

1. A great attitude becomes a great day which becomes a great year
2. You are never too old to set another goal or dream a new dream - C.S.Lewis
3. Goals are dreams with deadlines
4. Think big when you set your goals. Dare to think big and then set a series of smaller goals to get you there- Les Brown
5. Goals Should Never Be Easy, They Should Force You To Work, Even If They Are Uncomfortable At The Time – Michael Phelps
6. If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes - Andrew Carnegie
7. What you get by achieving your goals is not as important as what you become by achieving your goals- Zig Ziglar
8. Goals help you channel your energy into action- Les Brown
9. Motivation is what gets you started. Habit is what keeps you going- Jim Rohn
10. To sit on an idea or fail to act on a goal is not really goal-setting, but wishful thinking- Les Brown
11. There is do and do not, there is no try- Yoda in Star Wars
12. Start now. Start where you are. Start with fear. Start with pain. Start with doubt. Start with your hands shaking. Just start - Mel Robbins
13. Get a good idea and stay with it. Do it, and work at it until it's done right -Walt Disney
14. You can totally do this
15. Do it with passion or not at all
16. Do less with more focus
17. It isn't what you do, but how you do it.- John Wooden
18. Don't wait. The time will never be just right - Napoleon Hill
19. We are what we repeatedly do. Excellence, then, is not an act, but a habit - Aristotle
20. The difference between ordinary and extraordinary is that little extra- Jimmy Johnson
21. The Way to get Started Is To Quit Talking And Begin Doing – Walt Disney
22. Done is better than perfect – Sheryl Sandberg
23. Do What You Can With All You Have, Wherever You Are – Theodore Roosevelt
24. Dreams don't work unless you do
25. Do what is right, not what is easy
26. Anyone can do something when they WANT to do it. Really successful people do things when they don't want to do it– Dr. Phil
27. Persevere and get it done - George Allen Sr
28. Own less. Do more
29. The most important things in life aren't things- Anthony J. D'Angelo
30. A place for everything, everything in its place- Benjamin Franklin
31. Owning less is better than organizing more -Joshua Becker
32. You don't need more space. You need less stuff
33. Owning less is great, wanting less is better- Joshua Becker
34. Fewer things. More peace
35. Once you need less, you will have more
36. Enjoy all you have while pursuing all you want- Jim Rohn
37. If I cannot do great things, I can do small things in a great way - Martin Luther King Jr
38. Every morning is a fresh start. Wake up with a thankful heart- Kristen Butler
39. An excuse is the easiest thing in the world to make

40. We tend to get what we expect -Norman Vincent Peale
41. Grow through what you go through
42. When you're curious, you find lots of interesting things to do- Walt Disney
43. Sometimes you find yourself in the middle of nowhere. Sometimes, in the middle of nowhere, you find yourself
44. In the depth of winter, I finally learned that within me there lay an invincible summer- Albert Camus
45. We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty- Maya Angelou
46. Experience is what you get when you don't get what you want.- Dan Stanford
47. Don't be discouraged. It's often the last key in the bunch that opens the lock
48. Even the greatest was once a beginner. Don't be afraid to take that first step- Muhammad Ali
49. The distance is nothing; it's only the first step that is difficult- Marquise du Deffand
50. No rain. No flowers
51. Logic gets you from A to B, imagination gets you anywhere- Albert Einstein
52. Focus on the good
53. Only a mediocre person is always at his best -W. Somerset Maugham
54. Simplify. Remove steps. Remove options. Remove instructions. Remove clutter- Gabor Cselle
55. It's not about having time, it's about making time
56. Don't compare, just create
57. Those that can, do. Those that can't, complain- Linus Torvalds
58. Knowing what you need to do to improve your life takes wisdom. Pushing yourself to do it takes courage - Mel Robbins
59. Don't mistake activity with achievement- John Wooden
60. Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep -Scott Adams
61. There are two mistakes one can make along the road to truth... not going all the way, and not starting- Buddha
62. Don't worry about failures, worry about the chances you miss when you don't even try – Jack Canfield
63. Losers visualize the penalties of failure. Winners visualize the rewards of success
64. Some succeed because they are destined. Some succeed because they are determined
65. There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less- G.K. Chesterton
66. Choose people who lift you up- Michelle Obama
67. You cannot soar with the eagles as long as you hang out with the turkeys -Joel Osteen
68. You are your choices- Lucius Annaeus Seneca
69. You will never change what you tolerate- Joel Osteen
70. Don't be busy, be productive
71. There is no right time, there is only right now- Mel Robbins
72. Motivation will always beat mere talent
73. Nobody can go back and start a new beginning, but anyone can start today and make a new ending- Maria Robinson
74. Great things never came from comfort zones

75. It won't be easy, but it'll be worth it
76. Even the strongest blizzards start with a single snowflake- Sara Raasch
77. An obstacle is often a stepping stone – William Prescott
78. Keep your face to the sunshine and you cannot see a shadow- Helen Keller
79. Stop pressing rewind on things that should be deleted in your life
80. Success is getting what you want. Happiness is wanting what you get- Dale Carnegie
81. Successful people are simply those with successful habits - Brian Tracy
82. Success is the sum of small efforts repeated day in and day out - Robert Collier
83. Success will be within your reach only when you start reaching out for it
84. It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome- William James
85. Slow and steady wins the race
86. Be a warrior not a worrier
87. A year from now you may wish you had started today – Karen Lamb
88. Nothing will work unless you do - Maya Angelou
89. Don't make excuses, don't blame the past. The rest of your life can be the best of your life- Joel Osteen
90. If there is no struggle, there is no progress – Frederick Douglass
91. The scariest moment is always just before you start- Stephen King
92. The secret of getting ahead is getting started
93. A little progress each day adds up to big results
94. Don't overthink, just let it go
95. The harder I work, the luckier I get – Gary Player
96. The first blooms of spring always make my heart sing- S. Brown
97. A flower does not think of competing with the flower next to it. It just blooms- Zen Shin
98. The Japanese say, if the flower is to be beautiful, it must be cultivated – Lester Cole
99. To plant a garden is to believe in tomorrow– Audrey Hepburn
100. Every flower must grow through dirt– Laurie Jean Sennott
101. Every flower blooms in its own time – Ken Petti
102. The flower that follows the sun does so even in cloudy days – Robert Leighton
103. Like wildflowers; You must allow yourself to grow in all the places people thought you never would– E.V.
104. Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul– Luther Burbank
105. Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful – Jim Carrey
106. Even the tiniest of flowers can have the toughest roots – Shannon Mullen
107. A flower blooming in the desert proves to the world that adversity, no matter how great, can be overcome- Matshona Dhliwayo
108. A flower does not use words to announce its arrival to the world; it just blooms - Matshona Dhliwayo
109. A rose can never be a sunflower, and a sunflower can never be a rose. All flowers are beautiful in their own way, and that's like women too– Miranda Kerr
110. If you look the right way, you can see that the whole world is a garden – Frances Hodgson Burnett
111. Flowers grow back, even after they are stepped on. So will I – Unknown

- 112.Spring: A lovely reminder of how beautiful change can truly be – Unknown
- 113.In joy and in sadness, flowers are our constant friends - Unknown
- 114.Take time to smell the roses – Proverb
- 115.What a lonely place it would be to have a world without a wildflower!– Roland R. Kemler
- 116.If every tiny flower wanted to be a rose, spring would lose its loveliness – Therese of Lisieux
- 117.All the flowers of the tomorrows are in the seeds of today- Indian Proverb
- 118.Do something today that will encourage you to blossom- Unknown
- 119.Bloom where you are planted– Unknown
- 120.Let your dreams blossom– Unknown
- 121.Where flowers bloom, so does hope– Lady Bird Johnson
- 122.Earth laughs in flowers- Ralph Waldo Emerson
- 123.Every flower blooms at its own pace – Suzy Kassem
- 124.Flowers leave some of their fragrance in the hand that bestows them. – Chinese Proverb
- 125.Flowers can't solve all problems, but they're a great start
- 126.Somedays, I am the flower. Somedays, I am the rain— Pavana
- 127.Flowers are like friends; They bring color to your world– Unknown
- 128.Success is not a good teacher, failure makes you humble. Shahrukh Khan
- 129.Success is not final, failure is not fatal: it is the courage to continue that counts- Winston Churchill
- 130.The path to success is to take massive, determined action— Tony Robbins
- 131.Persistent people begin their success where others end in failure—Edward Eggleston
- 132.Successful people don't waste their time looking at what others are doing, they're too busy focusing on their own goals- Joel Osteen
- 133.The road to success is dotted with many tempting parking spaces —Will Rogers
- 134.Some people dream of success... while others wake up and work hard at it- Mark Zuckerberg
- 135.For success, attitude is equally as important as ability – Harry F. Banks
- 136.Stop being afraid of what could go wrong and start being positive about what could go right
- 137.Failure is the condiment that gives success its flavor– Truman Capote
- 138.The road to success is always under construction - Lily Tomlin
- 139.Success is going from failure to failure without losing enthusiasm - Winston Churchill
- 140.Success is where preparation and opportunity meet
- 141.The key to success is to focus our conscious mind on things we desire not things we fear - Brian Tracy
- 142.Success consists of doing the common things of life uncommonly well.– Unknown
- 143.There are no mistakes or failures, only lessons- Denis Waitley
- 144.Work hard. Stay humble
- 145.The only way to do great work is to love what you do – Steve Jobs
- 146.expect nothing and appreciate everything
- 147.The question isn't who is going to let me; it's who is going to stop me—Ayn Rand
- 148.It's always seems impossible until its done
- 149.inhale confidence, exhale doubt
- 150.Stop doubting yourself, work hard, make it happen
- 151.In the middle of difficulty lies opportunity—Albert Einstein

152. There is only one thing that makes a dream impossible to achieve: the fear of failure
— Paulo Coelho
153. Never give up on the things that make you smile.
154. Learn to be calm and you will always be happy- Paramahansa Yogananda
155. The only time you fail is when you fall down and stay down - Stephen Richards
156. Anyone who doesn't make mistakes isn't working hard enough- Wes Roberts
157. You always pass failure on the way to success - Mickey Rooney
158. The only real mistake is the one from which we learn nothing- John Powell
159. Feel the fear and do it anyway
160. Busy is a choice stressed is a choice joy is a choice. Choose well
161. Aim for the moon. If you miss, you may hit a star
162. If you have no destination, you'll never get there
163. Accept the challenge so that you can feel the exhilaration of victory
164. Always do your best. What you plant now, you will harvest later-Og Mandino
165. A few bad chapters do not mean your story is over
166. A negative mind will never give you a positive life
167. Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds
168. Listen to what you know instead of what you fear- Richard Bach
169. Focus on where you want to go, not on what you fear
170. The greatest mistake you can make in life is to be continually fearing that you will make one -Elbert Hubbard
171. A champion is defined not by their wins but by how they can recover when they fall-
Serena Williams
172. It is better to fail in originality than to succeed in imitation- Herman Melville
173. Go the extra mile – it's never crowded
174. Going halfway never gets you anywhere. Go all the way or don't go at all
175. If you get tired, learn to rest. Not to quit
176. Don't find fault, find a remedy. Henry Ford
177. Mistakes are the stairs we climb to reach success — Tim Fargo
178. Discipline is just choosing between what you want now and what you want most
179. Knowledge will give you power, but character respect- Bruce Lee
180. One small positive thought can change your whole day.
181. Life is not about how fast you run or how high you climb, but how well you bounce- Vivian
Komori
182. Life is really simple, but we insist on making it complicated- Confucius
183. Life is either a daring adventure or nothing- Helen Keller
184. Life doesn't get easier or more forgiving; we get stronger and more resilient— Steve
Maraboli
185. In three words I can sum up everything I've learned about life: it goes on- Robert Frost
186. Life is about making an impact, not making an income- Kevin Kruse
187. Life is a great big canvas, and you should throw all the paint on it you can.- Danny Kaye
188. Life is 10 percent what happens to you and 90 percent how you respond to it-Lou Holtz
189. Life is like riding a bicycle. To keep your balance, you must keep moving -Albert Einstein
190. Life is like the ocean, it goes up and down-Vanessa Paradis
191. More life, less rush

192. Life is not about who you once were, it is about who you are right now, and the person you have the potential to be
193. Life without love is like a tree without blossoms or fruit- Khalil Gibran
194. Life is very interesting. In the end, some of your greatest pains become your greatest strengths- Drew Barrymore
195. Life is the sum of all your choices- Albert Camus
196. Life is more meaningful when you are always looking to grow and working toward a goal- Les Brown
197. Not having goals is like having no idea where you want to go when you step up to an airline counter to buy a ticket- Les Brown
198. To live a creative life, we must lose our fear of being wrong- Joseph Chilton Pearce
199. Life is short and progress is slow- Gabriel Lippmann
200. Our whole life is solving puzzles- Erno Rubik
201. Life can only be understood backwards; but it must be lived forwards. Soren Kierkegaard
202. Ups and downs. Victories and defeats. Sadness and happiness. That's the hardest but also the most satisfying kind of life - Maxime Lagacé
203. True simplicity begins when you learn to enjoy the amazing abundance of what is already yours - Thomas Kinkade
204. We make a living by what we get, but we make a life by what we give- Winston Churchill
205. There is no one giant step that does it. It's a lot of little steps
206. Someday is not a day of the week – Denise Brennan-Nelson
207. Believe you can and you're halfway there - Theodore Roosevelt
208. The hard way is the right way.- John Alves
209. Don't wish it were easier, wish you were better – Jim Rohn
210. be a fountain, not a drain
211. All our dreams can come true - if we have the courage to pursue them.- Walt Disney
212. Energy and initiative count as much as talent and luck- Will Peters
213. No matter what you're going through, there's a light at the end of the tunnel- Demi Lovato
214. Difficult roads often leads to beautiful destinations
215. Spending today complaining about yesterday won't make tomorrow any better
216. The man who has no imagination has no wings- Muhammad Ali
217. Find a place inside where there's joy, and the joy will burn out the pain- Joseph Campbell
218. Inspiration comes from within yourself. One has to be positive. When you're positive, good things happen- Deep Roy
219. Learn to say no without explaining yourself
220. I can't change the direction of the wind, but I can adjust my sails to always reach my destination- Jimmy Dean
221. Intelligence is the ability to adapt to change- Stephen Hawking
222. Change is not merely necessary to life – it is life- Alvin Toffler
223. Don't be afraid of change. You may end up losing something good, but you will probably end up gaining something better
224. If it doesn't challenge you, it won't change you
225. The journey of a thousand miles begins with one step- Lao Tzu
226. Celebrate the small things and our lives become bigger than ever
227. Find yourself, and be that
228. Be anything but predictable

229. A ship is always safe a shore but that is not what it's built for- Albert Einstein
230. I'm strong because I've been weak
231. Tough times never last, but tough people do
232. From error to error one discovers the entire truth- Sigmund Freud
233. Rock bottom became the solid foundation on which I rebuilt my life- J. K. Rowling
234. For every minute you are angry you lose sixty seconds of happiness -Ralph Waldo Emerson
235. Your best teacher is your last mistake
236. Beautiful things happen when you distance yourself from negativity
237. Sometimes the bravest thing you can do is to keep going when you really feel like giving up
238. Anyone who has ever made anything of importance was disciplined- Andrew Hendrixson
239. Don't let the fear of losing be greater than the excitement of winning- Robert Kiyosaki
240. No matter how you feel, get up, dress up, show up and never give up
241. Smile, breathe and go slowly- Thich Nhat Hanh
242. To become a queen, you have to give up playing the princess -E. Peterson
243. When fate hands you a lemon, make lemonade- Dale Carnegie
244. When you reach the end of your rope, tie a knot and hang on- Franklin D. Roosevelt
245. We did not come to fear the future. We came here to shape it- Barack Obama
246. Be a voice. Not an echo
247. Always do your best. What you plant now, you will harvest later- Og Mandino
248. Wherever you are, be totally there- Eckart Tolle
249. Stars can't shine without darkness
250. Wisdom begins in wonder- Socrates
251. Whatever you are, be a good one- Abraham Lincoln
252. Life becomes beautiful when you learn to be as good to yourself as you are to others
253. Be patient with yourself, nothing in nature blooms all year
254. I love who I've been, but I really love who I'm becoming
255. Those who wish to sing always find a song
256. Throw kindness around like confetti
257. Be kind to unkind people, they need it the most
258. It's nice to be important, but it's more important to be nice
259. No act of kindness, no matter how small, is ever wasted- Aesop
260. Kindness is spreading sunshine into other people's lives regardless of the weather
261. Determine your priorities and focus on them. – Eileen McDargh
262. The mind is everything. What you think you become - Buddha
263. Focus on an ocean of positives, not a puddle of negatives— Kevin Ansbro
264. The difference in winning and losing is most often...not quitting– Walt Disney
265. If the plan doesn't work, change the plan but never the goal
266. Let your smile change the world, but don't let the world change your smile
267. Opportunities are like sunrises. If you wait too long, you will miss them
268. Happiness lies in perspective
269. Stay true to you and you will end up incredibly happy
270. Whoever is happy will make others happy- Anne Frank
271. The secret of being happy is accepting where you are in life and making the most out of everyday

272. One of the keys to happiness is a bad memory- Rita Mae Brown
273. The key to being happy is knowing you have the power to choose what to accept and what to let go
274. It is difficult to find happiness within oneself, but it is impossible to find it anywhere else- Arthur Schopenhauer
275. Sometimes we don't find the thing that will make us happy because we can't give up the thing that was supposed to- Robert Brault
276. I think the key to life is just being a happy person, and happiness will bring you success- Diego Val
277. There is no way to happiness — happiness is the way- Thich Nhat Hanh
278. happiness is a state of mind
279. Happiness is not something ready-made. It comes from your own actions
280. Happiness is the meaning and the purpose of life, the whole aim and end of human existence- Aristotle
281. The happiest people don't have the best of everything; they just make the best of everything they have
282. exist to be happy, not to impress
283. Everyone wants happiness, no one wants pain, but you can't make a rainbow without a little rain — Zion Lee
284. happiness of your life depends on the quality of your thoughts
285. Happiness blooms from within
286. Happy people plan actions, they don't plan results- Dennis Waitley
287. There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will. — Epictetus
288. Happiness is when what you think, what you say, and what you do are in harmony- Mahatma Gandhi
289. All happiness depends on courage and work- Honore de Balzac
290. the foolish man seeks happiness in the distance; the wise grows it under his feet
291. find happiness in ordinary things
292. "I'd far rather be happy than right any day- Douglas Adams,
293. Life is too short to be unhappy- Roy T. Bennett
294. Life Is What Happens To You While You're Busy Making Other Plans- Allen Saunders
295. Challenges are what make life interesting and overcoming them is what makes life meaningful – Joshua J. Marine
296. Finding happiness is easy: stop being busy- Maxime Lagacé
297. Happiness and confidence are the prettiest things you can wear - Taylor Swift
298. Being happy doesn't mean you're perfect. It just means you've decided to look beyond the imperfections- K.B. Indiana
299. If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present - Roy Bennet
300. Happiness is a direction, not a place- Sydney J. Harris
301. If you want to live a happy life, tie it to a goal, not to people or things- Albert Einstein
302. When you're happy you enjoy the music, when you're sad you understand the lyrics
303. There are two ways to be happy: improve your reality, or lower your expectations- Jodi Picoult

304. Don't postpone joy until you have learned all of your lessons. Joy is your lesson- Alan Cohen
305. Continuous improvement is better than delayed perfection
306. You can never leave footprints that last if you are always walking on tiptoe- Leymah Gbowee
307. Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Do what you love. Live as if this is all there is- Mary Anne Roadacher-Hershey
308. Teachers open the door, but you must enter by yourself- Chinese proverb
309. My aim in life is not to judge- Jeanne Moreau
310. It is not the strongest or the most intelligent who will survive but those who can best manage change- Charles Darwin
311. You don't need a floodlight to bring light into the darkness - a single flame will do- Clare Josa
312. The essence of strategy is choosing what not to do- Michael Porter
313. Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work— Stephen King
314. Be like a tree. Let the dead leaves drop- Rumi
315. Change is painful, but nothing is as painful as staying stuck somewhere you don't belong- Mandy Hale
316. To improve is to change; to be perfect is to change often- Winston Churchill
317. Life will only change when you become more committed to your dreams than you are to your comfort zone- Billy Cox
318. You must be the change you wish to see in the world- Mahatma Gandhi
319. When the winds of change blow, some people build walls and others build windmills- Chinese proverb
320. The universe doesn't give you what you ask for with your thoughts, it gives you what you demand with your actions— Steve Maraboli
321. Intelligence is the ability to adapt to change- Stephen Hawking
322. There is nothing so stable as change
323. The minute you settle for less than you deserve, you get even less than you settled for- Maureen Dowd
324. Start each day with a grateful heart
325. Thankful and grateful
326. There is always something to be thankful for
327. Be kind, be thoughtful, be genuine but most of all be thankful
328. Be thankful for what you have, be fearless for what you want
329. Grateful, thankful, blessed
330. Give thanks, with a grateful heart
331. My life isn't perfect, but I am thankful for everything I have
332. A grateful heart is a magnet for miracles
333. Be thankful for what you have and you will end up having more
334. I'm thankful for all of it. The highs. The lows. The blessings. The lessons. The setbacks. The comebacks.
335. A thankful heart is a happy heart
336. Gratitude helps you see what is there instead of what isn't

337. We can choose to be grateful, no matter what
338. If you want to find happiness, find gratitude
339. Enjoy life. It's a gift. Unwrap it with gratitude and love
340. Live everyday with an attitude of gratitude
341. Thankful for sweet friends like you
342. Live simply, dream big, be grateful, give love
343. Give thanks for a little and you will find a lot
344. It is not happy people who are thankful, it is thankful people who are happy
345. Grateful for small things, big things and everything in between
346. Be thankful for the troubles you don't have
347. Do something today that your future self will thank you for
348. Choose to be grateful
349. A thankful person is thankful under all circumstances. A complaining soul complains even in paradise
350. Gratitude is a choice. We can choose to be grateful
351. If you want to change the world, go home and love your family- Mother Teresa
352. Joy is not in things; it is in us- Richard Wagn
353. Family always gonna be there. The material things, they come and go- Romeo Miller
354. The best things in life are the people we love
355. There are those who give with joy, and that joy is their reward. Khalil Gibran
356. A heart full of joy is better than a hand full of coins- Matshona Dhlwayo
357. Collect moments – not things
358. There's no place like home
359. Enjoy the little things in life for one day you'll look back and realize they were the big things
360. If you want your children to turn out well, spend twice as much time with them and half as much money- Abigail Van Buren
361. Sometimes you just need to go off the grid and get your soul right
362. There are far better things ahead than any we leave behind -C.S. Lewis
363. Every next level of your life will demand a different you
364. The memories we make with our family is everything
365. Use this time of year for forgiveness and walk into the new year with a clear head and strong heart-Dr Jasmine Jagger
366. the best is yet to come