



THIS LIFE OF MINE...



JOURNAL

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THIS BOOK  
**BELONGS TO:**

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“When you live your life with an appreciation of coincidences and their meanings, you connect with the underlying field of infinite possibilities.”

- Deepak Chopra

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“In a moment of decision, the best thing you can do is the right thing to do. The worst thing you can do is nothing.”

- Theodore Roosevelt

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“The more intensely we feel about an idea or a goal,  
the more assuredly the idea, buried deep in our  
subconscious, will direct us along the path to its  
fulfillment.”

- Earl Nightingale

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"Happiness is not something ready-made. It comes  
from your own actions."  
- Dalai Lama

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"Believe you can and you're halfway there."  
- Theodore Roosevelt

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"Mindfulness is the aware, balanced acceptance of the present experience."

- Sylvia Boorstein

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"Whether you think you can, or you think you can't -  
you're right."  
- Henry Ford

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"Success usually comes to those who are too busy to  
be looking for it."

- Henry David Thoreau

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"The best way out is always through."  
- Robert Frost

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"The present moment is the only time over which  
we have dominion."

- Thích Nhất Hạnh

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"The mind is its own place, and in itself can make a heaven of hell, a hell of heaven."

- John Milton

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"Be happy in the moment, that's enough. Each moment is all we need, not more."

- Mother Teresa

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"Happiness depends upon ourselves."

- Aristotle

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"Achievement is largely the product of steadily  
raising one's levels of aspiration  
and expectation."  
- Jack Nicklaus

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"The happiness of your life depends upon the  
quality of your thoughts."

- Marcus Aurelius

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"The biggest adventure you can take is to live  
the life of your dreams."  
- Oprah Winfrey

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"Success without fulfillment is the ultimate failure."  
- Tony Robbins

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"The only place where success comes before work  
is in the dictionary."  
- Vidal Sassoon

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"Change your thoughts and you  
change your world."  
- Norman Vincent Peale























"I hated every minute of training, but I said,  
'Don't quit. Suffer now and live the rest of  
your life as a champion.'"

- Muhammad Ali

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"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

- Ralph Waldo Emerson

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"Do not wait to strike till the iron is hot; but  
make it hot by striking."

- William Butler Yeats

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"Believe in yourself and all that you are. Know  
that there is something inside you that is  
greater than any obstacle."

- Christian D. Larson

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"Life is either a daring adventure or  
nothing at all."  
- Helen Keller

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"Success is not how high you have climbed, but how you make a positive difference to the world."

- Roy T. Bennett

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"The only way to do great work is to  
love what you do."  
- Steve Jobs

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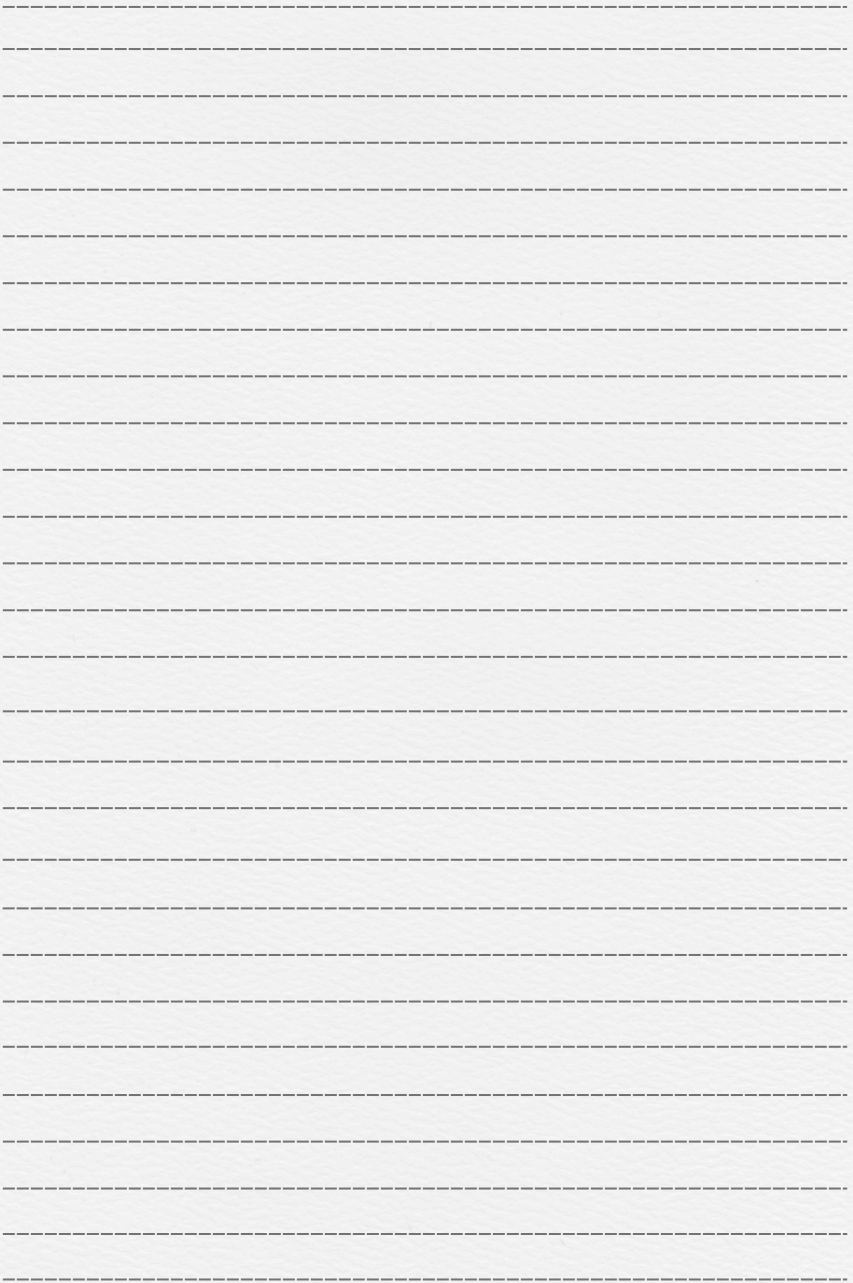
"I have not failed. I've just found 10,000  
ways that won't work."  
- Thomas Edison

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"The most powerful weapon on earth is the  
human soul on fire."  
- Ferdinand Foch

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"The secret of success is to do the common  
thing uncommonly well."  
- John D. Rockefeller Jr

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"You don't have to be great to start, but you have to start to be great."

- Zig Ziglar

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"The journey of a thousand miles begins  
with one step."  
- Lao Tzu

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"Success is getting what you want, happiness  
is wanting what you get."  
- W.P. Kinsella

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"The best time to plant a tree was 20 years ago.  
The second best time is now."  
- Chinese Proverb

Handwriting practice lines consisting of 25 horizontal dashed lines.

"It always seems impossible until it's done."

- Nelson Mandela

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"It is never too late to be what you might have been."  
- George Eliot

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"Persistence guarantees that results are inevitable."  
- Paramahansa Yogananda

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"It's not the load that breaks you down,  
it's the way you carry it."  
- Lou Holtz

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"Don't wait. The time will never be just right."  
- Napoleon Hill

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"Success is simple. Do what's right, the right way, at the right time."

- Arnold H. Glasow

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"Success is not just about what you accomplish  
in your life; it's about what you  
inspire others to do."

- Anonymous

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"The road to success is always under construction."  
- Lily Tomlin

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"In the end, we will remember not the words of  
our enemies, but the silence of our friends."

- Martin Luther King Jr.

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“The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.”

- Martin Luther King, Jr.

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