

Positive Quotes Exercise

1. **“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel”**
–Maya Angelou (American Civil Rights Activist and Author)
2. **“People often say that motivation doesn’t last. Well, neither does bathing. That’s why we recommend it daily”**
–Zig Ziglar (American author and motivational speaker)
3. **“Either you run the day, or the day runs you”**
–Jim Rohn (American entrepreneur and author)
4. **“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life”**
–John Lennon (English singer, co-founder of the Beatles)
5. **“If you look at what you have in life, you’ll always have more. If you look at what you don’t have in life, you’ll never have enough”**
–Oprah Winfrey (America Talk Show Host)
6. **“I attribute my success to this: I never gave or took any excuse”**
– Florence Nightingale (English social reformer, nurse in Crimean War)
7. **“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 safe harbor, catch the trade winds in your sails. Explore, Dream, Discover”**
– Mark Twain (Author of The Adventures of Tom Sawyer)
8. **“I am not a product of my circumstances. I am a product of my decisions”**
– Stephen Covey (Author of 7 Habits of Highly Effective People)
9. **“You can never cross the ocean until you have the courage to lose sight of the shore”**
–Christopher Columbus (Italian explorer, ‘discovered’ America)
10. **“There is only one way to avoid criticism: do nothing, say nothing, and be nothing**
–Aristotle (Ancient Greek philosopher)
11. **“Go confidently in the direction of your dreams. Live the life you have imagined”**
–Henry David Thoreau (American essayist and philosopher)
12. **“Life is about making an impact, not making an income”**
– Kevin Kruse (American Entrepreneur)

13. **“Certain things catch your eye, but pursue only those that capture the heart”**
– Ancient Indian Proverb
14. **“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 that has been opened for us”**
–Helen Keller (America author and political activist, and the first deaf-blind person to earn a Bachelor of Arts degree)
15. **“Life is not measured by the number of breaths we take, but by the moments that take our breath away”**
–Maya Angelou (American Civil Rights Activist and Author)
16. **“Too many of us are not living our dreams because we are living our fears”**
–Les Brown (American motivational speaker)
17. **“The battles that count aren't the ones for gold medals. The struggles within yourself--the invisible battles inside all of us--that's where it's at”**
–Jesse Owens (American athlete)
18. **“You see, but you do not observe”**
– Sir Arthur Conan Doyle (Author of Sherlock Holmes)
19. **“Remember no one can make you feel inferior without your consent”**
–Eleanor Roosevelt (American political figure and First Lady of the USA)
20. **“I have learned over the years that when one's mind is made up, this diminishes fear”**
–Rosa Parks (America Civil Rights Activist, best known for refusing to give up her seat, resisting bus segregation)
21. **“If you do what you’ve always done, you’ll get what you’ve always gotten.**
–Tony Robbins (American author and life coach)
22. **“It’s not the years in your life that count. It’s the life in your years”**
–Abraham Lincoln (President of the USA)
23. **“Nothing is impossible, the word itself says, “I’m possible!”**
–Audrey Hepburn (British actress and model)
24. **“I alone cannot change the world, but I can cast a stone across the waters to create many ripples”**
– Mother Theresa (Roman Catholic Nun and missionary)
25. **“Ever tried. Ever failed. No Matter. Try again. Fail again. Fail better.”**
– Samuel Beckett (Irish Author)
26. **“Do...or do not. There is no try”**
– Yoda (Jedi Master in Star Wars)
27. **“Even when you think things can never move forward and you feel so low, there’s always a way out”**
– Katie Piper (English TV presenter)