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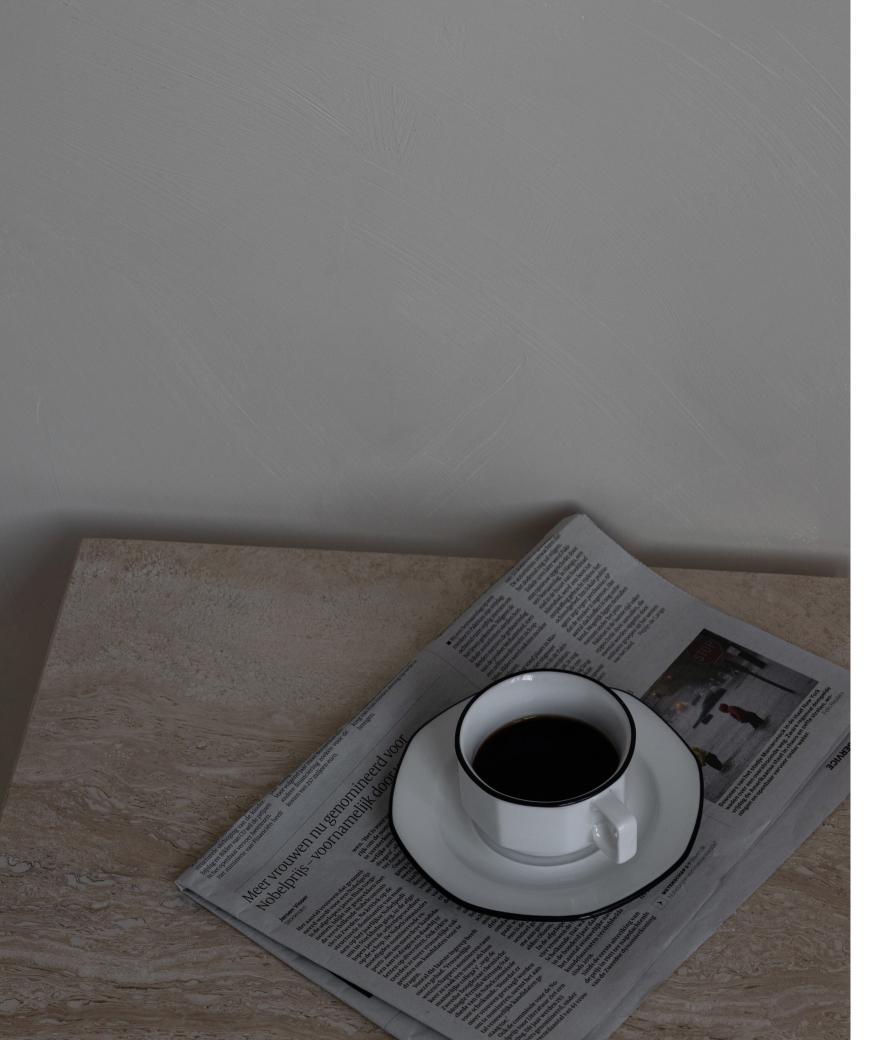
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CONTENT

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POWERFUL QUOTES FROM MORE THAN 80 PEOPLE FROM ACROSS THE WORLD, INCLUDING

BESTSELLING AUTHORS, TOP ATHLETES, PHILOSOPHERS, AND SELF-MADE ENTREPRENEURS. ALL

THESE QUOTES HAVE ONE THING IN COMMON: THEY CHANGE THE WAY WE PERCEIVE OURSELVES AND

ENCOURAGE US TO GROW. THE QUOTES COVER THE TOPICS BELOW BUT ARE NOT GROUPED ACCORDINGLY.

SELF-CONFIDENCE SELF-LOVE MATURITY HAPPINESS FEAR JUDGMENT TAKING ACTION FAILURE DESIGN YOUR OWN LIFE FORGIVENESS ACCOUNTABILITY COMFORT ZONE INTUITION SETTING GOALS PERSEVERANCE ACCEPTANCE HEALING LETTING GO CHANGE & GROWTH CRITICISM MINDSET HABITS MANIFESTING GRATITUDE

NOTIF, WHEN



Self-trust is the first secret to success.

QUOTE FROM
"JOHANN WOLFGANG VON GOETHE"

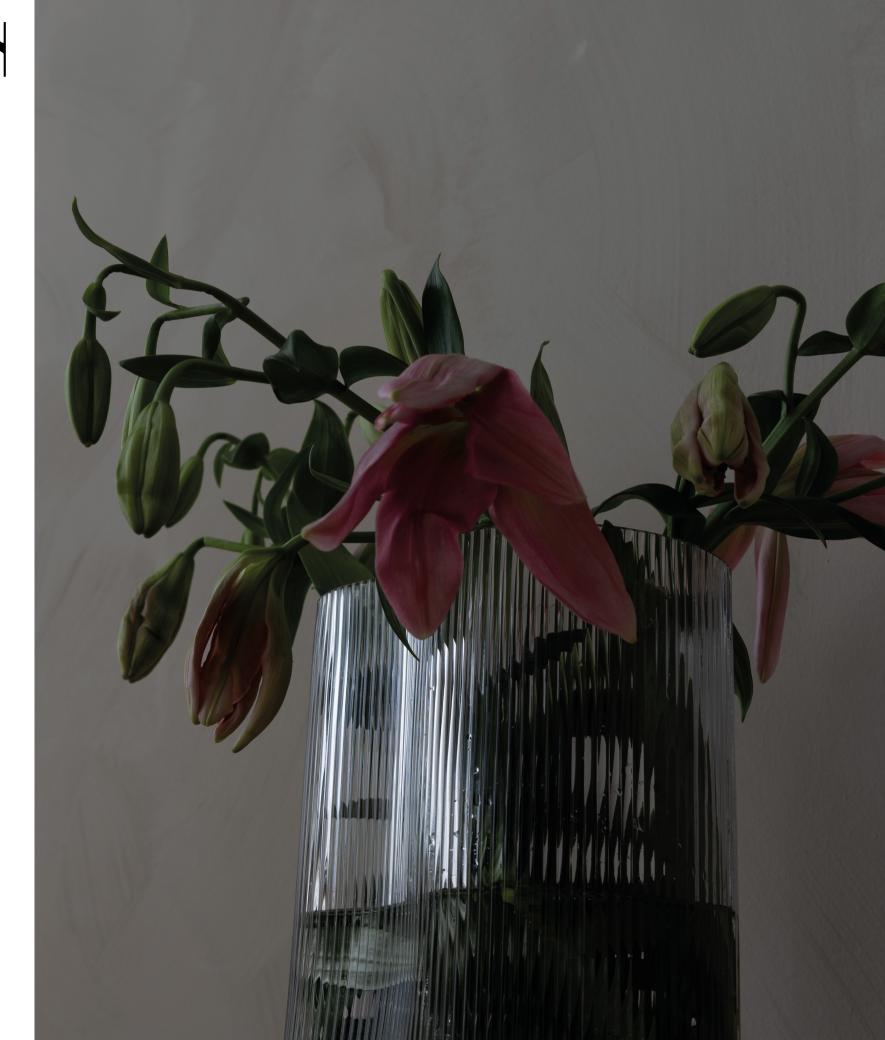
Magic is believing in yourself, if you can do that, you can make anything happen.



SELF-PROTECTION

PERFECTIONISM CAN BE A TRAUMA RESPONSE DEEPLY
ROOTED IN THE EXPERIENCE THAT TAUGHT US THAT GETTING
IT WRONG MEANT WE WOULD BE HARMED, SHAMED, OR
DENIED LOVE. WE LEARNED THAT GETTING IT RIGHT WAS
NECESSARY FOR SURVIVAL, PROTECTION, OR SECURITY.

TAYLOR GRISMORE, WILD HEART MOVEMENT.





DESTIDATION

BEWARE OF DESTINATION ADDICTION - "DESTINATION ADDICTION IS A PREOCCUPATION WITH THE IDEA THAT HAPPINESS IS SOMEWHERE ELSE." - ROBERT HOLDEN

"IN THE MANIC SOCIETY, PEOPLE EXHIBIT A FRANTIC, NEUROTIC BEHAVIOR I CALL "DESTINATION ADDICTION", THIS ADDICTION IS A MAJOR BLOCK TO SUCCESS. PEOPLE WHO SUFFER FROM DESTINATION ADDICTION BELIEVE THAT SUCCESS IS A DESTINATION. THEY ARE ADDICTED TO THE IDEA THAT THE FUTURE IS WHERE SUCCESS IS, HAPPINESS IS, AND HEAVEN IS. EACH PASSING MOMENT IS MERELY A TICKET TO GET TO THE FUTURE. THEY LIVE IN THE "NOT NOW", THEY ARE PSYCHOLOGICALLY ABSENT, AND THEY DISREGARD EVERYTHING THEY HAVE. DESTINATION ADDICTION IS A PREOCCUPATION WITH THE IDEA THAT HAPPINESS IS SOMEWHERE ELSE. WE SUFFER, LITERALLY, FROM THE PURSUIT OF HAPPINESS. WE ARE ALWAYS ON THE RUN, ON THE MOVE, AND ON THE GO. OUR GOAL IS NOT TO ENJOY THE DAY, IT IS TO GET THROUGH THE DAY. WE HAVE ALWAYS TO GET TO SOMEWHERE ELSE FIRST BEFORE WE CAN RELAX AND BEFORE WE CAN SAVOR THE MOMENT, BUT WE NEVER GET THERE. THERE IS NO POINT OF ARRIVAL. ... WE LIVE IN HOT PURSUIT OF SOME EXTRAORDINARY BLISS WE HAVE NO IDEA HOW TO FIND. DESTINATION ADDICTION IS A NONSTOP APPROACH TO INNER PEACE. WE ARE LIKE RUNAWAY TRAINS BOUND FOR A STATION CALLED NEXT. WE EMBARK ON FAST TRACK CAREERS THAT ARE ALL ABOUT THE NEXT POSITION, THE NEXT RAISE, AND THE NEXT STOP. OUR CURRENT WORK IS JUST A STEPPING STONE OR A PARKING LOT, WHERE WE HANG OUT WAITING FOR THE NEXT GOOD OPPORTUNITY. IN THE MEANTIME WE CELEBRATE THE END OF THE DAY, WE SAY "THANK GOD IT'S FRIDAY", AND WE RECOVER ON THE WEEKENDS. EVERYTHING WILL BE BETTER SOON. THE LIFE WE DREAM OF IS IN THE FUTURE SOMEWHERE, AND WE HOPE TO CATCH UP WITH IT ANY DAY NOW." - ROBERT HOLDEN

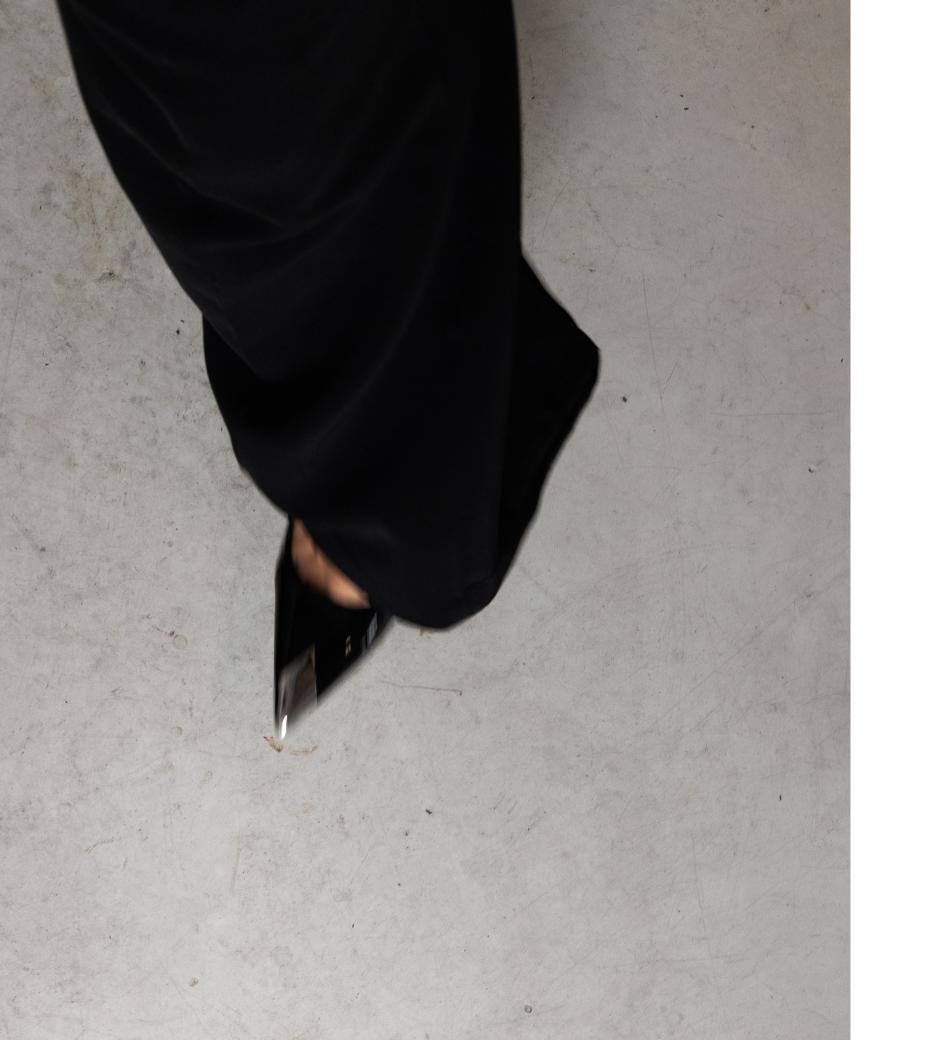


"DON'T BELIEVE EVERYTHING YOU THINK." - JOSEPH NGUYEN

QUOTE FROM

"ROY T. BENNETT, THE LIGHT IN THE HEART"

The biggest wall you have to climb is the one you build in your mind: Never let your mind talk you out of your dreams, trick you into giving up. Never let your mind become the greatest obstacle to success. To get your mind on the right track, the rest will follow.



DARE TO LIVE THE LIFE YOU HAVE DREAMED FOR YOURSELF. GO FORWARD AND MAKE YOUR DREAMS COME TRUE. — RALPH WALDO EMERSON