

# Motivational Quotes

Reflection Booklet



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## Getting Started

Motivation is an all-important piece of your life's puzzle.

The motivational quotes in this book can help you build courage and travel toward your life's goals. They can help you through the challenges and give you encouragement to realize all that is good in your life.

With each motivational quote you read, you'll take a new step in this journey called life.

When times have you down or you feel at your worst, a motivational quote just might be the answer you need.

# 1

People with integrity do what they  
say they are going to do.  
Others have excuses.

– Dr. Laura Schlessinger

For many, an excuse is an easy way out. Whether you've made a promise to yourself or someone else, creating an excuse to get out of it is easy. Sometimes even a bad excuse seems better than saying nothing at all. In reality, an excuse of any kind isn't any better than the paper it's written on.

When you say you're going to do something, *do it*. If you can't or don't want, then simply say *no*.

People want to believe the words you speak, so being honest with yourself and others is better than committing and then not following through.

- ❖ Know what you realistically can and can't do.
- ❖ Be sincere in your promises.
- ❖ Follow through.

#### Self-Reflection Questions:

- I. Can I do what I'm about to promise?
- II. If I promise *myself* something, do I follow through?
- III. Am I making an excuse because I don't want to do this?

## 2

They are able because they think  
they are able.

– Virgil

Have you often wondered how someone could complete an extremely difficult task with ease? Oftentimes, the impossible can be made possible through the willpower and self-discipline to try and try again.

Being confident in yourself gives you the power to accomplish just about anything you set your mind to. Knowing that you're setting goals you're able to reach will give you the power to do what's necessary to achieve them.

- ❖ Find the confidence in yourself to say "I can."
- ❖ Give yourself the chance to learn the abilities necessary to accomplish your goals.
- ❖ Be positive in your own thinking.

### Self-Reflection Questions:

- I. Do I have the willpower and self-discipline to take swift action?
- II. Am I convinced that I *can* accomplish my goals?
- III. Do I focus my attention on the sunny side?

# 3

There are costs and risks to a program of action, but they are far less than the long-range risks and costs of comfortable inaction.

– **John F. Kennedy**

Any chance we take in our lives is a risk. Taking action, whether it's starting your own business or fixing Sunday morning breakfast, will have its price. This price may be good or it may be costly, but the only way to know for sure is to follow through.

Sitting on your hands has long term risks that can cost you plenty. Have you ever passed up a chance at something, only to regret it later? Have you ever thought, "*If I had only taken action when I had the chance then I might not be in this situation today?*"

Every action has its risks, but inaction can cost you even more.

- ❖ Have the courage to try.
- ❖ Start with small actions and work your way up.
- ❖ Make the firm commitment to learning and living.

Self-Reflection Questions:

- I. What holds me back from trying?
- II. Will small successes give me the courage to try something bigger?
- III. Do I avoid taking action because I am comfortable with my routine?

# 4

Determination is the wake-up call to the human will.

– **Anthony Robbins**

Most of us have a will to succeed. This will is set in our souls by our determination to reach our goals and fulfill our dreams. Determination is a necessary part of life. If we're not determined, our lives will always remain the same.

A sense of purpose gets you up in the morning, helps you throughout the day, and gets you to sleep at night. Determination lets you fight your battles and learn new skills. If there's a will there's a way, but only if you're determined to see it through.

- ❖ Keep moving forward.
- ❖ Dig down deep within yourself to find the determination hidden within.
- ❖ Know that the more determined you are, the better chance you have to succeed.

### Self-Reflection Questions:

- I. Have I given up on something without even trying?
- II. If I am more determined, can I be successful?
- III. Do I have the willpower to persevere until I reach the finish line?

Dream as if you'll live forever.  
Live as if you'll die tomorrow.

– James Dean

Dreamers know that when you dream, you must dream big and extend those dreams far into the future. Dreams give you hope for today and every day of your life. Yet if you only dream and refuse to make those dreams come true, you never truly live!

Dream for the future, but live for the day. Each day, take little actions to make your dreams come true, but first and foremost, enjoy every moment in your life!

- ❖ Savor each moment.
- ❖ Take advantage of opportunities *now*; don't put off action until tomorrow.
- ❖ Take the time to dream the impossible dream.

Self-Reflection Questions:

- I. Do I love to laugh and enjoy my everyday surroundings?
- II. Do I give myself the chance to live life to its fullest?
- III. How big are my dreams?

# 6

The most important thing  
about goals is having one.

– **Geoffry F. Abert**

Everyone must have something in their life to strive for and be proud of. Regrettably, many people go through their lives aimlessly trying to achieve uncertain dreams. Setting goals is part of growing, and achieving them will bring you fulfillment.

It can be the smallest goal (such as getting out of bed at a certain time each morning), or a larger goal (like starting your own business), but in any case, the first step is the act of creating the goal. Once you have that in place, you can take action.

- ❖ Make a list of things you'd like to achieve in your life.
- ❖ Start with short term goals so you can build momentum.
- ❖ Take a chance and set a long term goal; then take the steps to make it a reality.

### Self-Reflection Questions:

- I. Have I set goals but never made a plan to reach them?
- II. Do I set concrete goals for myself?
- III. Do I set short terms goals so I can build momentum?

If opportunity doesn't  
knock, build a door.

– **Milton Berle**

Many of us sit back and wait for an opportunity to come knocking. Unfortunately, wishing for opportunities doesn't make them happen. You must look for possibilities in your life and strive to make something happen when you find them.

Recognizing opportunities when they show up, and creating your own opportunities, are the best ways to achieve success. If you give yourself the chance, you may find that there's an opportunity knocking on every door.

- ❖ Don't wait for someone else to find opportunities for you.
- ❖ Learn to recognize opportunities and take action promptly.
- ❖ Be open to answering the call when new opportunities present itself.

#### Self-Reflection Questions:

- I. Am I open to finding new opportunities?
- II. Do I feel a sense of accomplishment when I take risks?
- III. Am I willing to create my own possibilities?

# 8

The dictionary is the only place  
where success comes before work.

– **Mark Twain**

Success isn't something that just happens. In order to achieve your goals and live the life you desire, you must determine the steps that will get you there and then walk that path.

Do the work first, then you'll see success.

- ❖ Reflect on your past triumphs.
- ❖ List the steps you have to take to achieve success.
- ❖ List the work you must do to achieve your goals, then follow through.

Self-Reflection Questions:

- I. Am I willing to put work before success?
- II. What do I want to achieve and what do I need to do to achieve it?
- III. How can I find the willpower to keep moving forward?

It is easy to be brave from a  
safe distance.

– Aesop

It's much easier to hold your ground if you're not facing danger straight on. Yet when you do this, you can't properly learn and grow. When you stay where it's safe, you stagnate and go nowhere.

By having the courage to do what's necessary to conquer your challenges, you are building the strength, confidence, and knowledge to succeed.

- ❖ Look at your challenges straight on.
- ❖ Dig into yourself for the courage to face these valiantly.
- ❖ When conquering your challenges, you become more resilient to future problems.

#### Self-Reflection Questions:

- I. What holds me back from facing my fears?
- II. What can I do to gain the courage I need to tackle my problem with my eyes open?
- III. Am I willing to be initially uncomfortable in order to succeed in the long run?

# 10

Our greatest battles are that with  
our own minds.

– Jameson Frank

Many times our minds set us in a whirlwind and we don't know which way to go. Being able to think clearly and rationally is the only way to win the battles in our lives.

Stress reduction techniques, like meditation and prayer, give you the tools you need to keep your mind at peace. This sense of calm will help you to think things through with clarity and confidence so you can be intensely focused on the finish line.

- ❖ Frequently engage in stress reduction techniques
- ❖ Be willing to listen to your body and mind.
- ❖ Know that you are in control of your thoughts.

#### Self-Reflection Questions:

- I. Do I strive to think with clarity and confidence?
- II. Am I in control of my thoughts and emotions?
- III. How can I find peace of mind today?

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**

Unfortunately, many of us too often find ourselves wishing for what *could* have been. Instead of looking forward, we dwell on the past. We focus on our regrets, which causes us to miss many opportunities that are presented to us.

There's a reason for everything and regardless of what has happened in the past, there will always be a door in front of you, waiting to be opened. Looking for the good in every situation can help you find these open doors so you can pass through and enjoy what is ahead.

- ❖ Find something good in every situation.
- ❖ You can't change things from the past, so let go.
- ❖ Allow yourself to smile even in the most desperate of times.

#### Self-Reflection Questions:

- I. What is good about where I am now?
- II. Do I focus so much on the bad that I miss opportunities?
- III. Am I willing to move forward so I can enjoy true happiness?

# 12

Perseverance is failing nineteen times  
and succeeding the twentieth.

– **Julie Andrews**

Perseverance keeps your body and mind in motion. It's so easy to quit when you fail. More often than not, the desire to give in and give up is stronger than the desire to move forward with your head held high.

But never give up! There's always a way and perseverance will keep you going until you find it. When you feel like you're at the end of your rope, the only way to beat the odds is to persevere.

Perseverance will make you strong, give you courage, and show you that you're worthy to win!

- ❖ It's better to try and fail than to never have tried at all.
- ❖ Success comes *after* the lessons learned from failure.
- ❖ Have the courage to continue until you beat the odds.

## Self-Reflection Questions:

- I. Why have I quit in the past?
- II. What can I do to keep moving forward?
- III. Where can I find the patience and courage to persevere?

“I can’t do it” never yet accomplished anything; “I will try” has performed wonders.

– **George P. Burnham**

If you decide you can’t do something, then you won’t accomplish it. Telling yourself that you’ll try gives you the real potential to succeed.

Whether or not you succeed, it is only through trial and error that you can build the wisdom and the willpower to endure any situation.

- ❖ Be hopeful about your situation.
- ❖ Convince yourself that you can only gain if you try.
- ❖ It is far more rewarding to try than to say “I can’t.”

Self-Reflection Questions:

- I. What prevents me from trying?
- II. If I try, what will I learn?
- III. If I give up, what will I regret?



## final thoughts

Let these invigorating quotes guide you, give you strength, and prove to you that you're not alone on your success journey.

Refer to these reflections regularly so you can gain the nourishment of this food for the mind.

The truth is, success comes to those who have a strong desire and will to do what is truly uncomfortable. *Are you willing to take this risk?*

*Britt Sambow Li*