



Positive Energy Quotes

It is not easy to find happiness in ourselves, and it is not possible to find it anywhere else.

- Anais Nin

To be alive in this beautiful, self organizing universe - to participate in the dance of life with senses to perceive it, lungs that breathe it, organs that draw nourishment from it - it is a wonder beyond words.

- Joanna Macy

And if there is not any such thing as a long time, nor the rest of your lives, nor from now on, but there is only now, why then now is the thing to praise and I am very happy with it.

- Ernest Hemingway

Care about people's approval and you will be there prisoner.

- Lao-Tzu

Peace is something you'll never experience if you keep letting things you can't control, control you... Let it go.

- Trent Shelton

In your life, Be happy.

In your meditation - go deep,

And in your love - give it freely.

- Michael Kewley

The paradox of our practice is that the most effective way of transformation is to leave ourselves alone. The more we let everything be just what it is, the more we relax into an open, a tentative awareness of one moment after another.

- Barry Magid



Positive Energy Quotes

Never lose sight of the fact that the most important yardstick of your success will be how you treat other people - your family, friends, and coworkers, and even strangers you meet along the way.

- Barbara Bush

The power to hold on in spite of everything, the power to endure - this is the winners quality. Persistence is the ability to face defeat again and again without giving up - to push on in the face of great difficulty knowing that victory can be yours. Persistence means taking pains to overcome every obstacle, and to do what's necessary to reach your goals.

- Wynn Davis

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 lead or linger behind. Whether you try for the goal that's afar. Or just be contented to stay where you are.

- Edgar A. Guest

A man without a plan for the day is lost before he starts.

- Lewis K. Bendele

Risk! Risk anything! Do the hardest thing on earth for you.

Act for yourself.

Face the truth.

- Catherine Mansfield

You have not lived a perfect day... Unless you have done something for someone else who will never be able to repay you.

- Ruth Smeltzer



Positive Energy Quotes

Nothing great in the world has been accomplished without passion.

- George Hegel

Don't procrastinate. Delays can make a job seem bigger than it really is, and thinking about what you haven't done steals time from the job you have before you.

- Bruce Strawn

***DO IT NOW!* - Can affect every phase of your life. It can help you do the things you should do but don't feel like doing. It can keep you from procrastinating when an unpleasant duty faces you. But it can also help you do those things that you want to do. It helps you seize those precious moments that, if lost, may never be retrieved.**

- Napoleon Hill

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

- W.W. Zeige

**Sow in thought, And you Reconnect;
Sow an act, And you reap a Habit;
Sow I have it, And you reap a Character;
Sow a character, And you reap a Destiny.**

- Samuel Smiles

**Will you be satisfied with the fruit of your life's work?
Will the efforts you are making now bring you satisfaction when
the things of time are receding, and eternity looms ahead?**

- Raymond L Cox



Positive Energy Quotes

The man of virtue makes the difficulty to be overcome his first business, and success only a subsequent consideration.

- Confucius

In between goals is a thing called life, that has to be lived and enjoyed

- Sid Caesar

When all is said and done, success without happiness is the worst kind of failure.

- Lois Binstock

What is the recipe for successful achievement? To my mind there are just four essential ingredients: choose a career you love, give it the best there is in you, seize opportunities, and be a member of the team.

- Benjamin F Fairless

You must recognize yourself for what you are, not what you believe yourself to be.

- Shantidasa

**Dance like no one is watching,
Love like you'll never be hurt,
Sing like no one is listening,
Live like it's heaven on Earth.**

- William Purkey

Success and money have nothing in common.

- Unknown Author

We cannot become what we need to be by remaining what we are.

- Max DePree



Positive Energy Quotes

To laugh often and much; to win the respect of the intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends to appreciate beauty to find the best in others to leave the world a bit better whether by a healthy child, or a garden patch or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is to have succeeded.

- Ralph Waldo Emerson

The greatest mistake you can make in life is to be continually fearing that you will make one.

- Elbert Hubbard

There are nine requisites for contended living:

- Health - enough to make work a pleasure;
- Wealth - enough to support your needs;
- Strength - enough to battle with difficulties and forsake them;
- Grace - enough to confess your sins and overcome them;
- Patients - enough to toil until some good is accomplished;
- Charity - enough to see some good in your neighbor;
- Love - enough to move you to be useful and helpful to others;
- Faith - enough to make real the things of God;
- Hope - enough to remove all anxious fears concerning the future.

- Johan Wolfgang Van Goethe

The important thing to recognize is that it takes a team, and the team ought to get credit for the wins and the losses. Successes have many Fathers... Failures have None.

- Philip Caldwell

He who has a *WHY* to live for can bear almost any *HOW*.

- Frederick Nietzsche



Positive Energy Quotes

Four steps to achievement:

**Plan Purposefully,
Prepare Prayerfully,
Proceed Positively,
Pursue Persistently.**

- William A. Ward

The strongest principle of growth lies in human choice.

- George Elliott

Success is going from failure to failure without loss of enthusiasm.

- Winston Churchill

No one ever achieved greatness by playing it safe.

- Harry Gray

It is only as we develop others that we permanently succeed.

- Harvey S. Firestone

To succeed it is necessary to accept the world as it is and rise above it.

- Michael Korda

Success is not a matter of position or possession. It is a frame of mind. It is the satisfying feeling of a life spent in a worthwhile way, and a feeling of service rendered.

- Steven M Paulson

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others;

It is in yourself alone.

- Orson Swett Marden



Positive Energy Quotes

The way to get things done is not the mind who gets the credit for doing that.

- Benjamin Jowett

Things to remember:

- 1. The worth of character;**
- 2. The improvement of talent;**
- 3. The influence of example;**
- 4. The joy of origination;**
- 5. The dignity of simplicity;**
- 6. The success of perseverance.**

- Marshall Field

It is easy to hate and it is difficult to love. This is how the whole scheme of things works. All good things are difficult to achieve; and bad things are very easy to get.

- Morarji Desai

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.

- Sam Ewig

Read, every day, something no one else is reading. Thank, every day, something no one else is thinking. Do, every day, something no one else would be silly enough to do. It is bad for the mind to continually be part of unanimity.

- Christopher Morley

Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why.

- Eddie Cantor



Positive Energy Quotes

I hope that my achievements in life shall be these:

**That I will have fought for what was right and fair,
That I love risked for that which mattered,
That I will have given help to those who were in need**

That I will have left the earth a better place...

For what I've done

And who I've been.

- C. Hoppe

Be of good cheer. Don't think of today's failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost.

- Helen Keller

I've learned that no matter what happens, or how bad it seems today, life goes on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he handles these three things; a rainy day, lost luggage, and tangled Christmas tree lights. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a living is not the same thing as living life. I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that when I have pains, I don't have to be one. I've learned that every day should reach out and touch someone. People love warm hugs, or just a friendly pat on the back.

- Maya Angelou



Positive Energy Quotes

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and ignorant; they too have their story. Avoid loud and aggressive persons; they are infectious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy the achievements as well as your plans, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and wherever life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of you. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

- Max Ehrman



Positive Energy Quotes

Impart as much as you can of your spiritual being to those who are on the road with you, and accept as something precious what comes back to you from them.

- Albert Schweitzer

Your vision will become clear

Only when you look into your heart.

Who looks outside, dreams;

Who looks inside, awakens!

- Carl Jung

Grief, I learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in the hollow part of your chest · Grief is just love with no place to go.

- Jamie Anderson

**Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.**

- Victor E Frankl

Don't compare your life to others. There's no comparison between the sun and the moon. They shine when it's their time.

- Unknown Author



Positive Energy Quotes

Always be the best person you can be...

*Be kind when you're tired.
Be understanding when you're angry.*

Do more than you are asked, and don't ask for anything in return. Don't silently expect anything either.

*Listen when someone talks, and really listen to,
stop thinking of how your reply.*

*Tell people that you love them and that you appreciate them.
Go out of your way to do things for people.*

Be the greatest person you can possibly be and when you mess up, make up for it in the next moment or minute of the day.

*One thing you should never do?
Never spend your time trying to prove to anyone that your great, your actions will speak for themselves and we only have limited time on this earth, don't waste it. If someone doesn't see your light, don't worry. Like moths, good people are attracted to flame and to like, and they will come.*

- Unknown Author



Positive Energy Quotes

Before you *Speak...* *Listen*

Before you *Write...* *Think*

Before you *Spend...* *Earn*

Before you *Pray...* *Forgive*

Before you *Hurt...* *Feel*

Before you *Hate...* *Love*

Before you *Quit...* *Try*

Before you *Die...* *Live*



Positive Energy Quotes

**A lot of walking away will do your life good.
Walk away from arguments that lead you into anger and nowhere.
Walk away from people who deliberately put you down.
Walk away from any thought that reduces your worth.
Walk away from the failures and fears that stifle your dreams.
The more you walk away from things that poison your soul,
The happier your life will be.**

- Dodinsky

Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you, so you can be who you are meant to be in the first place.

- Paulo Coelho

**It's all in your mind.
Whatever you hold in your mind will tend to occur in your life.
If you continue to believe as you've always believed,
You will continue to act as you have always acted,
You will continue to get what you've always gotten.
If you want different results in your life or your work,
All you have to do is change your mind.**

- Unknown Author



Positive Energy Quotes

It's okay if you fall down and lose your spark. Just make sure that when you get back up, you rise as the whole damn fire.

- Colette Werden

Peace makes you strong. Hate reveals your emptiness. Kindness feeds your happiness. Anger reveals your fear. Love makes you free.

- Yung Pueblo

You either get better or you get better. It's that simple. You either take what is been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, belongs to you.

- Josh Shipp

In life, you will realize there is a role for everyone you meet.

Some will test you,

Some will use you,

Some will love you,

And some will teach you.

But the ones who are truly important are the ones who bring out the best in you. They are the rare and amazing people who remind you why it's all worth it.

- Unknown Author



Positive Energy Quotes

**It doesn't matter who you used to be;
what matters is who you decide to be today.**

You are not your mistakes. You are not your mishaps.

You are not your past. You're not your wombs.

You can decide differently today and at every moment.

Remember that.

**You are offered a new opportunity with each breath to think, decide,
choose and act differently - in a way that supports you and being all
that you are capable of being.**

You are not less than. You are enough.

- Brittany Josephina

**In life, God doesn't give you the people you want, he gives you the
people you need. To help you, to hurt you, to leave you, to love you
and make you the person you are meant to be.**

- Unknown Author

Hearts Like Wildflowers

I hope you are blessed with a heart like a wildflower.

Strong enough to rise again

After being trampled upon,

Tough enough to weather the worst

Of the summer storms,

And able to grow and flourish

Even in the most broken places.

- Nikita Gill



Positive Energy Quotes

REST IN THIS

Your current joy, defeat, trial, pain, mountain, brokenness, pit, victory -

Your current situation is a part of God's divine plan.

Everything you're experiencing serves a purpose.

Whether it is insight or not.

Your "NOW" will serve for a "THEN".

Embrace it. Trust it. Learn to thrive on it.

He will never forsake you.

Please no, please believe: you have value. You have potential. You are beautiful.

You are loved.

You have a purpose.

**I learned that courage was not the absence of fear,
but the triumph over it.**

- Nelson Mandela

You fall, you rise, you make mistakes, you live, you learn. Your human, not perfect. You've been hurt, but you're alive. Think of what a precious privilege it is to be alive -to breathe, to think, to enjoy, and to chase the things you love. Sometimes there is sadness in our journey, but there is also a lot of beauty. We must keep putting 1 foot in front of the other even when we hurt, for we will never know what is waiting for us just around the bend.

- Unknown Author



Positive Energy Quotes

Trust yourself.

Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

- Foster C. McClellan

**At the center of your being
You have the answer;
You know who you are
And you know what you want.**

- Lao Tzu

So this is your life, and you are going to be both moved and confused by it. You're going to experience things that will inspire you, and things that you will never quite come to terms with. You're going to love people that you will sometimes lose, but you also find those who stay. Appreciate those people, let them know that you care. You're going to laugh until you cry, you're going to exist in ways you never thought possible; you are going to be exhausted by the chaos of it all and ignited by the beauty. You are going to be hurt, and you are going to hurt. Sometimes you will be the bad person. Sometimes you will be the one who makes the mistake. Sometimes you will have to give yourself your own closure. Sometimes you will have to let go. Sometimes you will have to find comfort in being alone, and being lost. Yes, this is your life, and though it can be unpredictable, and messy, even though it can break you down - you are going to survive it. You will always survive it.

- Unknown Author



Positive Energy Quotes

There are two basic motivating forces: FEAR AND LOVE.

When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer passion, excitement, and acceptance. We need to learn to love ourselves first, and all of our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution in all hopes for a better world rest and the fearlessness and openhearted vision of people who embrace life.

- John Lennon

Anything that annoys you is for teaching your patients. Anyone who abandons you is for teaching you how to stand up on your own 2 feet. Anything that angers you is for teaching you forgiveness and compassion. Anything that has power over you is for teaching you how to take your power back. Anything you hate us for teaching you unconditional love. Anything you fear is for teaching you encourage to overcome your fear. Anything you can control for teaching you how to let go and trust universe.

- Jackson Kiddard

**Let us not look back in anger, nor forward and fear,
but around us in awareness.**

- James Thurber

**Patience, persistence and perspiration
make an unbeatable combination for success.**

- Napoleon Hill



Positive Energy Quotes

**To gain that which is worth having,
it may be necessary to lose everything else.**

- Bernadette Devlin

The chief condition in which life, health, and vigor depend, is action. It is by action that an organism develops its faculties, increases its energy, and attains the fulfillment of its destiny.

- Pierre Joseph Proudhon

Beware of creating paralysis by analysis.

- Edwin and Sally Keister

Failure is the opportunity to begin again, more intelligently.

- Henry Ford

Nature always takes her time. Great folks don't become great overnight. They also lose a lot of leaves, branches and bark in the process of becoming great.

- Andrew Matthews

**So what do we do?
Anything. Something.**

So as long as we just don't sit there. If we screwed up, start over.

Try something else.

If we wait until we satisfied all the uncertainties, it may be too late.

- Lee Iacocca



Positive Energy Quotes

We make a living by what we get.

We make a life by what we give.

- Winston Churchill

Life is a mixture of successes and failures. May you be encouraged by your success and strengthened by your failures. As long as you never lose faith in God, you will be victorious over any situation you face.

- Peace Pilgrim

**When you are motivated by goals that have deep meaning,
by dreams that need completion,
by pure love that needs expressing,
then we truly live life.**

- Greg Anderson

**You can succeed if nobody else believes in it,
but you will never succeed if you don't believe in yourself.**

- William J.H. Boetcker

Dwell not on the past. Use it to illustrate a point, then leave it behind. Nothing really matters except what you do now in this instant of time. From this moment onwards you can be an entirely different person, filled with love and understanding, ready with an outreach hand, uplifted and positive in every thought and deed.

- Eileen Caddy



Positive Energy Quotes

**For what will it profit them if they gain the whole world
but forfeit their life?**

- Jesus Christ

**Before you begin a thing remind yourself that difficulties and delays
are quite impossible to foresee 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

There is no genius in life like the genius of energy.

- Donald G. Mitchell

**I study the lives of great men and famous women; and I found that the
men and women who got to the top for those who did the jobs they
had in hand, with everything they had of energy and enthusiasm and
hard work.**

- Harry S Truman

People may doubt what you say, but they will believe what you do.

- Lewis Cass

**Some of the world's greatest feats were accomplished by people not
smart enough to know they were impossible.**

- Doug Larson



Positive Energy Quotes

Goals should be SMART:

S = Specific

M = Measurable

A = Assignable (who does what)

R = Realistic

T = Time Related

**Even if I knew that tomorrow the world would go to pieces,
I would still plant my apple tree.**

- Dr. Martin Luther King Jr.

**Not the maker of plans and promises but rather the one who offers
faithful service and small matters. This is the person who is most likely
to achieve what is good and lasting.**

- Johann Wolfgang von Goethe

A good head and a good heart are always a formidable combination.

- Nelson Mandela

**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

Satisfaction lies in the effort, not in the attainment,

Full effort is full victory.

- Mahatma Gandhi



Positive Energy Quotes

Life is not a spectator sport...

If you're going to spend your whole life in the grandstand just watching what goes on, in my opinion you're wasting your life.

- Jackie Robinson

13 virtues necessary for true success:

- **Temperance, Silence, Resolution, Frugality, Industry, Sincerity, Justice, Moderation, Cleanliness, Tranquility, Chastity, and Humility.**

- Benjamin Franklin

Fill your bowl to the brim and it will spill. Keep sharpening your knife and it will go blunt. Chase after money and security in your heart will never unclench. Care about other people's approval and you will be there prisoner. Do your work and then step back. The only path to serenity.

- Tao Te Ching

It is not whether your words or actions are tough or gentle; it is the spirit behind your actions and words that announces your inner energy and state of mind.

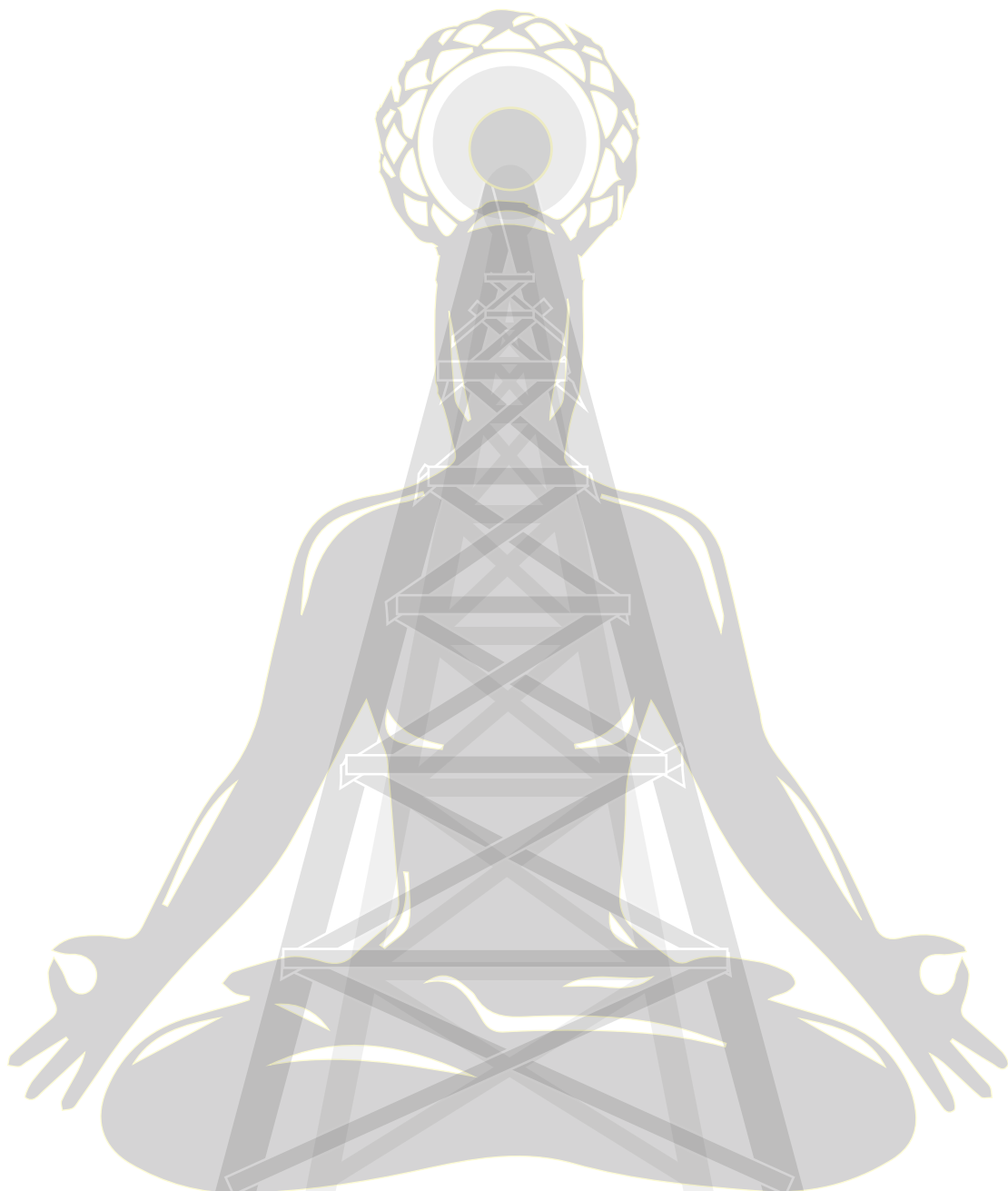
- Ching Ning Chu

The superior man will watch over himself when he is alone. He examines his heart that there may be nothing wrong there, and that he may have no cause dissatisfaction with himself.

- Confucius



Positive Energy Quotes





Positive Energy Quotes

The common conception is that motion leads to action, but the reverse is true - action proceeds motivation. You have to “prime the pump” and get the juice flowing, which motivates you to work on your goals. Getting momentum going is the difficult part of the job, and often taking the first step is enough to prompt you to make the best of your day.

- Robert J McKain

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

Progress in the spiritual path as well as success in the world, is impossible if you do not cultivate this cardinal virtue of keeping your word.

- Sivananda

Judge each day not by the harvest you reap but by the seeds you plant.

- Robert Louis Stevenson

There are three primary principles essential to the success of any venture.

They are simple, but important:

1. Determine your objectives.
2. Analyze the obstacles in your way.
3. Learn how to overcome your obstacles.

- Dick Carlson

When love and skill work together, expect a masterpiece.

- John Ruskin



Positive Energy Quotes

Leaders are visionaries with a poorly developed sense of fear and no concept of the odds against them. They make the impossible happen.

- Dr. Robert Jarvik

First, have a definite, clear practical ideal; a goal, an objective.

Second, have a necessary means to achieve your ends; wisdom, money, materials, and the methods.

Third, adjust all your means to that end.

- Aristotle

He who has achieved success has worked well,

Laughed often and loved much.

- Elbert Hubbard

What you get by achieving your goals is not as important as what you become by achieving your goals.

- Zig Ziglar

Self-reliance and self-respect are about as valuable commodities as we can carry in our pack throughout life.

- Luther Burbank

The most important single ingredient in the formula of success is knowing how to get along with people.

- Theodore Roosevelt



Positive Energy Quotes

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarized in four C's, they are:
Curiosity, confidence, courage and constancy,
and the greatest of all is confidence.
When you believe in a thing, believe in it all the way, implicitly and on questionably.

- Walt Disney

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 Arnold Bennett

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.

- Ralph Waldo Emerson

You must have long-range goals to keep from being frustrated by short range failure.

- Charles C Noble

Keep your head and your heart going in the right direction and you will not have to worry about your feet.

- Unknown Author



Positive Energy Quotes

Let me tell you the secret that has led me to my goal.

My strength lies solely in my tenacity.

- Louis Pasteur

Every action we take, everything we do...

Is either a victory or defeat in the struggle

to become what we want to be.

- Anne Byrhhe

Champions aren't made in gym's. Champions are made from something they have deep inside them - a desire, a dream, a vision.

They have too have the skill, and the will.

But the will must be stronger than the skill.

- Mohammed Ali

We will have dreams. But in order to make the dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

- Jesse Owens

Have a time and a place for everything, and do everything in its time and place, and you will not only accomplish more, but have more leisure than those who are always hurrying.

- Tryon Edwards

Give yourself something to work towards – constantly.

- Mary Kay Ash



Positive Energy Quotes

All human actions have one or more of these seven causes:

- chance, nature, compulsion, habit, reason, passion, desire.

- *Aristotle*

Reach high... For the stars lie hidden in your own soul.

Dream deep, for every dream precedes the goal.

- *Pamela Vaull Starr*

**Character cannot be developed in ease and quiet.
Only through experience of trial and suffering can the soul be
strengthened, ambition inspired, and success.**

- *Helen Keller*

**It is not whether your words or actions are tough or gentle; it is the
spirit behind your actions and words that announces your inner state.**

- *Ching Ning Chu*

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

- *Norman Vincent Peale*