals?
- What are your goals this week?
- What is your mission?
- What is your purpose?

⑤ Take violent action

- Do hard things
- No excuses
- Embrace discomfort
- Surround yourself with A players
- When in doubt, execute
- Take extreme ownership over life

⑥ Be consistent

The greatest returns in life come from compounding over the long-term.

$$(1.00)^{365} = 1.00$$

$$(1.01)^{365} = \underline{\underline{37.7}}$$

consistency wins

⑦ Choose play, fun, and adventure

"Most men die at 27, we just bury them at 72." - Mark Twain

- Choose road trips
- Choose nature
- Choose wild adventures
- Choose spontaneous nights
- Choose discomfort
- Choose living
- Choose to be a kid

Want my lifestyle design checklist? Follow Matt Gray

Subscribe to Matt Gray on YouTube

Join the free Founder OS newsletter (link in bio)

Trust God.
Even if the
answer is wait.

m102

The secret to life
is finding joy in ordinary things.

Ruth Reichl

Created from the Heart



m103

10 Secrets to Become Mentally Unbreakable:

① Don't fear being alone

Solitude = Superpower

② Don't stress the past

Be in the here and now.

③ Don't think life owes you anything

Prove yourself daily.

④ Don't worry about what people think

Don't give a f*** what other people say

⑤ Don't feel sorry for yourself.

Embrace the suck.

⑥ Don't worry about things you can't control

Focus on what you control.

⑦ Don't resent other people's successes

It's a positive-sum world.

⑧ Don't shy away from responsibility

"the price of greatness is responsibility"

⑨ Don't give up

Most people give up too early.

⑩ Don't fear hard things

- you got this
- you are a warrior
- you're a great problem solver

Want 50 systems to get to \$1M/month? Follow Matt Gray
Subscribe to Matt Gray on YouTube
Join the free Founder OS newsletter (link in bio)

You had to be that
person to become
this one.

RUPI

KAUR

[@bellablickley](#)

m105

You're not stuck.

You're just committed to certain patterns of
behavior because they helped you in the past.

Now those behaviors have become more
harmful than helpful. The reason why you can't
move forward is because you keep applying
an old formula to a new level in your life.

Change the formula to get a different result.

—Emily Maroutian

[@franki_e](#)

m106

m107

**DON'T
LIMIT YOUR
CHALLENGES.
CHALLENGE
YOUR LIMITS.**

m108

ACT LIKE
THE PERSON
YOU WANT
TO BECOME

m109

BECAUSE OF
YOU, I LAUGH
A LITTLE
HARDER, CRY A
LITTLE LESS,
AND SMILE A
LOT MORE.

m110

Be decisive.
The road of life
is paved with
flat squirrels
who couldn't
make a decision.