

A scenic view of a lake surrounded by forested mountains and a small town in the distance. The foreground is dominated by tall evergreen trees on the left and a mix of evergreen and deciduous trees with yellowing leaves in the lower half. The lake is calm, reflecting the sky and the surrounding landscape. In the background, a small town with several buildings is visible on the far shore, nestled at the base of a large, forested mountain range under a clear blue sky.

Daily Quotes to Inspire Living Beyond Better

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This collection of daily inspirational quotes was compiled as a tool to help motivate you to live Beyond Better. There is quote for every day of the year (366 to include leap year!) By using a quote as a daily focal point in your journey towards more excellence in your life you create specific achievable goals and measurable progress.

Most people have a desire to be the best that they can be, but the journey towards living beyond better can seem long and daunting. Any long journey is achieved a stage at a time. A long walk begins with just one step, and as you get into the rhythm of walking your steps become automatic and you focus, not so much on the steps, but on the surroundings and your intended destination. After a while when you pause to look back it can be surprising to realize how far you have traveled. Having identified our intended destination in the journey towards excellence, we can easily lose motivation and let days slip by without intentionally moving towards our goal. This book of inspirational quotes can be used to help you be more intentionally focused each day. As you go about your day, and bring to mind the daily quote it can prompt you to make the positive deliberate choices in your attitudes, thoughts, words or actions that will move you forwards to your chosen goal for the day. The purpose of this book can be summed up in the very first quote.

"Excellence is the gradual result of always striving to do better."

Pat Riley

The quotes address areas which can bring more peace, joy and enrichment into your life. The quotes will challenge you about the way you view yourself and those around you, as well as ways of living and relating that enable you to grow to become a better person.

Read a quote at the start of your day and take a moment to ponder what small thought or action you could try to apply as you go about your day. During the day take moments to reflect on the quote. By bringing the quote and your intended application to the front of your mind, you posture yourself to make changes to move you towards greater excellence in that area. This may seem a small, insignificant step, but as it becomes a habit you will look back and see how far you have come on your journey towards living beyond better.

For further encouragement and inspiration check my website www.livingbeyondbetter.com which will be frequently updated with new material.

You can also sign up for the "Growing Beyond Better" newsletter at newsletter@livingbeyondbetter.com . This free newsletter is full of information, inspirational stories and articles.

1 "Excellence is the gradual result of always striving to do better."

Pat Riley

2 "Be very careful what you say to yourself because someone very important is listening...YOU!"

John Assaraf

3. "My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment."

Oprah Winfrey

4. "You are a fortunate person, indeed, if you can begin each day accepting the fact that during that day there will be ups and downs, good breaks and bad ones, disappointments, surprises, unexpected turns of events."

Roy Benjamin

5. "Kites rise highest against the wind, not with it."

Churchill

6. "There is a criterion by which you can judge whether the thoughts you are thinking and the things you are doing are right for you. The criterion is: Have they brought you inner peace? If they have not, there is something wrong with them - so keep seeking! If what you do has brought you inner peace, stay with what you believe is right."

Peace Pilgrim

7 "The ideas I stand for are not mine. I borrowed them from Socrates. I swiped them from Chesterfield. I stole them from Jesus. And I put them in a book. If you don't like their rules, whose would you use?"

Dale Carnegie

8. "Until you make peace with who you are, you'll never be content with what you have."

Doris Mortman

9 "Peace is a journey of a thousand miles and it must be taken one step at a time."

Lyndon B. Johnson

10 "It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

Eleanor Roosevelt

11 "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

Martin Luther King, Jr.

12 "I can have peace of mind only when I forgive rather than judge."

Gerald Jampolsky

13 "Commitment is that turning point in your life when you seize the moment and convert it into an opportunity to alter your destiny."

Denis Waitley

14 "Until he extends his circle of compassion to include all living things, man will not himself find peace."

Albert Schweitzer

15 "The greatest achievement is to outperform yourself."

Denis Waitley

16 "Problems are only opportunities in work clothes."

Henry J. Kaiser

17 "The walls we build around us to keep sadness out also keeps out the joy."

Jim Rohn

18 "Those who bring sunshine into the lives of others, cannot keep it from themselves."

Sir James Barrie

19 "... focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."

Greg Anderson

20 "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Thich Nhat Hanh

21 "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

Arnold Schwarzenegger

22 "If you don't like something, change it. If you can't change it, change your attitude."

Maya Angelou

23 "Your attitude is either the lock on, or the key to the door of success."

Denis Waitley

24 "Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful."

Norman Vincent Peale

25 "Each experience through which we pass operates ultimately for our good. This is a correct attitude to adopt and we must be able to see it in that light."

Raymond Holliwell

26 "The greatest communication skill is paying value to others"

Denis Waitley

27 "Speak when you are angry and you will make the best speech you will ever regret."

Ambrose Bierce

28 "The basic difference between being assertive and being aggressive is how our words and behavior affect the rights and well being of others."

Sharon Anthony Bower

29 "Accept complete responsibility both for understanding and for being understood."

Brian Tracy

30 "Live out of your imagination, not your history."

Stephen Covey

31 "I know of no more encouraging fact than the unquestionable ability of man to elevate his life by conscious endeavor."

Henry David Thoreau

32 "Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities -- always see them, for they're always there."

Dr. Norman Vincent Peale

33 "Nothing lasts forever -- not even your troubles."

Arnold H. Glasow

34 "There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered."

Nelson Mandela

35 "Better to seek change by inspiration, than out of desperation."

Denis Waitley

36 "A belief is not merely an idea that the mind possesses; it is an idea that possesses the mind."

Robert Bolton

37 A person who doubts himself is like a man who would enlist in the ranks of his enemies and bear arms against himself. He makes his failure certain by himself being the first person to be convinced of it.

Alexandre Dumas (1824-1895) Novelist and dramatist

38 "People often say that this person or that person has not yet found himself. But the self is not something that one finds. It is something that one creates."

Thomas Szasz

40 "The strongest principle of growth lies in human choice."

George Eliot

41 "There are two primary choices in life; to accept conditions as they exist, or accept the responsibility for changing them.

Denis Waitley

42 "They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety."

Benjamin Franklin

43 "Tomorrow is the most important thing in life. Comes into us at midnight very clean. It's perfect when it arrives and puts itself in our hands. It hopes we've learned something from yesterday."

John Wayne

44 "We choose our joys and sorrows long before we experience them."

Kahlil Gibran

45 "We would rather be in the company of somebody we like than in the company of the most superior being of our acquaintance."

Frank Swinnerton

46 "We have but one life--whether we spend it laughing or weeping."

Author unknown

47 "To avoid criticism do nothing, say nothing, be nothing."

Elbert Hubbard

48 "In prosperity our friends know us; in adversity we know our friends."
John Churton Collins

49 "The first test of a truly great man is his humility."
Ruskin

50 "I will love the light for it shows me the way, yet I will endure the darkness for it shows me the stars."
Og Mandino

51 "Life is part positive and part negative. Suppose you went to hear a symphony orchestra and all they played were the little, happy, high notes? Would you leave soon? Let me hear the rumble of the bass, the crash of the cymbals, and the minor keys."
Jim Rohn

52 "Be prepared to ride the cycles and trends of life; success is never permanent and failure is never final."
Brian Tracy

53 "If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."
Anne Bradstreet

54 "It is good to have an end to journey towards; but it is the journey that matters in the end."
Ursula Le Guin

55 "Never forget that life can only be noble inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country, to face many a danger, to meet many a joy, to find many a comrade, to win and lose many a battle."
Annie Besant

56 "To the world you may be just one person, but to one person you may be the world. An adventure is only an inconvenience rightly considered. An inconvenience is an adventure wrongly considered."
G.K. Chesterton

57 "Champions are propelled by desire, not compelled by fear."
Denis Waitley

58 "The difference between the impossible and the possible lies in a man's determination."

Tommy Lasorda

59 "Let us not be content to wait and see what will happen, but give us the determination to make the right things happen."

Peter Marshall

60 "What you want in your life occasionally shows up... what you must have... always does."

Doug Firebaugh

61 "Everyone has talent. What is rare is the courage to follow the talent to the dark place where it leads."

Erica Jong

62 "A book burrows into your life in a very profound way because the experience of reading is not passive."

Erica Jong,

63 "Love is everything it's cracked up to be...It really is worth fighting for, being brave for, risking everything for."

Erica Jong,

64 "A true friend is someone who is there for you when he'd rather be anywhere else."

Len Wein Comic book writer and editor

65 "Your wealth is where your friends are."

Plato (c. 254-184 B.C.) Playwright

66 "What am I to do? I expect to pass through this world but once. Any good work, therefore, any kindness, or any service I can render to any soul of man or animal let me do it now. Let me not neglect or defer it, for I shall not pass this way again."

An Old Quaker Saying

67 "The meaning of trial is not only to test worthiness, but to increase it; as the oak is not only tested by the storm, but toughened by them."

Mrs. Charles E. Cowman

68 "Give what you have; to someone it may be better than you dare to think."

Longfellow

69 "Faith is the bird that sings while it is yet dark."

Max Lucado

70 "The greatest gift you will ever have is your life, and the second greatest gift, which you give yourself, is courage to live it to the fullest. Time goes by quickly, and you cannot take it for granted. Appreciate how far you have come, and give yourself the gift of discovering how far you can yet go."

Dr. Sonya Friedman

71 "The environment you fashion out of your thoughts, your beliefs, your ideals, your philosophy is the only climate you will ever live in. The key is in not spending time, but in investing it."

Stephen Covey

72 "Don't be fooled by the calendar. There are only as many days in the year as you make use of. One man gets only a week's value out of a year while another man gets a full year's value out of a week."

Charles Richards

73 "In truth, people can generally make time for what they choose to do; it is not really the time but the will that is lacking."

Sir John Lubbock

74 "Love received and love given, comprise the best from of therapy."

Gordon Allport

75 "The best and most beautiful things in this world cannot be seen or even touched. They must be felt with the heart."

Helen Keller

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

Eleanor Roosevelt

77 "When you give of yourself, you receive more than you give."

Antoine De Saint-Exupéry

78 "Life is a song – sing it.
Life is a game – play it.
Life is a challenge – meet it.
Life is a dream – realize it.
Life is a sacrifice – offer it.
Life is love – enjoy it."

Sao Baba

79 "There are high spots in all of our lives, and most of them come about through encouragement from someone else."

George Adams

80 "Blessed are they with a cheery smile
Who stopped by to chat for a little while.....
Blessed are they that make it known
That I am loved and not alone."

Grace McDonald

81 "Some people come into our lives and quickly go. Some stay a while and leave footprints on our hearts and we are never the same."

Anonymous

82 "You have to have faith that there is a reason you go through certain things. I can't say I'm glad to go through pain, but in a way one must, in order to gain courage and feel real joy."

Carol Burnett

83 "Three things in the human life are important:

The first is to be kind.

The second is to be kind.

And the third is to be kind."

Henry James

84 "Let us think about each other and help each other to show love and do good deeds."

Hebrews 10:24 NCV

85 "We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us...and that is what really counts in the end. How to take the raw stuff of life and make it a thing of worth and beauty."

Joseph Fort Newton

86 "Blessed is the influence of one true, loving human soul on another."

George Eliot.

87 "Life is short and we never have enough time for gladdening the heart of those who travel the way with us. O, be swift to love! Make haste to be kind."

Henri Frédéric Amiel

88 "Kind words can be short and easy to speak, but their echoes are truly endless."

Mother Theresa

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

90 "A little friendship, a little sympathy, a little sociability, a little human toil...is needed in every nook and corner.
Therefore search and see if there is not some place where you may invest your humanity."
Albert Schweitzer

91 "Love is patient and kind. Love is not jealous, it does not brag, and it is not proud. Love does not count up wrongs that have been done.....Love patiently accepts all things. It always trusts, always hopes, and always remains strong."
I Corinthians 13:4-5,7 NCV

92 "To cultivate kindness is a valuable part of the business of life."
Samuel Johnson

93 "Cherish your visions and your dreams, as they are the children of your soul; the blueprints of your ultimate achievements."
Napoleon Hill

94 "Spread love everywhere you go: First of all in your own house...let no one ever come to you without leaving better and happier. Be the living expression of God's kindness in your warm greeting."
Mother Theresa

95 "Where love is, there God is also."
Mahatma Gandhi

96 "When you believe you can – you can!"
Maxwell Maltz

97 "You will find, as you look back upon your life, that the moments that stand out are the moments when you have done things for others."
Henry Drummond

98 "In the long run, the sharpest weapon of all is a kind and gentle spirit."
Ina Hughes

99 "To give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer."
Mahatma Gandhi

100 "Great opportunities to help others seldom come, but small ones surround us every day."

Sally Koch

101 "You never know when you are making a memory."

Rickie Lee Jones

102 "I believe in laughter: I think it is food for the soul."

Tommy Lasorda

103 "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth."

Virginia Satir

104 "Remember, happiness doesn't depend on who you are or what you have; it depends solely upon what you think."

Dale Carnegie

105 "I have discovered I always have choices and sometimes it's only a choice of attitude."

Judith M. Knowlton

106 "Treasure the love you receive above all. It will survive long after your gold and good health have vanished."

Og Mandino

107 "An effort made for the happiness of others lifts us above ourselves."

Lydia M. Child

108 "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve....You only need a heart full of grace. A soul generated by love."
Dr. Martin Luther King, Jr.

109 "The most permanent lessons in morals are those which come, not of booky teaching, but of experience."

Mark Twain

- 110 "Take all that you've become
Set your standards high
You deserve the best.....
To be all that you can be.
Soar above the clouds
And let your dreams set you free."
Jillian K. Hunt
- 111 "For everything you have missed, you have gained something else."
Ralph Waldo Emerson
- 112 "From what we get we can make a living; what we give, however, makes a life."
Arthur Ashe
- 113 "There are two ways of spreading light: To be the candle or the mirror that reflects it."
Edith Wharton
- 114 "Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal."
Pamela Vaull Starr
- 115 "A thousand words will not leave so deep an impression as one deed."
Henrik Ibsen
- 116 "Always know in your heart that you are far bigger than anything that can happen to you."
Dan Zadra
- 117 "A dream is a wish your heart makes."
Walt Disney
- 118 "When we look for the good in others, we discover the best in ourselves."
Martin Walsh
- 119 "If we did all the things we were capable of doing, we would astound ourselves."
Thomas Edison
- 120 "Slow down and take the time to really see what is going on around you right now, right where you are. You may be missing something wonderful."
J. Michael Thomas

121 "Forgiveness is not an emotion. Forgiveness is an act of the will, and the will can function regardless of the temperature of the heart."

Corrie Ten Boom

122 "If you can conceive it and believe it you can achieve it."

Napoleon Hill

123 "If you don't daydream and kind of plan things in your imagination, you never get there. So you have to start someplace."

Robert Duvall

124 "I am only one. But still, I am one. I cannot do everything, but still I can do something. And because I cannot do everything, I will not refuse to do the something that I can do."

Edward Everett Hale

125 "Things don't change. You change your way of looking, that's all."

Carlos Castaneda

126 "I'm not afraid of storms, for I'm learning how to sail my ship."

Louisa May Alcott

127 "The more we give of anything the more we shall get back."

Grace Speare

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

Eleanor Roosevelt

129 "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."

William Jennings Bryan

130 "Life is what we make it, always has been, always will be."

Grandma Moses

131 "Swallowing your pride seldom leads to indigestion."

Anonymous

132 "The road to success is always under construction."

Anonymous

133 "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."

Vince Lombardi

134 "Nobody raises his own reputation by lowering others!"

Unknown

135 "It does not matter how slowly you go, so long as you do not stop."

Confucius

136 "One man practicing sportsmanship is far better than a hundred teaching it."

Knute Rockne

137 "If you would be successful, first you must walk hand-in-hand and side-by-side with successful people."

Nido Qubein

138 "If you would reap praise, you must sow the seeds, gentle words and useful deeds..."

Benjamin Franklin

139 "You find that you have peace of mind and can enjoy yourself, get more sleep, and rest when you know that it was a one hundred percent effort that you gave - win or lose."

Gordie Howe

140 "Deliberate with caution, but act with decision."

Charles Caleb Colton

141 "Some tension is necessary for the soul to grow, and we can put that tension to good use. We can look for every opportunity to give and receive love, to appreciate nature, to heal our wounds and the wounds of others, to forgive, and to serve."

Joan Borysenko

142 "If you would be successful, first you must walk hand-in-hand and side-by-side with successful people."

Nido Qubein

143 "It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome."

William James

144 "The good times we put in our pocket. The hard times we put into our heart."

Les Brown

145 "We can chart our future clearly and wisely only when we know the path which has led to the present."

Adlai E. Stevenson

146 "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove.....but the world may be different because I was important in the life of a child."

Unknown

147 "Live today cherish your yesterdays, dream your tomorrows, but live your todays."

Unknown

148 "Successful is the person who has lived well, laughed often, and loved much, who has gained the respect of children, who leaves the world better than they found it, who has never lacked appreciation for the earth's beauty, who never fails to look for the best in others, or give the best of themselves."

Unknown

149 "Life is a succession of lessons which must be lived to be understood."

Ralph Waldo Emerson

150 "It is that confidence in the leadership of that man or woman who guides that enables people to forget the perils of the journey and the darkness of the night."

Jerome A. Waterman

151 "The object of a new year is not that we should have a new year. It is that we should have a new soul."

G.K. Chesterton

152 "It is our basic right to be a happy person, happy family, and eventually a happy world. That should be our goal."

Dalai Lama

153 "All the people we call 'geniuses' are men and women who somehow escaped having to put that curious, wondering child in themselves to sleep."

Barbara Sher

154 "Don't dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer."

Denis Waitley

155 "Concentration is the secret of strength in politics, in war, in trade, in short in all management of human affairs."

Ralph Waldo Emerson

156 "Determine what specific goal you want to achieve. Then dedicate yourself to its attainment with unswerving singleness of purpose, the trenchant zeal of a crusader."

Paul J. Meyer

157 "Concentrate your powers. Identify what you are particularly good at doing and do more of it."

Brian Tracy

158 "Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible -- the kind of atmosphere that is found in a nurturing family."

Virginia Satir

159 "There are men who would quickly love each other if once they were speak to each other; for when they spoke they would discover that their souls had only separated by phantoms and delusions."

Ernest Hello

160 "To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others."

Anthony Robbins

161 "Communication leads to community, that is, to understanding, intimacy and mutual valuing."

Rollo May

162 "After all, when you come right down to it, how many people speak the same language even when they speak the same language?"

Russell Hoban

163 "Communication is not only the essence of being human, but also a vital property of life."

John A. Piece

164 "It seemed rather incongruous that in a society of super sophisticated communication, we often suffer from a shortage of listeners."

Erma Bombeck

165 "If you want to build a ship, then don't drum up men to gather wood, give orders, and divide the work. Rather, teach them to yearn for the far and endless sea."

Antoine de Saint-Exupery

166 "The greatest compliment that was ever paid me was when someone asked me what I thought, and attended to my answer."

Henry David Thoreau

167 "Asking the right questions takes as much skill as giving the right answers."

Robert Half

168 "When your work speaks for itself, don't interrupt."

Henry Kaiser

169 "The most important thing in communication is to hear what isn't being said."

Peter F. Drucker

170 "Live your beliefs and you can turn the world around."

Henry David Thoreau

171 "Whatever you believe with emotion becomes reality. You always act in a manner consistent with your innermost beliefs and convictions."

Brian Tracy

172 "If you don't stand for something, you'll fall for anything."

Denis Waitley

173 "Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained."

Marie Curie

174 "Because it hasn't been done before, doesn't mean it can't be done. Those who are afraid to make a mistake will never make a significant achievement."

Ted Hood America's Cup winner

175 "There are two aspects to achievement--reaching your goal and getting safely back home again. One is incomplete without the other!"

Edmund Hillary, mountain climber and explorer

176 "Success is dependent upon the glands--sweat glands."

Zig Ziglar

177 "One that would have the fruit must climb the tree"
Thomas Fuller

178 "It is not enough to be busy, so are the ants. The question is, 'What are we busy about?'"
Henry David Thoreau

179 "Change. It has the power to uplift, to heal, to stimulate surprise, open new doors, bring fresh experience and create excitement in life. Certainly it is worth the risk."
Leo Buscaglia

180 "One must not lose desires. They are mighty stimulants to creativeness, to love, and to long life."
Alexander A. Bogomoletz (1881-1946) Pathophysiologist

181 "You must see your goals clearly and specifically before you can set out for them. Hold them in your mind until they become second nature."
Les Brown

182 "A dream is just a dream. A goal is a dream with a plan and a deadline."
Harvey MacKay

183 "No-one can predict to what heights you can soar. Even you will not know until you spread your wings."
Unknown

184 "The way to choose happiness is to follow what is right and real and the truth for you."
Oprah Winfrey

185 "The way to happiness: Keep your heart free from hate, your mind from worry, live simply, expect little, give much."
Barney O'Lavin

186 "The ingredients of happiness are so simple that they can be counted on one hand. Happiness comes from within, and rests most securely on simple goodness and clear conscience."
William Ogden

187 Nothing is impossible when we follow our inner guidance, even when its direction may threaten us by reversing our usual logic.
Gerald Jampolsky Psychiatrist

188 "Good instincts usually tell you what to do long before your head has figured it out."

Michael Burke

189 "You don't have to be a fantastic hero to do certain things; to compete. You can be just an ordinary person, sufficiently motivated to reach challenging goals. The intense effort, the giving of everything you've got, is a very pleasant bonus."

Sir Edmund Hillary

190 "Most of us have two lives. The life we live, and the un-lived life within us. Between the two stands resistance."

Steven Pressfield

191 "Laughter is the sun that drives winter from the human face."

Victor Hugo (1802 - 1885)

192 "The most wasted of all days is one without laughter."

E. E. Cummings (1894 - 1962)

193 "You can't stay mad at somebody who makes you laugh."

Jay Leno (1950 -)

194 "Pursue failure. Failure is success's only launching pad."

Tom Peters Management consultant

195 "Ultimately, we must learn to trust ourselves. When we do this intimately and intelligently, the world opens full of meaning before us. We find that we ourselves are the doorway to a fathomless understanding of the source of life itself. We need only to learn to walk through it."

James Thornton

196 "I trust so much in the power of the heart and the soul; I know that the answer to what we need to do next is in our own hearts. All we have to do is listen, then take that one step further and trust what we hear. We will be taught what we need to learn."

Melody Beattie

197 "In the war between falsehood and truth, falsehood often wins the first battle, but truth wins the last."

Mujibur Ruhman

198 "All truth passes through three stages: First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident."

Arthur Schopenhauer

- 199 "If you do not tell the truth about yourself, you can't tell it about other people."
Virginia Woolf
- 200 "In order that all men may be taught to speak truth, it is necessary that all should learn to hear it."
Samuel Johnson
- 201 "Losing an illusion makes you wiser than finding a truth."
Ludwig Borne (1786-1837) Journalist
- 202 "To acquire knowledge, one must study; but to acquire wisdom, one must observe."
Marilyn vos Savant
- 203 "Wisdom is not a product of schooling but of the life-long attempt to acquire it."
Albert Einstein
- 204 "In youth we learn, in age we understand."
Marie von Ebner-Eschenbach
- 205 "It is the province of knowledge to speak, and it is the privilege of wisdom to listen."
Oliver Wendell Holmes
- 206 "Wherever you are, whatever your circumstances may be, whatever misfortune you may have suffered, the music of your life has not gone. It's inside you; if you listen to it, you can play it."
Nido Qubein
- 207 "Since the perfect human being has not been discovered, we all need to live with our hang-ups and our idiosyncrasies until they can be ironed out. One of the most important qualities in successful, dynamic living is that of self-acceptance."
Denis Waitley
- 208 "The same God who created Rembrandt created you, and you are as precious in God's sight as Rembrandt or anyone else."
Zig Ziglar
- 209 "No matter what age you are, or what your circumstances might be, you are special, and you still have something unique to offer. Your life, because of who you are, has meaning."
Barbara De Angelis

210 "You really have to look inside and find your inner strength, and say, I'm proud of what I am and who I am, and I'm just going to be myself."

Mariah Carey

211 "The greatest undeveloped territory in the world lies under your hat."

Grey Owl

212 "We keep moving forward, opening new doors, and doing new things, because we are curious--and curiosity keeps leading us down new paths."

Walt Disney (1901-1966) Film producer and entrepreneur

213 "Learning is discovering that something is possible."

Fritz Perls (1893-1970) Psychoanalyst

214 "Each player must accept the cards life deals him or her. But once they are in hand, he or she alone must decide how to play the cards in order to win the game."

Voltaire

215 "Don't say, 'If I could, I would.' Say, 'If I can, I will.'"

Jim Rohn

216 "Most people quit because of one reason and one reason only.... they decided not to win."

Doug Firebaugh

217 "Stay committed to your decisions, but stay flexible in your approach."

Anthony Robbins

218 "My father taught me to always do more than you get paid for as an investment in your future."

Jim Rohn

219 "The best thing about the future is that it only comes one day at a time."

Abraham Lincoln

220 "The bad news is time flies. The good news is you're the pilot."

Michael Althsuler

221 "The big shots are only the little shots who keep shooting."

Christopher Morley

222 "The creation of a thousand forests is in one acorn."

Ralph Waldo Emerson:

223 "He who is not everyday conquering some fear has not learned the secret of life."
Ralph Waldo Emerson

224 "Perhaps it would be a good idea, fantastic as it sounds, to muffle every telephone, stop every motor and halt all activity for one hour some day just to give people a chance to ponder for a few minutes on what it is all about, why they are living and what they really want."

James Truslow Adams (1878-1949) Historian

225 "Each day is a new life. Seize it. Live it."

David Guy Powers

226 "It takes a lot of courage to show your dreams to someone else."

Erma Bombeck

227 "The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement; and who at the worst, if he fails, at least fails while daring greatly."

Theodore Roosevelt

228 "To dream anything that you want to dream, that is the beauty of the human mind. To do anything that you want to do, that is the strength of the human will. To trust yourself, to test you limits, that is the courage to succeed."

Bernard Edmonds

229 "Courage is fear that has said its prayers."

Dorothy Bernard

230 "Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time."

Sir John Lubbock

231 "Never argue with the inevitable."

Patricia Fripp

232 "You can't have everything; where would you put it?"

Stephen Wright

234 "Blessed are the flexible, for they shall not be bent out of shape."

Dr. Michael McGriffy

235 "Many acts of service cost nothing and take little time: encouragement, compliments, listening, gratitude, and compassion. Anytime you affirm the worth of others, you serve."

Chris Karcher Personal and spiritual growth advisor

236 "There is no greater joy, nor greater reward than to make a fundamental difference in someone's life."

Sister Mary Rose McGeady

237 "Laughter is the brush that sweeps away the cobwebs of the heart."

Mort Walker Comic-strip artist

238 "Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances."

Thomas Jefferson

239 "What we see depends mainly on what we look for."

Sir John Lubbock

240 "Happy the man who has broken the chains which hurt the mind, and has given up worrying, once and for all."

Ovid

241 "The reason why worry kills more people than work is that more people worry than work."

Robert Frost

242 "The key to change...is to let go of fear."

Rosanne Cash

243 "Actions can say more than words, but without words actions can be meaningless."

Michael McEwan

244 "It's okay to send flowers, but don't let the flowers do all the talking. Flowers have a limited vocabulary. About the best flowers can say is that you remembered."

Jim Rohn

245 "It is with words as with sunbeams, the more they are condensed, the deeper they burn."

Robert Southey

246 "Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work."

H. L. Hunt

247 "A man who doesn't trust himself can never really trust anyone else."
Cardinal De Retz

248 "A person will not buy from you until he is convinced that you are a friend and are acting in his best interest. You must make this clear."
Brian Tracy

249 "Trust men and they will be true to you; treat them greatly and they will show themselves great."
Ralph Waldo Emerson

250 "If you really do put a small value upon yourself, rest assured that the world will not raise your price."
Author unknown

251 "Your mental picture of yourself is the key to your healthy development. You are the writer, director, and star of either an Oscar-winning epic or a Grade B movie. Who you see in your imagination will always rule your world."
Denis Waitley

252 "Some men see things the way they are and ask, "Why?" I dream things that never were, and ask "Why not?""
George Bernard Shaw

253 "If you're not sure where you're going, you'll probably end up somewhere else."
Unknown

254 "The main thing is to keep the main thing the main thing."
Stephen Covey

255 "Where there is no vision, the people perish."
Proverbs 29 v 18

256 "No dreamer is ever too small; no dream is ever too big."
Unknown

257 "You are never given a wish without also being given the power to make it true. You may have to work for it, however."
Richard Bach

258 "The main business is not to see what lies dimly at a distance but to do what lies clearly at hand."
Thomas Carlyle

259 "Obstacles are those frightful things you see when you take your eyes off your goals."

Henry Ford

260 "When you get to the end of your rope, tie a knot and hang on."

Franklin D. Roosevelt

261 "Our greatest glory is not in never failing, but in rising up every time we fail."

Ralph Waldo Emerson

262 "Never live in the past but always learn from it."

Unknown

263 "He who knows all the answers has not yet been asked all the questions."

Unknown

264 "Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."

Dr. Dale Turner

265 "And in the end it's not the years in your life that count. It's the life in your years."

Abraham Lincoln

266 "The secret to happiness is not in doing what one likes to do, but in liking what one has to do."

Unknown

267 "Happiness is not a destination. It is a method of life."

Burton Hills

268 "People rarely succeed unless they have fun in what they are doing."

Dale Carnegie

269 "Yesterday is but a dream, and tomorrow is only a vision, but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope."

Unknown

270 "Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed."

Storm Jameson

271 "Happiness is not a station you arrive at, but a manner of traveling."

Margaret B. Runbeck

272 "It is not length of life, but depth of life."

Ralph Waldo Emerson

273 "Nearly all men can stand adversity, but if you want to test a man's character, give him power."

Unknown

274 "Each time someone stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope."

Robert F. Kennedy

275 "Every time we open our mouths, men look into our minds."

Unknown

276 "You have not lived until you have done something for someone who can never repay you."

Unknown

277 "The best way to find yourself is to lose yourself in the service of others."

Gandhi

278 "Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt have 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 cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays."

Ralph Waldo Emerson American Poet

279 "Sow a thought, and you reap an act;

Sow an act, and you reap a habit;

Sow a habit, and you reap a character;

Sow a character, and you reap a destiny."

Charles Reade English Novelist

280 "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

Martin Luther King Jr. American Civil Rights Leader

281 "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 American Author, Naturalist

282 "The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, gift, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you... we are in charge of our attitudes."

Charles Swindoll

283 "Man's mind, once stretched by a new idea, never regains its original dimensions."

Oliver Wendell Holmes, Jr. US Supreme Court Justice

284 "Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

Carl Jung Swiss Psychologist

285 "Great spirits have always encountered violent opposition from mediocre minds."

Albert Einstein American Physicist

286 "It takes as much stress to be a success as it does to be a failure."

Emilio James Trujillo Philosopher

287 "The best way to predict your future is to create it."

Unknown

288 "Keep away from 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 American Author

289 "Whether you think you can or think you can't -you are right."

Henry Ford Founder, Ford Motor Company

290 "In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing."

Theodore Roosevelt 26th President of the United States

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

Unknown

292 "Nothing in the world can take the place of persistence. Talent will not; nothing in the world is more common than unsuccessful men with talent. Genius will not; unrewarded genius is a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent..."

Calvin Coolidge 30th President of the United States

293 "Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use."

Earl Nightingale Motivational Speaker

294 "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, American Poet

295 "We find greatest joy, not in getting, but in expressing what we are... Men do not really live for honors or for pay; their gladness is not the taking and holding, but in doing, the striving, the building, the living. It is a higher joy to teach than to be taught. It is good to get justice, but better to do it; fun to have things but more to make them. The happy man is he who lives the life of love, not for the honors it may bring, but for the life itself."

R.J. Baughan

296 "This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

Author Unknown

297 "Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."

Harold Whitman

298 "Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.
Life is a tragedy, confront it.
Life is an adventure, dare it.
Life is luck, make it.
Life is too precious, do not destroy it.
Life is life, fight for it.
Mother Theresa

299 "There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is."

Albert Einstein

300 "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 American Author

301 "One SONG can spark a moment
One FLOWER can wake the dream
One TREE can start a forest
One BIRD can herald spring
One SMILE begins a friendship
One HANDCLASP lifts a soul
One STAR can guide a ship at sea
One WORD can frame the goal
One VOTE can change a nation
One SUNBEAM lights a room
One CANDLE wipes out darkness
One LAUGH will conquer gloom
One STEP must start each journey
One WORD must start a prayer
One HOPE will raise our spirits
One TOUCH can show you care
One VOICE can speak with wisdom
One HEART can know what is true
One LIFE can make a difference."

Author Unknown

302 "We are not human beings on a spiritual journey. We are spiritual beings on a human journey."

Stephen Covey

303 "We grow great by dreams. All big men are dreamers. They see things in the soft haze of a spring day or in the red fire of a long winter's evening. Some of us let these

great dreams die, but others nourish and protect them; nurse them through bad days till they bring them to the sunshine and light which comes always to those who sincerely hope that their dreams will come true."

Woodrow Wilson

304 "I have not failed 700 times. I have not failed once. I have succeeded in proving that those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."

Thomas Edison

305 "All men and women are born, live suffer and die; what distinguishes us one from another is our dreams, whether they be dreams about worldly or unworldly things, and what we do to make them come about... We do not choose to be born. We do not choose our parents. We do not choose our historical epoch, the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die; nor do we choose the time and conditions of our death. But within this realm of choicelessness, we do choose how we live."

Joseph Epstein

306 "When things go wrong as they sometimes will;
When the road you're trudging seems all uphill;
When the funds are low, and the debts are high
And you want to smile, but have to sigh;
When care is pressing you down a bit-
Rest if you must, but do not quit.

Success is failure turned inside out;
The silver tint of the clouds of doubt;
And you can never tell how close you are
It may be near when it seems so far;
So stick to the fight when you're hardest hit-
It's when things go wrong that you must not quit".

Author Unknown

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

Ralph Waldo Emerson

308 "Only those who will risk going too far can possibly find out how far one can go."

T. S. Eliot American-British Poet

309 "It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult."

Seneca Roman Philosopher, Statesman

310 "Take the first step in faith. You don't have to see the whole staircase, just take the first step."

Dr. Martin Luther King Jr. American Civil Rights Leader

311 "Pay no attention to what the critics say; no statue has ever been erected to a critic."

Jean Sibelius Finnish Composer

312 "The men who try to do something and fail are infinitely better than those who try to do nothing and succeed."

Lloyd Jones

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

Ambrose Redmoon

314 "Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Dale Carnegie American Author

315 "What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

316 "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. We ask ourselves 'who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; its in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson (sometimes attributed to Nelson Mandela)

317 "If there is light in the soul,
There will be beauty in the person.
If there is beauty in the person,
There will be harmony in the house.
If there is harmony in the house,
There will be order in the nation.
If there is order in the nation,
There will be peace in the world.

Chinese Proverb

318 "Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has."

Margaret Mead American Anthropologist

319 "If instead of a gem, or even a flower, we should cast the gift of a loving thought into the heart of a friend that would be giving as the angels give."

George MacDonald Scottish Author and Poet

320 "Never look down on anybody unless you're helping them up."

The Reverend Jesse Jackson American Civil Rights Leader

321 "At the end of life we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by 'I was hungry and you gave me to eat, I was naked and you clothed me, I was homeless and you took me in. Hungry not only for bread -- but hungry for love. Naked not only for clothing -- but naked for human dignity and respect. Homeless not only for want of a room of bricks - but homeless because of rejection."

Mother Teresa Catholic Missionary, Nobel Peace Prize Recipient

322 "You cannot do a kindness too soon because you never know how soon it will be too late."

Ralph Waldo Emerson American Poet

323 "It is not only for what we do that we are held responsible, but also for what we do not do."

Moliere French Playwright and Actor

324 "People are unreasonable, illogical 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 person with the biggest ideas can be shot down by the smallest person with the smallest mind. Think big anyway.

What you spend years building may be destroyed overnight. Build anyway.

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

Give the world the best you have and you might get kicked in the teeth. Give the world the best you've got anyway."

Bishop Abel Muzorewa African Spiritual and Political Leader

325 "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. "

Leo Buscaglia

326 "May God bless you with discomfort at easy answers, half truths, superficial relationships, so that you will live deep within your heart.

May God bless you with anger at injustice, oppression and exploitation of people so that you will work for justice, equality and peace.

May God bless you with tears to shed for those who suffer from pain, rejection, starvation and war, so that you will reach out your hand to comfort them and change their pain into joy.

And may God bless you with the foolishness to think that you can make a difference in the world, so that you will do the things which others tell you cannot be done."

Author Unknown

327 "O Lord, help me to understand that You ain't going to let nothing come my way that You and me together can't handle."

Anonymous African Boy

328 "Shoot for the moon. Even if you miss, you'll land among the stars."

Les Brown

329 "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan

340 "When one door of happiness closes, another opens: but often we look so long at the closed door that we do not see the one which has been opened for us."

Helen Keller

341 'Dance as though no one is watching you.

Love as though you have never been hurt before.

Sing as though no one can hear you.

Live as though heaven is on earth."

Souza

342 "Happiness is like a butterfly: the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder."

Henry David Thoreau

343 "For a long time it seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. At last it dawned on me that these obstacles were my life. This perspective has helped me to see there is no way to happiness. Happiness is the way. So treasure every moment you have and remember that time waits for no one. Happiness is a journey, not a destination."

Souza

344 Surround yourself with only people who are going to lift you higher.
Oprah Winfrey

345 "When you come to the edge of all the light you know, and are about to step off into the darkness of the unknown, faith is knowing one of two things will happen. There will be something solid to stand on, or you will be taught how to fly."

Barbara J. Winter

346 "As long as you're going to be thinking anyway, THINK BIG."
Donald Trump

347 "Find out what you like doing best and get someone to pay you for doing it."
Katherine Whitehorn

348 "Plant impossible gardens.
Look forward to dreams. Cry during movies.
Swing as high as you can on a swing set, by moonlight.
Cultivate moods.
Do it for love. Take lots of naps.
Take moon baths.
Giggle with children.
Listen to old people.
Drive away fear. Play with everything.
Entertain your inner child.
Build a fort with blankets.
Get wet. Hug trees. Write love letters."

Sark

349 "The only place you'll find success before work is in the dictionary."
May B. Smith

350 "All my life I've wanted to be somebody. But I see now I should have been more specific."
Jane Wagner

351 "Be yourself. Who else is better qualified?"
Frank J. Giblin II

352 "If you refuse to accept anything but the best, you'll get the best. Begin to live as you wish to live."
Unknown

353 "Most people live and die with their music still unplayed. They never dare to try. "
Mary Kay Ash

354 "I was always looking outside myself for strength and confidence but it comes from within. It is there all the time."
Anna Freud

355 "We don't see things as they are, we see them as we are."
Anais Nin

356 "We are what we repeatedly do. Excellence, therefore, is not an act but a habit."
Aristotle

357 "Each day of our lives we make deposits in the memory banks of our children."
Charles R. Swindoll

358 "Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity."
Gilda Radner

359 "My favorite quote is "Life is too short to be little," written by Disraeli. Often we allow ourselves to be upset by small things we should despise and forget. We lose many irreplaceable hours brooding over grievances that, in a year's time, will be forgotten by us and by everybody. No, let us devote our life to worthwhile actions and feelings, to great thoughts, real affections and enduring undertakings.
Andre Maurois

360 "Yesterday is history, tomorrow is a mystery, and today is a gift; that's why they call it the present."
Eleanor Roosevelt

361 "Experience is not what happens to a man. It is what a man does with what happens to him."
Aldous Huxley

362 "Behold the turtle. He only makes progress when he sticks his neck out."
James Bryant Conant

363 "It is not of so much consequence what you say, as how you say it."
Alexandra Smith

364 "Always hold your head up, but be careful to keep your nose at a friendly level."
Max L. Forman

365 "No gift is too small to give, nor too simple to receive, if it's chosen with thoughtfulness and given with love."
Unknown

366 "Nothing is as real as a dream. The world can change around you, but your dream will not. Responsibilities need not erase it. Duties need not obscure it. Because the dream is within you, no one can take it away."
Unknown

366 "Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny."
Frank Outlaw

I hope these quotes have aided you on your journey towards living Beyond Better. For more resources visit www.livingbeyondbetter.com.

My E Book "Discovering and Celebrating your Uniqueness" has insights and practical suggestions on unleashing your unique potential, and empowering you to discover "Who you Are". For more information click here "[Discovering and Celebrating your Uniqueness](#)"

Barbara White