

MOTIVATION



THE BRIEF GUIDE

LESS TV, MORE READING
LESS SHOPPING, MORE OUTDOORS
LESS CLUTTER, MORE SPACE
LESS RUSH, MORE SLOWNESS
LESS CONSUMING, MORE CREATING
LESS JUNK, MORE REAL FOOD
LESS BUSYWORK, MORE IMPACT
LESS DRIVING, MORE WALKING
LESS NOISE, MORE SOLITUDE
LESS FOCUS ON THE FUTURE, MORE
ON THE PRESENT
LESS WORK, MORE PLAY
LESS WORRY, MORE SMILES
BREATHE

— LEO BABAUTA, ZEN HABITS

**IT IS BETTER TO
BE DEFEATED ON
PRINCIPLE
THAN TO WIN
ON LIES.**

— Arthur Calwell

MORNING IS WHEN
I AM AWAKE AND
THERE IS A
DAWN IN ME.

— *Henry David Thoreau*

**Fear and
impatience
demagnetize.
Poise
magnetizes.**

— FLORENCE SCOVEL SHINN

HUMAN BEINGS ARE WORKS
IN PROGRESS THAT
MISTAKENLY THINK
THEY'RE FINISHED. THE
PERSON YOU ARE RIGHT
NOW IS AS TRANSIENT,
AS FLEETING AND AS
TEMPORARY AS ALL THE
PEOPLE YOU'RE EVER BEEN.
THE ONE CONSTANT IN OUR
LIVES IS CHANGE.

– *Daniel Gilbert*

**IF YOU'RE SAYING
SOMETHING IS
IMPORTANT IN YOUR
LIFE BUT AREN'T
SPENDING ANY TIME
ON IT, THEN YOU
NEED TO CHANGE
EITHER WHAT YOU
SAY YOUR VALUES
ARE OR THE WAY
YOU SPEND YOUR
TIME.**

— Dorothy Lehmkul

How people treat you
is their karma;
how you react is yours.

- Wayne Dyer

EVERY DECISION YOU MAKE - EVERY
DECISION - IS NOT A DECISION ABOUT
WHAT TO DO. IT'S A DECISION ABOUT
WHO YOU ARE. WHEN YOU SEE THIS,
WHEN YOU UNDERSTAND IT,
EVERYTHING CHANGES. YOU BEGIN TO
SEE LIFE IN A NEW WAY. ALL EVENTS,
OCCURRENCES, AND SITUATIONS TURN
INTO OPPORTUNITIES TO DO WHAT
YOU CAME HERE TO DO.

– *Neale Donald Walsch*

**YOU DON'T ALWAYS
WIN YOUR BATTLES,
BUT IT'S GOOD TO
KNOW YOU FOUGHT.**

— Lauren Bacall

DON'T SETTLE.
DON'T FINISH CRAPPY BOOKS.
IF YOU DON'T LIKE THE MENU, LEAVE
THE RESTAURANT.
IF YOU'RE NOT ON THE RIGHT PATH,
GET OFF IT.

— CHRIS BROGAN

**THE AIM OF
ARGUMENT, OR OF
DISCUSSION,
SHOULD NOT BE
VICTORY,
BUT PROGRESS.**

— Joseph Joubert

If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they've planned for you ?

Not Much.

- Jim Rohn

**WHAT YOU DO
MAKES A
DIFFERENCE,
AND YOU HAVE TO
DECIDE WHAT KIND
OF DIFFERENCE YOU
WANT TO MAKE.**

— Jane Goodall

*My life
extends far
beyond the
limitations of
'me.'*

— Cloud Atlas

**People are so
afraid of losing
that they lose.**

— ROBERT T. KIYOSAKI

WHEN YOU PLANT SEEDS IN THE
GARDEN, YOU DON'T DIG THEM UP
EVERY DAY TO SEE IF THEY HAVE
SPROUTED YET. YOU SIMPLY WATER
THEM AND CLEAR AWAY THE WEEDS;
YOU KNOW THAT THE SEEDS WILL
GROW IN TIME. SIMILARLY, JUST DO
YOUR DAILY PRACTICE AND
CULTIVATE A KIND HEART. ABANDON
IMPATIENCE AND INSTEAD BE
CONTENT CREATING THE CAUSES FOR
GOODNESS; THE RESULTS WILL COME
WHEN THEY'RE READY.

— THUBTEN CHODRON

*Stop measuring
days by degree of
productivity
and start
experiencing them
by degree of
presence.*

— Alan Watts

In the midst of your most difficult and challenging experience, remember - you are growing. Be gentle with yourself. Give yourself time to examine, question, and explore the principles at work and the emotions you are experiencing. Give yourself permission to fall, to get up and to do better next time.

- *Iyanla Vanzant*

**One of the marks of
successful people is
they are action
oriented.**

**One of the marks of
average people is they
are talk oriented.**

— BRIAN TRACY

**INSTEAD OF SAYING "I DON'T HAVE TIME"
TRY SAYING "IT'S NOT A PRIORITY,"
AND SEE HOW THAT FEELS.**

**OFTEN, THAT'S A PERFECTLY ADEQUATE
EXPLANATION. I HAVE TIME TO IRON MY SHEETS,
I JUST DON'T WANT TO. BUT OTHER THINGS ARE
HARDER. TRY IT: "I'M NOT GOING TO EDIT YOUR
RÉSUMÉ, SWEETIE, BECAUSE IT'S NOT A
PRIORITY." "I DON'T GO TO THE DOCTOR
BECAUSE MY HEALTH IS NOT A PRIORITY." IF
THESE PHRASES DON'T SIT WELL, THAT'S THE
POINT. CHANGING OUR LANGUAGE REMINDS US
THAT TIME IS A CHOICE. IF WE DON'T LIKE HOW
WE'RE SPENDING AN HOUR, WE CAN CHOOSE
DIFFERENTLY.**

— Laura Vanderkam

**WITHOUT A GOAL
THERE CAN BE
NO REAL SUCCESS.**

– Thomas S. Monson

Closing your eyes isn't going to change anything. Nothing's going to disappear just because you can't see what's going on. In fact, things will even be worse the next time you open your eyes. That's the kind of world we live in. Keep your eyes wide open. Only a coward closes his eyes. Closing your eyes and plugging up your ears won't make time stand still.

— Haruki Murakami

**If you don't have time
to do it right,
when will you have
time to do it over?**

— JOHN WOODEN

BE KIND,
FOR EVERYONE YOU MEET IS
FIGHTING A HARD BATTLE.

— PLATO

I HAVE COME TO BELIEVE
OVER AND OVER AGAIN
THAT WHAT IS MOST
IMPORTANT TO ME MUST BE
SPOKEN, MADE VERBAL AND
SHARED, EVEN AT THE RISK
OF HAVING IT BRUISED OR
MISUNDERSTOOD.

– *Audre Lorde*

PERFECTION IS ACHIEVED
NOT WHEN THERE IS
NOTHING LEFT TO ADD,
BUT WHEN THERE IS NOTHING
LEFT TO TAKE AWAY.

— ANTOINE DE SAINT-EXUPÉRY

**IMPOSSIBLE IS JUST A BIG WORD
THROWN AROUND BY SMALL MEN
WHO FIND IT EASIER TO LIVE IN THE
WORLD THEY'VE BEEN GIVEN THAN
TO EXPLORE THE POWER THEY HAVE
TO CHANGE IT. IMPOSSIBLE IS NOT A
FACT. IT'S AN OPINION. IMPOSSIBLE
IS NOT A DECLARATION. IT'S A DARE.
IMPOSSIBLE IS POTENTIAL.
IMPOSSIBLE IS TEMPORARY.
IMPOSSIBLE IS NOTHING.**

— Muhammed Ali

IF YOU FIND YOUR HERE AND NOW
INTOLERABLE AND IT MAKES YOU
UNHAPPY, YOU HAVE THREE
OPTIONS: REMOVE YOURSELF FROM
THE SITUATION, CHANGE IT, OR
ACCEPT IT TOTALLY. IF YOU WANT TO
TAKE RESPONSIBILITY FOR YOUR
LIFE, YOU MUST CHOOSE ONE OF
THOSE THREE OPTIONS, AND YOU
MUST CHOOSE NOW. THEN ACCEPT
THE CONSEQUENCES. NO EXCUSES.
NO NEGATIVITY. NO PSYCHIC
POLLUTION. KEEP YOUR INNER SPACE
CLEAR.

— ECKHART TOLLE

*You don't need Spring
to blossom,
and you don't need a
New Year to start
afresh.
You are your
beginning.*

— Abi Ashra