THIS LIFE OF MINE...

JOURNAL

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LifeStreams 360
Making Life Awesome

THIS BOOK
BELONGS TO:

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"Gratitude is not only the greatest of virtues,
but the parent of all others."
— Cicero

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

"Authenticity is the daily practice of letting go
of who we think we're supposed to be
and embracing who we are."
— Brené Brown

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

“It takes but one positive thought when given a chance to survive and thrive to overpower an entire army of negative thoughts.”
- Robert H. Schuller

“When you put faith, hope and love together, you can raise positive kids in a negative world.”
-Zig Ziglar

“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

“One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon – instead of enjoying the roses blooming outside our windows today.”
- Dale Carnegie

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.”
- George Bernard Shaw

"The human capacity for burden is like bamboo – far more flexible than you'd ever believe at first glance."
— Jodi Picoult

"Stay true to yourself. An original is worth more than a copy."
— Suzy Kassem

“There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.”
- Nelson Mandela

“There is no greatness without a passion to be great, whether it's the aspiration of an athlete or an artist, a scientist, a parent, or a businessperson.”
- Tony Robbins

"Owning our story and loving ourselves through that process is the bravest thing we'll ever do."
— Brené Brown

"When you show up authentic, you create the space for others to do the same. Walk in your truth."
— Anonymous

"Success is not final, failure is not fatal: It is the courage to continue that counts."
– Winston Churchil

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

"Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that."
— Sylvia Boorstein

"Believe you can and you're halfway there."
– Theodore Roosevel

"Happiness is not a matter of intensity but of balance, order, rhythm, and harmony."
— Thomas Merton

"The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us."
— Euripides

"Too much of one thing can end up creating stress; this is something that no one needs in their life. But living a life in balance can provide harmony and peace."
— Catherine Pulsifer

"Life isn't about finding yourself. It's about creating yourself."
– George Bernard Shaw

"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

"Don’t get so busy making a living that you forget to make a life."
— Dolly Parto

"Happiness is the secret to all beauty. There is no beauty without happiness."
– Christian Dior

"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all – in which case, you fail by default."

— J.K. Rowling

"Failure is not the opposite of success;
it's part of success."
— Arianna Huffington

"By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own."
— Mark Victor Hansen

"Goals are dreams with deadlines."
— Diana Scharf

"Your purpose in life is to find your purpose and give your whole heart and soul to it."
- Gautama Buddha

"Live life in harmony. Balance the elements of life around you to live in peace."
- Christie Williams

"Don't be afraid to give up the good to go for the great."
– John D. Rockefeller

"Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding ways to serve others by using them."
- Thomas Kinkade

"A mentor is someone who allows you to see the hope inside yourself."
- Oprah Winfrey

"What lies behind us and what lies before us are tiny matters compared to what lies within us."
– Ralph Waldo Emerson

"A mentor is someone who allows you to see the hope inside yourself."
- Oprah Winfrey

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

"Your mindset matters. It affects everything—from the business and investment decisions you make, to the way you raise your children, to your stress levels and overall well-being."
– Peter Diamandis

"Perseverance is failing 19 times
and succeeding the 20th."
- Julie Andrews

"To live is the rarest thing in the world. Most people exist, that is all."
– Oscar Wilde

"Life is growth. If we stop growing, technically and spiritually, we are as good as dead."
- Morihei Ueshiba

"You have within you right now, everything you need to deal with whatever the world can throw at you."
- Brian Tracy

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

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

"Perseverance is not a long race; it is many short races one after the other."
– Walter Elliot

"The mind is everything. What you think you become."
- Buddha

"Transformation is not a future event. It is a present activity."
- Jillian Michaels

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

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

"The way to get started is to quit talking and begin doing."
– Walt Disney

"For every minute you are angry, you lose sixty seconds of happiness."
– Ralph Waldo Emerson

"The greatest discovery of all time is that a person can change her future by merely changing her attitude."
- Oprah Winfrey

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."
- Barack Obama

"The mind is like water. When it's turbulent,
it's difficult to see. When it's calm,
everything becomes clear."
- Prasad Mahes

"Meditation is a way for nourishing and blossoming the divinity within you."
- Amit Ray

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes."
- Andrew Carnegie

"You must expect great things of yourself
before you can do them."
– Michael Jordan

"In the end, we will remember not the words of our enemies, but the silence of our friends."
– Martin Luther King Jr.,

"The only limit to the height of your achievements is the reach of your dreams and your willingness to work for them."
- Michelle Obama

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

"If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you."
- Les Brown

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."
- Arnold Schwarzenegger

"Out of difficulties grow miracles."
- Jean de La Bruyère

"The secret of your success is found
in your daily routine."
- John C. Maxwell

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear."
- Buddha

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

"The most difficult thing is the decision to act; the rest is merely tenacity."
– Amelia Earhart

"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit."
- E.E. Cummings

"The best way to find yourself is to lose yourself in the service of others."
– Mahatma Gandhi

"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

"The most beautiful thing you can wear is confidence."
- Blake Lively

"The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you."
- William Jennings Bryan

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."
– Buddha

"Delaying gratification is a process of scheduling the pain and pleasure of life in such a way as to enhance the pleasure by meeting and experiencing the pain first and getting it over with."

- Scott Peck

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

"The oak fought the wind and was broken, the willow bent when it must and survived."
- Robert Jordan

"Alone we can do so little; together we can do so much."
- Helen Keller

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

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

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."
- Jimmy Dean

"Doubt kills more dreams than failure ever will." - Suzy Kassem

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

"The most common way people give up their power is by thinking they don't have any."
– Alice Walker

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

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."
– Pelé

"Success is not the key to happiness.
Happiness is the key to success."
– Albert Schweitzer

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

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."
– Ralph Waldo Emerson

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

"Don't let mental blocks control you. Set yourself free. Confront your fear and turn the mental blocks into building blocks."
- Dr. Roopleen

"You don’t have to be great to start, but you have to start to be great."
– Zig Ziglar

"Success is achieved and maintained by those who try and keep trying."
– W. Clement Stone

"You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens."
- Louise L. Hay

"Happiness is not something you postpone for the future; it is something you design for the present."
– Jim Rohn

"Success is the sum of small efforts, repeated day in and day out."
– Robert Collier

"The greatest glory in living lies not in never falling, but in rising every time we fall."
– Nelson Mandela

"It's okay to not be perfect. It's okay to make mistakes. It's okay to do something that you wish you hadn't done, because if we don't do those things, we never grow."
- Dawn Stanyon

"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success."
– James Cameron

"Happiness is when what you think, what you say, and what you do are in harmony."
– Mahatma Gandhi

"There is only one way to avoid criticism: do nothing, say nothing, and be nothing."
– Aristotle

"The future belongs to those who believe in the beauty of their dreams."
– Eleanor Roosevelt

"The moment you doubt whether you can fly,
you cease forever to be able to do it."
-J.M. Barrie

"Do not let what you cannot do interfere with what you can do."
– John Wooden

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

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

"It always seems impossible
until it's done."
– Nelson Mandela

"Keep your face always toward the sunshine—and shadows will fall behind you."
– Walt Whitman

"Success is not in what you have,
but who you are."
– Bo Bennett

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

"Calmness in chaos is a superpower; it's the ability to find peace amidst the storm."
- Anonymous

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

"You are never too old to set another goal
or to dream a new dream."
– C.S. Lewis

"What you get by achieving your goals is not as important as what you become by achieving your goals."
– Zig Ziglar

"Happiness lies in the joy of achievement
and the thrill of creative effort."
– Franklin D. Roosevelt

"The only way to achieve the impossible is to believe it is possible."
– Charles Kingsleigh

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work."
– Steve Jobs

"Change is the end result of all true learning."
- Leo Buscaglia

"The future belongs to those who learn more skills and combine them in creative ways."
— Robert Greene

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
— Dr. Seuss

"Life is really simple, but we insist on making it complicated."
– Confucius

"Success is a journey, not a destination. The doing is often more important than the outcome."
– Arthur Ashe

"Engaging with diverse disciplines allows us to see the world through multiple lenses, enriching our understanding and expanding our creativity."
— Anonymous

“Happiness depends more on the inward disposition of mind than on outward circumstances."
– Benjamin Franklin

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will."
– Vince Lombardi

"Success is the progressive realization of a worthy goal or ideal."
– Earl Nightingale

"Creativity is intelligence having fun."
— Albert Einstein

"The desire to create is one of the deepest yearnings of the human soul."
— Dieter F. Uchtdorf

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."
– Booker T. Washington

"Happiness is not a station you arrive at,
but a manner of traveling."
– Margaret Lee Runbeck

"If you want to live a happy life, tie it to a goal, not to people or things."
– Albert Einstein

"Success is liking yourself, liking what you do,
and liking how you do it."
– Maya Angelou

"The mind is a magnet. It attracts whatever corresponds to its ruling state. Expect good and good will come; expect evil and evil will come. We are responsible for what we attract."
— Ernest Holmes

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

"The secret of getting ahead is getting started." – Mark Twain

"Success is doing ordinary things extraordinarily well."
– Jim Rohn

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

"You can’t cross the sea merely by standing
and staring at the water."
– Rabindranath Tagore

"Happiness is not something you postpone for the future; it is something you design for the present."
– Jim Rohn

"Don’t wait. The time will never be just right."
– Napoleon Hill

"Be not afraid of life. Believe that life is worth living, and your belief will help create the fact."
– William James

"Success is simple. Do what's right, the right way, at the right time."
– Arnold H. Glasow

"What you think, you become. What you feel, you attract. What you imagine, you create."
– Buddha

"The best way to cheer yourself up is to try to cheer somebody else up."
– Mark Twain

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

"Ask for what you want and be prepared to get it."
— Maya Angelou

"A goal is not always meant to be reached; it often serves simply as something to aim at."
– Bruce Lee

"If you want to achieve greatness,
stop asking for permission."
– Anonymous

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

"Success is not just about making money.
It's about making a difference."
– Anonymous

"The greatest weapon against stress is our ability to choose one thought over another."
— William James

"When you visualize, then you materialize. If you've been there in the mind, you'll go there in the body."
— Dr. Denis Waitley

"Don’t count the days; make the days count."
– Muhammad Ali

"The only way to achieve the impossible is
to believe it is possible."
– Charles Kingsleig

"Success is the sum of small efforts,
repeated day in and day out."
– Robert Collierr

"It’s not about ideas. It’s about making ideas happen."
– Scott Belsky

“He who has never learned to obey cannot be a good commander.”
- Aristotle

“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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