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Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.

- James, William

If you care enough for a result, you will most certainly attain it.

- James, William

Events are influenced by our very great desires.

- James, William

A chain is no stronger than its weakest link, and life is after all a chain.

- James, William

We forget that every good that is worth possessing must be paid for in strokes of daily effort. We postpone and postpone, until those smiling possibilities are dead.

- James, William

There is but one cause of human failure. And that is man's lack of faith in his true Self.

- James, William

The minute a man ceases to grow, no matter what his years, that minute he begins to be old.

- James, William

Habit is thus the enormous fly-wheel of society, its most precious conservative agent. It alone is what keeps us all within the bounds of ordinance, and saves the children of fortune from the envious uprisings of the poor.

- James, William

We must make automatic and habitual, as early as possible, as many useful actions as we can...in the acquisition of a new habit, we must take car to launch ourselves with as strong and decided initiative as possible. Never suffer an exception to occur till the new habit is securely rooted in your life.

- James, William

Act in earnest and you will become earnest in all you do.

- James, William

If you want a quality, act as if you already had it. Try the as if technique.

- James, William

The great use of life is to spend it for something that will outlast it.

- James, William

Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.

- James, William

The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.

- James, William

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

- James, William

Compared to what we ought to be, we are only half awake. We are making use of only a small part of our physical and mental resources. Stating the thing broadly, the human individual thus lives far within his limits. He possesses power of various sorts which he habitually fails to use.

- James, William

If you want a trait, act as if you already have the trait.

- James, William

Action seems to follow feeling, but really action and feeling go together; and by regulating the action, which is under the more direct control of the will, we can indirectly regulate the feeling, which is not.

- James, William

Manifest plainness, embrace simplicity, reduce selfishness, have few desires.

- Lao-Tzu

To see things in the seed is genius.

- Lao-Tzu

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

- Lao-Tzu

I have three precious things which I hold fast and prize. The first is gentleness; the second is frugality; the third is humility, which keeps me from putting myself before others. Be gentle and you can be bold; be frugal and you can be liberal; avoid putting yourself before others and you can become a leader among men.

- Lao-Tzu

He who gains a victory over other men is strong; but he who gains a victory over himself is all powerful.

- Lao-Tzu

Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength, mastering yourself is true power.

- Lao-Tzu

Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

- Emerson, Ralph Waldo

Enthusiasm is the mother of effort, and without it nothing great was ever achieved.

- Emerson, Ralph Waldo

Fear defeats more people than any other one thing in the world.

- Emerson, Ralph Waldo

Always do what you are afraid to do.

- Emerson, Ralph Waldo

Every time you win, it diminishes the fear a little bit. You never really cancel the fear of losing; you keep challenging it.

- Ashe, Arthur

Fear is met and destroyed with courage.

- Bell, James F.

Too many of us are not living our dreams because we are living our fears.

- Brown, Les

The fear of being wrong is the prime inhibitor of the creative process.

- Bryant, Jean

If you want to conquer fear, don't sit home and think about it. Go out and get busy

- Carnegie, Dale

Do the thing you fear to do and keep on doing it... that is the quickest and surest way ever yet discovered to conquer fear.

- Carnegie, Dale

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.

- Carnegie, Dale

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all.

- Peale, Norman Vincent

Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.

- Barker, Joel A.

Planning without action is futile, action without planning is fatal

- Unknown, Source

Your actions, and your action alone, determines your worth.

- Fichte, Johann G.

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

- Lincoln, Abraham

If you could get up the courage to begin, you have the courage to succeed.

- Viscott, David

Courage is doing what you're afraid to do. There can be no courage unless you're scared.

- Rickenbacker, Edward Vernon

With courage you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity.

- Nair, Keshavan

Efforts and courage are not enough without purpose and direction.

- Kennedy, John F.

The secret of freedom, courage.

- Thucydides

Audacity augments courage; hesitation, fear.

- Syrus, Publilius

Confidence is courage at ease.

- Maher, Daniel

Confidence and courage come through preparation and practice.

- Unknown, Source

Courage is like love; it must have hope to nourish it.

- Bonaparte, Napoleon

Courage is the power to let go of the familiar.

- Byrant, Mary

Courage is going from failure to failure without losing enthusiasm.

- Churchill, Winston

Courage is acting in spite of fear.

- Hunter, Howard W.

Because of a great love, one is courageous.

- Lao-Tzu

The secret of Happiness is Freedom, and the secret of Freedom, Courage.

- Thucydides

The strangest, most generous, and proudest of all virtues is true courage.

- Montaigne, Michel Eyquem De

Seek not happiness too greedily, and be not fearful of unhappiness.

- Lao-Tzu

To know yet to think that one does not know is best; Not to know yet to think that one knows will lead to difficulty.

- Lao-Tzu

For the wise man looks into space and he knows there is no limited dimensions.

- Lao-Tzu

By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond the winning.

- Lao-Tzu

He who is contented is rich.

- Lao-Tzu

Courage is resistance to fear, mastery of fear -- not absence of fear.

- Twain, Mark

All difficult things have their origin in that which is easy, and great things in that which is small.

- Lao-Tzu

To love someone deeply gives you strength. Being loved by someone deeply gives you courage.

- Lao-Tzu

Morale is a state of mind. It is steadfastness and courage and hope.

- Marshall, George

Wisdom, compassion, and courage are the three universally recognized moral qualities of men.

- Confucius

Our greatest glory is not in never falling, but in rising every time we fall.

- Confucius

A man who has committed a mistake and doesn't correct it is committing another mistake.

- Confucius

To know is to know that you know nothing. That is the meaning of true knowledge.

- Confucius

To be wronged is nothing unless you continue to remember it.

- Confucius

Silence is the true friend that never betrays.

- Confucius

The superior man is modest in his speech but exceeds in his actions.

- Confucius

Learning without thought is labor lost. Thought without learning is perilous.

- Confucius

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.

- Confucius

Chose a job you love, and you will never have to work a day in your life.

- Confucius

It is better to light one small candle than to curse the darkness.

- Confucius

Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless.

- Paolinetti, Jamie

Cushion the painful effects of hard blows by keeping the enthusiasm going strong, even if doing so requires struggle.

- Peale, Norman Vincent

The more you lose yourself in something bigger than yourself, the more energy you will have.

- Peale, Norman Vincent

Enthusiasm releases the drive to carry you over obstacles and adds significance to all you do.

- Peale, Norman Vincent

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

- Peale, Norman Vincent

When every physical and mental resources is focused, one's power to solve a problem multiplies tremendously.

- Peale, Norman Vincent

Example is the school of mankind, and they will learn at no other

- Burke, Edmund

There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

- Buddha

The whole secret of existence is to have no fear. Never fear what will become of you, depend on no one. Only the moment you reject all help are you freed.

- Vivekananda, Swami

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

- Buddha

There is nothing so disobedient as an undisciplined mind, and there is nothing so obedient as a disciplined mind.

- Buddha

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly.

- Buddha

Your work is to discover your work and then with all your heart to give yourself to it.

- Buddha

You yourself, as much as anybody in the entire universe, deserve your love and affection.

- Buddha

As the Fletcher whittles and makes straight his arrows, so the master directs his straying thoughts.

- Buddha

All that we are is the result of what we have thought. The mind is everything. What we think, we become.

- Buddha

Progress is impossible without change, and those who cannot change their minds cannot change anything.

- Shaw, George Bernard

Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.

- Tagore, Rabindranath

He who fears to suffer, suffers from fear.

- Proverb

The only thing we have to fear is fear itself.

- Roosevelt, Franklin D.

Do what you fear and fear disappears.

- Schwartz, David J.

Do the thing we fear, and the death of fear is certain.

- Emerson, Ralph Waldo

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

- Redmoon, Ambrose

All men have fears, but the Brave put down their fears and go forward. Sometimes to Death, but always to Victory.

- Unknown, Source

You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind.

- Carnegie, Dale

Thoughts are things; they have tremendous power. Thoughts of doubt and fear are pathways to failure. When you conquer negative attitudes of doubt and fear you conquer failure. Thoughts crystallize into habit and habit solidifies into circumstances.

- Adams, Bryan

Discontent is the first necessity of progress.

- Edison, Thomas A.

I am not discouraged, because every wrong attempt discarded is another step forward.

- Edison, Thomas A.

I have not failed. I've just found 10, 000 ways that won't work.

- Edison, Thomas A.

Genius is one percent inspiration and ninety-nine percent perspiration.

- Edison, Thomas A.

The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary.

- Edison, Thomas A.

Opportunity is missed by most people because it comes dressed in overalls and looks like work.

- Edison, Thomas A.

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

- Edison, Thomas A.

Many of life's failures are people who did not realize how close they were to success when they gave up.

- Edison, Thomas A.

If we did all the things we are capable of doing, we would literally astonish ourselves.

- Edison, Thomas A.

As a cure for worrying, work is better than whiskey.

- Edison, Thomas A.

Your worth consists in what you are and not in what you have.

- Edison, Thomas A.

Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.

- Adams, John Quincy

The ideal man bears the accidents of life with dignity and grace, making the best of circumstances.

- Aristotle

There is nothing impossible to him who will try.

- Alexander The Great

You can't cross the sea merely by standing and staring at the water. Don't let yourself

indulge in vain wishes.

- Tagore, Rabindranath

It is easy when we are in prosperity to give advice to the afflicted.

- Aeschylus

Never trust the advice of a man in difficulties.

- Aesop

We give advice by the bucket, but take it by the grain.

- Alger, William R.

Advice is like castor oil, easy to give, but dreadful to take.

- Billings, Josh

Advice is like snow; the softer it falls the longer it dwells upon, and the deeper it sinks into the mind.

- Coleridge, Samuel Taylor

To offer a man unsolicited advice is to presume that he doesn't know what to do or that he can't do it on his own.

- Gray, John

All things are difficult before they are easy.

- Norley, John

Difficulties strengthen the mind, as labor does the body.

- Seneca

Fire is the test of gold; adversity, of strong men.

- Seneca

We are more often frightened than hurt; and we suffer more from imagination than from reality.

- Seneca

There is great beauty in going through life without anxiety or fear. Half our fears are baseless, and the other half discreditable.

- Bovee, Christian Nevell

Fear is a habit; so is self-pity, defeat, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative habits with two simple resolves: I can!! and I will!!

- Unknown, Source

Worry does not empty tomorrow of its sorrow; it empties today of its strength.

- Boom, Corrie Ten

Have no friends not equal to yourself.

- Confucius

To know what is right and not do it is the worst cowardice.

- Confucius

There is only one good -- knowledge; and only one evil -- ignorance.

- Socrates

In childhood be modest, in youth temperate, in adulthood just, and in old age prudent.

- Socrates

Give me beauty in the inward soul; may the outward and the inward man be at one.

- Socrates

He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition youth and age are equally a burden.

- Plato

Nothing in the affairs of men is worthy of great anxiety.

- Plato

The first and the best victory is to conquer self.

- Plato

Education is an ornament in prosperity and a refuge in adversity.

- Aristotle

It's not what happens to you, but how you react to it that matters.

- Epictetus

Make the best use of what is in your power, and take the rest as it happens.

- Epictetus

First secure an independent income, then practice virtue.

- Proverb, Greek

Act quickly, think slowly.

- Proverb, Greek

Better to go to bed hungry than to wake up in debt.

- Proverb

When difficulties are overcome they begin blessing.

- Proverb

Opportunities neglected can never be recovered.

- Proverb

As the person who has health is young, so the person who owes nothing is rich.

- Proverb

Give neither counsel or salt till you are asked for it.

- Proverb

Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.

- Buddha

Success is going from failure to failure without loss of enthusiasm.

- Churchill, Winston

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.

- Twain, Mark

You are an extremely valuable, worthwhile, significant person even though your present circumstances may have you feeling otherwise.

- Newman, James

Out of need springs desire, and out of desire springs the energy and the will to win.

- Waitley, Denis

The law of harvest is to reap more than you sow. Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny.

- Allen, James

You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.

- Allen, James

We live in deeds

We live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.
We should count time by heart-throbs. He most lives
Who thinks most, feels the noblest, acts the best.
And he whose heart beats quickest lives the longest:
Lives in one hour more than in years do some

Whose fat blood sleeps as it slips along their veins.

Life's but a means unto an end; that end,

Beginning, mean, and end to all things -- God.

The dead have all the glory of the world.

- Bailey, Philip James

For what is the best choice, for each individual is the highest it is possible for him to achieve.

- Aristotle

The greater the difficulty the more glory in surmounting it. Skillful pilots gain their reputation from storms and tempests.

- Epictetus

The best job goes to the person who can get it done without passing the buck or coming back with excuses.

- Hill, Napoleon

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarized in four C s. They are curiosity, confidence, courage, and constancy, and the greatest of all is confidence. When you believe in a thing, believe in it all the way, implicitly and unquestionable.

- Disney, Walt

Are you in earnest? Seize this very minute! Boldness has genius, power, and magic in it. Only engage, and then the mind grows heated. Begin, and then the work will be completed.

- Anster, John

We become just by performing just action, temperate by performing temperate actions, brave by performing brave action.

- Aristotle

Never forget that life can only be nobly 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 meet many a joy, to find many a comrade, to win and lose many a battle.

- Besant, Annie

The world can only be grasped by action, not by contemplation. The hand is the cutting edge of the mind.

- Bronowski, Jacob

Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.

- Marden, Orison Swett

The truth of the matter is that there's nothing you can't accomplish if: (1) You clearly decide what it is that you're absolutely committed to achieving, (2) You're willing to take massive action, (3) You notice what's working or not, and (4) You continue to change your approach until you achieve what you want, using whatever life gives you along the way.

- Robbins, Anthony

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

- Robinson, Eddie

No greater thing is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen.

- Epictetus

Every man's life lies within the present; for the past is spent and done with, and the future is uncertain.

- Aurelius, Marcus

Remember that very little is needed to make a happy life.

- Aurelius, Marcus

He who lives in harmony with himself lives in harmony with the universe.

- Aurelius, Marcus

If you are pained by external things, it is not they that disturb you, but your own judgment of them. And it is in your power to wipe out that judgment now.

- Aurelius, Marcus

Your life is what your thoughts make it.

- Aurelius, Marcus

Nothing has such power to broaden the mind as the ability to investigate systematically and truly all that comes under thy observation in life.

- Aurelius, Marcus

Confine yourself to the present

- Aurelius, Marcus

If you are distressed by anything external, the pain is not due to the thing itself but to your own estimate of it; and this you have the power to revoke at any moment.

- Aurelius, Marcus

Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

- Aurelius, Marcus

One universe made up all that is; and one God in it all, and one principle of being, and one law, the reason shared by all thinking creatures, and one truth.

- Aurelius, Marcus

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.

- Aristotle

The energy of the mind is the essence of life.

- Aristotle

Let not your mind run on what you lack as much as on what you have already.

- Aurelius, Marcus

The happiness of your life depends upon the quality of your thoughts: therefore, guard accordingly, and take care that you entertain no notions unsuitable to virtue and reasonable nature.

- Aurelius, Marcus

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