

Joan Gustafson's 52 Favorite Inspirational and Motivational Quotations

For the first time ever, Joan shares with you her personal favorite inspirational and motivational quotes. Use these quotes every day, as she has done, to help you control your destiny through your attitude!

- 1** *The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.*
William James
- 2** *If you can dream it, you can do it.*
Walt Disney
- 3** *Imagination is more important than knowledge.*
Albert Einstein
- 4** *Whatever the mind can conceive and believe, the mind can achieve.*
Napoleon Hill
- 5** *If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours.*
Henry David Thoreau
- 6** *Your determination to succeed is nothing more than your thought to do so. The idea of success is really the thought of success.*
Dr. Wayne Dyer
- 7** *For as he thinketh in his heart, so is he.*
Proverbs 23:7

8 *It has been said that [the] picturing power of the mind is the greatest gift that God has ever given to man. It has the ability to construct images of success before the actual experiences are born. It can paint pictures that will fire our wills and exalt our spirits. This ability to travel ahead of our own success can draw us on with the greatest pleasure towards the most worthwhile objectives.*

Sterling W. Sill

9 *You alter your destiny by altering your thoughts.*

Dr. Dennis R. Deaton

10 *The key to success is to create a vision of who you want to be, and then picture it as if it has already happened.*

Arnold Schwarzenegger

11 *When we change the models in our mind, we change the results in our life.*

Mark Victor Hansen

12 *We become what we think about all day long.*

Ralph Waldo Emerson

13 *To thine own self be true.*

William Shakespeare

14 *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.*

Matthew 7:7

15 *All that we are is the result of what we have thought.*

Buddha

- 16** *Masters see their creations before they are created.*
Dr. Dennis R. Deaton
- 17** *Most things which are urgent are not important, and most things which are important are not urgent.*
President Dwight Eisenhower
- 18** *Things which matter most must never be at the mercy of things which matter least.*
Goethe
- 19** *The challenge is not to manage time, but to manage ourselves.*
Steven Covey
- 20** *He who every morning plans the transaction of the day and follows out that plan, carries a thread that will guide him through the maze of the most busy life.*
Victor Hugo
- 21** *If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.*
Henry David Thoreau
- 22** *Any definite chief aim that is deliberately fixed in the mind and held there, with the determination to realize it, finally saturates the entire subconscious mind until it automatically influences the physical action of the body toward the attainment of that purpose.*
Napoleon Hill
- 23** *Thought is action in rehearsal.*
Sigmund Freud

24 *Even if you're on the right track, you'll get run over if you just sit there.*

Will Rogers

25 *Men give me credit for genius. All the genius I have lies in this: When I have a subject in hand, I study it profoundly. Day and night, it is before me. I explore it in all its bearings. My mind becomes pervaded with it. Then ... people are pleased to call [the effort that I made] the fruit of genius. It is the fruit of labor and thought.*

Alexander Hamilton

26 *I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.*

William Penn

27 *It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.*

Ralph Waldo Emerson

28 *The future belongs to those who believe in the beauty of their dreams.*

Eleanor Roosevelt

29 *The creative mechanism within you is impersonal. It will work automatically and impersonally to achieve goals which you yourself set for it. Present it with success goals, and it functions as a success mechanism. Present it with negative goals, and it operates just as impersonally and just as faithfully as a failure mechanism.*

Dr. Maxwell Maltz

30 *Wherever we are and whatever we are doing, it is possible to learn something that can enrich our lives and the lives of others. ...No one's education is ever complete.*

Sir John Templeton

31 *Education is that which remains when one has forgotten everything he learned in school.*

Albert Einstein

32 *Ask not what your country can do for you. Ask what you can do for your country.*

President John F. Kennedy

33 *Where there is life, there is hope. Where there are hopes, there are dreams. Where there are vivid dreams repeated, they become goals. Goals become the action plans and game plans that winners dwell on in intricate detail, knowing that achievement is almost automatic when the goal becomes an inner commitment.*

Denis Waitley

34 *Forgiveness does not change the past, but it does enlarge the future.*

Paul Boese

35 *Judge not, and ye shall not be judged; condemn not, and ye shall not be condemned; forgive, and ye shall be forgiven.*

Luke 6:37

36 *The mind has exactly the same power as the hands: not merely to grasp the world, but to change it.*

Colin Wilson

37 *All thoughts which have been emotionalized [given feeling] and mixed with faith, begin immediately to translate themselves into their physical equivalent or counterpart.*

Napoleon Hill

38 *I can't change the direction of the wind, but I can adjust my sails to always reach my destination.*

Jimmy Dean

39 *Just as the human body can be strengthened and toned to muscular power through ... exercise, so too can the mind be strengthened and sharpened. You can't build a great body in a few hours; the same goes for your intellect. Remember that the secret to the success of any exercise program is repetition, repetition, repetition. Only then will you begin to see results.*

Marilyn vos Savant

40 *Kind words can be short and easy to speak but their echoes are truly endless.*

Mother Teresa

41 *You can complain because roses have thorns or you can rejoice because thorns have roses.*

Ziggy

42 *When the student is ready, the master appears.*

Buddhist Proverb

43 *Turn your face to the sunshine, and all shadows fall behind.*

Helen Keller

44 *You see things; and you say 'Why?' But I dream things that never were; and I say 'Why not?'*

George Bernard Shaw

45 *The best is yet to be.*

Robert Browning

46 *Happiness depends upon ourselves.*

Aristotle

47 *Happiness is like a butterfly, which, when you pursue it is always beyond your grasp, but, which, when you sit down may alight upon you.*

Nathaniel Hawthorne

48 *Your talent is God's gift to you. What you do with it is your gift back to God.*

Leo Buscaglia

49 *Man's mind stretched to a new idea never goes back to its original dimensions.*

Oliver Wendell Holmes

50 *We make a living by what we get, but we make a life by what we give.*

Sir Winston Churchill

51 *[The] moment one definitely commits oneself, then Providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed could come his way.*

Goethe

52 *Life is a promise; fulfill it.*

Mother Teresa

53 BONUS — The Paradoxical Commandments

*People are illogical, unreasonable, and self-centered.
Love them anyway.*

*If you do good, people will accuse you of selfish ulterior
motives. Do good anyway.*

*If you are successful, you will win false friends and true
enemies. Succeed anyway.*

*The good you do today will be forgotten tomorrow.
Do good anyway.*

*Honesty and frankness make you vulnerable. Be honest
and frank anyway.*

*The biggest men and women with the biggest ideas can be
shot down by the smallest men and women with the smallest
minds. Think big anyway.*

*People favor underdogs but follow only top dogs. Fight
for a few underdogs anyway.*

*What you spend years building may be destroyed over-
night. Build anyway.*

*People really need help but may attack you if you do help
them. Help people anyway.*

*Give the world the best you have and you'll get kicked
in the teeth. Give the world the best you have anyway.*

Kent M. Keith