

Inspiring quotes to help you define and succeed with your goals:

About accepting how we arrived here, so that we can move forward:

“The curious paradox is that when I accept myself just as I am, then I can change.” Carl Rogers

“To love our enemy, is impossible. The moment we understand our enemy, we feel compassion towards him/her, and he/she is no longer our enemy.”
Thich Nhat Hanh

“Most of us spend our lives protecting ourselves from losses that have already happened.” Geneen Roth

“Nothing ever goes away until it has taught us what we need to know.” Pema Chodron

“Healing comes from gathering wisdom from past actions, and letting go of the pain that the education cost you.” Caroline Myss

Tapping into the power of our thoughts:

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” Socrates

“We cannot solve our problems with the same thinking we used when we created them.” Albert Einstein

“The more you are motivated by love, the more fearless and free your action will be.” Dalai lama

“If we are peaceful, if we are happy, we can smile, and everyone in our family, our entire society, will benefit from our peace.” Thich nhat hanh

“Change the way you look at things, and the things you look at change.” Wayne Dyer

“Our lives change externally, as we change internally.” Caroline Myss

“She believed she could, so she did!” CS Lewis

Finding courage:

“And the day came when the risk it took to remain tight in a bud, was more painful than the risk it took to blossom.” Anais nin

“I often think that life is about to begin, only to realize it is almost over.” Oliver Sacks