

FREE DAILY MOTIVATION

Daily Motivation & Inspirational Quotes

Create the Daily Motivation & self improvement you need to achieve the life you now only dream about!



Are you exactly where YOU want to be in your personal life?

- Your professional career?
- Have you done what you want to do & see?
- Do you have everything you need and want?
- Are you the person you always wanted to be?

Have you pinpointed and achieved your lifelong goals and dreams?

In short, are you living life on YOUR terms?

Very few people are living the life they want to live. They want so much more but **don't know how to achieve their goals**. It is said that roughly 95% of people in the world **never** achieve true success & satisfaction in life.

From mothers and fathers to millionaires and CEOs, the majority of people are **not living their best life**. And dealing with life's challenges can create enough tension and worry to make daily living a painful ordeal.

It doesn't have to be this way! Settling for less than you want out of life is absolutely unnecessary.

Learn why Winners never wait around for Luck, and what they do to Create their own Success

Just ONE of these 365 daily motivation free inspiring online self help resources may help YOU to save more money, make a better relationship, have a healthier body and create huge SUCCESS in your personal life and business!

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Imagine having the power to choose what you want in life and the ability to make it happen with lightning quick speed. Imagine each of the following happening for you:

- Enough money coming in each month to not only cover your bills but also to take vacations around the world, invest in your future, create a college fund to cover your children's college tuition, and take part in the finer things in life. No more stress or anxiety over how you're going to cover the next bill or home improvement.
- A body that you feel great about, but, more importantly, a body that makes you feel great. Enough energy to do the things you want to do, and the peace of mind that comes from a clean bill of health. Living healthier, living longer.
- A career that you absolutely love! Work that you find fulfilling and important, co-workers whom you respect, and unending opportunities for growth and advancement. A sense of excitement each morning about heading off to your job, or heading off to a company you have created.
- The power to change anything, literally anything, in your life that you want to change. A rare ability to control your own behavior on a daily basis to create and maintain a lifestyle by your exact design.
- A passion in life and the courage to pursue it. An unstoppable confidence in your ability to achieve your dream and the dedication necessary to overcome the obstacles you encounter.
- A feeling of peace, joy, happiness, and excitement about your life.

How would you feel if these things were all true of you and part of your life? When you know the **secrets of daily motivational self improvement** you CAN have everything you want in life!

I am a living example of how ANYONE can succeed in their life goals, with an attitude of success, commitment to their vision and preparedness to learn and improve themselves.

Why do some people seem to get everything they want, while others struggle just to make ends meet?



The answer is simple: You were **never taught how to get what you want**; you were never given the right information. You learned how to read and write, walk and talk, but when it came to the most important tools of all, you were left without the answers.

It isn't hard to understand why this happens. Only a handful of individuals actually achieve their dreams and goals, meaning only a handful know the answer everyone is looking for. Ask yourself, "How many people do you know that have everything they want? That are truly happy and successful?"

If you're like most people, you can probably count the number of people on one hand, while the number of those who want more out of life would take quite a bit more.

Successful people, those that enjoy an amazing quality of life and seem to attract the things they want, are different from unsuccessful, unhappy people. They think differently, act differently, and play by an entirely different set of rules from the rest.

They get what they want because they know the daily motivational self improvement secrets.

If you are in a hurry to get started, just go to the NavBar and select the button for this month, and click on the link for Sunday April 15, 2007 – to be taken to today's daily motivation self improvement article.

Or keep reading for the comprehensive motivational self improvement strategies article below.

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“Professional Development Coaching for your Success”

This comprehensive selection of self help articles include contributions from the Master Philosopher, **Jim Rohn** and his fellow Coaching associates. A great way to get started on your self development journey. [Free Jim Rohn Coaching Book](#)

LET'S BEGIN!

HOW TO ACCOMPLISH ANYTHING YOU WANT IN LIFE - Take the first steps right here

Take a look at yourself - inside and out. Where do you live, what job do you have, how do you relate to your friends and family? What interests do you pursue, what adventures do you have?

What do you truly want from life? Do you want wealth and success, happiness and peace of mind? Do you want a family and a yard, a yacht or a sports car? Where are you going? Do you have a particular goal or are you just wandering through life?

You can accomplish anything you want in life - that's true. Once you have a particular goal, you can fulfill that desire by straightforward commitment and total conviction.

But what if you don't know what you want? Maybe your



goals are small ones - like losing some weight, or buying a new car. Maybe getting a promotion or finding a mate.

Whether you want a bigger apartment or want to be a corporation president, any avenue of prosperity and achievement is open to you if it is truly what you want.



No goal is too small to need daily motivation; no dream is too big. And even if you aren't clear on your desires, you can tap into your subconscious mind to get the answers and to find the daily motivation for your paths to success.

Can you change your life? Do you want to? Can you picture yourself as your most perfect image of accomplishment? How does it feel? If you have the desire to attain goals, the commitment to follow through and the ability to creatively imagine yourself in the position you dream of, you are more than halfway there.

The most successful leaders and artists throughout history have followed specific paths and attained their hearts' desires. Keep an open mind and a hopeful outlook for your daily motivation - then change your thinking to become truly positive thinking for powerful Law of Attraction to start. In your daily motivation & visualizing put on the clothes of success. Act as though you already have accomplished your desires. Then let the reality catch up.

WHAT DO YOU WANT?

Take a choice for your goal setting and your daily motivation: money, health, physical energy, beauty, creativity, recognition, power, adventure, contentment, achievement, self-expression, authority, love, peace of mind, enlightenment.

Would you like any of these? If you are like most people today, you probably want ALL of these.

But if you search your true desires, or the ESSENCE of what you actually want, you might find that there are a few things you want more than others. And, if you keep going in your search, you'll find one desire that has been with you your whole lifetime and is the one path & daily motivation you need to follow.

Although money is the obvious desire, it is usually not the final goal or enough for your daily motivation. Indeed, money can, and does buy happiness - up to a point. Once you have enough money to be financially secure or to purchase the material objects you want, the true desire might be something else.

Love is the goal of every person's heart. Whether it is love of a mate, or a family, or respect and recognition from peers and fellow workers, love is the ageless pursuit. The mystics say that love is the sole purpose of life- to give love and to find it.



But love comes in many forms. Not only is there the overt display of affection or true inner feelings, but there is the self-respect and inner contentment that goes with accomplishment. For some people, true

peace of mind will never be attained until they complete some creative tasks or achieve certain heights in business.

Many people seek the authority that comes with a good position in a job. Along with that can come recognition and fame. Although you may want the money that is associated with high management levels, many people simply seek that satisfaction of working from the inner circles.

The goal of every person regardless of background and material desires, is good health & wellbeing. A sound body is the gift that will get you to the other goals. Even a new diet and exercise plan can give you more energy - the energy & daily motivation you'll need to accomplish success.

Adventure and travel is a driving force and daily motivation for many people. They may seek jobs that involve travel, or they may be looking forward to taking time off to visit the exotic ports and see the other side of the world.

If you don't want a long journey, perhaps you'd just like a few weeks in a sunny resort or the luxury of a summer and winter vacation each year.

And then there is creativity and self-expression. What about the book you're going to write or the watercolor class you'd like to take? Creative expression is a wonderful inner release that boosts confidence and gives you something to accomplish.

Finally, regardless of wealth and health, expression and love, everyone is looking for peace of mind. That's not to say emptiness of mind, but to be rid of petty worries and confusion, to be finished with fears and live in total awareness. It surely is the ultimate lifetime goal.

CATCH UP WITH YOURSELF

Now's the time to evaluate your life and your desires. Go ahead and test yourself - nobody's looking. Try to find out what your inner desires really are. Once you know, you can formulate a plan of action, and then create your daily motivation to achieve all your goals.

Right now, write down three things you want. Don't spend time thinking about them - just write them down. You may be surprised at what you want. Can you see any relation to the types of desires most sought for?

What accomplishment are you most proud of? What make you happy - happy enough to be content, to feel totally relaxed, and to slide back with a smile on your face.

Without dwelling on failures, mistakes, or past ill feelings, quickly list the important accomplishments of your life. Also for your daily motivation think about the places you went to, the relationships you encountered, the education you received. Consider your job changes and positions, and the achievements related to work.



Put a star next to the most important accomplishments of your life. Is there any correlation with the list of the three things you want most?

MAKE PLANS - your personal daily motivation & goal setting tips

Before you go any further with your life, make a list for your future. Write it down - don't just think it. What would you like to accomplish in the next ten years? A new house, a high-paying position, a home in a new city, a trip around the world?

Break that list down into those things you'd like to accomplish in the next five years. Then make one further division into the next six months. What can you do in the next few months to further you towards your long-term goals?

GOAL SHEET (Print this page out so that you can write your answers here)

My most important desires are:

In my lifetime, the most important things I've accomplished:

If I looked back on my lifetime in 20 years, I'd like to have accomplished:

Within 10 years, I'd like to achieve:

Within 5 years, I'd like to achieve:

In the next six months to a year, these are the things I'm going to do to work towards by goals:

Regardless of your family commitments or your personal relationships; regardless of your business enterprises or any false sense of achievement, what do you really want?

Give yourself credit for your past accomplishments, and give yourself credit for your future achievements. You can and will attain all your goals, both long-term and short-term if you approach them in a step-by-step fashion and if you believe that they are worthwhile for you.

DAILY MOTIVATION TIP: Although you can be considerate of your environment and all the people in it, first consider yourself. Your well-being, your happiness, your success.

Make a pact with yourself right now that you will achieve your goals. And make them realistic to reach.

Then one by one, make your own life the success it deserves.

STRESS MANAGEMENT TIPS - Learn how to RELAX

An important step in achieving goals is to be able to relax. You'll get nowhere if your body and mind are nervous and flitty, jumping from one place or idea to another. In order to focus on your goal, you must center your being.

Relaxation is the balance of the mental, spiritual and physical aspects of yourself. Set aside time each day for deep relaxation - not sleep, but relaxation. The state of deep relaxation is a state of meditation.

There are no thoughts in your mind. There are no physical ills or discomforts. You breathe in deeply, allowing the lungs to fill with fresh air, and you exhale all used and stale air.

The blood circulates amply throughout every part of your body. You drift through space, ever towards your true destiny.

Exercise or sports is a good way to get into relaxation. The body needs physical stimulation to pump blood into all its extremities, and to give the heart a good workout.



Exercise is a wonderful way to let the mind relax, as you place your thoughts on the way your body moves.

For many people, sports and exercise are enjoyable ways to feel alive, youthful, and fulfilled.

Then take time to relax. Lie down on your back with your arms out, palms up. Your feet should be about two feet apart. You might clench your muscles first, then relax them. Allow your thoughts to drift, but don't get caught in them. Watch them go by, as if they belong to somebody else.

If you have a special problem, tuck that in the back of your mind - don't dwell on it up front. Let yourself and your emotions go. Breathe out the negative feelings and emotions; breathe in positive, life-giving air.

Float freely. Relax. **ASSUME THE BEST RESULTS FOR YOURSELF.** Expect to achieve; expect to accomplish your desires; expect to win. Accept less, but push on to attain more. The higher your goals, the further you'll go.

You have a right to be happy. You have the means to be successful. You can succeed in what you desire.

Always keep in mind the fact that you are in transit, attaining your goals, moving through life as though you are an actor, and the setting is a stage.

Keep your thoughts firmly planted on prosperity, good fortune and lucky breaks. Assume that you will, in fact, nearly have accomplished your goals. It is with that attitude that successful people achieve.

Do you have the potential to achieve your Goals?

Within you is the power to accomplish anything you want. But it will not happen if you are not tuned into your true desires. Don't fool yourself into compromising for less than a complete goal.

If you want to be an artist, you may not be the world's most famous artist, but if you have that inclination, you will be an artist. If you want to succeed in business, you may not be another financier/mega-millionaire, but you will succeed in your endeavors.

Most people need accomplishment feedback. After all, what's so great about achieving something if nobody cares? And it's important to receive that recognition and feel that love.

Set goals that you can achieve. Divide them into little tidbits that you can accomplish every day, every month, every year. Set your goals for success.

Then reap the rewards constantly - each step of the way. Pat yourself on the back for a job well done, then move on. Start immediately to accomplish the goals you have set.



In fact, give yourself a task that you can finish by tomorrow. Think of yourself as a success in your endeavors. Dwell on the idea that you are compelled to accomplish your goals, and live and breathe them until you have them.

Can you see yourself a year from now, having achieved a few goals? Can you make the decision and commitment to become successful in your desires? Then you have the potential to accomplish anything you want.

THE POWER OF SELF-IMAGE

Visualizing yourself as a success in your field of endeavor is the inside tip in accomplishing anything you want. If you can specifically imagine being the person you want to become, you will attain that reality.

Forgive yourself. Just as you would another person, tell yourself that it's okay for all those mistakes, or the should-haves that keep popping up in your mind. Don't dwell on the past and get blocked by events from long ago.

Let go of fears and anxieties. Although it certainly is easier said than done, learn to change negative thoughts into a positive action. Are you afraid of poverty - that you'll never make ends meet, or never buy that house, or be destitute once you stop working? Then turn that into the positive goal of financial security.

Do people make you anxious? Maybe you feel inferior, not as good as others. Everybody has feelings of inadequacy. Just turn them around into positive goals. You may be paralyzed by the thoughts that you are unattractive. It is your thoughts that make it a reality.



Change your modes of behavior and you will make friends. In most cases, it is your own negative thoughts that cause you to stay stuck in whatever place you're in. Keep moving. Take the risks. You may need to change your job, or move to another city.



You might take up a sport or hobby. Become active in your life - participate. And you will grow into the image you see for yourself.

DAILY MOTIVATION TIPS FOR SUCCESS IN BUSINESS

Perhaps the most sought-after goal in our present society is success in business. Whether you want to be promoted into high paying management positions, or wish to start your own independent enterprise, knowledge of the business world is important.

As you plan a daily motivation course of action towards accomplishing your goal, keep in mind the small goals that put you closer to the end. And be prepared to change often. You may need to change companies, or take the opportunities in other departments as those positions open.

Create an aura of success around you. People who are successful dress that way. Even if you're not in a high-income bracket, act as though you have already achieved - without being egotistical or overspending.

Develop an expertise in an area. Don't keep special information to yourself, but be quick to learn all there is about your position and the tasks surrounding getting that job done. Capitalize on your strengths, and let others help you develop your weaknesses into assets.

Get to know the people in the company and the people in the industry. Read all the trade journals and magazines relating to your company. Make appointments with people who are successful in your field and learn from them.



You need to have a total commitment and daily motivation to succeed in business. Most people who make it to the executive boardroom put in long hours, often at the sacrifice of everything else. Regardless of the physical effort involved, you must mentally be engrossed in your business and the company enterprises.

In order to help yourself develop fully, you might seek a mentor, someone who will offer you time and teach you the ropes. This person usually is someone who believes in your ability, someone who you can develop a mutually beneficial business relationship with.

Some people become friendly with all their co-workers and find that is a way to advance. But don't try to be extroverted if it's not real to you. Most people who successfully run their own businesses are individuals who like to work alone.

As you increase your activities and accomplishments, you increase your potential to reach higher. The more you achieve, the more confidence & daily motivation you develop to achieve more. You don't have to be the same as everyone else and fit like a vegetable in a patch.

Be unique, different. Capitalize on your own self-image. Don't fall victim to self-consciousness. And trust your intuition. Hunches and inner feelings usually are the best route to travel, regardless of what seems to be the logical choice.

Make decisions quickly and with firmness. A true leader will handle these responsibilities efficiently. That's what makes you different and why you'll rise to the top. Be persistent in your daily motivation to attaining your goals, but be open and sincere.

If you are having personal difficulties with any co-workers, try to know more about these people from a personal angle. Be interested in them and their accomplishments and goals. You might be able to turn opposition into friendship.

Above all, use your integrity. If the goal is not worthy of your inner desires, it will be hard to maintain daily motivation about or to achieve. If your methods are not sincere, you will receive opposition. If your actions are not honest, you will suffer the consequences. Turn all negative qualities into positive aspects - then watch yourself achieve.

TIPS ON ATTAINING WEALTH

Many people want WEALTH as a primary goal.

For true wealth-seekers, you must be your own boss. The great money-makers all started and ran their own businesses. And, even though it seems as though all the good ideas have already been taken, there are plenty out there.

The secret of the wealthiest people is to find a special need and fill it. Like quick-food chains; like supermarkets; like electronic games, or internet businesses like [Site Build It](#) websites.



Whether you invent a new toy or gadget, or see a spot to market special items in a new way, the world is open to true entrepreneurs. And they do make it.

Almost any goal you choose - whether riches and material abundance or spiritual attainment - requires learning. How much education do you have? Do you want more? Perhaps your goal is to get another degree or to secure a special license.

There are countless opportunities to learn more about your own industry or to learn about a new skill. Not only do you have the colleges and universities, but there are many trade schools, correspondence schools, and special groups

that teach skills - at very reasonable prices.

KEEP THE END IN MIND

What do you need to know to get to where you want to be? You may not need a degree, but the actual experience. So you'd need to change jobs or accept a part-time job at night to develop your skills.

More than ever, people are leaving their present occupations to learn a new trade and then starting at the bottom again to be happy in their work. Maybe you'll need to put in extra hours at work now so that you can save money to take the time off next year.

Even though most entry level positions are offered to the younger people, you can find many companies willing to give you a chance to change your occupation. Many times you might find an older master willing to apprentice you to learn the skill or trade.

Once you're enrolled to learn new skills, put everything towards learning. Apply yourself one hundred percent. Take advantage of asking questions and getting criticism from teachers and fellow students. Read everything you can study well. It is your daily motivation & developing expertise that will get you ahead and closer to your goal.

It's always a good time to learn more. Even if you are happy in your job, expanding yourself through education is a very rewarding activity. Take dancing or tennis, gourmet cooking or sculpture. Any activity is taught and shared by many enthusiasts.

STOP WASTING TIME

Consider the most important things you need to accomplish. These are high priorities. Then think about those things that seem to take up a lot of time and get you nowhere. Those are the low priorities.

Understand what's important to achieve and do those things first. Let go of all the busywork for paperwork that piles up. It's better for you to stack those low priorities somewhere else and finish the important material than to spend time clearing your desk to get down to the essential things.

You'll be noticed more quickly for the big things you achieve than for keeping paper flowing. Don't let co-workers waste your time with chitchat if you've got things to accomplish. Save that for lunch hours or for after work social activities.



Handle paper once; decide the action and finish with it. Keep interruptions to a minimum and delegate responsibilities.

Although you'd like to believe you're indispensable to the job and you are the only one to take care of many things, you can teach someone else and move on to your own goal achievements.

DON'T PROCRASTINATE.

What are you waiting for? Few opportunities are thrown at you; you have to create the right positions and situations to move up. Make lists of things you want to accomplish and do them.

If you're busy in an office situation, make daily lists and reward yourself with praise upon completion. Catch yourself achieving.

Concentrate on what you're doing and do one thing at a time. But do it quickly and handle the next thing. Be efficient in telephone calls, maybe taking them at appointed times or calling back at your convenience.

Don't generate copies or correspondence that make you look like you are doing things. Your superiors will know what you accomplish. Be busy doing important things rather than writing about what you've done.

And have daily motivation to take the time for physical exercise. It will energize you - not take away from your effectiveness. It relaxes your mind and stimulates your capacity to achieve.

LOOK WITHIN

An inner core of all accomplishment is the positive energy from the subconscious. If your subconscious mind has tapped into your goal and believes it is good for you, your energies will direct themselves towards that goal.

You can consciously create circumstances and conditions of environment and physical presence. But it is that level behind the outwardly physical that directs your true being. When the subconscious mind accepts an idea, the inner power will complete it.

That's why you can accomplish anything you want - by creating all outward manifestations to trigger your subconscious into action. As you decide on your goals and write them down, repeat them twice a day out loud. This in essence brings it to the inner level.

When you think about your goals and desires, the subconscious hears it. So direct your energies - both outer and inner - to your goal with one-pointed devotion. In that way, you can control your daily motivation toward achieving your destiny.

In order to connect to your inner self, relax - let your thoughts go. Feel that part within you that actually makes the decisions - the reflexes, the instincts, the intuition and hunches. Let your mind be quiet from its usual chatter.

Some people present problems to their inner consciousness by asking themselves a question before they fall asleep. Often the answer is in their minds when they wake up.

Clarity rids confusion. If you find you're filled with worries and anxieties, spend the time to think them through. Approach them logically, considering the consequences of all possible actions. When you've made a decision, follow through and don't agonize over what-if's.

Everybody has creative potential. And you don't have to be an artist to be creative. Each moment of the day is creating your own self, becoming your true inner person.

Let yourself look within. Release the handicaps of fear and anxiety - even for a moment. You'll be relaxed and refreshed.

Use Daily Motivation Affirmations & Inspirational Quotes

The same technique has been used by great inventors, financiers, business people, political figures and enlightened beings: constant repetition of the goal and the belief that you can attain it.

Never dwell on self-criticism or what you think are your inadequacies. Instead, repeat your goals and the qualities that will make you successful.

Write out your outstanding goal. In a few words, describe what you want to attain. Then write what you will do to achieve that. What energies and efforts will you trade for that success?

Give yourself a specific date to accomplish this goal, and specific times to carry out the interim steps. Put this paper or note card in a visible place - such as taped to the mirrors - so you have daily motivation to review it and repeat it at least twice a day.

It is those people who convince themselves that they are failures. And successful people believe that they will rise to the top and will achieve their goals. Believe in yourself. You are everything worth believing in.

CREATIVE VISUALIZATION HELPS DAILY MOTIVATION TO ACHIEVE YOUR DREAMS

Form the habit of accomplishment. With every step you take and every decision you make, bring yourself closer to your goals. Walk through your life with this sense of direction and they will come to you.

Develop self-confidence and esteem. Assert yourself and acquire all the excellent qualities and traits you admire most. This website is filled with valuable and straight forward, simple to do, online strategies for improving your self confidence & self esteem.

What is your ultimate goal? How do you see yourself? Be specific. Precisely specific.

Visualize the place you live in - the rooms, the paintings on the walls, the furniture and swimming pool. Consider the family situation and financial stability. Think about the place you'll be living in.

Then look at yourself. What clothes are you wearing and what do you look like? Consider your physique, your hair, the condition of your body.



Then think about the things you do. What sports do you play, what groups do you belong to?

As if you've already accomplished your desires, look back and see what you did to get to where you are. Think about the classes you took, the jobs you worked at, and the places you moved to. Think about the places you've traveled to and the friends you've made.

Be comfortable with your new self-image. Put it on for size and change your fantasy to adjust perfectly to you. Why don't you live as though you're already there? What's stopping you from becoming the person you are totally capable of becoming?

BECOME YOUR FULL POTENTIAL

Keep your goals and ambitions to yourself - don't share them with anyone, not yet. Write them down and refer to them. Look back at what you wrote in a month, then in a few months. Work on them constantly, and don't be afraid to revise and rewrite. Goals are always changing.

Think in possibilities. What is possible for you to achieve in the next six months? And go for it. Don't play it safe with what you'll probably achieve anyway. Push yourself to go further. The rewards are greater.

Feel the winning feeling. Feel successful already. Try on the clothes of total accomplishment and peace of mind. Live each day as though you have already reached your goals. There are always new ones to place in front of yourself.

Don't announce your goals. This will set you up for failure. Even if you make a pact with yourself to attain a specific goal, don't chastise yourself if you don't make it. It may have been unrealistic or you may not have tried hard enough.

Do it yourself. There is nobody better to help you achieve your desires than you. Tap into the power of the subconscious and practice being your own fantasy.

Then go ahead.

Act on your convictions.

Follow them through with devotion and commitment, then reap the rewards.

Whenever you apply Commitment to your Goals with Daily Motivation - You CAN accomplish anything you want in life!

The calendar directory of daily individual daily motivation self improvement articles on the site cover the above topics in even greater detail.

It is "pot luck" what daily motivation subject matter you may get on any

given day. This is to prevent you pre-judging what self improvement you think you may, or may not, NEED to be working on.

The motivational idea here is to simply present the self improvement materials to you randomly, and you will instinctively take what you need from each day's daily motivation self improvement content to work on at this moment in your life.

Remember that **subscribing to our free motivational self improvement newsletter** is a great way to get your motivation tools delivered to your mailbox, and also give you a gentle reminder to visit this site for your latest daily motivation instalment.

Obviously, you don't need to stick to the "calendar yearly" approach we have taken to the daily motivation website content, but it is a way to keep it fresh for you. At the bottom of this page is also a selection of 60 daily motivation self improvement articles to get you started.

To get started, just go to the NavBar and select the button for this month, and click on the link for Sunday April 15, 2007 – to be taken to today's motivational self improvement article.

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The family is one of nature's masterpieces.

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January 1

"Anything in life worth having is worth working for." - Andrew Carnegie

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January 2

"Success often comes to those who dare to act. It seldom goes to the timid who are ever afraid of the consequences." - Jawaharlal Nehru

[anxiety attack](#)

January 3

"Success is never ending, failure is never final." - Dr. Robert Schuller

[anti aging tips](#)

January 4

"I just love when people say I can't do something because all my life people said I wasn't going to make it." - Ted Turner

[goal setting theory](#)

January 5

"Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind." - Emily P. Bissell

[friendships](#)

January 6

"Obstacles are those frightful things you can see when you take your eyes off your goal." - Henry Ford

[relationship tips](#)

January 7

"It takes a strong fish to swim against the current. Even a dead one can float with it." - John Crowe

[be more confident](#)

January 8

"You will never find time for anything. You must make it." - Charles Buxton

[time management plan](#)

January 9

"Remove failure as an option." - Joan Lunden

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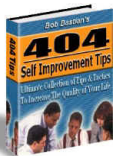
January 10

"There is no one giant step that does it. It's a lot of little steps." - Peter A. Cohen

[be happy](#)



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January 11

"Shoot for the moon. Even if you miss, you will land among the stars." - Les Brown

[building confidence](#)

January 12

"Some of us have great runways already built for us. If you have one, take off. But if you don't have one, realize it is your responsibility to grab a shovel and build one for yourself and for those who will follow after you." - Amelia Earhart

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January 13

"Work like you don't need the money. Love like you've never been hurt. Dance like nobody is watching." - Mark Twain

[relaxation tips](#)

January 14

"What the mind of man can conceive and believe, it can achieve." - Napoleon Hill

[become creative](#)

January 15

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." - Colin Powell

[low self esteem](#)

January 16

"What lies behind us and what lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson

[building self esteem](#)

January 17

"Great works are performed not by strength but by perseverance." - Samuel Johnson

[motivation journal](#)

January 18

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." - Vince Lombardi

[motivational sales speaker](#)

January 19

"The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been." - Alan Ashley-Pitt

[life coaching](#)

January 20

"It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently." - Warren Buffett

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January 21

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision." - Muhammad Ali

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January 22

"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 outstretched hand, uplifted and positive in every thought and deed." - Eileen Caddy

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January 23

"The critical ingredient is getting off your butt and doing something. It's as simple as that. A lot of people have ideas, but there are few who decide to do something about them now. Not tomorrow. Not next week. But today. The true entrepreneur is a doer." - Nolan Bushnell

[Goal setting help](#)

January 24

"Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon must inevitably come to pass!" - Paul J. Meyer

[positive attitude](#)

January 25

"Keep away from small people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too can become great." - Mark Twain

[self esteem improvement](#)

January 26

"For anything worth having one must pay the price; and the price is always work, patience, love, self-sacrifice. No paper currency, no promises to pay, but the gold of real service." - John Burroughs

[Coping with Depression](#)

January 27

"To be successful, you must decide exactly what you want to accomplish,

then resolve to pay the price to get it." - Bunker Hunt

[goal setting form](#)

January 28

"You just can't beat the person who never gives up." - Babe Ruth

[stress management tips](#)

January 29

"When you get right down to the root of the meaning of the word 'succeed', you find it simply means to follow through." - F.W. Nichol

[social anxiety](#)

January 30

"Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, 'What's in it for me?'" - Brian Tracy

[prioritizing life balance](#)

January 31

"If you don't set goals, you can't regret not reaching them." - Yogi Berra

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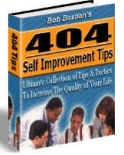
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Motivational Quotes of the Day for April 15, 2007

Promises that you make to yourself are often like the Japanese plum tree - they bear no fruit.

[Francis Marion](#)

Know, first, who you are; and then adorn yourself accordingly.

[Epictetus](#)

My one aim was to do a thing well and to excel if possible.

[Josephine demott Robinson](#)

The solution is to gradually become free of societal rewards and learn how to substitute for them rewards that are under one's own powers. This is not to say that we should abandon every goal endorsed by society; rather, it means that, in addition to or instead of the goals others use to bribe us with, we develop a set of our own.

[Mihaly Csikszentmihalyi](#)

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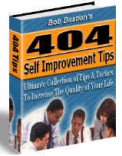
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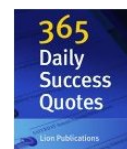
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attitude." - W. Clement Stone

[building self confidence](#)

February 2

"I couldn't wait for success, so I went ahead without it." - Jonathan Winters

[business success](#)



February 3

"What we hope to do with ease, we must learn first to do with diligence." -
Samuel Johnson

[anxiety disorder](#)

February 4

"We do our best that we know how at the moment, and if it doesn't turn out,
we modify it." - Franklin Delano Roosevelt

[confidence self esteem](#)

February 5

"A Native American grandfather was talking to his grandson about how he
felt. He said, 'I feel as if I have two wolves fighting in my heart. One wolf is
the vengeful, violent one, the other wolf is the loving compassionate one.'
The grandson asked him, 'Which wolf will win the fight in your heart?' The
grandfather answered, 'The one I feed.'" - Blackhawk

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February 6

"Enthusiasm is the steam that drives the engine." - Napoleon Hill

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February 7

"The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do." - Dennis Waitley

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February 8

"Success in life has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others." - Danny Thomas

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February 9

"Empty pockets never held anyone back. Only empty heads and empty hearts can do that." - Norman Vincent Peale

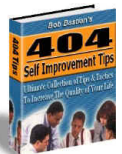
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"One man with courage is a majority." - Andrew Jackson

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February 11

"Not many people are willing to give failure a second opportunity. They fail once and it is all over. The bitter pill of failure is often more than most people can handle. If you are willing to accept failure and learn from it, if you are willing to consider failure as a blessing in disguise and bounce back, you have got the essential of harnessing one of the most powerful success forces." - Joseph Sugarman



[self confidence](#)

February 12

"Every achiever I have ever met says, 'My life turned around when I began to believe in me.'" - Robert Schuller

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February 13

"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom." - George Patton

[stress and anxiety](#)

February 14

"One step - choosing a goal and sticking to it - changes everything." - Scott Reed

[motivation speaker](#)

February 15

"Dependent people need others to get what they want. Independent people can get what they want through their own efforts. Interdependent people combine their own efforts with the efforts of others to achieve their greatest success." - Stephen Covey

[anxiety treatment](#)

February 16

"I don't know what your destiny will be, but one thing I do know: The only ones among you who will be really happy are those who have sought and found how to serve." - Albert Schweitzer

[success motivation article](#)

February 17

"Success is the child of audacity." - Benjamin Disraeli

[time management tip](#)

February 18

"Teamwork is the long word for success." - Jacquelinemae A. Rudd

[motivation to lose weight](#)

February 19

"Except and expect positive things and that is what you will receive." - Lori

Hard

[success motivation tips](#)

February 20

"You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals." - Booker T. Washington

[motivational speaker in success](#)

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February 21

"In order to succeed you must fail so that you know what not to do the next time." - Anthony J. D'Angelo

[weight loss motivation](#)

February 22

"Those at the top of the mountain didn't fall there." - Marcus Washling

[become creative](#)

February 23

"Motivation is what gets you started. Habit is what keeps you going!" - Jim Ryun

[time management article](#)



February 24

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." - Albert Einstein

[relaxation tips](#)

February 25

"Only those who risk going too far can possibly find out how far one can go." - T.S. Eliot

[motivational speaking](#)

February 26

"It's amazing what ordinary people can do if they set out without preconceived notions." - Charles F. Kettering

[time management skill](#)

February 27

"People who are afraid to fail can never experience the joys of success." - Pete Zafra

[dieting motivation](#)

February 28

"No matter how small, acknowledge the achievement." - Greg Henry Quinn

[sleeping disorders](#)

February 29 (leap years only)

Quote of the Day

It is human nature to think wisely and act in an absurd fashion.

[Anatole France](#)

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Videos **Team Hoyt: An Inspiring Story of Courage and Dedication**

Dick and Rick Hoyt are a father-and-son team from Massachusetts who together compete just about continuously in marathon races. And if they are not in a marathon, they are in a triathlon, that daunting, almost superhuman combination of 26.2 miles of running, 112 miles of cycling and 2.4 miles of swimming. Together they have climbed mountains, and once trekked 3,735 miles across America. It is a remarkable record of exertion, all the more so when you consider that Rick can't walk or talk.

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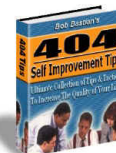
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[Francis Marion](#)

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[Epictetus](#)

My one aim was to do a thing well and to excel if possible.

[Josephine demott Robinson](#)

The solution is to gradually become free of societal rewards and learn how to substitute for them rewards that are under one's own powers. This is not to say that we should abandon every goal endorsed by society; rather, it means that, in addition to or instead of the goals others use to bribe us with, we develop a set of our own.

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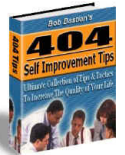
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It is human nature to think wisely and act in an absurd fashion.

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Funny Quote of the Day

I cook with wine, sometimes I even add it to the food.

[W. C. Fields](#)

more [Famous Quotes](#)

Love Quote of the Day

To love rightly is to love what is orderly and beautiful in an educated and disciplined way.

[Plato](#)

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Motivation Articles

Nature Quote of the Day

The family is one of nature's masterpieces.

[George Santayana](#)

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"If you don't quit, and don't cheat, and don't run home when trouble arrives, you can only win." - Shelley Long

[being happy tips - 7 Weeks To A Happier Life](#)

March 2

"Put your heart, mind, intellect, and soul even to your smallest acts. This is the secret of success."
- Swami Sivananda



[building self esteem article - Believing In Yourself](#)

March 3

"The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication." - Cecil B. DeMille

[business coaching - 10 Reasons to Identify Your Values](#)

March 4

"One only gets to the top rung on the ladder by steadily climbing up one at a time, and suddenly, all sorts of powers, all sorts of abilities which you thought never belonged to you - suddenly become within your own possibility and you think, 'Well, I'll have a go, too.'" - Margaret Thatcher

[career goal - Cultivating Belief in Your Goals](#)

March 5

"It is in the small decisions you and I make every day that create our destiny." - Anthony Robbins

[diet motivation - An Agent of Change](#)

March 6

"Deliver more than you are getting paid to do. The victory of success will be half won when you learn the secret of putting out more than is expected in all that you do. Make yourself so valuable in your work that eventually you will become indispensable. Exercise your privilege to go the extra mile, and enjoy all the rewards you receive." - Og Mandino

[business entrepreneur - Finding Your Niche](#)

March 7

"Life is not easy for any of us, but what of that? We must have perseverance and above all confidence in ourselves." - Marie Curie

[depression Coping with Depression](#)

March 8

"There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them." - Denis Waitley

[child development - How a 7 Year Old Gets What He Wants and How You Can Too!](#)

March 9

"Effective people are not problem-minded; they're opportunity-minded. They feed opportunities and starve problems." - Stephen Covey

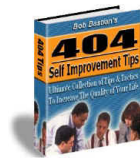
[health problems - Managing Your Specific Phobias And Panic Attacks](#)

March 10

"A professional is a person who can do his best at a time when he doesn't

particularly feel like it." - Alistair Cooke

[business motivational speaker - Everything You Ever Learned about Public Speaking Is Wrong](#)



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March 11

"Whatever your grade or position, if you know how and when to speak, and when to remain silent, your chances of real success are proportionately increased." - Ralph C. Smedley

[career coaching - Develop Exceptional People Skills](#)

March 12

"I do not think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature." - John D. Rockefeller

[child self esteem - You Make Me Feel....](#)

March 13

"I know the price of success: dedication, hard work and an unremitting devotion to the things you want to see happen." - Frank Lloyd Wright

[motivation to lose weight](#)

March 14

"Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric." - Bertrand Russell

[achievement motivation](#)

March 15

"Each problem has hidden in it an opportunity so powerful that it literally dwarfs the problem. The greatest success stories were created by people who recognized a problem and turned it into an opportunity." - Joseph Sugarman

[coaching life personal - Get a New Point of View](#)

March 16

"Fortunate is the person who has developed the self-control to steer a straight course towards his objective in life, without being swayed from his purpose by either commendation or condemnation." - Napoleon Hill

[concept of motivation - Fear and Creativity](#)

March 17

"Never let your work drive you. Master it and keep it in complete control." - Booker T. Washington

[confidence improvement self - Building Your Self Esteem and Confidence](#)

March 18

"Follow your dream as long as you live, do not lessen the time of following desire, for wasting time is an abomination of the spirit." - Plato

[confidence quote - Increase Your Self-Confidence](#)

March 19

"You say I started out with practically nothing, but that isn't correct. We all start with all there is. It's how we use it that makes things possible." - Henry Ford

[happiness motivation](#)

March 20

"I don't have to be what nobody else wants me to be and I am not afraid to be what I want to be." - Muhammad Ali

[emotional stress - Work Related Stress - Three Mistakes Executive Women Make](#)



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March 21

"The highest reward for one's toil is not what one gets for it, but what one becomes by it." - John Ruskin



[health and fitness - Your Words Affect Your Weight Loss](#)

March 22

"I studied the lives of great men and women, and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm and hard work." - Harry S. Truman

[employee motivation article - 4 Steps To Having the Life You REALLY Want!](#)

March 23

"The seat of freedom is reserved for the man who lives by his own work, and in that work, does what he wants to do." - George Robin Collingwood

[stress management tips](#)

March 24

"Success is measured in terms of reaching your goals, dreams, and expectations. Your success is determined by hard work, persistence, and determination. If you are going to be a success in life, it is up to you... it is your responsibility." - Will Horton

[health problems – anxiety](#)

March 25

"The difference between success and mediocrity is all in the way you think." - Dean Francis

[time management tool - Hey, Buddy, Can You Spare Some Time?](#)

March 26

"You are never too old to set another goal or to dream a new dream." - Les

Brown

[self esteem tip - Strengthening Your Self-Esteem](#)

March 27

"What separates those who achieve from those who do not is in direct proportion to one's ability to ask for help." - Donald Keough

[home business motivation](#)

March 28

"You only have to do a very few things right in your life so long as you don't do too many things wrong." - Warren Buffett

[employee motivation program - Creating a Vision for Your Business](#)

March 29

"It is wise to keep in mind that neither success nor failure is ever final." - Roger Babson

[goal setting form](#)

March 30

"Success is a journey, not a destination." - Ben Sweetland

[executive coaching - Dealing With Criticism and Difference in Opinion](#)

March 31

"To guarantee success, act as if it were impossible to fail." - Dorothea Brande

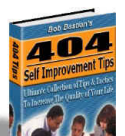
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My one aim was to do a thing well and to excel if possible.

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The solution is to gradually become free of societal rewards and learn how to substitute for them rewards that are under one's own powers. This is not to say that we should abandon every goal endorsed by society; rather, it means that, in addition to or instead of the goals others use to bribe us with, we develop a set of our own.

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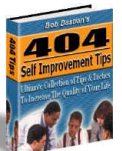
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April 2

"You can do it if you believe you can." - Napoleon Hill

[time management tool](#)

April 3

"Success is simply a matter of luck. Ask any failure." - Earl Wilson

[healthy diets - Health and Executives](#)

April 4

"I like a state of continual becoming, with a goal in front and not behind." - George Bernard Shaw

[workplace motivation](#)

April 5

"You must do the very thing you think you cannot do." - Eleanor Roosevelt

[how to be happy - How To Reorganize for Happiness](#)

April 6

"Flaming enthusiasm, backed by horse-sense and persistence, is the quality that most frequently makes for success." - Dale Carnegie

[internet business motivation](#)

April 7

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen." - Claude M. Bristol

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April 8

"The biggest temptation is to settle for too little." - Thomas Merton

[motivation sales seminar training](#)

April 9

"Yes, I am a dreamer. For a dreamer is one who can find his way by moonlight, and see the dawn before the rest of the world." - Oscar Wilde

[goal setting - Avoid Goal Setting Pitfalls](#)

April 10

"Don't dream it. Be it!" - Richard O'brian

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April 11

"He has achieved success who has lived well, laughed often and loved much." - Bessie Anderson Stanley

[personal coaching 21 Life Changing Questions You Can't Afford to Not Ask!](#)

April 12

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place." - Nora Roberts



[confidence improvement self - Building Your Self Esteem and Confidence](#)

April 13

"Henry Ford could get anything out of men because he just talked and would tell them stories. He'd never say, 'I want this done!' He'd say, 'I wonder if we can do it.'" - George Brown

[motivational speech - Sharpening Your Conversation Skills](#)

April 14

"Those who dream by day are cognizant of many things which escape those who dream only by night." - Edgar Allen Poe

[motivational team quote - 5 Ways to Fight Pessimism](#)

April 15

"The key to happiness is having dreams; the key to success is making them come true." - James Allen

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April 16

"Life is a series of problem-solving opportunities. The problems you face will either defeat you or develop you depending on how you respond to them." - Rick Warren

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April 17

"All men who have achieved great things have been great dreamers." - Orison Swett Marden

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April 18

"Success is doing ordinary things extraordinarily well." - Jim Rohn

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April 19

"I start with the premise that the function of leadership is to produce more leaders, not more followers." - Ralph Nader

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April 20

"Never walk away from failure. On the contrary, study it carefully and imaginatively for its hidden assets." - Michael Korda

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"Nothing ever comes to one that is worth having except as a result of hard work." - Booker T. Washington



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April 22

"You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you." - Brian Tracy

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April 23

"I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win - if you don't you won't." - Bruce Jenner

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April 24

"Unless you are willing to drench yourself in your work beyond the capacity of the average man, you are just not cut out for positions at the top." - J.C. Penny

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April 25

"Success is not measured by what a man accomplishes, but by the opposition he has encountered and the courage with which he has maintained the struggle against overwhelming odds." - Charles Lindbergh

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"If you have the will to win, you have achieved half your success; if you don't, you have achieved half your failure." - David Ambrose

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"You may be disappointed if you fail, but you are doomed if you don't try." - Beverly Sills

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"Unless you try to do something beyond what you have already mastered, you will never grow." - Ronald E. Osborn

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"Your success and happiness lie in you." - Helen Keller

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April 30

"Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential." - John Maxwell

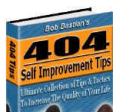
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[Josephine demott Robinson](#)

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"The man who moved a mountain was the one who began carrying away small stones." - Chinese Proverb

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May 3

"Winning isn't everything. It's the only thing." - Vincent Lombardi

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May 4

"Your imagination is your preview of life's coming attractions." - Albert Einstein

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May 5

"Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them." - Ralph Waldo Emerson

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May 6

"Successful leaders recognize that great innovation comes from observing the same ideas as everyone else and seeing something different." - Reed Markham

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May 7

"Action is the foundational key to all success." - Anthony Robbins

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May 8

"Be humble always and identify with the common man; even when success and achievements want to make you proud." - Bishop Leonard Umunna

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May 9

"The successful man will profit from his mistakes and try again in a different way." - Dale Carnegie

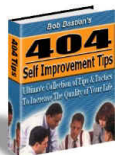
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"Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing there is a solution paves the way to a solution." - Dr. David Schwartz Inspirational Quote

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"All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose." - Brian Tracy



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"The secret of success is to be ready when your opportunity comes." - Benjamin Disraeli

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May 13

"We must never be afraid to go too far, for success lies just beyond." - Marcel Proust

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May 14

"No one ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required that determines the greatness of ultimate distinction." - Charles Kendall Adams

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"I will speak ill of no one and speak all the good I know of everybody." - Andrew Jackson

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"You don't become enormously successful without encountering some really interesting problems." - Mark Victor Hansen

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"I've always tried to go one step past wherever people expected me to end up." - Beverly Sills

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May 18

"Few things help an individual more than to place responsibility upon him, and to let him know that you trust him." - Booker T. Washington

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"Don't let the fear of striking out hold you back." - Babe Ruth

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"Success is every minute you live. It's the process of living. It's stopping for the moments of beauty, of pleasure; the moments of peace. Success is not a destination that you ever reach. Success is the quality of the journey." - Jennifer James

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May 23

"I praise loudly; I blame softly." - Queen Catherine II

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"Write down the thoughts of the moment. Those that come unsought for are commonly the most valuable." - Francis Bacon

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May 25

"It is literally true that you can succeed best and quickest by helping others to succeed." - Napoleon Hill

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May 26

"You've got to win in your mind before you win in your life." - John Addison

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May 27

"Never be afraid to tread the path alone. Know which is your path and follow is wherever it may lead you; do not feel you have to follow in someone else's footsteps." - Eileen Caddy

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May 28

"Success is how high you bounce after you hit bottom." - George Patton

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May 29

"The reward of a thing well done is to have done it." - Ralph Waldo Emerson

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"Knowledge without follow-through is worse than no knowledge." - Henry Charles Bukowski

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"Do not despise the bottom rungs in the ascent to greatness." - Publilius Syrus Inspirational Quote

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"To move the world we must first move ourselves." - Socrates

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"Make a success of living by seeing the goal and aiming for it unswervingly." - Cecil B. De Mille

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June 4

"The man who will use his skill and constructive imagination to see how much he can give for a dollar, instead of how little he can give for a dollar, is bound to succeed." - Henry Ford

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June 5

"Optimists are right. So are pessimists. It's up to you to choose which you will be." - Harvey Mackay

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June 6

"Many hands and hearts and minds generally contribute to anyone's notable achievements." - Walt Disney

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June 7

"Winners are the ones who really listen to the truth of their hearts." - Sylvester Stallone

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June 8

"When you miss a shot, never think of what you did wrong. Take the next shot thinking of what you must do right." - Tony Alfonso

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"Winners make a habit of manufacturing their own positive expectations in advance of the event." - Brian Tracy

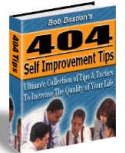
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"A good criterion for measuring success in life is the number of people you have made happy." - Robert J. Lumsden

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"The history of the world is the history of a few people who had faith in themselves." - Swami Vivekananda

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"Ability may take you to the top, but it takes character to stay there." - William Blake

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June 13

"Success is the progressive realization of worthwhile, predetermined, personal goals." - Paul J. Meyer

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June 14

"Why not go out on a limb? Isn't that where the fruit is?" - Frank Scully

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"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." - Booker T. Washington

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June 16

"The secret of success is consistency of purpose." - Benjamin Disraeli

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"It's not that I'm so smart; it's just that I stay with problems longer." - Albert Einstein

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"Sometimes our best is simply not enough. We have to do what is required." - Sir Winston Churchill

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"The path to success is to take massive, determined action." - Anthony Robbins

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"Live out of your imagination, not your history." - Stephen Covey

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"Perpetual optimism is a force multiplier." - Colin Powell

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"Forget yourself and start to work." - Gordon B. Hinckley

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"Our business in life is not to get ahead of others, but to get ahead of ourselves." - Zig Ziglar

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"Always bear in mind that our own resolution to succeed is more important than any other one thing." - Abraham Lincoln

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"One must have strategies to execute dreams." - Azim Premji

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June 27

"Try to forget yourself in the service of others. For when we think too much of ourselves and our own interests, we easily become despondent. But when we work for others, our efforts return to bless us." - Sidney Powell

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June 28

"Opportunities multiply as they are seized." - Sun Tzu

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"Nothing is so contagious as enthusiasm. It moves stones, it charms brutes. Enthusiasm is the genius of sincerity, and truth accomplishes no victories without it." - Edward Bulwer-Lytton

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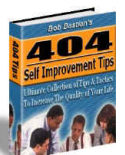
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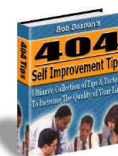
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"Success equals goals... all else is commentary." - Brian Tracy

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July 2

"If you aren't making any mistakes, it's a sure sign you're playing it too safe."
- John Maxwell

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July 3

"I don't know the key to success, but the key to failure is trying to please everybody." - Bill Cosby

[setting career goal Eight Step Process for Manifesting Goals and Inner Potential](#)

July 4

"The dictionary is the only place where success comes before work." - Arthur Brisbane

[teamwork motivation](#)

July 5

"Striving for success without hard work is like trying to harvest where you haven't planted." - David Bly

[self esteem activity](#)

July 6

"As long as you are going to be thinking anyway, think big." - Donald Trump

[sleeping disorders Sleep, Thoughts, Worries and Fears](#)

July 7

"Success is the sum of small efforts repeated day in and day out." - Robert Collier

[self esteem article](#)

July 8

"No man is ever whipped until he quits - in his own mind." - Napoleon Hill

[building self esteem](#)

July 9

"Success is 20% skills and 80% strategy. You might know how to read, but more importantly, what's your plan to read?" - Jim Rohn

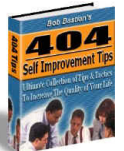
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July 10

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." - Dr. Suess

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July 11

"People rarely succeed unless they have fun in what they are doing." - Dale Carnegie

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July 12

"Enter every activity without giving mental recognition to the possibility of defeat. Concentrate on your strengths, instead of your weaknesses ... on your powers, instead of your problems." - Paul J. Meyer

[words of motivation](#)

July 13

"People with goals succeed because they know where they're going." - Earl Nightingale

[coping with stress](#)

July 14

"Thoughts and ideas are the source of all wealth, success, material gain, all great discoveries, inventions and achievement." - Mark Victor Hansen

[Goal setting help](#)

July 15

"The secret of business is to know something that nobody else knows." - Aristotle Onassis

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July 16

"In life, as in a football game, the principle to follow is: Hit the line hard." - Theodore Roosevelt

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July 17

"If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us." - Jim Rohn

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July 18

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours." - Henry David Thoreau

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July 19

"Successful leaders see the opportunities in every difficulty rather than the

difficulty in every opportunity." - Reed Markham

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July 20

"When you're going through hell, keep going." - Albert Einstein

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July 21

"Any idea that is held in the mind that is either feared or revered will, begin at once to clothe itself in the most convenient and appropriate physical forms available." - Andrew Carnegie

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July 22

"If you can imagine it, you can create it. If you can dream it, you can become it." - William Arthur Ward

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July 23

"Our doubts are traitors and make us lose the good that we oft may win by fearing to attempt." - William Shakespeare

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July 24

"There is only one way to succeed in anything, and that is to give it everything." - Vince Lombardi

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July 25

"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

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July 26

"Success... it's what you do with what you've got." - Leroy Van Dyke

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July 27

"Behind every successful man there's a lot of unsuccessful years." - Bob Brown

[positive attitude](#)

July 28

"The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty." - Winston Churchill

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July 29

"Every evening, write down the six most important things that you must do the next day. Then while you sleep your subconscious will work on the best ways for you to accomplish them. Your next day will go much more smoothly." - Tom Hopkins

[low self esteem](#)

July 30

"Never turn down a job because you think it's too small, you don't know where it can lead." - Julia Morgan

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July 31

"The test of a successful person is not an ability to eliminate all problems before they arise, but to meet and work out difficulties when they do arise. We must be willing to make an intelligent compromise with perfection lest we wait forever before taking action. It's still good advice to cross bridges as we come to them." - David Schwartz

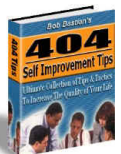
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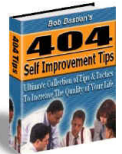
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"For it matters not how small the beginning may seem to be. What is once well done, is well done forever." - Henry David Thoreau

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August 2

"People are always blaming circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want and if they can't find them, make them." - George Bernard Shaw

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August 3

"Develop success from failures. Discouragement and failure are two of the surest stepping stones to success." - Dale Carnegie

[Subconscious Self Image](#)

August 4

"If you think you can, you can. And if you think you can't, you're right." - Henry Ford

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August 5

"He who has never failed somewhere, that man cannot be great." - Herman Melville

[being happy tips](#)

August 6

"Recipe for success: Study while others are sleeping; work while others are loafing; prepare while others are playing; and dream while others are wishing." - William A. Ward

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August 7

"Success is not so much what we have, as it is what we are." - Jim Rohn

[social anxiety](#)

August 8

"Hold a picture of yourself long and steadily enough in your mind's eye, and you will be drawn toward it. If you do not conquer self, you will be conquered by self. The ladder of success is never crowded at the top." - Napoleon Hill

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August 9

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

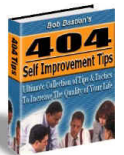
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"Well done is better than well said." - Benjamin Franklin

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August 11

"Success is going from failure to failure without loss of enthusiasm." - Winston Churchill

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August 12

"The real secret to success is enthusiasm." - Walter Chrysler

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August 13

"Those who have attained things worth having in this world have worked while others idled, have persevered while others gave up in despair, have practiced the valuable habits of self-denial, industry, and singleness of purpose." - Grenville Kleiser

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August 14

"Be bold and mighty forces will come to your aid." - Basil King

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August 15

"To be a champion, you have to believe in yourself when nobody else will." - Sugar Ray Robinson

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August 16

"Most people give up just when they're about to achieve success. They quit on the one yard line. They give up at the last minute of the game, one foot from a winning touchdown." - Ross Perot

["5 Tips To Increase Your Personal Power"](#)

August 17

"People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most men succeed because they are determined to." - George E. Allen

[building self confidence](#)

August 18

"If you envy successful people, you create a negative force field of attraction that repels you from ever doing the things that you need to do to be successful. If you admire successful people, you create a positive force field of attraction that draws you toward becoming more and more like the kinds of people that you want to be like." - Brian Tracy

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August 19

"It is in your moments of decision that your destiny is shaped." - Anthony Robbins

[anxiety treatment](#)

August 20

"Consumers are statistics. Customers are people." - Stanley Marcus

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August 21

"One half of life is luck, the other half is discipline and that's the important half. For without discipline you wouldn't know what to do with luck." - Carl Zuckmeyer

[Clear Thinking](#)

August 22

"Yesterday I dared to struggle. Today I dare to win." - Bernadette Devlin

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August 23

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing. It's when you've had everything to do and you've done it." - Margaret Thatcher

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August 24

"Even if you're on the right track, you'll get run over if you just sit there." - Will Rogers

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August 25

"When I was young I observed that nine out of ten things I did were failures, so I did ten times more work." - Bernard Shaw

[time management tool](#)

August 26

"Success is like a ladder and no one has ever climbed a ladder with their hands in their pockets." - Zig Ziglar

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August 27

"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." - E. Joseph Cossman

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August 28

"I can accept failure but I can't accept not trying." - Michael Jordan

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August 29

"Often the difference between a successful man and a failure is not one's better abilities or ideas, but the courage that one has to bet on his ideas, to take a calculated risk and to act." - Maxwell Maltz

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August 30

"Great things are not done by impulse, but by a series of small things brought together." - Vincent van Gogh

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August 31

"Losers visualize the penalties of failure. Winners visualize the rewards of success." - Rob Gilbert

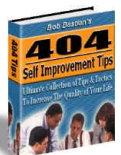
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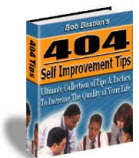
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"Picture yourself vividly as winning and that alone will contribute immeasurably to success." - Harry Fosdick

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September 2

"Peak performance in life isn't about succeeding all the time or even being happy all the time. It's often about compensating, adjusting, and doing the best you can with what you have right now." - Ken Ravizza

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"Success is not the result of spontaneous combustion. You must set yourself on fire." - Reggie Leach

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September 4

"It doesn't matter what you're trying to accomplish. It's all a matter of discipline. I was determined to discover what life held for me beyond the inner-city streets." - Wilma Rudolph

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September 5

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

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September 6

"A strong successful man is not the victim of his environment. He creates favorable conditions." - Orisen Marden

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September 7

"Quality means doing it right when no one is looking." - Henry Ford

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"Dreams are only foolish to those who lack them." - Peter Reese

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"Someday I hope to enjoy enough of what the world calls success so that someone will ask me, 'What's the secret of it?' I shall say simply this: 'I get up when I fall down.'" - Paul Harvey

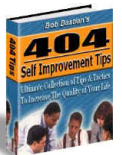
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"Success of life depends upon keeping one's mind open to opportunity and seizing it when it comes." - Alice Foote MacDougall

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"Kites rise highest against the wind, not with it." - Winston Churchill

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"Keep away from people who try to belittle your ambition. Small people always do that, but the really great make you feel that you, too, can become great." - Mark Twain

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"For true success ask yourself these four questions: Why? Why not? Why not me? Why not now?" - Jimmy Dean

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"Every great man, every successful man, no matter what the field of endeavor, has known the magic that lies in these words: Every adversity has the seed of an equivalent or greater benefit." - W. Clement Stone

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"Success is 10 percent inspiration and 90 percent perspiration." - Thomas Edison

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"Our power is in our ability to decide." - Buckminster Fuller

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"Life affords no higher pleasure than that of surmounting difficulties." - Samuel Johnson

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"You do not pay the price of success, you enjoy the price of success." - Zig Ziglar

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"Make your life a mission - not an intermission." - Arnold Glasgow

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"Do it trembling if you must, but do it!" - Emmet Fox

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"Consider the postage stamp. It secures success through its ability to stick to one thing until it gets there." - Josh Billings

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"It takes twenty years to become an overnight success." - Eddie Cantor

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September 23

"The basic rule of free enterprise: You must give in order to get." - Scott Alexander

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"The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom." - James Allen

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"The thing always happens that you really believe in and the belief in a thing makes it happen." - Frank Lloyd Wright

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"The road to success is always under construction." - Lily Tomlin

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"Hope is not a dream, but a way of making dreams become reality." - L.J. Cardina Suenens

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"They can because they think they can." - Virgil

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"We are made to persist. That's how we find out who we are." - Tobias Wolff

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"Success has nothing to do with what you gain in life or accomplish for

yourself. It's what you do for others." - Danny Thomas

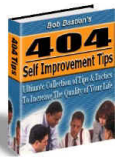
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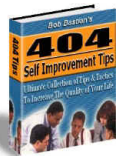
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"It's no use saying, 'We are doing our best.' You have got to succeed in doing what is necessary." - Winston Churchill

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October 3

"Success is a process, a quality of mind and way of being, an outgoing affirmation of life." - Alex Noble

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"Only those who will risk going too far can possibly find out how far they can go." - T.S. Eliot

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"A man can succeed at almost anything for which he has unlimited enthusiasm." - Charles Schwab

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"The five essential entrepreneurial skills for success: Concentration, Discrimination, Organization, Innovation and Communication." - Michael

Gerber

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"One sound idea is all that you need to achieve success." - Napoleon Hill

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"We can do anything we want to do if we stick to it long enough." - Helen Keller

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"Success seems to be largely a matter of hanging on after others have let go." - William Feather

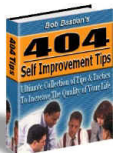
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"Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price." - Vince Lombardi

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"Failure is only the opportunity to begin again more intelligently." - Henry Ford

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"If you have no critics you'll likely have no success." - Malcolm Forbes

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"In the middle of difficulty, lies opportunity." - Albert Einstein

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"If you want to be successful, it's just this simple: Know what you are doing, love what you are doing, and believe in what you are doing." - Will Rogers

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"Human beings can alter their lives by altering their attitudes of mind." - William James

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"Give me a stock clerk with a goal and I'll give you a man who will make history. Give me a man with no goals and I'll give you a stock clerk." - J.C. Penney

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"The successful man is one who had the chance and took it." - Roger Babson

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"Make the most of yourself, for that is all there is for you." - Ralph Waldo Emerson

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"If you are never scared, embarrassed or hurt, it means you never take

chances." - Julia Soul

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"Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals." – Aristotle

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"Every man is free to rise as far as he's able or willing, but the degree to which he thinks determines the degree to which he'll rise." - Ayn Rand

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"The successful person places more attention on doing the right thing rather than doing things right." - Peter Drucker

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"I have failed over and over again - that is why I succeed." - Michael Jordan

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"The great end of life is not knowledge but action." - Thomas Henry Huxley

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"The men who have done big things are those who were not afraid to attempt big things, who were not afraid to risk failure in order to gain success." - B.C. Forbes

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"Do not let what you cannot do interfere with what you can do." - John Wooden

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"Success is living up to your potential. That's all. Wake up with a smile and go after life ... live it, enjoy it, taste it, smell it, feel it." - Joe Knapp

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"Only those who dare to fail greatly can ever achieve greatly." - Robert F. Kennedy

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"A leader has the vision and conviction that a dream can be achieved. He inspired the power and energy to get it done." - Ralph Lauren

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"What the mind can conceive and believe, the mind can achieve." - Napoleon Hill

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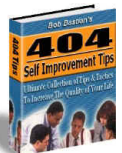
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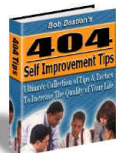
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November 2

"Sooner or later those who win are those who think they can." - Richard Bach

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November 3

"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success." - Norman Vincent Peale

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November 4

"Spectacular achievements are always preceded by painstaking preparation."
- Roger Staubach

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November 5

"If we did all the things we are capable of doing, we would literally astonish ourselves." - Thomas Edison

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November 6

"The journey of a thousand miles begins with one step." - Lao-Tse

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November 7

"Success is the maximum utilization of the ability that you have." - Zig Ziglar

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"The difficulties and struggles of today are but the price we must pay for the accomplishments and victories of tomorrow." - William Boetcker

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November 9

"Do what you can with what you have where you are." - Theodore Roosevelt

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November 10

"Failure is the tuition you pay for success." - Walter Brunell

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"Real wealth equals ideas plus energy." - Buckminster Fuller

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November 12

"We grow great by dreams. All big men are dreamers." - Woodrow Wilson

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November 13

"We are continually faced by great opportunities brilliantly disguised as insoluble problems." - Lee Iococca

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November 14

"Private victories precede public victories." - Stephen R. Covey

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November 15

"Great minds have purpose, others have wishes." - Washington Irving

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November 16

"The common denominator of success is in forming the habit of doing the things that failures don't like to do." - Albert Gray

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"Singleness of purpose is one of the chief essentials for success in life, no matter what may be one's aim." - John D. Rockefeller

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"I will say this about being an optimist: even when things don't turn out well, you are certain they will get better." - Frank Hughes

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November 19

"Some men see things as they are, and say, 'Why?' I dream of things that never were, and say, 'Why not?'" - George Bernard Shaw

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"Perseverance is a great element of success." - Henry Wadsworth Longfellow

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

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November 22

"A person's way of doing things is the direct result of the way he thinks about things." - Wallace D. Wattles

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November 23

"Success demands singleness of purpose." - Vince Lombardi

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November 24

"A man is but of product of his thought, What he thinks he becomes." - Mahatma Gandhi

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November 25



"The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you." - Anthony Robbins

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November 26

"First, say to yourself what you would be, then do what you have to do." - Epictetus

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"If you can dream it, you can do it. Your limits are all within yourself." - Brian Tracy

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"A problem is a chance for you to do your best." - Duke Ellington

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November 29

"Nature gave men two ends... one to sit on and one to think with. Ever since then man's success or failure has been dependent on the one he used most." - George R. Kilpatrick

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"The will to do springs from the knowledge that we can do." - James Allen

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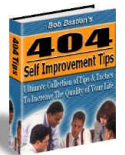
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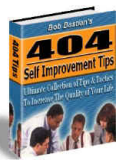
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December 2

"You see things and say, 'Why?' But I dream of things that never were and say 'Why not?'" - George Bernard Shaw

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December 3

"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison

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December 4

"You must have long range goals to keep from being frustrated by short-term failures." - Bob Bales

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December 5

"I would rather attempt something great and fail than attempt to do nothing and succeed." - Robert Schuller

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December 6

"What you can do, or dream you can, begin it. Boldness has genius, power, and magic in it." - Goethe

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December 7

"Our lives improve only when we take chances, and the first and most difficult risk we can take is to be honest with ourselves." - Walter Anderson

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December 8

"Either do not attempt at all, or go through with it." - Ovid

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December 9

"I don't dream at night, I dream all day. I dream for a living." - Steven Spielberg

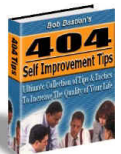
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"Hope is the companion of power and the mother of success. For those of us who hope strongest have within us the gift of miracles." - Sydney Bremer

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"The gem cannot be polished without friction, nor man perfected without trials." - Confucius



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December 12

"If you don't know where you are going, every road will get you nowhere." - Henry Kissinger

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December 13

"Man is what he believes." - Anton Chekhov

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December 14

"Goals are dreams we convert to plans and take action to fulfill." - Zig Ziglar

[home business motivation](#)

December 15

"Four steps to achievement: plan purposefully, prepare prayerfully, proceed positively, pursue persistently." - William A. Ward

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December 16

"I never waste time looking back." - Eleanor Roosevelt

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December 17

"Who told you it couldn't be done? And what great achievement has he to his credit that entitles him to use the word 'impossible' so freely?" - Napoleon Hill

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December 18

"Dream no small dreams for they have no power to move the hearts of men." - Goethe

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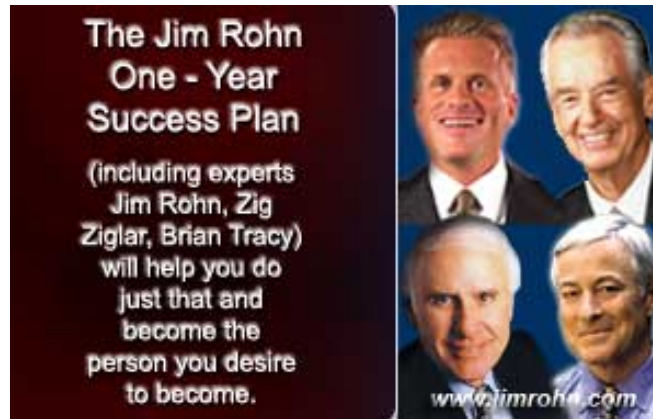
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"I am a slow walker ... but I never walk backwards." - Abraham Lincoln

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"An aim in life is the only fortune worth finding, and it is not to be found in foreign lands, but in the heart itself." - Robert Louis Stevenson [employee motivation](#)



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"Wherever you see a successful business, someone once made a courageous decision." - Peter F. Drucker

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December 22

"The road to success runs uphill." - Willie Davis

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December 23

"Success requires first expending ten units of effort to produce one unit of results. Your momentum will then produce ten units of results with each unit of effort." - Charles Givens

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December 24

"The only honest measure of your success is what you are doing compared to your true potential." - Paul J. Meyer

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December 25

"Any fact facing us is not as important as our attitude toward it, for that determines our success or failure." - Norman Vincent Peale

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December 26

"It is easy to sit up and take notice. What is difficult is getting up and taking action." - Al Batt

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December 27

"Success is getting what you want. Happiness is wanting what you get." - Dale Carnegie

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December 28

"To be successful, the first thing to do is fall in love with your work." - Sister Mary Laretta

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December 29

"Never, never, never, never give up." - Winston Churchill

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December 30

"Ones best success comes after their greatest disappointments." - Henry Ward Beecher

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December 31

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The phrase 'press on' has solved and always will solve the problems of the human race." - Calvin Coolidge

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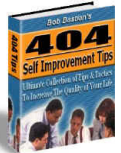
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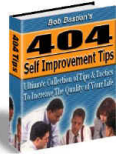


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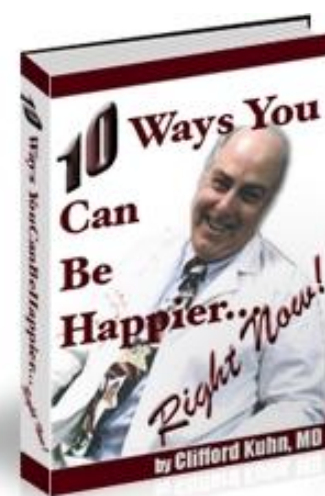
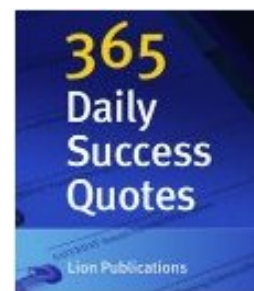
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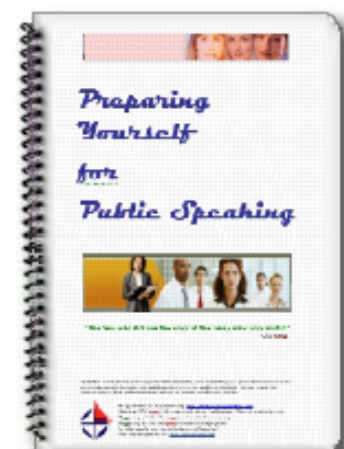
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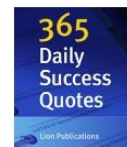
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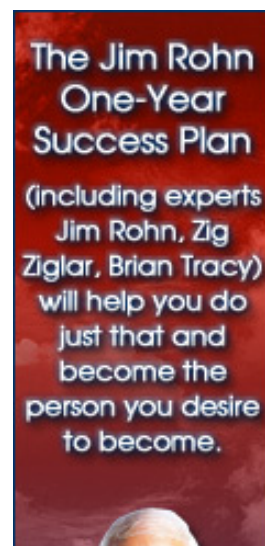
If you're like most people, the last year has been a ride and the word "busy" doesn't even begin to scratch the surface.

At the same time there is a group of individuals who have seen their time, skills and income continue to increase and their relationships, health and spiritual lives begin to flourish.

Why? Because they have chosen to have a plan. And not only a plan, but one covering the **12 Pillars of Success** and crafted by leading experts in the personal growth industry.

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of pages and the value of the products alone that you will add to your library is in the thousands of dollars, yet the investment can be less than a dollar a day when you become a Silver Member and begin the one-year journey of success, empowerment, growth and goal accomplishment.

We have created The Jim Rohn One-Year Success Plan with the idea of:

- 1) helping people not only grow but to flourish in 12 major areas of their lives
- 2) making it financially affordable to our subscribers and customers
- 3) including high-end CD's, DVD's and books for your self-growth training and to build your library
- 4) having monthly experts as part of our 12 conference calls
- 5) having monthly themes with 4 weekly email lessons (that can also be referenced as often as needed)
- 6) including a comprehensive workbook covering all 52 lessons
- 7) providing bonus downloadable books and audio programs throughout the year
- 8) allowing the student to make a commitment (which is 90% of any and all success) but also allowing the student major flexibility and the ability to progress at their own pace.

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The program is succeeding in an overwhelming fashion. It is helping people see their future, their goals, new ideas and paradigms for the first time.

It is opening up new ways to view their circumstances along with strategies on how to make better decisions.

It is bringing the world's best experts and training right into their own homes and allowing them to access it at their own convenience.

The **Jim Rohn One-Year Success Plan** does not demand that you become what any one person thinks or wants you to become, but better yet, it offers a roadmap with multiple options so you can choose what is best for you.





You get to decide what is most valuable and where to apply your time and effort.

In fact if there is a challenge to the program it is that we offer and give so much with it that you must intentionally decide what to walk away with (much like a large and diverse buffet that is loaded with an abundance of great food).

Fortunately you can always go back months or even years later to review what might have been missed.

Are you ready to begin the journey with us -- to enter 2004 with a head start on your journey of growth, success, accomplishing and growing at the pace you desire? There is power in being part of a program.

We keep the pulse of what is working with our 2,000+ enrollees and the dynamics of the marketplace.

The members' feedback we receive on a daily basis confirms that people are doing and accomplishing so much more because of this program, than if they were on their own.

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- - We Want To Offer You An Irresistible Invitation To Join Us - -

Below we outline a very special opportunity along with the benefits and details for you to become part of our One-Year Plan, with even more incentives for the first 100 who respond to this offer.

We have created 3 packages: First, the Bronze Package (for those who want only the weekly email and workbook lessons and monthly conference calls, but no product).

Second the Silver Package, which is our core program. We believe the Silver Package will fit 75% of our E-zine readers.

Comprehensive and loaded with both content and resources, it covers all the basics and is attainable for just about everyone time and budget wise.

Third, for those who want it all, the Gold Package (exceptional value).





Plus, in addition to all the benefits, products, free shipping and bonus products - we are also offering 12 additional bonus products for the first 100 who respond to this irresistible special offer.

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coaching program covers:

1. Personal Development - Become the person you truly desire to be
2. Goal-setting - multiply your long-term success quotient/clearly defined 10-year goals
3. Health - Spiritual/Physical/Emotional - Improve your looks, confidence, energy and quality and length of life
4. Financial Independence/Getting Out of Debt/Saving/Giving
5. Relationships - Become a more effective and loving parent, spouse and friend
6. Time Management - Gain between 10 to 15 additional forty-hour work weeks per year
7. Networking/Referrals - Create more positive influence in the marketplace
8. Selling/Negotiating - Increase your production by 10%-50%
9. Communication/Presentation - Increase every level of performance related to your company, staff and personal relationships
10. Leadership - Multiply your efforts and have a positive influence over a larger sphere of people
11. Accelerated Learning - Quickly improve your skills and aptitude to gain and retain knowledge
12. Legacy/Contribution - Take the time to apply your skills in making a difference in your community and world

The program is delivered by:

- 1 52 Unique, Weekly Strategic Game Plans via email with downloadable workbook.
2. Receive 12 Conference Calls (one per month) with a specific focus and hosted by a Premier Expert in each of the 12 Pillars of Success including Jim Rohn, Brian Tracy, Zig Ziglar, Patricia Fripp, Bob Burg, Chris Widener and more...

3. Additional Downloadable Books, Audios, Conference Calls and Weekly Workbook Files. 4. Plus for all who sign up this week receive:

a) A comprehensive, 129-page downloadable workbook "Goals 2003 - Creating a Life On Purpose," written by author Tina Miller whose workbook for the Jim Rohn Coaching Program won rave reviews from the students.

b) A Downloadable special report "Converting New Year's Resolutions Into Reality" by Jeff Davidson, the widely acclaimed author of "The Complete Idiot's Guide to Reaching Your Goals."

c) A downloadable mp3 audio teaching on goals: Jim Rohn's famous "Goals Workshop" recorded before a live audience, which offers a simple model for identifying your goals.

d) A downloadable mp3 audio teaching on goals: Bob Proctor knows "Goals"

--- he went from \$6,000 income per year as a fireman to a millionaire in just a few years --- and he will help you understand the infinite potential you possess.

5. Plus 12 additional bonus products for the first 100 who respond to this irresistible special offer (see details of 12 Bonuses below).

Total retail value \$1,001

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Become part of a group that has committed to a plan, a process, a blueprint and a commitment to inspect and improve their lives. The Jim Rohn One-Year Success Plan (including experts Jim Rohn, Zig Ziglar, Brian Tracy) will help you do just that and become the person you desire to become.

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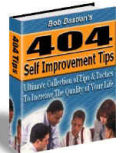


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2. "How wonderful it is that nobody need wait a single moment to improve the world."
- Anne Frank
3. "If you can DREAM it, you can DO it."
- Walt Disney
4. "Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."
- Jeremy Kitson
5. "Buddha left a road map, Jesus left a road map, Krishna left a road map, Rand McNally left a road map. But you still have to travel the road yourself."
- Stephin Levine
6. "If you want to feel rich, just count all of the things you have that money can't buy."
- Anonymous
7. "It's kind of fun to do the impossible."
- Walt Disney
8. "Do not think that love, in order to be genuine, has to be extraordinary."
- Mother Teresa
9. "Follow your bliss."
- Joseph Campbell
10. "What lies behind us and what lies before us are small matters to what lies within us."
- Ralph Waldo Emerson
11. "People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."
- Elizabeth Kübler-Ross
12. "Perfection is achieved, not when there is nothing left to add, but when there is nothing left to take away. "
- Antoine de St. Exupery
13. "You will do foolish things, but do them with enthusiasm."
- Colette
14. "And the trouble is, if you don't risk anything, you risk even more."
- Erica Jong
15. "I'm not afraid of death, I just don't want to be around when it happens."
- Woody Allen"



16. "A dream is just a dream. A goal is a dream with a plan and a deadline."
- Harvey Mackay

17. "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."
- Mark Twain

18. "Fun is about as good a habit as there is."
- Jimmy Buffet

19. "Imagine."
- John Lennon

20. "Men often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning."
- Mohandas Gandhi

21. "No person was ever honored for what he received. Honor has been the reward for what he gave."
- Calvin Coolidge

22. "Worry is like a rocking chair - it gives you something to do, but it doesn't get you anywhere."
- Dorothy Galyean

23. "We would worry less about what others think of us if we realized how seldom they do."
- Ethel Barrett

24. "The time is always right to do what is right."
- Martin Luther King, Jr.

25. "Success breeds success. Attend to your mind's most joyful, effective discovery process. Bolster the self-beliefs that add confidence, lucidity, and tenacity to your efforts. You'll get more out of what you notice, so heed whatever gives you wisdom."
- Marsha Sinetar

26. "I couldn't wait for success, so I went ahead without it."
- Jonathan Winters

27. "Ability may get you to the top, but it takes character to keep you there."
- John Wooden

28. "As we are liberated from our own fear, our presence automatically liberates others."
- Marianne Williamson

29. "Inspiration grows into full-scale creation through persistence and imagination."

- Carol Lloyd

30. "Life's up and downs provide windows of opportunity to determine... [your] values and goals...Think of using all obstacles as stepping stones to build the life you want."

- Marsha Sinetar

31. "Nothing happens unless first a dream."

- Carl Sandburg

32. "Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

- Ambrose Redmoon

33. "If you can't be kind, at least be vague."

- Judith Martin

34. "If your mind isn't open, keep your mouth shut too."

- Sue Grafton

35. "Dance like no one's watching, love like you'll never be hurt, sing like no one's listening, live like it's heaven on earth."

- William Pukey

36. "If you are clear about what you want, the world responds with clarity."

- Loretta Staples

37. "If you are serious about your goals, drop the conditions. Go directly to your goal. Be your goal! Conditions often disguise strategies for escaping accountability. Why not just take charge and create the experience you are looking for?"

- Eric Allenbaugh

38. "It is good to dream, but it is better to dream and work. Faith is mighty, but action with faith is mightier. Desiring is helpful, but work and desire are invincible."

- Thomas Robert Gaines

39. "Nothing happens until somebody sells something."

- Mary Kay Ash

40. "Laughter is much more important than applause. Applause is almost a duty. Laughter is a reward."

- Carol Channing

41. "Finish each 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 and with too high a spirit to be encumbered with your old nonsense."

- Ralph Waldo Emerson

42. "Don't be afraid your life will end; be afraid that it will never begin."

- Grace Hansen

43. "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

44. "Work and play are the same. When you're following your energy and doing what you want all the time, the distinction between work and play dissolves."

- Shakti Gawain

45. "Our prayers are answered not when we are given what we ask, but when we are challenged to be what we can be."

- Morris Adler

46. "The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt

47. "I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes."

- Charles Swindoll

48. "The man who has no imagination has no wings."

- Muhammad Ali

49. "When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me'."

- Erma Bombeck

50. "Do not go where the path may lead, go instead where there is no path and leave a trail."

- Ralph Waldo Emerson

51. "You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this."

- Henry David Thoreau

52. "The way I see it, if you want the rainbow, you gotta put up with the rain."

- Dolly Parton

53. "Freedom is actually a bigger game than power. Power is about what you can control. Freedom is about what you can unleash."

- Harriet Rubin

54. "One can never consent to creep when one feels the impulse to soar."

- Helen Keller

55. "I know God will not give me anything I can't Handle. I just wish that he didn't trust me so much."

- Mother Teresa

56. "How many cares one loses when one decides not to be something, but

(instead) someone."
- Coco Chanel

57. "When you follow your bliss doors will open where you would not have thought there would be doors; and where there wouldn't be a door for anyone else."
- Joseph Campbell

58. "Continuous effort -- not strength or intelligence -- is the key to unlocking our potential."
- Winston Churchill

59. "The distance is nothing; it is only the first step that is difficult."
- Mme. Du Deffand

60. "Life without risks is not worth living."
- Charles A. Lindbergh

61. "Each of us was born with wings...(and) has the ability to go farther than we ever thought possible, to do things beyond our wildest imaginings."
- Barbara Stanny

62. "Take your life in your own hands, and what happens? A terrible thing: no one to blame."
- Erica Jong

63. "Shoot for the moon. Even if you miss, you'll land among the stars."
- Les Brown

64. "When in doubt, make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on earth. So, what the hell, leap."
- Cynthia Heimel

65. "Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Continue to learn. Appreciate your friends. Do what you love. Live as if this is all there is."
- Mary Anne Roadacher-Hershey

66. "Build for yourself a strongbox, fashion each part with care. When it's strong as your hand can make it, put all your troubles there. Hide there all thought of your failures, and each bitter cup that you quaff. Lock all your heartaches within it, then sit on the lid and laugh."
- Bertha Adams Backus

67. "It only takes one person to change your life - you."
- Ruth Casey

68. "To follow, without halt, one aim: That's the secret of success."
- Anna Pavlova

69. "A clay pot sitting in the sun will always be a clay pot. It has to go through the white heat of the furnace to become porcelain."
- Mildred Wite Stouven

70. "Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so."

- Belva Davis

71. "Luck is when preparedness meets opportunity."

- Earl Nightingale

72. "Dying seems less sad than having lived too little."

- Gloria Steinem

73. "It doesn't happen all at once. You become. It takes a long time."

- Margery Williams

74. "Life was meant to be lived and curiosity must be kept alive. One must never, for whatever reason, turn one's back on life."

- Eleanor Roosevelt

75. "One is happy as a result of one's own efforts, once one knows the necessary ingredients of happiness - simple tastes, a certain degree of courage, self-denial to a point, love of work, and above all, a clear conscience. Happiness is no vague dream, of that I now feel certain."

- George Sand



76. "People facing death don't think about what degrees they have earned, what positions they have held, or how much wealth they have accumulated. At the end, what really matters is whom you love and who loved you."

- Bernadine Healy, MD

77. "Dying is a wild night and a new road."

- Emily Dickinson

78. "Between thinking and seeing, there is a place called knowing."

- Carolyn Myss

79. "Learn to get in touch with the silence within yourself, and know that everything in this life has purpose. There are no mistakes, no coincidences. All events are blessings given to us to learn from."

- Elizabeth Kubler-Ross

80. "All the darkness in the world can not put out the light of a single candle."

- Unknown

81. "Nothing great was ever achieved without enthusiasm."

- Ralph Waldo Emerson

82. "Whatever you can do or dream you can, begin it. Boldness has genius,

power, and magic in it. Begin it now."
- Goethe

83. "I learned this, at least, by my experiment: that if one advances confidently in the direction of his dreams, and endeavors to live the life which he had imagined, he will meet with a success unexpected in common hours."
- Henry David Thoreau

84. "If you can't be a good example then you'll just have to be a terrible warning."
- Catherine Aird

85. "A woman is like a tea bag--you can't tell how strong she is until she's in hot water."
- Nancy Reagan

86. "I think there is something more important than believing: Action! The world is full of dreamers. There aren't enough who will move ahead and take concrete steps to actualize their vision."
- W. Clement Stone

87. "When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for it is just the place and time that the tide will turn."
- Harriet Beecher Stowe

88. "Most of the shadows of this life are caused by standing on one's own sunshine."
- Ralph Waldo Emerson

89. "You can't make someone else's choices. You shouldn't let someone else make yours."
- Gen. Colin Powell

90. "Begin somewhere; you cannot build a reputation on what you intend to do."
- Liz Smith

91. "You may have to fight a battle more than once to win it."
- Margaret Thatcher

92. "God gives talent, work transforms talent into genius."
- Anna Pavlova

93. "You learn in life that the only person you can really correct and change is yourself."
- Katharine Hepburn

94. "In this world it is not what we take up, but what we give up, that makes us rich."
- Henry Ward Beecher

95. "Sometimes I wonder if men and women really suit each other. Perhaps they should live next door and just visit now and then."

- Katharine Hepburn

96. "Imagination is the highest kite that one can fly."

- Lauren Bacall

97. "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... You must do the thing which you think you cannot do."

- Eleanor Roosevelt

98. "I want to do it because I want to do it."

- Amelia Earhart

99. "It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."

- Elinor Smith

100. "It doesn't matter what you are thinking or what fear you have, if you just do it. Action is the only thing that matters.. I can see that at the end of my life, I'm going to look back and say, 'Gosh, I wish I had taken more action'."

- Diana von Welanetz Wentworth

101. "Life is no longer a mystery. I have found me."

- Anne Axam



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Feel like some more famous quotes? Well, here's another 250 for you!

You can have anything you want if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose. - Abraham Lincoln famous quote

Learn to self-conquest, persevere thus for a time, and you will perceive very clearly the advantage which you gain from it. - St. Teresa of Avila famous quote

No one is in control of your happiness but you; therefore, you have the power to change anything about yourself or your life that you want to change. - Barbara De Angelis - success quote

Cherish your visions and your dreams as they are the children of your soul; the blue prints of your ultimate accomplishments. - Napoleon Hill - quote

In every person who comes near you look for what is good and strong, honor that; try to imitate it, and your faults will drop off like dead leaves when their time comes. - John Ruskin famous quote

There are two educations. One should teach us how to make a living and the

other how to live. - John Adams quote

None will improve your lot if you yourself do not. - Bertolt Brecht, 1933
Motivational quote

"When meditation is mastered, the mind is unwavering like the flame of a lamp in a windless place." - Bhagavad Gita - success quote

I can give you a six-word formula for success: Think things through ?then follow through. - Captain Edward V. Rickenbacker famous quote

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. - Eleanor Roosevelt famous quote

The more people have studied different methods of bringing up children the more they have come to the conclusion that what good mothers and fathers instinctively feel like doing is best after all. - Benjamin Spock famous quote

People are eternally divided into two classes, the believer, builder, and praiser, and the unbeliever, destroyer and critic. - John Ruskin quote

To be capable of steady friendship or lasting love, are the two greatest proofs, not only of goodness of heart, but of strength of mind. - William Hazlitt
Motivational quote

There is in every true woman's heart a spark of heavenly fire, which lies dormant in the broad daylight of prosperity, but which kindles up, and beams and blazes in the dark hour of adversity. - Elisabeth Guizot quote

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do, and you've done it. - Margaret Thatcher famous quote

Let everyone sweep in front of his own door and the whole world will be clean. - Johann Wolfgang Von Goethe - success quote

I don't think anything is unrealistic if you believe you can do it. I think if you are determined enough and willing to pay the price, you can get it done. - Mike Ditka famous quote

If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life. - Abraham H. Maslow
Motivational quote

Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before. - James Buckham quote

The important thing is this: to be able at any moment to sacrifice what we are for what we could become. - Charles Du Bos quote

The most damaging phrase in the language is: "It's always been done that way." -Rear Admiral Grace Hopper famous quote

Progress in every age results only from the fact that there are some men and women who refuse to believe that what they know to be right cannot be done. - Russell W. Davenport famous quote



"The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity. - Arthur James Balfour quote

I know a lot of people without brains who do an awful lot of talking. - The Scarecrow, Wizard of Oz - success quote

Thoughtfulness for others, generosity, modesty and self-respect are the qualities which make a real gentleman or lady. -Thomas H. Huxley quote

When you judge another, you do not define them, you define yourself. - Wayne Dyer fanus quote

You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you. - Barbara Sher quote

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. - Lao-Tzu famous quote

The vision that you glorify in your mind, the ideal that you enthrone in your heart this you will build your life by, and this you will become. - James Lane Allen Motivational quote

Doubt is a pain too lonely to know that faith is his twin brother. - Kahlil Gibran fanus quote

So great has been the endurance, so incredible the achievement, that, as long as the sun keeps a set course in heaven, it would be foolish to despair of the human race. - Ernest L. Woodward quote

When we 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 - success quote

I shall adopt new views as fast as they shall appear to be true views. - Abraham Lincoln quote

Each of us is great insofar as we perceive and act on the infinite possibilities which lie undiscovered and unrecognized about us. - James Harvey Robinson fanus quote

Honesty is the cornerstone of all success, without which confidence and ability to perform shall cease to exist. - Mary Kay Ash famous quote

Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think. - Dale Carnegie quote

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them. -Dr. Denis Waitley quote

If you wish to travel far and fast, travel light. Take off all your envies, jealousies, unforgiveness, selfishness, and fears.- Glenn Clark quote

Blessed are those who can give without remembering and take without forgetting. - Elizabeth Bibesco quote

In matters of style, swim with the current; in matters of principle, stand like a

rock. - Thomas Jefferson - success quote

Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead. - Louisa May Alcott famous quote

Abundance is not something we acquire. It is something we tune into. -Wayne Dyer fanus quote

Discipline is the foundation upon which all success is built. Lack of discipline inevitably leads to failure. - Jim Rohn quote

The only man who never makes mistakes is the man who never does anything. - Theodore Roosevelt quote

He that cannot reason is a fool. He that will not is a bigot. He that dare not is a slave. - Andrew Carnegie - success quote

If you view all the things that happen to you, both good and bad, as opportunities, then you operate out of a higher level of consciousness. - Les Brown fanus quote

Maturity is achieved when a person postpones immediate pleasures for long-term values. - Joshua L. Liebman quote

Common sense is the knack of seeing things as they are, and doing things as they ought to be done. - Harriet Beecher Stowe famous quote

He who has learned to disagree without being disagreeable has discovered the most valuable secret of a diplomat. - Robert Estabrook quote

Men are anxious to improve their circumstances, but are unwilling to improve themselves; they therefore remain bound. - James Allen quote

Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, "This is the real me," and when you have found that attitude, follow it. - William James Motivational quote

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble." - Helen Keller famus quote

In the practice of tolerance, one's enemy is the best teacher. -Dalai Lama famous quote

It is a fine thing to have ability, but the ability to discover ability in others is the true test. - Elbert Hubbard - success quote

There's no scarcity of opportunity to make a living at what you love. There is only a scarcity of resolve to make it happen. - Wayne Dyer quote

Great ambition is the passion of a great character. Those endowed with it may perform very good or very bad acts. All depends on the principals which direct them. - Napoleon Bonaparte quote

Yearn to understand first and to be understood second. - Beca Allen Motivational quote

We act as though comfort and luxury were the chief requirements of life,

when all that we need to make us really happy is something to be enthusiastic about. - Charles Kingsley quote

Those who bring sunshine into the lives of others, cannot keep it from themselves. - Sir James M. Barrie - success quote

Take your life in your own hands and what happens? A terrible thing: no one is to blame. -Erica Jong famous quote

Hide not your talents, they for use were made. What's a sundial in the shade? - Benjamin Franklin famous quote

Happiness is not best achieved by those who seek it directly. - Bertrand Russell Motivational quote

I am always busy, which is perhaps the chief reason why I am always well. - Elizabeth Cady Stanton quote

> Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity. - General George S. Patton quote

It is neither wealth nor splendor; but tranquility and occupation which give happiness. - Thomas Jefferson famous quote

Patience, persistence and perspiration make an unbeatable combination for success. - Napoleon Hill - success quote

Laziness may appear attractive, but work gives satisfaction. - Anne Frank Motivational quote

It is good to dream, but it is better to dream and work. Faith is mighty, but action with faith is mightier. - Thomas Robert Gaines quote

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are. - John Wooden famous quote

Part of the happiness of life consists not in fighting battles but in avoiding them. A masterly retreat is in itself a victory. - Norman Vincent Peale famous quote

It is more important to know where you are going than to get there quickly. - Mabel Newcomer quote

When you sit with a nice girl for two hours, you think it's only a minute. But when you sit on a hot stove for a minute, you think it's two hours. That's relativity. - Albert Einstein - success quote

Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body and soul. - Charles Buxton Motivational quote

He who reigns within himself and rules his passions, desires, and fears is more than a king. - John Milton famous quote

Even a fool knows you can't touch the stars, but it doesn't stop a wise man from trying. - Harry Anderson, "Night Court" quote

The greatest pleasure I know is to do a good action by stealth, and to have it found out by accident. - Charles Lamb - success quote

Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world -- making the most of one's best. - Harry Emerson Fosdick
Motivational quote

The marble not yet carved can hold the form of every thought the greatest artist has. - Michelangelo - success quote

Class is an aura of confidence that is being sure without being cocky. Class has nothing to do with money. Class never runs scared. It is self-discipline and self-knowledge. It's the sure footedness that comes with having proved you can meet life. - Ann Landers quote

More important than talent, strength, or knowledge is the ability to laugh at yourself and enjoy the pursuit of your dreams. - Amy Grant famous quote

To succeed... you need to find something to hold on to, something to motivate you, something to inspire you. - Tony Dorsett quote

It takes less time to do things right than to explain why you did it wrong. - Henry Wadsworth Longfellow - success quote

The shy man will not learn; the impatient man should not teach. - Hillel
Motivational quote

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there. - Indira Gandhi famous quote

Bad habits are like chains that are too light to feel until they are too heavy to carry. - Warren Buffet famous quote

A prudent question is one-half of wisdom. - Francis Bacon quote

The victory of success is half won when one gains the habit of setting goals and achieving them. Even the most tedious chore will become endurable as you parade through each day convinced that every task, no matter how menial or boring, brings you closer to fulfilling your dreams. - Og Mandino - success quote

Man's mind, once stretched by a new idea, never regains its original dimensions. - Oliver Wendell Holmes, Jr. famous quote

To live in the presence of great truths and eternal laws, to be led by permanent ideals - that is what keeps a man patient when the world ignores him, and calm and unspoiled when the world praises him. - Honore De Balzac
Motivational quote

Instead of thinking about where you are, think about where you want to be. It takes twenty years of hard work to become an overnight success. - Diana Rankin famous quote

To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to. - Kahlil Gibran quote

In the final analysis there is no solution to man's progress but the day's honest work, the day's honest decisions, the day's generous utterances and the day's good deed. - Clare Booth Luce quote

You cannot do a kindness too soon, for you never know how soon it will be too late. - Ralph Waldo Emerson famous quote

What this power is, I cannot say. All I know is that it exists...and it becomes available only when you are in that state of mind in which you know EXACTLY what you want...and are fully determined not to quit until you get it. - Alexander Graham Bell quote

Faced with the choice between changing one's mind and proving that there is no need to do so, almost everyone gets busy on the proof. - Galbraith's Law fanus quote

"The nearest way to glory is to strive to be what you wish to be thought to be." - Socrates quote

"Live out of your imagination instead of out of your memory." - Les Brown famous quote

Courage is the mastery of fear, not the absence of fear. - Mark Twain - success quote

Success is not to be pursued; it is to be attracted by the person you become. - Jim Rohn Motivational quote

Optimism is the one quality more associated with success and happiness than any other - Brian Tracy quote

Lack of forgiveness causes almost all of our self-sabotaging behavior. - Mark Victor Hansen quote

"Keep away from people who belittle your ambitions. Small people always do that, but the really great, make you feel that you too can become great." - Mark Twain fanus quote

"My great concern is not whether you have failed, but whether you are content with your failure." - Abraham Lincoln quote

"Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I may not forget you." - William Arthur Motivational quote

There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment. - Norman Vincent Peale famous quote

We must overcome the notion that we must be regular . . . It robs you of the chance to be extraordinary and leads you to the mediocre. - Uta Hagen fanus quote

My goal is simple. It is complete understanding of the universe, why it as it is and why it exists as all. - Stephen Hawking quote

Use what talent you possess: the woods would be very silent if no birds sang except those that sang best. - Henry Van Dyke famous quote

You don't get paid for the hour. You get paid for the value you bring to the hour. - Jim Rohn quote

The man who trims himself to suit everybody will soon whittle himself away. - Charles Schwab - success quote

The secret of success is making your vocation your vacation. - Mark Twain
Motivational quote

I believe that it is better to tell the truth than a lie. I believe it is better to be free than to be a slave. And I believe it is better to know than to be ignorant.
- H. L. Mencken quote

You cannot teach a man anything; you can only help him find it within himself. - Galileo famous quote

Work as though you would live forever, and live as though you would die today. - Og Mandino - success quote

It is surprising what a man can do when he has to, and how little most men will do when they don't have to. - Walter Linn quote

Oh, my friend, it's not what they take away from you that counts. It's what you do with what you have left. - Hubert Humphrey - success quote

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them. - Henry David Thoreau
Motivational quote

One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man. - Elbert Hubbard famous quote

Success is the maximum utilization of the ability that you have. - Zig Ziglar
Motivational quote

A mediocre idea that generates enthusiasm will go further than a great idea that inspires no one. - Mary Kay Ash quote

If anything goes bad, I did it. If anything goes semi-good, then we did it. If anything goes really good, then you did it. That's all it takes to get people to win football games. - Paul "Bear" Bryant quote

Every man dies. Not every man lives. - Tim Robbins in The Shawshank Redemption
Motivational quote

The only limits to the possibilities in your life tomorrow are the buts you use today. - Les Brown quote

A man dies daily, only to be reborn in the morning, bigger, better and wiser. - Emmett Fox - success quote

No one's head aches when he is comforting another - Indian Proverb famous quote

Dost thou love life? Then do not squander time, for that is the stuff that life is made of- Benjamin Franklin. famous quote

If you don't know where you are going, you might wind up someplace else. - Yogi Berra Motivational quote

Do not take life too seriously. You will never get out of it alive. - Elbert Hubbard famous quote

Before you build a better mousetrap, it helps to know if there are any mice out there. - Mortimer B. Zuckerman quote

A certain amount of opposition is of great help to a man. Kites rise against, not with the wind. - John Neal Motivational quote

Genius is the gold in the mine; talent is the miner who works and brings it out. - Lady Blessington famous quote

Problems are only opportunities in work clothes. - Henry J. Kaiser quote

> The only way to have a friend is to be one. - Ralph Waldo Emerson quote

We must indeed all hang together, or most assuredly we shall all hang separately. - Benjamin Franklin quote

In business, you don't get what you deserve, you get what you negotiate. - Chester L. Karrass - success quote

Opportunity is missed by most people because it is dressed in overalls and looks like work. - Thomas Alva Edison quote

A ship in harbor is safe -- but that is not what ships are for. - John A. Shedd famous quote

Love does not consist in gazing at each other but in looking outward together in the same direction. - Antoine de Saint-Exupery famous quote

You will never find time for anything. If you want time you must make it. - Charles Buxton Motivational quote

I am always willing to learn, however I do not always like to be taught. - Winston Churchill famous quote

I always remember an epitaph which is in the cemetery at Tombstone, Arizona. It says: 'Here lies Jack Williams. He done his damndest.' I think that is the greatest epitaph a man can have. - Harry S Truman - success quote

A 'No' uttered from deepest conviction is better and greater than a 'Yes' merely uttered to please, or what is worse, to avoid trouble. - Mahatma Gandhi quote

The way I see it, if you want the rainbow, you gotta put up with the rain. - Dolly Parton famous quote

Yesterday's the past and tomorrow's the future. Today is a gift-- which is why they call it the present. - Bill Keane famous quote

If I have seen further it is by standing on the shoulders of giants. - Isaac Newton - success quote

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had happened. - Winston Churchill
BR> You cannot teach a man anything; you can only help him find it within himself. - Galileo Motivational quote

Would you like me to give you a formula for... success? It's quite simply, really. Double your rate of failure... You're thinking of failure as the enemy of success. But it isn't at all... You can be discouraged by failure -- or you can learn from it. So go ahead and make mistakes. Make all you can. Because, remember that's where you'll find success. On the far side of failure. - Thomas J. Watson famous quote

Even on the most exalted throne in the world we are only sitting on our own bottom. - Michel de Montaigne - success quote

You will never do anything in this world without courage. It is the greatest quality of the mind next to honor. - James Allen quote

The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires. - William A. Ward famous quote

Leadership is not magnetic personality--that can just as well be a glib tongue. It is not "making friends and influencing people"--that is flattery. Leadership is lifting a person's vision to higher sights, the raising of a person's performance to a higher standard, the building of a personality beyond its normal limitations. - Peter Drucker quote

Formal education will make you a living, self education will make you a fortune. - Jim Rohn - success quote

The foolish man seeks happiness in the distance; the wise grows it under his feet. - James Oppenheim

BR> How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these. - George Washington Carver famous quote

Life is a great big canvas, and you should throw all the paint you can on it. - Danny Kaye Motivational quote

Far and away the best prize that life has to offer is the chance to work hard at work worth doing. - Theodore Roosevelt quote

Real knowledge is to know the extent of one's ignorance. – Confucius famous quote

Destiny is not a matter of chance, but of choice. Not something to wish for, but to attain. - William Jennings Bryan - success quote

The desire of knowledge, like the thirst for riches, increases ever with the acquisition of it. - Laurence Sterne famous quote

When you get to the end of your rope, tie a knot and hang on. - Franklin D. Roosevelt - success quote

Life is no brief candle to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations. - George Bernard Shaw quote

No army can withstand the strength of an idea whose time has come. - Victor Hugo famous quote

It is funny about life: if you refuse to accept anything but the very best you will very often get it. - W. Somerset Maugham quote

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When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. -

Napoleon Hill famous quote

For every disciplined effort there is a multiple reward. -Jim Rohn quote

I think the one lesson I have learned is that there is no substitute for paying attention. -Diane Sawyer - success quote

Every man dies. Not every man truly lives. -Braveheart quote

Don't smother each other. No one can grow in the shade. -Leo Buscaglia.
Motivational quote

[about the past] ...the way I see it, you can either run from it, or learn from it. -Rafikki to Simba in Disney's The Lion King famous quote

There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. - Albert Einstein. quote

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 - success quote

Do not go where the path may lead, go instead where there is no path and leave a trail.- Ralph Waldo Emerson quote

The man who has no imagination has no wings. - Muhammad Ali famous quote

The real price of everything, what everything really costs to the man who wants to acquire it, is the toil and trouble of acquiring it. - Adam Smith quote

I discovered a long time ago that if I helped people get what they wanted, I would always get what I wanted and I would never have to worry. -Anthony Robbins Motivational quote

The time is always right to do what is right. - Martin Luther King, Jr quote

Nothing happens unless first a dream. -Carl Sandburg famous quote

When in doubt, make a fool of yourself. There is a microscopically thin line between being brilliantly creative and acting like the most gigantic idiot on earth. So, what the hell, leap. - Cynthia Heimel quote

I am beginning to learn that it is the sweet, simple things of life which are the real ones after all. - Laura Ingalls Wilder famus quote

What we see depends mainly on what we look for. - John Lubbock quote

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in



you. - Dale Carnegie famous quote

It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts. -Robert H. Schuller quote

We can chart our future clearly and wisely only when we know the path which has led to the present. -Adlai E. Stevenson quote

Time is the wisest counsellor. -Pericles - success quote

"You have powers you never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind. -Darwin P. Kingsley Motivational quote

Too much of a good thing is just right - Mae West. quote

"Whoever renders service to many puts himself in line for greatness -- great wealth, great return, great satisfaction, great reputation, and great joy." Jim Rohn quote

To succeed you need to find something to hold on to, something to motivate you, something to inspire you. -Tony Dorsett famous quote

Vision without action is a daydream. Action without vision is a nightmare. - Japanese Proverb famous quote

What counts is not necessarily the size of the dog in the fight-it's the size of the fight in the dog. -Dwight D. Eisenhower famous quote

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence. - Martin Luther King, Jr. quote

"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do." - Helen Keller quote

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly. - Langston Hughes - success quote

As a man thinketh, so is he . - Proverbs 23:7 famous quote

"Stay committed to your decisions, but stay flexible in your approach." -Tony Robbins Motivational quote

"Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, 'What's in it for me?'" - Brian Tracy famous quote

"The place to improve the world is first in one's own heart and head and hands." -Robert M. Pirsig famous quote

"When you take charge of your life, there is no longer a need to ask permission of other people or society at large. When you ask permission, you give someone veto power over your life." -Geoffrey F. Abert quote

"It's not whether you get knocked down; it's whether you get back up." - Vince Lombardi - success quote

"Be ready when opportunity comes...Luck is the time when preparation and opportunity meet." -Roy D. Chapin Jr. quote

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"Persistent people begin their success where others end in failure." -Edward Eggleston famous quote

"History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats. -Bertie C. Forbes quote

"The only way to discover the limits of the possible is to go beyond them into the impossible." -Arthur C. Clarke famous quote

Success is the progressive realization of a worthy goal or ideal. -Earl Nightingale Motivational quote

Our lives begin to end the day we become silent about things that matter. - Martin Luther King, Jr. - success quote

"Be ready when opportunity comes...Luck is the time when preparation and opportunity meet." -Roy D. Chapin Jr. quote

"Persistent people begin their success where others end in failure." -Edward Eggleston famous quote

"Some men give up their designs when they have almost reached the goal; While others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than ever before."-Herodotus quote

"The secret of success in life is for a man to be ready for his opportunity when it comes." - Benjamin Disraeli Motivational quote

"There is great treasure there behind our skull and this is true about all of us. This little treasure has great, great powers, and I would say we only have learned a very, very small part of what it can do." - Isaac Bashevis Singer quote

"You have within you right now, everything you need to deal with whatever the world can throw at you."- Brian Tracy quote

"Always look at what you have left. Never look at what you have lost." - Robert H. Schuller famous quote

Better to do something imperfectly than to do nothing flawlessly. -Robert Schuller famous quote

It's the constant and determined effort that breaks down all resistance and sweeps away all obstacles. - Claude M. Bristol - success quote

The longest journey of any person is the journey inward. - Dag Hammarskjöld famous quote

All difficult things have their origin in that which is easy, and great things in that which is small. - Lao-Tzu quote

Life is a succession of lessons which must be lived to be understood. -Ralph Waldo Emerson - success quote

The mind is not a vessel to be filled but a fire to be kindled. - Plutarch quote

Am I not destroying my enemies when I make friends of them? -Abraham Lincoln famous quote

Men always want to be a woman's first love - women like to be a man's last romance. -Oscar Wilde famous quote

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It's not what happens to you; it's what you do about it that makes the difference. -W. Mitchell Motivational quote

He that cannot reason is a fool. He that will not is a bigot. He that dare not is a slave. - Andrew Carnegie quote

Good timber does not grow with ease. The stronger the wind the stronger the trees. -Willard Marriott famous quote

All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose. -Brian Tracy - success quote

That it will never come again is what makes life so sweet. - Emily Dickinson Submitted by Stephen Hedrick quote

Looking to the stars always makes me dream, as simply as I dream over the black dots representing towns and villages on a map. Why, I ask myself, shouldn't the shining dots of the sky be as accessible as the black dots on the map of France? - Vincent Van Gogh Submitted by Stephen Hedrick quote

Every great advance in science has issued from a new audacity of imagination.- John Dewey famous quote

There are two kinds of people, those who do the work and those who take the credit. Try to be in the first group; there is less competition there. -Indira Gandhi Motivational quote

Man's mind, once stretched by a new idea, never regains its original dimensions. -Oliver Wendell Holmes, Jr. - success quote

You see things; and you say "Why?" But I dream things that never were; and I say "Why not?" - George Bernard Shaw (1856-1950) quote

If a man has talent and cannot use it, he has failed. If he has a talent and uses only half of it, he has partly failed. If he has a talent and learns somehow to use the whole of it, he has gloriously succeeded and has a satisfaction and a triumph few men ever know. - Thomas Wolfe famous quote

If you want to be successful, find someone who has achieved the results you want and copy what they do and you'll achieve the same results. - Anthony Robbins Motivational quote

Happiness is an attitude of mind, born of the simple determination to be happy under all outward circumstances. J. Donald Walters quote

The path to success is to take massive, determined action. - Anthony Robbins famous quote

To succeed... you need to find something to hold on to, something to motivate you, something to inspire you.- Tony Dorsett - success quote

At first, dreams seem impossible, then improbable, and eventually inevitable. --Christopher Reeve", Submitted by Mark Houck quote

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. --Sir Winston Churchill famous quote

If the creator had a purpose in equipping us with a neck, he surely meant us to stick it out. - Arthur Koestler quote

You don't pay the price for success. You enjoy the price for success. - Zig Ziglar Motivational quote

Dream as if you'll live forever. Live as if you'll die today. - James Dean quote

Even if you are on the right track, you will get run over if you just sit there. - Unknown famous quote

Live out of your imagination, not your history. - Stephen Covey quote

The people and circumstances around me do not MAKE me what I am, they REVEAL who I am. - Dr. Laura Schlessinger - success quote

Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen. - John Steinbeck quote

He who asks a question is a fool for a minute; he who does not remains a fool forever. - Chinese Proverb - success quote

The foolish man seeks happiness in the distance; the wise grows it under his feet. -James Oppenheim famous quote

If you can dream it, you can do it. - Walt Disney quote

There is only one success - to spend your life in your own way. - Christopher Morley Motivational quote

To Climb Steep Hills requires slow pace at first. - William Shakespeare quote

One of the greatest pieces of economic wisdom is to know what you do not know. -John Kenneth Gilbraith. famous quote

-Better to light a candle than to curse the darkness. -Chinese Proverb quote

-If the creator had a purpose in equipping us with a neck, he surely meant us to stick it out. - Arthur Koestler famous quote

-Whether you think you can or think you can't, you're right. -Henry Ford quote

Success is neither magical or mysterious. Success is the natural consequence of consistently applying the basic fundamentals. - Jim Rohn quote

Live out of your imagination, not your history. - Stephen Covey quote

Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand. - Thomas Carlyle Motivational quote

When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge. - Albert Einstein - success quote

It's kind of fun to do the impossible. - Walt Disney quote

It takes less time to do things right than to explain why you did it wrong. - Henry Wadsworth Longfellow famous quote

What you get by achieving your goals is not as important as what you become by achieving your goals -. Zig Ziglar quote

A journey of a thousand miles begins with a single step. - Chinese Proverb famous quote

To love and win is the best thing. To love and lose, the next best. -William M. Thackeray famous quote

"No one can make you feel inferior without your permission" -Eleanor Roosevelt. Submitted by Mark Houck Motivational quote

Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand. - Thomas Carlyle - success quote

The noblest search is the search for excellence. - Lyndon B. Johnson quote

For all sad words of tongue and pen, The saddest are these, 'It might have been'. - John Greenleaf Whittier quote

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover. - Mark Twain Motivational quote

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. - Booker T. Washington quote

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. - Alexander Graham Bell famous quote

The true measure of a man is how he treats someone who can do him absolutely no good. - Ann Landers - success quote

It is not your aptitude, but your attitude, that determines your altitude. Zig Ziglar famous quote

Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing. Denis Waitley quote

Action may not always bring happiness; but there is no happiness without action. - Benjamin Disraeli Motivational quote

Both poverty and riches are the offspring of thought. Napoleon Hill quote

Just Do It. - Nike - success quote

Adventure is not outside a man. it is within. - David Grayson quote

The gem cannot be polished without friction, nor man perfected without trials. - Chinese proverb famous quote

Age is a matter of feeling...not of years. - George William Curtis quote

Hitch your wagon to a star. - Ralph Waldo Emerson - success quote

A good laugh is sunshine in the house. William Makepeace Thackeray quote

The only tyrant I accept in this world is the still voice within. - Mahatma Gandhi Motivational quote

He who has health, has hope; and he who has hope has everything. - Arabian Proverb famous quote

Light is the task where many share the toil. - Homer quote

There are no uninteresting things, only uninterested people. - Gilbert K. Chesterton - success quote

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united. - Humboldt quote

Talk not of wasted affection; affection never was wasted. - Henry Wadsworth

Longfellow famous quote

If you wish to reach the highest, begin at the lowest. - Publilius Syrus quote

One person with a belief is equal to a force of ninety-nine with only interests.
- John Stuart Mill Motivational quote

You must look into people, as well as at them. - Lord Chesterfield quote

Charity sees the need, not the cause. - German Proverb - success quote

Genius is one percent inspiration and ninety-nine percent perspiration. -
Thomas Edison famous quote

He's no failure. He's not dead yet. - William Lloyd George quote

He that waits upon fortune, is never sure of a dinner. -Benjamin Franklin
quote

Big shots are only little shots who keep shooting. - Christopher Morley quote

Don't tell me that worry doesn't do any good. I know better. The things I
worry about don't happen. famus quote

Courage is resistance to fear, mastery of fear—not absence of fear. - Mark
Twain famous quote

Most games are lost, not won. - Casey Stengel - success quote

A pessimist is one who makes difficulties of his opportunities and an optimist
is one who makes opportunities of his difficulties. - Harry Truman, American
President (b. 1884) Motivational quote

Many hands make the Light work. - Leroy W. Jones - success quote

The difference between a successful person and others is not a lack of
strength, not a lack of knowledge, but rather in a lack of will. - Vincent T.
Lombardi quote

The starting point of all achievement is desire. Keep this constantly in mind.
Weak desire brings weak results, Just as a small amount of fire makes a small
amount of heat. - Napoleon Hill famous quote

I wanted to change the world. But I have found that the only thing one can be
sure of changing is oneself. - Aldous Huxley Motivational quote

The task ahead of us is never as great as the power behind us. - Ralph Waldo
Emerson famous quote

Vision is the art of seeing the invisible. - Jonathan Swift- success quote

Am I not destroying my enemies when I make friends of them? - Abraham
Lincoln famus quote

He who asks a question may be a fool for five minutes, but he who never asks
a question remains a fool forever. - Tom Connelly quote

Character is higher than intellect. A great soul will be strong to live as well to
think. - Ralph Waldo Emerson Motivational quote

When one door closes another door opens; but we so often look so long and

so regretfully upon the closed door, that we do not see the ones which open for us. - Alexander Graham Bell- success quote

It is funny about life: if you refuse to accept anything but the very best you will very often get it. - W. Somerset Maugham quote

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My goal is simple. It is complete understanding of the universe, why it as it is and why it exists as all. - Stephen Hawking quote

Failure is not the worst thing in the world, The very worst is not to try.- Anonymous famous quote

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you. - Dale Carnegie quote

Failure is only the opportunity to more intelligently begin again. - Henry Ford Motivational quote

Alone we can do so little; together we can do so much. -Helen Keller quote

Both poverty and riches are the offspring of thought. Motivational quote

Every adversity, every failure, and every heartache carries with it the seed of an equivalent or a greater benefit. - success quote

Even if you are on the right track, you will get run over if you just sit there. famous quote

The best way to have what you want, is to want what you have. Motivational quote

If you do what you've always done, you'll get what you've always got quote

It is not your aptitude, but your attitude, that determines your altitude. Motivational quote

Of all our human resources, the most precious is the desire to improve quote

It is difficult to say what is impossible, for the dreams of yesterday are the hopes of today, and the realities of tomorrow. - success quote

Far better it is to dare mighty things, to win glorious triumphs, though checkered with failure, than to take rank with those poor souls, who neither enjoy much or suffer much, because they live in the gray twilight that knows neither victory nor defeat. famous quote

Insults

Nancy Astor (to Winston Churchill): If I were your wife I would put poison in your coffee!

Churchill: And if I were your husband I would drink it.

Bessie Braddock (to Winston Churchill): Winston, you're drunk.

Churchill: Bessie, you're ugly. But tomorrow I shall be sober.

Last week I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister and now wish to withdraw that statement.
(Mark Twain)

I never forget a face, but in your case I'll be glad to make an exception.
(Groucho Marx)

Lawyers

It's not the people who are in prison worry me. It's the people who aren't.
(Arthur Gore)

Love, Sex, Men vs Women

It's not the men in my life that counts - it's the life in my men. (Mae West)

Is that a gun in your pocket, or are you just glad to see me. (Mae West)

It's better to be looked over than overlooked. (Mae West)

Marriage is a great institution, but I'm not ready for an institution yet. (Mae West)

It's been so long since I've had sex I've forgotten who ties up whom. (Joan Rivers)

I blame my mother for my poor sex life. All she told me was 'the man goes on top and the woman underneath.' For three years my husband and I slept in bunk beds. (Joan Rivers)

Ten men waiting for me at the door? Send one of them home, I'm tired. (Mae West)

My wife is a sex object - every time I ask for sex, she objects. (Les Dawson)

My wife Mary and I have been married for forty-seven years and not once have we had an argument serious enough to consider divorce; murder, yes, but divorce, never. (Jack Benny)

A woman is only a woman, but a good cigar is a smoke. (Rudyard Kipling)

A man is only as old as the woman he feels. (Groucho Marx)

I chased a woman for almost two years only to discover her tastes were exactly like mine - we were both crazy about girls. (Groucho Marx)

Now that women are jockeys, baseball umpires, atomic scientists, and business executives, maybe someday they can master parallel parking. (Bill

Vaughan)

Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult. (Charlotte Whitton)

[Motivational Quotes of the Day for April 15, 2007](#)

Promises that you make to yourself are often like the Japanese plum tree - they bear no fruit.

[Francis Marion](#)

Know, first, who you are; and then adorn yourself accordingly.

[Epictetus](#)

My one aim was to do a thing well and to excel if possible.

[Josephine demott Robinson](#)

The solution is to gradually become free of societal rewards and learn how to substitute for them rewards that are under one's own powers. This is not to say that we should abandon every goal endorsed by society; rather, it means that, in addition to or instead of the goals others use to bribe us with, we develop a set of our own.

[Mihaly Csikszentmihalyi](#)

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[" Motivational Tips and Questions"](#)

As you know, I write, coach and do seminars on helping people find their passion and build their lives around doing what they love. I know one of the big challenges in the process is to stay motivated, and the secret to staying motivated is to continually check in with yourself and clarify where you are.

[" Activities in building self-esteem in children"](#)

One of the main issues that parents must deal with when raising a kid is their self-concept and self-esteem. Teaching our kids to value themselves and their talents can be a tricky thing to do as parents must be able to achieve a balance between allowing their kids enough independence to be able to decide for themselves and act on their own and the guidance that will keep them in the right path.

Being too lax and giving them too much freedom can lead to rebellion while being too strict can destroy a child's independent spirit and foster too much dependence.

["Building A Self Esteem Lesson Plan"](#)

Building a self-esteem lesson plan takes time. The way to approach the

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problem will be through a test. The system itself as many doctors admit is not perfect but this is better than nothing for those who need help.

The exams given by a psychologist is divided into sections. The patient will respond by ranking each question from highest to lowest, selecting an answer from four possible choices, filling in the blanks or completing the sentence.

[" Building Self Esteem Among Teens"](#)

Someone once said that people are products of society. This is true because outside the home, friends influence the person and this could either mean doing some good or bad things.

In the end, whatever happens outside comes back into the home. Teachers will probably talk to the parents to update the his or her development in the school. The worse can scenario is being called to the precinct to pick up the teen.

["Building Self Esteem in a Teenager"](#)

There is a saying that goes, " you can't keep a good man down." Life has it up and down moments so teens should seize the day and rejoice in the success while not dwelling on mistakes. The person should simply think that this is just one of life's lessons and should try a little harder in the future.

["Building the Confidence and Self Esteem of your Teenager"](#)

Parents should be able to teach their teenagers that people come in all shapes and sizes that way they will be able to be more accepting of their physical attributes and would also be non-judgmental of others. Encourage them to get into activities where the playing field is equal.

Sports is a great way to develop the social skills of your teenager and a chance to excel. A teenager with good social skills would be able to handle all types of people and situations. Excelling in anything can boost a teenager's confidence and self esteem.

["Building your Self Esteem"](#)

A lot of people are hard on themselves. It is always good to hear people say that they do not compete with other people because they only have to outdo their selves. This is a good attitude because when you focus on yourself, you develop at your own pace and you don not see yourself at a loser.

There are times though when this becomes negative because a person becomes too criticizing of himself or herself. There is no worst critic than yourself because once you believe in the negative self worth you put in your mind, you could easily crumble with whatever negative the world will throw at you. A low self esteem is one of the greatest enemies of a person because losing it is like losing oneself.

[" Help Build Your Partners Self Esteem"](#)

As partners in life, couples have a responsibility to help each other out. The same is also true when it comes to psychological matters. This is why it is important that a person strives to help his or her partner improve his or her self-esteem.

Helping your partner improve his or her self-esteem is one of the best ways

for you to express your love for him or her. You are not only doing him a favor when you boost his or her self-esteem, you are also contributing to the longevity of your relationship. For a relationship to work out, both partners must be emotionally and psychologically mature. A healthy self-image or self-esteem is one of the indications of maturity.

["Learn about building high Self-Esteem"](#)

Self esteem is something that every person should have and the loss of it in a person spell disaster. Just like anything that a person has to have, a person should work at building his or her self esteem. Before one can do that, there is a need to know things about self esteem. Self esteem is how a person perceives his or herself.

There are various factors that a person should have a positive attitude about including the value he or she gives to him or herself as a human being, his or her career and his or her achievements in order to develop a high self esteem.

[" Parents Should Be Able to Build Self Esteem In A Child"](#)

The only way for children to succeed is by building up one's self esteem. Those who have this will be able to achieve a certain ambition later on in life, which is something that could only happen with the support of parents and the teachers that molded the child.

[" Self Esteem Determines Who We Are"](#)

We may not realize it, but self-esteem is a great determinant of whether or not we will be a success in life or not. Why? Because self-esteem, or the way we view ourselves, including our skills and our talents, affect our thoughts. And these thoughts turn into actions.

Taking actions are very important. Actions are the ones who move us closer to our dreams. If you have dreams and goals in life and you realize that you are not moving towards them then maybe you are not taking any action s or you are taking the wrong ones. What most people are not aware of is that thoughts and actions are linked. Having positive thoughts leads to positive actions in the same way that negative thoughts can lead to inaction or negative actions.

[" Some Self Esteem Building Exercises"](#)

There are simply times when we feel so bad about ourselves. It can be caused by a lot of things. Heartbreak is one of the most common reasons for low self esteem and is often the case for people who lost their self to their relationship. For the people who are in love with their career, a demotion can kill their self esteem. Workaholics who get fired are the number one candidates of low self esteem.

Teenagers who devote their time and energy to finally getting that slot in the varsity will have a lot to work on their self esteem should they be cut from the team. Self esteem is anchored in a lot of things like the factors mentioned above but solely depending on one single factor is not good. A high self esteem should be gained by being able positive toward all aspects of life and not just one.

[" Some tips for building a Child's Self Esteem"](#)

Parents are very powerful figures in the life of any child. First of all, they are

responsible for conceiving the child and for bringing that child into this world so everything that comes after there will still be held somewhat responsible. The mother best of all has a special emotional connection with her children while fathers are mostly the ones who deal with practical things in raising children.

A perfect relationship between parents and children will be when the parents are role models of providing love and support within the family while the children are obedient but to a certain degree also independent in living their lives. In this world however there is no such thing as perfect but this should not stop us from trying to build an ideal relationship.

["77 screensaver quotes"](#)

Random causes of motivation can be effective in our daily lives. Sometimes we find inspiration in the least expected places and at unexpected moments.

Imagine going for a coffee break after spending hours working on a particular problem. Upon returning you see in bold vibrant colors a message on your desktop quoted from Napoleon Bonaparte - "Circumstances - what are circumstances? I make circumstances." Instantly you are charged with renewed energy and get back to your unfinished work.

[" Tips For Choosing The Right Motivational Posters For The Office"](#)

As with choosing any art piece whether it is a print, original painting, sculpture, photograph or collectable, you can make or break a room choosing incorrectly.

You can make quite a statement with the correct art piece! It can communicate on many different levels.

["Motivation and Personality - Which Type Are You?"](#)

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.

So throw off the bowlines.

Sail away from the safe harbor.

Catch the trade winds in your sails.

Explore. Dream. Discover."

[" The 3 Most Powerful Ways to Get Yourself to Achieve ANYTHING Despite Pressure, Deadlines, and "Procrastination" "](#)

How free and energized would you feel if you had the power to motivate yourself to do ANYTHING, stop procrastinating, and achieve all your goals in record time?

Have you ever had a concrete plan to succeed at something, but for some "inner" reason what you planned to do never got done? We all have plans and huge dreams when we're young, but very few people ever get past the point of taking ACTION on those dreams?

[" Lose the Laziness, 5 Can-do tasks to set your Goals in Motion"](#)

If you're having problems with self motivation examine your self closely.

Could it be that you're in a mode of laziness because you just don't want to get busy?

We all have those times and there is nothing wrong with having a bad day, but if you're in that mood constantly you might have a problem with self esteem.

[" Five Technology Tools for Effective Time Management"](#)

Information you can trust on time management. Five Technology Tools for Effective Time Management For those with a busy lifestyle and schedule, there are several different resources and tools that can help to keep you on track.

["Fun Personality Test"](#)

This is a real test given by the Human Relations Dept at many of the major corporations today. It helps them get a better insight concerning their employees and prospective employees.

It's only 10 simple questions, so... Grab a pencil and paper, keeping track of your letter answers.

[" Top Five Benefits to Developing a Plan of Action"](#)

Developing a plan of action may seem unnecessary to many people. Some people may feel that everything they need is stored in their mind; therefore it would be redundant to create a plan of action.

With most workers having way too much to do these days however, it is best to create a plan of action for each day, or for each major task.

[" Action steps for success at last this New Year"](#)

Albert Einstein said, "Insanity is doing the same thing over and over again expecting different results." Why do you expect changes if you keep setting goals the same way? Here are the action steps for success at last this New Year:

1) Start out small. Don't think about huge sweeping changes that you want. Break big goals into smaller chunks that you can achieve individually in 30-60 day stages or goal steps.

[" The Three Step Success for Goalsetting"](#)

Over and over again, I receive emails, inquiries from clients and invitations to speak on the question of "the good life."

Every human being wants to live a great life!

[" New Year - New Diet - New You?"](#)

Are you about to make yet another new year's resolution, as you see out the old year, along with it's broken promises and failed, good intentions? Are you about to make yet another new year's resolution, as you see out the old year, along with it's broken promises and failed, good intentions?

[" Mature women are great because"](#)

This is for all you girls 40 years and over.... and for those who are turning 40, and for those who are scared of moving into their 50's...AND 60's and... and for guys who are scared of girls over 40!!!!... This was written by Andy

Rooney from CBS 60 Minutes.

[" Man's best friend and why we send emails..."](#)

A man and his dog were walking along a road. The man was enjoying the scenery, when it suddenly occurred to him that he was dead.

He remembered dying, and that the dog walking beside him had been dead for years.

[" What does Love mean?"](#)

The answers they got were broader and deeper than anyone could have imagined. See what you think.....

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

[" The True Cost Of A Lack of Motivation"](#)

Today I want to tell you why you absolutely have to take charge of self-motivation. And what a lack of motivation means..

As you read this article you will start to understand why a lack of motivation is costing you even more than you realize. As you read the story below notice how much you have in common with me...

[" The best way to increase your confidence and raise your self esteem"](#)

Many people in life would like to gain more confidence or to increase their self esteem. In this article, I give free tips on how to do this. I myself have managed to change my whole life by implementing the advice given. I hope it also proves beneficial for you.

I am Stephen Hill from England. I had many issues as I grew up from a child, through the teenage years, and finally to adulthood which had a damaging affect on my confidence levels. These included:

[" Motivation At Work Secrets for Good Managers"](#)

Do you ever have those days at your job when everything just seems pointless? It is the same old thing day in and day out, and you wonder why you are doing what you are doing for a living.

Well, believe it or not, this happens to everyone at some point or another. Even with the most rewarding careers, life can start to get boring and hum drum after time.

So how does a person obtain and maintain motivation at work? Set your goals to get specific jobs and projects done at your workplace. Give yourself deadlines to meet these goals. Sometimes a project is so overwhelming that it is hard to get motivated to do it.

[" Wiping Out Obstacles to Goal Achievement"](#)

Life is an obstacle course. It is normal to encounter obstacles in the pursuit of a goal. Actually, it is expected to pop up once in a while, causing delays or revisions to one's plans.

However, when obstacles start to become a nuisance to the point of almost putting a stop to one's goal; or worse, making one completely abandon his/her goal, a think over becomes a necessity.

[" Think like a Genius"](#)

1. How to solve problems like a genius.

Geniuses are just ordinary people who stumble on a knack or way of thinking that enables them to think and learn more effectively and creatively than others.

When you closely examine how "geniuses" like Newton or Archimedes thought, they didn't simply sit under trees or in baths until their enlightenment: they used some very powerful and practical tools to create order out of their thoughts and find answers to problems that few people ever thought to solve.

[" The Subconscious Control Of Your Diet And Weight Loss"](#)

What determines human behavior and in particular your eating behavior? I have yet to come across a psychiatrist, psychologist or physician who can answer this question, yet this is the most fundamental question if you wish to initiate lasting permanent behavior change.

["Time Management Made Easy"](#)

In today's world, time is a sacred thing. Many of us work 40 hour a week jobs, some of us go to school on top of that, some of us come home and are single moms. We only have so many hours in a week, and we have to learn how to utilize every spare moment that we have.

[" Powerful Tips To Help Manage Everyday Stress"](#)

Often times stress will manifest when we carry over yesterday's concerns into our present day concerns. An accumulation will almost always end up in a high stress level. Therefore, we must be able to "dump" all of our concerns from the previous day or days and concentrate wholly on our today.

[" The four rules to lead an extraordinary life."](#)

Everybody can lead an extraordinary life. There is no better time to live your dreams. Knowledge is abundant. The World Wide Web is filled up with billions of pages of information.

[" Self Confidence"](#)

As a hypnotherapist I specialise in helping people to develop confidence and self esteem. But what is confidence? I find a great deal of misunderstanding among my clients; many tell me that they want to become more confident "but not too confident", as if confidence can be dangerous in large quantities.

[" What is the big deal about goal setting anyways"](#)

Goal setting related content is everywhere and yet, so many fail to create their life's master plan. It maybe because they do not want to spend time planning their objective, their life purpose is not too clear, does not believe goal setting is necessary etc.

[" Motivation"](#)

Many people talk about motivation and what it takes to be a motivated person. Tony robbins, Zig zigar, Robert allen, Joel osteen, Donald trump and the list goes on. These are all great motivational speakers. With so much talent in the world, why are their so few Donald trumps. Many people think their the lucky ones. In many cases they are correct.

[" Pushing Through Our Comfort Zone"](#)

Our greatest growth in life comes from pushing through our present comfort zone. This process starts at birth. A baby feels safe, warm and secure in its mother's womb.

However, to stay there much longer than the gestation period would mean certain death for both the mother and child. Life began for all of us as we left the comfort and security of the womb and faced the strange and unfamiliar world outside. Our first breath is often a painful experience, a cry of protest at temporary discomfort. Yet without this experience, our life would be fleetingly short.

[" The Power Of Charisma"](#)

You have seen them on television your entire life: the world leaders, the movie stars, and yes, even the infomercial darlings! These people almost seem incapable of self-doubt as their undeniable confidence exudes from their every pore, almost mesmerizing their audience.

[" What's Holding You Back?"](#)

What is the one thing that is keeping you from your biggest aspiration(s) in life? The thing that stands like a brick wall between you and your goals? If you're like most people, your answer resembled one of the following:

[" The Art of Adapting to Change"](#)

One of the main reasons that may hinder us from reaching our innermost goals and desires is our inability to be flexible. We have an idea about how we want things to happen or how we are going to accomplish something and we don't stay open to other options or possibilities.

[" The Attitude of Gratitude"](#)

Yes, it might feel great to win the lottery. Money, houses, travel - these are wonderful, but not enough by themselves. You need the right frame of mind to fully enjoy life. You need the attitude of gratitude.

["5 Tips To Increase Your Personal Power"](#)

Have you ever started a new project full to the brim with enthusiasm only to have your enthusiasm and motivation wane as the months go by?

When we're pursuing something of worth in our lives, enthusiasm and motivation are two very important factors.

["10 Tips on the Right Time of Day for Your Personal Best"](#)

Can choosing which time we do an activity really make a difference in our performance?

Have you ever wondered what would be the best time of day (or week) to do different kinds of work? Every person's internal clock runs on the Human Circadian Timeline. Except those who have been on graveyard shift for years!

["10 Steps to New Life"](#)

Have you ever felt anger or a sense of loss for having spent years taking care of others instead of honoring your core self—your true essence—by becoming all that you can be? Do you regret spending money unwisely in the past? Feel sad about relationships that held the promise of gold but never panned out?

[" How to Give Yourself a Motivational Warm Up When You Wake Up"](#)

If you have heard about affirmations before and never got the maximum benefit from them it is because you did not know how to take a very ordinary approach and supercharge it.

[" 50 Ways to Find Serenity During The Holidays"](#)

In the normal course of living, we sometimes feel "overwhelmed", "burnt out" or "stressed-out".

I know I do, which is why I created this special list of things to do when I'm feeling less than peaceful.

And around holiday time those feelings sometimes feel even more unmanageable.

[" Free tips to help you increase your self esteem"](#)

I have had many confidence issues in my life, all of which I have either dealt with or overcome.

I have written about some of these issues below.

["The Most Overlooked Small-Business Opportunity on the Net"](#)

What's the largest single segment of the economy that (up to this point) has virtually missed the Net?

SERVICES! Yes, the service-selling opportunity is the most overlooked small-business opportunity on the Net.

[" A Surefire Way To Manage Your Fears"](#)

Imagine discovering a way to get rid of your fears in a quick and painless manner. In fact it can even become fun!

Did you know only two of all the fears you have are innate: The fear of falling and the fear of loud noises. Most of your fears were learned in early childhood and then in later life under stressful conditions.

["7 tips to make a fantastic impression on people who count"](#)

Making a fabulous impression on people opens doors for your business,

personal, and career endeavors.

People like charming people who make them feel comfortable.

So, making a fantastic impression helps you get where you want to go.

["A Cure For Stinkin' Thinkin'"](#)

When you're leaving the house in the morning, it's much nicer to ask your spouse to pick up the dry cleaning first and save the "I love you" for last.

Think about it. If you said, "I love you," then said, "Please pick up the dry cleaning," your spouse might feel manipulated.

["7 Tips For Unstoppable Motivation And Enduring Success"](#)

1. Success is not achieved accidentally. It is a systematic, deliberate process of deciding what you want to do with your life, what you will do when you get there, and what the steps are to get you where you want to be.

["Employee Motivation - The 8 Basics"](#)

Building a team of motivated people in your business is vital to get the very best results, but so many managers focus on the 'ra-ra-ra', rather than the important things - the things that make people feel comfortable in their working environment.

["Coaching Employees - The Chronic Excuser"](#)

Most of us find coaching employees to be an effective, even enjoyable, approach to leadership and management. Coaching provides a way to help team members grow and develop, while achieving business objectives.

["Effective Listening Equals Effective Leadership: Learn How!"](#)

No matter what role you play in your company, becoming a more effective listener will help you get ahead in your position. It means fewer errors, improved accuracy, and enhanced working relationships.

["Easy Steps To A Better Life"](#)

Want a better life? Big changes are difficult, and take time, but there are many easy steps you can take right now. Take many steps, even small ones, and pretty soon you're getting somewhere.

["10 Steps To Clear Thinking"](#)

Does your mind sometimes feel like a television station you can't quite tune in?

You know there's an interesting program on - or several, but everything is mixed with static.

What if you could "tune in" at will, have clear thinking whenever you want it?

["A Better Life In Easy Steps"](#)

Want a better life? Big changes are difficult, and take time, but there are many easy steps you can take right now.

Take many steps, even small ones, and pretty soon you're getting somewhere.

["11 Rules you didn't learn at school!"](#)

Rule 1. Life is not fair; get used to it.

Rule 2. The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

["Alternative Remedies For Anxiety Reduction"](#)

If you have problems with anxiety, you're not alone. Millions of men, women, young adults and even children suffer from the same problem. Oftentimes, these people suffer in silence because they're ashamed to admit how bad their anxiety gets.

["A Cure For Stinkin' Thinkin'"](#)

If a person gave you that blah or down feeling, change the deposit by going to another person to get a quick fix. Call one of your friends or acquaintances who is an upbeat person and chat a couple of minutes.

If the offender was a TV, radio, audio, or video program, don't just turn it off; change the deposit--switch channels, stations or recordings until you hear something positive.

["Get Organized with the Best Tips!"](#)

For most people, the hardest thing in life is to get organized.

Imagine not finding a magazine article you want to share with your friend, recipes you want to try, a leisure book you want to read for a long time and even your sexy red top you want to wear to surprise your husband on your anniversary.

["Organizing the Room"](#)

One's bedroom is the best place where a person can do anything inside without being disturbed.

By organizing it to be safe and clutter free, it will be a place where one can relax, study and just feel comfortable

["5 Reasons Why You Should Organize"](#)

Some people think being organized requires a lot of work or maybe a complete system where you have to do a complicated set of tasks.

In short, many people view being organized as impossible to achieve. While that is not really true, it takes a much disciplined person not to resort back to his old habits.

["What is Fear of Rejection?"](#)

Fear of rejection can lead to a vicious cycle of rejection.

Fiona, a marketing specialist of one of the biggest malls in town, offered her hand to her client and then she stood up and walked out of the room with her head held high.

["I Am Thankful"](#)

For the wife who says it's hot dogs tonight, because she is home with me, and not out with someone else.

For the husband who is on the sofa being a couch potato, because he is home with me and not out at the bars.

["The Ultimate Truth in Persuasion"](#)

OK, so you want to improve your persuasion power right?

Why? What's your intention? As you know your intent directs the flow of energy in your interactions with others. So doesn't it just make sense to have in mind a really clear and strong intent before you engage in your powerful persuasion mission.

["How to Stand Out with better Self Confidence & Self Esteem"](#)

Body language speaks of a whole lot of things, including a person's self-confidence.

Self-confidence or the lack of it can be manifested in many ways, one of which is through body posture.

Body posture is the way one carries himself. It can be a basis for making first impressions which generally dictates the image of person in the eyes of another. Making good first impressions can be very beneficial.

["Techniques to Reduce Work-Related Stress"](#)

Many surveys and studies confirm that work pressures and fears are, by far, the leading source of stress for adults in the western world.

Here are just a few statistics. More than 50% of workers often spend 12-hour-days on work related duties and frequently skip lunch due to the stress of job demands.



["The 3 Most Powerful Ways to Get Yourself to Achieve ANYTHING Despite Pressure, Deadlines, and Procrastination"](#)

How free and energized would you feel if you had the power to motivate yourself to do ANYTHING, stop procrastinating, and achieve all your goals in record time?

Have you ever had a concrete plan to succeed at something, but for some "inner" reason what you planned to do never got done? We all have plans and huge dreams when we're young, but very few people ever get past the point

of taking ACTION on those dreams?

[7 Tips for Ensuring Stress doesn't Cause you to Fail](#)

When students think about the time around exams, the first word that comes to mind is usually 'Stress!' While it's true that exam time will never be a truly relaxing experience (not if you care about your results, anyway), you can take steps to ensure the stress of exam time helps, rather than hinders, your ability to pass.

["5 Tips To Increase Your Personal Power"](#)

Have you ever started a new project full to the brim with enthusiasm only to have your enthusiasm and motivation wane as the months go by? When we're pursuing something of worth in our lives, enthusiasm and motivation are two very important factors.

["IF you can"](#)

If you can start the day without caffeine or pep pills,

If you can be cheerful, ignoring aches and pains,

["I have learned that...."](#)

I have learned.... That life is tough, but I'm tougher.

I've learned.... That to ignore the facts does not change the facts.

["FINDING PURPOSE IN YOUR LIFE AND IN YOUR BUSINESS"](#)

If you desire success in your life and in your business, you need purpose.

Without knowing your purpose, you will not know where you are going.

Without purpose, you will not be very committed to success.

["6 Shared Factors of Successful Executives"](#)

These factors were determined by interviews with and books from very successful people. Factors which eminently successful people considered essential were collected and classified.

[Achieving Your Dreams by Jim Rohn](#)

While most people spend most of their lives struggling to earn a living, a much smaller number seem to have everything going their way.

Instead of just earning a living, the smaller group is busily working at building and enjoying a fortune. Everything just seems to work out for them.

And here sits the much larger group, wondering how life can be so unfair, so complicated and unjust. What's the major difference between the little group with so much and the larger group with so little

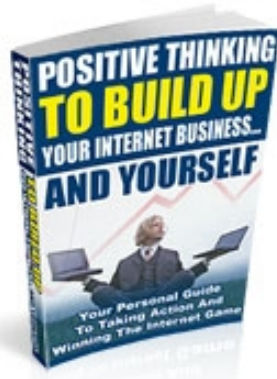
[Keeping the team spirit alive by Joan Marques](#)

Whether you are a team player or not, at one time or another in your life you will have to perform in some sort of group. Admitted, some of us make better team-members than others, but for all of us it remains a fact that you cannot work in a large corporation, take on a large project, become a star sportsperson, or reach the top charts as an artist if you don't know the basics of team performance.

[Diet Success Tips](#)

Dieting is not easy. If it were, we would probably all be thin.

Since we are not, here are some tips that successful people use to lose weight so that others can benefit, too.



The Biggest Key To Success In Internet Marketing - And In Leading A Highly Successful Life Can Be Found Right Inside Yourself!

The Power Of Positive Thinking Can Be The Difference Between A \$30,000 A Year Day Job - And That Million Dollar A Year Internet Life Style You Have Been Dreaming Of!

["Positive Thinking To Build Up Your Internet Business And Yourself"](#)

[I'll Go Anywhere As Long As It's Forward by Robert Warlow](#)

By living your life with the goal that every action you take has to move you forward, you will quickly see possibilities which you never saw before. Your mind will seek out new opportunities to move you forward.

I am sure we all have friends or family members who either spend their time at best, standing still, or at worse, going backwards in life.

[4 Reasons to Work for Yourself By Arthur Cooper](#)

Almost everybody working as a paid employee of someone else must at some time or another wished they were their own boss.

Nearly everyone at some time or another thinks that they could run things better if they were in charge. Whether in a shop, in an office, in a factory, - wherever - most people at some point think about becoming self employed.

[4 Ways To Make Yourself Indispensable To Your Employer](#)

In difficult economic times everyone is potentially subject to being "downsized" or "outplaced" - what in less politically correct (mealy mouthed?) days used to be called redundancy.

For some people unhappy with their work this can present a golden opportunity, and also the push necessary to go and do what they would really like. This is especially true if they receive a decent financial pay-off. Many will say (with hindsight) that it was the best thing that ever happened to them.

[workplace motivation - Keeping Employees Happy](#)

The Basics Recent research identified the following factors that employees consider necessary to be content at work:

["The Power of Your Speech"](#)

There appears to be a high correlation between word power and earning power. The ability to speak, to persuade, and to keep an audience's attention is well rewarded.

What about you? Have you been sabotaging your own success because you feel that speaking in front of a group is something you would rather die than do?

["10 Simple Steps to Self Motivation and More Sales"](#)

Every day of your life you are selling yourself, nothing happens until you're successful at doing that.

We're all in the selling business whether we like it or not.

["Self-contentment Leads to Confidence"](#)

Being self-content means accepting and acknowledging who you are at your core and becoming satisfied -- maybe not perfect, but satisfied -- in all areas of your life.

When you learn to better understand, better appreciate and eventually love yourself, you exude a quiet confidence that will open doors to what you want in life.

["Solve Problems Using A Word List"](#)

To creatively solve problems you need to get your mind looking in new directions.

You can systematically do this by using a list of words, primarily adjectives, to create "what if?" scenarios.

["Preliminary Steps To Self Confidence"](#)

The first step in developing your self-confidence is to conduct an intelligent self-examination.

Poor self-confidence is a like a disease, to be diagnosed as carefully as any other sickness.

["The Top Ten Ways to Stop Procrastinating Now"](#)

10. Procrastination Condemnation - Lose the Labels! All those things you call yourself, such as lazy, scattered, disorganized, not good enough, incompetent, or stupid, for example, aren't helping you get things done, are they?

You've learned to believe them, and you think they've become something of a self-fulfilling prophecy. If you look around yourself, though, you'll see evidence that you can accomplish quite a number of things without delay.

["A New Years Resolution To Stop Smoking - How To Keep To It Beyond Jan 2nd?"](#)

So, here you are again. Seeing out the old year, along with its broken promises and failed, good intentions.

You arrive, fresh with newly found conviction, after the excesses of the Christmas period, at the New Year's resolution, an annual triumph of hope over reality!

["Two Minutes To Stress Reduction And Relaxation"](#)

This exercise is designed to cleanse your body of stress and tension.

It's a variation of deep breathing exercises often associated with Yoga and Meditation.

["Changing Your Subconscious Self Image For Permanent Weight Loss"](#)

The most important picture you will ever change in your subconscious mind is the picture you now have of yourself right now.

You will start with this image. You will start recreating your subconscious imagery by recreating your existing body picture.

["The 3 Secrets of Team Motivation"](#)

Do you want a highly motivated team who don't take time off work, don't keep looking for other jobs and make a positive contribution to your business?

If the answer is "yes," then there are three steps you need to take with each member of your team.

["Nine Tips to Improve Your Self-Esteem"](#)

Self-esteem is something you earn through confidence and self-mastery. The reward it earns includes the respect you feel for yourself as well as the respect we see in how others feel towards you.

This is a critical element in your personal growth when building a business, a personal relationship and even events that happen around you.

["5 Tips To Increase Your Personal Power"](#)

Have you ever started a new project full to the brim with enthusiasm only to have your enthusiasm and motivation wane as the months go by?

When we're pursuing something of worth in our lives, enthusiasm and motivation are two very important factors.

["Personal Improvement - A Broad Perspective"](#)

Most of us have heard the term personal improvement, but what does it really mean to us?

Reference to this term seems to be confined to factors pertaining to such abstract terms as, emotions, success, mind, goal setting, health, and other such words; but not much is said about other factors that help to bring about positive development in a person's life.

["10 Tips on the Right Time of Day for Your Personal Best"](#)

Can choosing which time we do an activity really make a difference in our performance?

Have you ever wondered what would be the best time of day (or week) to do different kinds of work? Every person's internal clock runs on the Human Circadian Timeline. Except those who have been on graveyard shift for years!

["Are You a Negative Thinker?"](#)

Barbara sought my help because of her chronic fatigue.

She had been going to different kinds of doctors and trying different nutrition plans for years and nothing was helping her. One of the doctors suggested that she try psychotherapy.

["50 Motivational Tips for Exercise and Weight Loss"](#)

No matter who we are, we all have days when we just do not feel like exercising.

The weather might be grey, you've had a busy day, or you might just be bored with your program. Whatever the reason, you just don't feel like it! It's on these days that we need that extra motivation.

["Motivation and Personality - Which Type Are You?"](#)

The level of motivation that a person has depends a lot on the personality of that person. If a person has the personality of a quiet, shy type of person, their motivation will come from living within that personality.

They are more likely to get motivated in different ways to that of a person who has a loud and bold personality. If a person has a go-getter personality then their motivation will be strong and vivacious, with a nothing can stop them type attitude.

["Motivation: 7 Ways"](#)

Isn't a lack of daily motivation one of the biggest problems we face when trying to better ourselves?

We often know what to do, or at least the first few steps. But we hesitate, something else catches our attention, or we just don't feel like doing what we need to do.

["Procrastination: Make It Work FOR You!"](#)

When I'm not focused, it's easy to become distracted by things that simply aren't very important to me. But I also noticed that for me, at least,

procrastination isn't necessarily a bad thing. (Come on, don't you sometimes thoroughly enjoy not doing something?) And there are times when I've found that putting something off actually worked out for the best.

["The Easy Way To Lasting Self Motivation"](#)

How can you become a self motivation expert? Does will power work? Will power alone will never work over the long term. It is the hardest way possible to get yourself to do anything. The answer is to discover the secrets of self motivation.

Why? Because it is like trying to open a tin can with your teeth when there is a can opener in your pocket. Instead you need to tap into the limitless power of your mind.

["The Seven Keys to Motivation"](#)

Motivation. It's a complicated subject that is studied by many and understood by few. Virtually every aspect of human life -- from the mundane to the life-changing -- is guided, swayed and altered by motivating factors.

For instance, what to have for dinner may be motivated by a desire to lose or gain weight. Whether or not to attend a business seminar may be motivated by the speakers, location and cost.

["Six ways to build high self confidence"](#)

Unstoppable confidence is the unshakable belief in yourself and what you are capable of.

With confidence, people pursue their goals and persevere until they achieve them. Without confidence, time passes as the people stay stuck in their rigid comfort zones, unable to escape. Here are six ways to build high self-confidence.

["7 Tips For Unstoppable Motivation And Enduring Success"](#)

1. Success is not achieved accidentally. It is a systematic, deliberate process of deciding what you want to do with your life, what you will do when you get there, and what the steps are to get you where you want to be.

One of the most important aspects of success is the ability to visualize your path and stay focused on your goal until you reach it.

["A Look At Different Depression Treatment"](#)

One of the most prevalent health problem in many countries around the world is depression.

Indeed, researchers have concluded that a majority of people will experiencing clinical depression at some point during their lifetimes. As a result, all people should at least have a basic awareness of what different depression treatment regimens are available in the 21st.

["10 Steps To Clear Thinking"](#)

Does your mind sometimes feel like a television station you can't quite tune in? You know there's an interesting program on - or several, but everything is mixed with static. What if you could "tune in" at will, have clear thinking whenever you want it?

["Stronger Willpower Today"](#)

Have you ever wished you had stronger willpower?

How can you make yourself stop doing things you don't want to do? There are ways, and the first thing to do is to redefine the concept of willpower.

[STRESS MANAGEMENT - important lesson](#)

Avoid Stress When you strive to be financially successful, stress is a natural part of the process. Do everything you can to avoid stress.

Adding in unnecessary stress into the equation will take focus away from accomplishing your goals. You can listen to relaxing tapes, get a professional massage, take a walk, or whatever helps you to relax.

When you start feeling overwhelmed, stop, change direction, and avoid stress. The only thing stress accomplishes is draining your think power and creativity.

[time management training](#)

Prioritize your Day to Accomplish More, by Carol Halsey Motivational Self Improvement Article of the Day:

Prioritizing is a very important function of being organized. It is another method that puts you in control of your work responsibilities. In order to effectively prioritize, learn to recognize the difference between the important, the urgent and the unnecessary.

[sleeping disorders](#)

Sleeping Disorder Motivational Self Improvement Article of the Day:

This article is a summary of some of the sleep aid disorders and their natural remedies that are described in greater detail and with recipes and instructions at www.sleep-aid-tips.com

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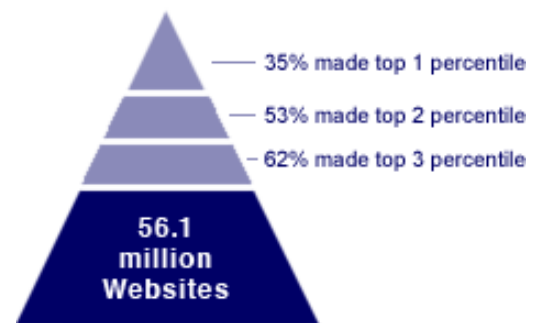
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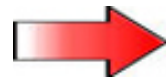
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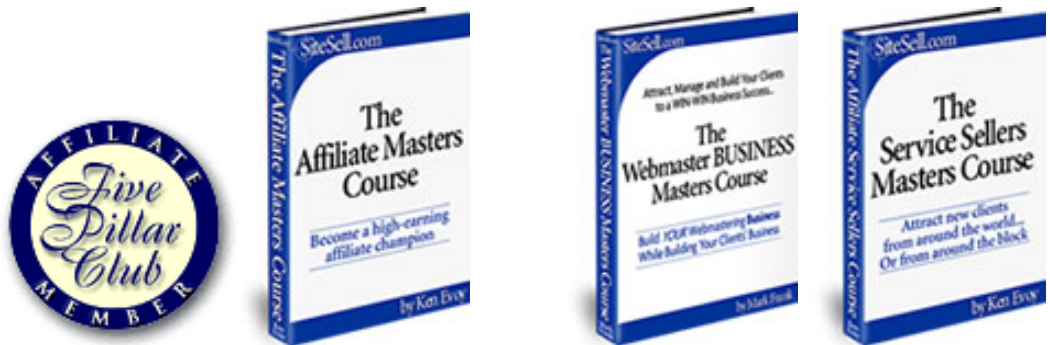
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