



READY, SET...
RISE!



**POSITIVE ATTITUDE
QUOTES OF DESTINY**



Discover Yours NOW!

★ Joe DePalma

Ready Set Rise!
Positive Attitude Quotes Of Destiny
Discover Yours NOW!

– by Joe DePalma



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**Ready Set Rise:
Positive Attitude Quotes Of Destiny
Discover Yours NOW!**

– by
Joe DePalma

Quick Introduction:

Thank you for your interest in Ready Set Rise.com and in our book “Positive Attitude Quotes Of Destiny – Discover Yours Now!” This is not your everyday book of quotes. This book is designed to help you discover your own personal quote of destiny! However, the discovery of your quote of destiny is not entirely up to you ... just as in life FATE plays a major role in the process.

This book and the quotes within are broken down into 30 days (20 quotes per day). As you read each day’s quotes you are asked to choose a single favorite quote out of the 20 and record it. Then, as the 30 days come and go (they do not need to be 30 consecutive days, although that is recommended) you will have a list of 30 favorite quotes. After the 30th day you are also given a choice to trade in up to 2 of your 30 quotes in exchange for any of the quotes in the Bonus Day.

Once you have your final list of your favorite 30 quotes you’re ready to let fate enter the equation! If you dare and are truly ready to let fate intervene, it’s time to discover your POSITIVE ATTITUDE QUOTE OF DESTINY! --- Simply take your 30 quotes on a sheet of paper, cut them into 30 individual strips, fold them up, place them in a hat, shuffle and mix them about, and then let fate place your ONE Positive Attitude Quote OF Destiny into your hand as you feel your way around inside the hat.

As you pull your hand out of the hat you will be holding your ONE quote of destiny. Did you choose it, or did fate choose it? Or maybe you’ll be holding the Quote Of Destiny that has chosen YOU?

I hope you have as much fun with this book as I have putting it together. I also hope you share your Positive Attitude Quote Of Destiny with me at ReadySetRise.com. I look forward to hearing from you soon.

Finally, the quotes in this book are for the most part NOT the normal inspirational quotes from prominent historical figures. These quotes are mostly taken from today's leading experts in self improvement and personal growth.

I've done this so it will allow you to follow-up on the experts being quoted and discover more about them in today's relevant and modern world. You'll be able to find websites, books, courses, and programs either directly from the expert of your Quote Of Destiny, or from their foundations or organizations if they have passed on.

Thanks again for reading this book and helping to spread positive energy.

Enjoy!

- Joe DePalma
President – ReadySetRise.com
The #1 Positive Success Website



<http://www.ReadySetRise.com>

5 Step Instructions For Reading This Book & Finding your Quote of Destiny!

1) Each Day Has 20 Quotes. Please Read Each Quote Per Day And Identify Your Favorite For That Day. (You'll need to keep track of your favorite quotes on a separate sheet of paper.)

*Example Favorite Quote:

Day #1 --- Quote # 16

Day #2 --- Quote # 5

2) After You Have Picked Your Favorite Quote For That Day Please Click On The Link Provided And Visit A New Positive Section Of ReadySetRise.com. This Will Provide Additional Motivation For You In Multiple Formats As You Build Up To Finding Your One Quote Of Destiny.

3) At The End Of 30 Days You Will Be Presented With A Bonus Day Of 40 Quotes Where You Can Trade In Up To **Two** Of Your Previous 30 Selected Quotes. Then, Take Your **Final 30 Favorite Quotes** Which Are Written Down On A Sheet Of Paper And Cut Them Into 30 Separate Strips With A Pair Of Scissors.

4) Next Fold Those 30 Strips Up And Put Them All Into A Hat While Mixing Them All Together And Shaking Them All Up.

5) Finally PICK OUT **ONE** Quote From The Hat. This Will Be The **Positive Attitude Quote Of Destiny** That Fate Has Helped Choose For You. Take This Quote And Post It Around Your Home And Work Space. This Is **YOUR Positive Attitude Quote Of Destiny** And The Self Improvement Expert Who Is Being Quoted Is **YOUR** Expert. Do Your Research On Both Of Them And Start Living A More Inspired And Positive Life Right Away!

Enjoy The Journey Towards Your **Quote Of Destiny!**

DAY # 1

1. “Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one’s ideas, to take a calculated risk—and to act.” - Maxwell Maltz
2. “Go for it now. The future is promised to no one.” - Wayne Dyer
3. “Spiritual evolution occurs as the result of removing obstacles and not actually acquiring anything new. Devotion enables surrender of the mind’s vanities and cherished illusions so that it progressively becomes more free and more open to the light of Truth.” - David R. Hawkins
4. “You cannot play the game of life with sweaty palms.” - Dr. Phil McGraw
5. “The Universe will reward you for taking risks on its behalf.” - Shakti Gawain
6. “Don’t wait until people do things exactly right before you praise them.” - Ken Blanchard
7. “When we criticize another person, it says nothing about that person; it merely says something about our own need to be critical.” - Richard Carlson
8. “Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as you can change your beliefs.” - Maxwell Maltz
9. “Success is the progressive realization of a worthy goal or ideal.” - Earl Nightingale
10. “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.” - John Gray
11. “Always do your best. What you plant now, you will harvest later.” - Og Mandino

12. "Believe it is possible to solve your problem. Tremendous things happen to the believer. So believe the answer will come. It will." - Norman Vincent Peale
13. "The first principle of cognitive therapy is that all your moods are created by your "cognitions," or thoughts. A cognition refers to the way you look at thing—your perceptions, mental attitudes, and beliefs. It includes the way you interpret things—what you say about something or someone to yourself. You feel the way you do right now because of the thoughts you are thinking at this moment." - David Burns
14. "You have within you right now, everything you need to deal with what-ever the world can throw at you." - Brian Tracy
15. "It will be a great day when our schools have all the money they need, and our air force has to have a bake-sale to buy a bomber." - Robert Fulghum
16. "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." - Anthony Robbins
17. "The Odyssey you are about to embark upon is probably the most glorious journey you will ever take. It is a spiritual banquet of knowledge that fills the soul with realization and truth." – Sylvia Browne
18. "In the practice of tolerance, one's enemy is the best teacher." - Dalai Lama
19. "Until you value yourself you will not value your time. Until you value your time, you will not do anything with it." - M. Scott Peck
20. "You are here. However you imagine yourself to be, you are here. Imagine yourself as a body, you are here. Imagine yourself as God, you are here. Imagine yourself as worthless, superior, nothing at all, you are still here. My suggestion is that you stop all imagining, here." – Gangaji

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(Please Record Your Very Favorite Quote From Day #1)

My Favorite Day 1 Quote is: # _____

Then... Find Our “Positive Song with Law Of Attraction Video Section:”
Click Here: <http://www.ReadySetRise.com>

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DAY # 2

1. “When you see a thing clearly in your mind, your creative “success mechanism” within you takes over and does the job much better than you could do it by conscious effort or “willpower.” - Maxwell Maltz
2. “An authentically empowered person is humble. This does not mean the false humility of one who stoops to be with those who are below him or her. It is the inclusiveness of one who responds to the beauty of each soul. ...It is the harmlessness of one who treasures, honors, and reveres life in all its forms.” - Gary Zukav
3. “Life was never meant to be a struggle, just a gentle progression from one point to another, much like walking through a valley on a sunny day.” - Stuart Wilde
4. “You never lose by loving. You always lose by holding back.” - Barbara De Angelis
5. “Whoever said love is blind is dead wrong. Love is the only thing that lets us see each other with the remotest accuracy.” - Martha Beck
6. “Victimization status is the modern promised land of absolution from personal responsibility.” - Laura Schlessinger
7. “Eventually you will come to understand that love heals everything, and love is all there is.” - Gary Zukav
8. “The grass is not always greener on the other side of the fence. Fences have nothing to do with it. The grass is greenest where it is watered. When crossing over fences, carry water with you and tend the grass wherever you may be.” - Robert Fulghum
9. “Women, on average, tend to be more aware of their emotions, show more empathy, and are more adept interpersonally. Men on the other hand, are more self-confident and optimistic, adapt more easily, and handle stress better.” - Daniel Goleman

10. "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." - Dale Carnegie
11. "If the whole world followed you, would you be pleased with where you took it?" - Neale Donald Walsch
12. "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." - James Allen
13. "Creativity is not merely the innocent spontaneity of our youth and childhood; it must also be married to the passion of the adult human being, which is a passion to live beyond one's death." - Rollo May
14. "Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use." - Earl Nightingale
15. "You are today where your thoughts have brought you; you will be to-morrow where your thoughts take you." - James Allen
16. "Faith is a mental attitude which is so convinced of its own idea, which so completely accepts it, that any contradiction is unthinkable and impossible." - Ernest Holmes
17. "Do you want to know a good way to fall in love? Just associate all your pleasant experiences with someone and disassociate from all the un-pleasant ones." - Richard Bandler
18. "You are here to enable the divine purpose of the universe to unfold. That is how important you are!" - Eckhart Tolle
19. "The journey in between what you once were and who you are now be-coming is where the dance of Life really takes place." - Barbara De Angelis

20. "There is only one thing that makes a dream impossible to achieve: the fear of failure." - Paulo Coelho



(Now Please Record Your Very Favorite Quote From Day #2)

My Favorite Day 2 Quote is: # _____

Then... Find Our "Positive Videos To Enlighten & Inspire Section:"

Click Here: <http://www.ReadySetRise.com>



DAY # 3

1. “Be Impeccable With Your Word”:
Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.” - Don Miguel Ruiz
2. “You can learn new things at any time in your life if you’re willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you.” - Barbara Sher
3. “Creativity is our true nature; blocks are an unnatural thwarting of a process at once as normal and as miraculous as the blossoming of a flower at the end of a slender green stem.” - Julia Cameron
4. “Follow your dreams, transform your life, take the path that leads to God. Perform your miracles. Cure. Make prophecies. Listen to your guardian angel. Transform yourself. Be a warrior, and be happy as you wage the good fight. Take risks.” - Paulo Coelho
5. “Every adversity, every failure, and every heartache carries with it the Seed of an equivalent or a greater Benefit.” - Napoleon Hill
6. “Metaphysics is a restaurant where they give you a thirty thousand page menu and no food.” - Robert M. Pirsig
7. “We become free by interacting with beings who are already free. A true guru knows himself to be no different than who we really are.” - Krishna Das
8. “All the peoples of the world are trapped within the cave of their minds. Only those few warriors, who see the light, who cut free, surrendering everything, can laugh into eternity.” - Dan Millman
9. “Decisions will be made in the next few years, which will set our course and direction for decades to come. The choices now being placed before the human community are enormous, and tomorrow’s choices will be even more momentous as our options become increasingly limited.” - Neale Donald Walsch

10. "If you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world." - Deepak Chopra
11. "People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air but to walk on Earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle." - Thich Nhat Hanh
12. "If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad." - Denis Waitley
13. "Don't worry that children never listen to you. Worry that they are always watching you." - Robert Fulghum
14. "I promise you this: at the end of your days, you will discover that the things you now perceive to be the big things in your life will be seen as little things, and all those things that you now believe to be the little things, you will realize were really the big things." - Robin Sharma
15. "Work as though you would live forever, and live as though you would die today." - Og Mandino
16. "Buy something silly and wear it. A Groucho Marx nose, mustache, and glasses are my favorite. When the stress seems unbearable, when you've really reached the limits of your endurance, go into a bathroom, look into the mirror, put on your glasses, and ask yourself, "How serious is this?" - Loretta LaRoche
17. "It is a commonly held view that meditation is a way to shut off the pressures of the world or of your own mind, but this is not an accurate impression. Meditation is neither shutting things out nor off. It is seeing clearly and deliberately positioning yourself differently in relationship to them." - Jon Kabat-Zinn

18. "Most fears cannot withstand the test of careful scrutiny and analysis. When we expose our fears to the light of thoughtful examination they usually just evaporate." - Jack Canfield

19. "There are no such things as learning disabilities, only teaching disabilities." - Richard Bandler

20. "Creativity arises out of the tension between spontaneity and limitations, the latter (like the river banks) forcing the spontaneity into the various forms which are essential to the work of art or poem." - Rollo May



(Don't Forget To Record Your Very Favorite Quote From Day #3)

My Favorite Day 3 Quote is: # _____

**Then... Find Our "Positive Articles from the Experts Section:"
Click Here: <http://www.ReadySetRise.com>**



DAY # 4

1. “The smallest of actions is always better than the noblest of intentions.” - Robin Sharma
2. “You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.” - James Allen
3. “Be still and know yourself as the Truth you have been searching for. Be still and let the inherent joy of that Truth capture your drama and de-destroy it in the bliss of consummation. Be still and let your life be lived by the purpose you were made for. Be still and receive the inherent truth of your heart.” - Gangaji
4. “Everything you’ll ever need to know is within you; the secrets of the universe are imprinted on the cells of your body. But you haven’t learned how to read the wisdom of the body.” - Dan Millman
5. “...in the heart of every man is a desperate desire for a battle to fight, an adventure to live, and a beauty to rescue.” - John Eldredge
6. “The point of life is not to be married or single—it is to be. We are human beings, or human being. It does not matter so much what lifestyle we choose –it’s what we make of the opportunities to grow that counts.” - Alan Cohen
7. “Most messages for men ultimately fail. The reason is simple. They ignore what is deep and true to a man’s heart, his real passions, and simply try to shape him up through various forms of pressure.” - John Eldredge
8. “You can have everything in life you want if you will just help enough other people get what they want.” - Zig Ziglar
9. “Love is a force more formidable than any other. It is invisible—it can-not be seen or measured, yet it is powerful enough to transform you in a moment and offer you more joy than any material possession could.” - Barbara De Angelis
10. “Addressing the question, “What should I do with my life?,” isn’t just a productivity issue. It’s a moral imperative.” - Po Bronson

11. "Meditation is simply about being yourself and knowing about who that is. It is about coming to realize that you are on a path whether you like it or not, namely the path that is your life." - Jon Kabat-Zinn

12. "Our attitude toward life determines life's attitude towards us." - Earl Nightingale

13. "When in haste, rest in the present. Take a deep breath and come back to here and now." - Dan Millman

14. "You work on yourself, spiritually, as an offering to your fellow beings. Because, until you have cultivated that quality of peace, love, joy, presence, honesty, and truth, all of your acts are colored by your attachments." - Ram Dass

15. "The real reality is we have come here to thrive and prosper and live this grand human experience in lighthearted joy, not in struggle and pain...and to harvest our desires in the absolute knowledge that we can have it all once we learn how to handle our energies, meaning, our emotions." - Lynn Grabhorn

16. "An uncomfortable feeling is not an enemy. It's a gift that says, "Get honest; inquire." We reach out for alcohol or television or credit cards, so we can focus out there and not have to look at the feeling. And that's as it should be because in our innocence we haven't known how. So now what we can do is reach out for a paper and a pencil, write our thoughts down, and investigate them." - Byron Katie

17. "Our life's journey of self-discovery is not a straight-line rise from one level of consciousness to another. Instead, it is a series of steep climbs and flat plateaus, then further climbs. Even though we all approach the journey from different directions, certain of the journey's characteristics are common to all of us." - Stuart Wilde

18. "The grace to be a beginner is always the best prayer for an artist. The beginner's humility and openness lead to exploration. Exploration leads to accomplishment. All of it begins at the beginning, with the first small and scary step." - Julia Cameron

19. “What you get by achieving your goals is not as important as what you become by achieving your goals.” - Zig Ziglar

20. “The tougher the times, the more clarity you gain about the difference between what really matters and what you only pretend to care about.” - Po Bronson



(Now Please Record Your Very Favorite Quote From Day #4)

My Favorite Day 4 Quote is: # _____

**Then... Find Our “Positive Music Superstars of Today Section:”
Click Here: <http://www.ReadySetRise.com>**



DAY # 5

1. “People who say it cannot be done should not interrupt those who are doing it.” - Jack Canfield
2. “More important than learning how to recall things is finding ways to forget things that are cluttering the mind.” - Eric Butterworth
3. “Recovery begins with embracing our pain and taking the risk to share it with others. We do this by joining a group and talking about our pain.” - John Bradshaw
4. “If you do not express your own original ideas, if you do not listen to your own being, you will have betrayed yourself.” - Rollo May
5. “Try to realize that what stands between you and a different life are matters of responsible choice.” - Gary Zukav
6. “Don’t get drawn into the trap of doing what everyone else does. If you spend your life trying to do what everyone else does, you’re going to be a mightily unhappy, boring person.” - Loretta LaRoche
7. “Knowing our personal mission further enhances the flow of mysterious coincidences as we are guided toward our destinies. First we have a question, then dreams, daydreams, and intuitions lead us toward the answers, which usually are synchronistically provided by the wisdom of another human being.” - James Redfield
8. “I tell you and you forget. I show you and you remember. I involve you and you understand.” - Eric Butterworth
9. “Lack of forgiveness causes almost all of our self-sabotaging behavior.” - Mark Victor Hansen
10. “There is overwhelming evidence that the higher the level of self-esteem, the more likely one will treat others with respect, kindness, and generosity. People

- who do not experience self-love have little or no capacity to love others.” -
Nathaniel Branden
11. “Groups are a great way to dance with your wonder-full self in the company of others! They can be very spontaneous and informal, or more organized.” – SARK
 12. “We are all free spirits. We must choose to practice freedom.” - SARK
 13. “If we are honest with ourselves, most of us will have to admit that we live out our lives in an ocean of fear.” - Jon Kabat-Zinn
 14. “How we see and hold the full range of our experiences in our minds and in our hearts makes an enormous difference in the quality of this journey we are on and what it means to us. It can influence where we go, what happens, what we learn, and how we feel along the way.” - Jon Kabat-Zinn
 15. “...the Sisterhood is in all of us. It is every woman who is keeping the dream alive. And the oldest dreamkeepers, the Grandmothers, are in danger at this very moment. We must write and we must act to keep the knowledge and the powers of woman alive.” - Lynn Andrews
 16. “If it’s worth feeling bad about, it’s worthy of amnesia.” - Richard Bandler
 17. “Life Law #7: Life is managed; it is not cured.
Strategy: Learn to take charge of your life.” - Dr. Phil McGraw
 18. “Depression is an illness and not a necessary part of healthy living. What’s more important—you can overcome it by learning some simple methods for mood elevation.” - David Burns
 19. “Victory is always possible for the person who refuses to stop fighting.” -
Napoleon Hill
 20. “Whatever you choose for yourself, give to another. If you choose to be happy, cause another to be happy. If you choose to be prosperous, cause another to

prosper. If you choose more love in your life, cause another to have more love in theirs.” - Neale Donald Walsch



(Don't Forget To Record Your Very Favorite Quote From Day #5)

My Favorite Day 5 Quote is: # _____

**Then... Find Our “Positive Images Showcase Section:”
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DAY # 6

1. “To establish true self-esteem, we must concentrate on our successes and forget about the failures and the negatives in our lives.” - Denis Waitley
2. “Don’t wait until everything is just right. It will never be perfect. There will always be challenges, obstacles, and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident, and more and more successful.” - Mark Victor Hansen
3. “Ultimately, when you stop identifying so much with your physical body and with your psychological entity, that anxiety starts to disintegrate.” - Ram Dass
4. “Predetermine the objectives you want to accomplish. Think big, act big, and set out to accomplish big results.” - Mark Victor Hansen
5. “The purpose of our journey on this precious Earth is now to align our personalities with our souls. It is to create harmony, cooperation, sharing, and reverence for Life. It is to grow spiritually. This is our new evolutionary pathway. The old pathway –pursuing the ability to manipulate and control—no longer works. It now produces only violence and destruction.” - Gary Zukav
6. “Doing is a quantum leap from imagining. Thinking about swimming isn’t much like actually getting in the water.” - Barbara Sher
7. “Misconception: It’s impossible to stay organized.
Fact: Organizing is sustainable, if your system is built around the way you think and designed to grow and adapt with you as your life and work change.” - Julie Morgenstern
8. “The drive to resist compulsion is more important in wild animals than sex, food, or water. ...The drive for competence or to resist compulsion is a drive to avoid helplessness.” - Martin E.P. Seligman
9. “Most of us don’t realize what an impact we have on the world around us. A positive energy field is going to affect others in a beneficial way, even if you don’t notice it at first. Why not ask for a standing ovation once in a while? When

- you go in to work, say, “I came in—it wasn’t easy. I could have gone somewhere else. I’d like a standing ovation.” - Loretta LaRoche
10. “You don’t develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity.” - Barbara De Angelis
 11. “Prosperity is a way of living and thinking and not just money or things. Poverty is a way of living and thinking and not just a lack of money or things.” - Eric Butterworth
 12. “My religion is very simple. My religion is kindness.” - Dalai Lama
 13. “You and I want our lives to matter. We want our lives to make a real difference—to be of genuine consequence in the world. We know that there is no satisfaction in merely going through the motions, even if those motions make us successful, or even if we have arranged to make those motions pleasant. We want to know we have made some impact on the world. In fact, you and I want to contribute to the quality of life. We want to make the world work.” - Werner Erhard
 14. “Kids don’t care what you know until they know you care.” - Jack Canfield
 15. “Persistence is a unique mental strength; a strength that is essential to combat the fierce power of the repeated rejections and numerous other obstacles that sit in waiting and are all part of winning in a fast-moving, ever-changing world.” - Bob Proctor
 16. “We will discover the nature of our particular genius when we stop trying to conform to our own or to other people’s models, learn to be our-selves, and allow our natural channel to open.” - Shakti Gawain
 17. “Being competent means the ability to control and operate the things in the environment and the environment itself.” - L. Ron Hubbard
 18. “Ask yourself this question: “Will this matter a year from now?” - Richard Carlson

19. “Inside you is untapped strength of will, of spirit, of heart. The kind of strength that will not flinch in the face of adversity. You have only to remember your purpose, the vision that brought you to Earth—the vision that will take you to the stars—and to the depths of the oceans and up the stairway of the soul. Great strength of will resides within you, waiting for expression.” - Dan Millman
20. “To seek freedom is the only driving force I know. Freedom is to fly off into that infinity out there. Freedom is to dissolve, to lift off, to be like the flame of a candle, which, in spite of being up against the light of a billion stars, remains intact because it never pretended to be more than what it is: a mere candle. (Art of Dreaming)” - Carlos Castaneda

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(Now Please Record Your Very Favorite Quote From Day #6)

My Favorite Day 6 Quote is: # _____

**Now... Find Our “Positive Mind Journal –
The Rising Thunder Positive Success Blog:”
Click Here: <http://www.ReadySetRise.com>**

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DAY # 7

1. “Holding onto fear and other assorted emotional baggage is much like holding onto a 20-pound watermelon; you can’t get close enough to someone to give them a good hug.” - Po Bronson
2. “You don’t become enormously successful without encountering some really interesting problems.” - Mark Victor Hansen
3. “IMAGINE—what if you had access to a simple yes-or-no answer to any question you wished to ask? A demonstrably true answer...Any question.” - David R. Hawkins
4. “For when I can love all of me, I will love all of you.” - Debbie Ford
5. “A man of knowledge lives by acting, not by thinking about acting. (Separate Reality)” - Carlos Castaneda
6. “Attitudes are the forerunners of conditions.” - Eric Butterworth
7. “God’s power under us, in us, surging through us, is exactly what turns dependence into unforgettable experiences of completeness.” - Bruce Wilkinson
8. “Never limit your view of life by any past experience.” - Ernest Holmes
9. “Read something positive every night and listen to something helpful every morning.” - Tom Hopkins
10. “Don’t Make Assumptions”:
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.” - Don Miguel Ruiz
11. “You must welcome change as the rule but not as your ruler.” - Denis Waitley

12. "Most marriages fail because of the persistence of the unconscious aspects of the relationship. Any unfinished business we had with our care-takers becomes a compelling agenda with our partners. All too commonly, however, the partners never become aware of the hidden needs that drive their relationship and never learn the skills they need to successfully address those needs." - Harville Hendrix

13. "Now is the only time there is. Make your now wow, your minutes miracles, and your days pay. Your life will have been magnificently lived and invested, and when you die you will have made a difference." - Mark Victor Hansen

14. "If you want a kinder world, then behave with kindness; if you want a peaceful world, make peace within." - Dan Millman

15. "The moment you have in your heart this extraordinary thing called love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed." - Jiddu Krishnamurti

16. "Children are curious and are risk takers. They have lots of courage. They venture out into a world that is immense and dangerous. A child initially trusts life and the processes of life." - John Bradshaw

17. "Be aware of wonder. Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some." - Robert Fulghum

18. "Stillness, insight, and wisdom arise only when we can settle into being complete in this moment, without having to seek or hold on to or reject anything." - Jon Kabat-Zinn

19. "Great people are great because they solve countless, seemingly unsolvable problems—you can too if you choose to." - Mark Victor Hansen

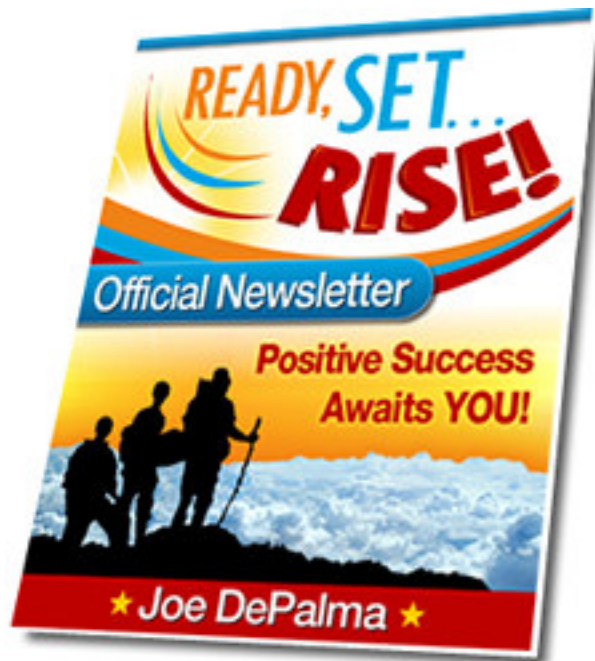
20. "How would your day unfold if you believed that God wants your borders expanded at all times with every person and if you were confident that God's powerful hand is directing you even as you minister?" - Bruce Wilkinson

(Don't Forget To Record Your Very Favorite Quote From Day #7)

My Favorite Day 7 Quote is: # _____

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DAY # 8

1. “Create your future from your future, not your past.” - Werner Erhard
2. “The function of education, then, is to help you from childhood not to imitate anybody, but to be yourself all the time.” - Jiddu Krishnamurti
3. “So many people are dubious about trying my method because they think they’re liable to miss a lot. I say which would you rather do—eat a dish of rice, kernel by kernel, or take a spoonful to get a good taste? My reading technique is actually comprehension by accumulation.” - Evelyn Wood
4. “Remember, you are the only person who thinks in your mind! You are the power and authority in your world.” - Louise Hay
5. “All successful men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose.” - Brian Tracy
6. “Expect the best, plan for the worst, and prepare to be surprised.” - Denis Waitley
7. “Life Law #3: People do what works.
Strategy: Identify the payoffs that drive your behavior and that of others.” - Dr. Phil McGraw
8. “I don’t know about you but I like my Spiritual Enlightenment on the hurry-up. I don’t have time to read 60 volumes of this or that. If you can’t explain it to me in 30 seconds, it can’t be the Godforce in my view anyway.” - Stuart Wilde
9. “I’ve found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.” - Brian Tracy
10. “Your thoughts are tools that you use in affirming the Creative Power into your experience.” - Ernest Holmes

11. "A teacher of fear can't bring peace on Earth. We have been trying to do it that way for thousands of years. The person who turns inner violence around, the person who finds peace inside and lives it, is the one who teaches what true peace is. We are waiting for just one teacher. You're the one." - Byron Katie

12. "You must understand the whole of life, not just one little part of it. That is why you must read, that is why you must look at the skies, that is why you must sing and dance, and write poems, and suffer, and understand, for all that is life." - Jiddu Krishnamurti

13. "I want to make sure you know you are not who you think you are." - Gangaji

14. "You must stick to your conviction but be ready to abandon your assumptions." - Denis Waitley

15. "Life is a game. In order to have a game, something has to be more important than something else. If what already is, is more important than what isn't, the game is over. So, life is a game in which what isn't, is more important than what is. Let the good times roll." - Werner Erhard

16. "You must never run from fear. You must face it. Fear is a tracker that will hunt you down." - Lynn Andrews

17. "The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom." - James Allen

18. "It's okay to make mistakes. Mistakes are our teachers—they help us to learn." - John Bradshaw

19. "Always Do Your Best":
Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret." - Don Miguel Ruiz

20. "You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you." - Brian Tracy



(Don't Forget To Record Your Very Favorite Quote From Day #8)

My Favorite Day 8 Quote is: # _____

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DAY # 9

1. “Psychologists say that “chemistry” is really our unconscious attraction to someone who we imagine will meet our particular emotional needs. What we unconsciously want is to get what we didn’t get in childhood from someone who is like the people who didn’t give us what we needed in the first place.” - Harville Hendrix
2. “The most sublime truth of all has never been stated or written or sung, not because it is far away and can’t be reached but because it is so intimately close, closer than anything that can be spoken.” - Gangaji
3. “If you have a truckload of insight and nickel, you only have five cents.” - Laurel Mellin
4. “The person who upsets you the most is your best teacher because they bring you face to face with who you are.” - Lynn Andrews
5. “Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. Failure is something we can avoid only by saying nothing, doing nothing, and being nothing.” - Denis Waitley
6. “As I get older, I’ve learned to listen to people rather than accuse them of things.” - Po Bronson
7. “Our society nurtures the illusion that all the rewards go to the people who are perfect. But many of us are finding out that trying to be perfect is costly.” - Debbie Ford
8. “Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it.” - Jack Canfield
9. “Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves.” - Nathaniel Branden
10. “If we give up the notion that everybody’s life is perfect but ours, we would be a lot happier. Nobody’s life is perfect.” - Joy Browne

11. "Remember, happiness doesn't depend upon who you are or what you have. It depends solely upon what you think." - Dale Carnegie
12. "You don't have to go looking for love when it's where you come from." - Werner Erhard
13. "The biggest mistake that you can make is to believe that you are working for somebody else. Job security is gone. The driving force of a career must come from the individual. Remember, jobs are owned by the company; you own your career!" - Earl Nightingale
14. "Adulthood was invented to sort out what we feel was done to us in childhood." - Joy
15. "Love and anger are two sides of the same coin." - Harville Hendrix
16. "To begin to think with purpose is to enter the ranks of those strong ones who only recognize failure as one of the pathways to attainment." - James Allen
17. "Our job is not to set things right but to see them right." - Eric Butterworth
18. "The whole idea of motivation is a trap. Forget motivation. Just do it. Exercise, lose weight, test your blood sugar, or whatever. Do it without motivation. And then, guess what. After you start doing the thing, that's when the motivation comes and makes it easy for you to keep on doing it." - John C. Maxwell
19. "The first step toward change is awareness. The second step is acceptance." - Nathaniel Branden
20. "On human levels of consciousness, one may emphasize getting and having as the prime goals, in spiritual consciousness he seeks the way of giving and being." - Eric Butterworth

(Now Please Record Your Very Favorite Quote From Day #10)

My Favorite Day 10 Quote is: # _____

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Joe DePalma

Positive Singer/Songwriter – Author/Speaker –

Creator Of www.ReadySetRise.com



DAY # 11

1. “Children are natural Zen masters; their world is brand new in each and every moment.” - John Bradshaw
2. “We’ve turned into a nation of mothers to our men. I think it’s a dread-ful mistake that doesn’t benefit anybody.” - Joy Browne
3. “I send you radical self-acceptance, power-full healing, and the miracle of your heart speaking-and you listening.” - SARK
4. “The good thing about the past is it’s over.” - Richard Bandler
5. “We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness.” - Maxwell Maltz
6. “Dependence upon God makes heroes of ordinary people like you and me!” - Bruce Wilkinson
7. “We cannot lead a choiceless life. Every day, every moment, every second, there is a choice. If it were not so, we would not be individuals.” - Ernest Holmes
8. “The season of failure is the best time for sowing the seeds of success. (The Law of Success)” - Paramahansa Yogananda
9. “If you want to be successful, find someone who has achieved the results you want and copy what they do and you’ll achieve the same results.” - Anthony Robbins
10. “Don’t go through life, GROW through life.” - Eric Butterworth
11. “The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years.” - Deepak Chopra

12. "It isn't easy for any of us to transcend the past, or pain we might have suffered. Yet there are gifts in those pains, and we can choose to let light into the dark places. We are not alone!" - SARK
13. "Men are anxious to improve their circumstances but are unwilling to improve themselves; they therefore remain bound." - James Allen
14. "What I am actually saying is that we need to be willing to let our intuition guide us and then be willing to follow that guidance directly and fearlessly." - Shakti Gawain
15. "It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power." - Alan Cohen
16. "Any time you sincerely want to make a change, the first thing you must do is to raise your standards. When people ask me what really changed my life eight years ago, I tell them that absolutely the most important thing was changing what I demanded of myself. I wrote down all the things I would no longer accept in my life, all the things I would no longer tolerate, and all the things that I aspired to becoming." - Anthony Robbins
17. "Nirvana or lasting enlightenment or true spiritual growth can be achieved only through persistent exercise of real love." - M. Scott Peck
18. "Awareness of death is the very bedrock of the entire path. Until you have developed this awareness, all other practices are obstructed." - Dalai Lama
19. "To realize a dream, you must have a dream to realize." - Mark Victor Hansen
20. "End your day by privately looking directly into your eyes in the mirror and saying, "I love you!" Do this for thirty days and watch how you transform." - Mark Victor Hansen

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(Don't Forget To Record Your Very Favorite Quote From Day #11)

My Favorite Day 11 Quote is: # _____

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DAY # 12

1. “By choosing not to allow parts of ourselves to exist, we are forced to expend huge amounts of psychic energy to keep them beneath the surface.” - Debbie Ford
2. “Misconception: Organizing is a non-productive use of time.
Fact: Life today moves more rapidly than it did fifty years ago and will continue accelerating in the years ahead, presenting us with more opportunities and ever-greater demands on our time and ability to make choices.” - Julie Morgenstern
3. “Instead of asking whether the way you are living, behaving, and thinking is “right,” I want you to ask if the way you are living, behaving, and thinking is working or not working.” - Dr. Phil McGraw
4. “Do not take life’s experiences too seriously. Above all, do not let them hurt you, for in reality they are nothing but dream experiences. ...If circumstances are bad and you have to bear them, do not make them a part of yourself. Play your part in life, but never forget it is only a role. What you lose in the world will not be a loss to your soul. Trust in God and destroy fear, which paralyzes all efforts to succeed and attracts the very things you fear. (Spiritual Diary)” - Paramahansa Yogananda
5. “We are each born creative—then we forget our purpose, or mission. We believe our doubts and fears, and slowly stop “being creative,” as though it were a separate thing.” - SARK
6. “Shamanism is a subtle and alchemical process to transform and elevate the spirit beyond the constructs of the limits of reality. It is a space pro-gram for the soul and launches you out into the uncharted territory of the stars.” - Lynn Andrews
7. “Become a possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities—always see them, for they’re always there.” - Norman Vincent Peale
8. “This life is a master novel, written by God, and man would go crazy if he tries to understand it by reason alone. That is why I tell you to meditate more. Enlarge the magic cup of your intuition and then you will be able to hold the ocean of infinite wisdom. (Savings of Paramahansa Yogananda)” - Paramahansa Yogananda

9. “So, it is not that one must be free from or resist fear but that one must understand the whole nature and structure of fear, understand it; that means, learn about it, watch it, come directly into contact with it. We are to learn about fear, not how to escape from it, not how to resist it...” - Jiddu Krishnamurti
10. “Angels come in many shapes and sizes, and most of them are not invisible.” - Martha Beck
11. “The real risk is doing nothing.” - Denis Waitley
12. “The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge, while an ordinary man takes everything as a blessing or a curse. (Tales of Power)” - Carlos Castaneda
13. “Dream lofty dreams, and as you dream, so shall you become.” - James Allen
14. “There are two kinds of people in the world: those who make excuses and those who get results. An excuse person will find any excuse for why a job was not done, and a results person will find any reason why it can be done.” - Alan Cohen
15. “You are a rich and creative spiritual being. You can never be less than this. You may frustrate your potential. You may identify with that which is less than what you can be. But within you now and always is the unborn possibility of a limitless experience of inner stability and outer treasure, and yours is the privilege of giving birth to it. And you will, if you can believe.” - Eric Butterworth
16. “Wake up! If you knew for certain you had a terminal illness—if you had little time left to live—you would waste precious little of it! Well, I’m telling you...you do have a terminal illness. It’s called birth. You don’t have more than a few years left. No one does! So be happy now, with-out reason—or you will never be at all.” - Dan Millman
17. “Just doing something—being there, showing up—is how we get braver. Self-esteem is about doing.” - Joy Browne

18. “The world would have you agree with its dismal dream of limitation. But the light would have you soar like the eagle of your sacred visions.” - Alan Cohen
19. “Did you ever notice how difficult it is to argue with someone who is not obsessed with being right?” - Wayne Dyer
20. “Have courage, be capable of loving...Be happy in love. Be joyful in victory. Follow the dictates of your heart.” - Paulo Coelho

(Don't Forget To Record Your Very Favorite Quote From Day #12)

My Favorite Day 12 Quote is: # _____

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DAY # 13

1. “You are not a black hole that needs to be filled; you are a light that needs to be shined.” - Alan Cohen
2. “Challenges come so we can grow and be prepared for things we are not equipped to handle now. When we face our challenges with faith, pre-pared to learn, willing to make changes, and if necessary, to let go, we are demanding our power be turned on.” - Iyanla Vanzant
3. “Both poverty and riches are the offspring of thought.” - Napoleon Hill
4. “At the end of our time on earth, if we have lived fully, we will not be able to say, “I was always happy.” Hopefully, we will be able to say, “I have experienced a lifetime of real moments, and many of them were happy moments.” - Barbara De Angelis
5. “Life Law #1: You either get it, or you don’t.
Strategy: Become one of those who gets it.” - Dr. Phil McGraw
6. “I am a lover of what is. When I argue with reality, I lose—but only 100 percent of the time.” - Byron Katie
7. “Prayer is our heartsong to life and the great spirit.” - Lynn Andrews
8. “Close scrutiny will show that most “crisis situations” are opportunities to either advance or stay where you are.” - Maxwell Maltz
9. “Circumstances do not make the man; they reveal him.” - James Allen
10. “I believe in the other side and the eternity of the soul. I believe our spirits make the round-trip from this world to The Other Side many times, by our own choice, to learn and experience for the ongoing advancement of the souls God gave each one of us. I believe that only a thin veil separates our earthly dimension from the dimension of The Other Side. I believe that The Other Side is Home, where we all came from and where we will all go again, and that we carry very real

memories of it in our spirit minds. And I believe it is on The Other Side, between what we call “lifetimes,” that we are really at our most alive.” – Sylvia Browne

11. “Love and compassion are necessities, not luxuries. Without them humanity cannot survive.” - Dalai Lama
12. “It’s a real disconnect to assume that the way to a better life is something that happens only in good times.” - Po Bronson
13. “As artists, we must learn to be self-nourishing. We must become alert enough to consciously replenish our creative resources as we draw on them.” - Julia Cameron
14. “If you make friends with yourself you will never be alone.” - Maxwell Maltz
15. “By far the strongest poison to the human spirit is the inability to forgive oneself or another person. Forgiveness is no longer an option but a necessity for healing.” - Caroline Myss
16. “Why be yourself when you can be someone so much better?” - Richard Bandler
17. Self esteem is the reputation we acquire with ourselves.” - Nathaniel Branden
18. “Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.” - Barbara De Angelis
19. “The first fifteen minutes of your day should be spent planning your day. Set specific goals as to what you will accomplish. These clear goals will give you focal points on which you can govern your actions and provide you with a template you can live your day from.” - Robin Sharma
20. “Most people think that aging is irreversible and we know that there are mechanisms even in the human machinery that allow for the reversal of aging, through correction of diet, through anti-oxidants, through removal of toxins from

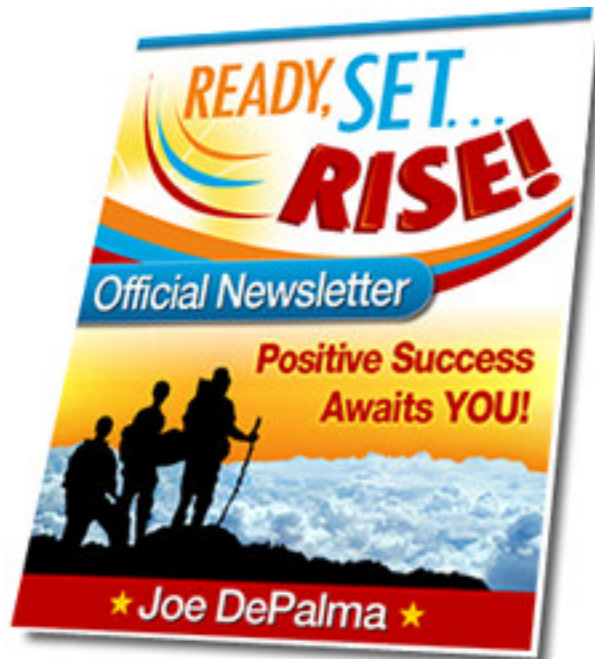
the body, through exercise, through yoga and breathing techniques, and through meditation.” - Deepak Chopra

(Now Please Record Your Very Favorite Quote From Day #13)

My Favorite Day 13 Quote is: # _____

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DAY # 14

1. “If you want reality to be different than it is, you might as well try to teach a cat to bark. You can try and try, and in the end the cat will look up at you and say, “Meow.” Wanting reality to be different than it is is hopeless.” - Byron Katie
2. “Don’t Take Anything Personally”:
Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won’t be the victim of needless suffering.” - Don Miguel Ruiz
3. “Embrace this moment, put one foot in front of the other, and handle what’s in front of you. Because no matter where your mind may roam, your body always remains here and now.” - Dan Millman
4. “Life Law #2: You create your own experience.
Strategy: Acknowledge and accept accountability for your life.” - Dr. Phil McGraw
5. “We are each a gift, exactly as we are in this moment, with no improvements!” - SARK
6. “Do not be idolatrous about or bound to any doctrine, theory, or ideology, even Buddhist ones. All systems of thought are guiding means; they are not absolute truth.” - Thich Nhat Hanh
7. “I am not judged by the number of times I fail but by the number of times I succeed, and the number of times I succeed is in direct proportion to the number of times I can fail and keep trying.” - Tom Hopkins
8. “If you reveal your secrets to the wind, you should not blame the wind for revealing them to the trees.” - Kahlil Gibran
9. “As artists, we must learn to be self-nourishing. We must become alert enough to consciously replenish our creative resources as we draw on them.” - Julia Cameron

10. “Remember, when you die, there will still be unfinished business to take care of and you know what...someone else will do it for you! Don’t waste anymore precious moments of your life regretting the inevitable.” - Richard Carlson
11. “To a happy person, the formula for happiness is quite simple. Regardless of what happened early this morning, last week, or last year—or what may happen later this evening, tomorrow, or three years from now—now is where happiness lies.” - Richard Carlson
12. “Persons of high self-esteem are not driven to make themselves superior to others; they do not seek to prove their value by measuring themselves against a comparative standard. Their joy is being who they are, not in being better than someone else.” - Nathaniel Branden
13. “When you squeeze an orange, orange juice comes out—because that’s what’s inside. When you are squeezed, what comes out is what is inside.” - Wayne Dyer
14. “Life is really about a spiritual unfolding that is personal and enchanting—an unfolding that no science or philosophy or religion has yet fully clarified.” - James Redfield
15. “What I have to offer is very simple. It has nothing to do with acquiring any special powers or any state of mind. It is about recognizing what is already permanently here, in every moment, every situation, and every state of mind, and yet is ungraspable by the mind.” – Gangaji
16. “U.S.A. or Unconditional Self-Acceptance means that you can accept yourself 100 percent even when faced with failure or rejection by others. U.S.A. is a very healthy state to be in.” - Albert Ellis
17. “Pain is inevitable. Suffering is optional.” - Dalai Lama
18. “Learning, understanding, or practicing spiritual disciplines will not immunize you against any of the lessons you must “grow through” in your life.” - Iyanla Vanzant

19. “To arrive at a place called Mastery, you must commit to daily and rigorous practice. Enjoy practicing your craft for its own sake without turning your attention to your ultimate destination. Understand, once and for all, that the journey is as important as the destination.” - Robin Sharma

20. “Don’t be afraid to repeat yourself. Nobody gets it the first time.” - Rick Warren

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(Don’t Forget To Record Your Very Favorite Quote From Day #14)

My Favorite Day 14 Quote is: # _____

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DAY # 15

1. "I liken an affair to the shattering of a Waterford crystal vase. You can glue it back together, but it will never be the same again." - John Gottman
2. "We have a group of very passionate, romantic couples. They sort of enjoy the bickering and the arguing...to them, it symbolizes real involvement and connection." - John Gottman
3. "The person who said money is the root of all evil just flat out didn't have any." - Stuart Wilde
4. "I firmly believe that intuitive or symbolic sight is not a gift but a skill—a skill based in self-esteem." - Caroline Myss
5. "Act happy, feel happy, be happy, without a reason in the world. Then you can love and do what you will." - Dan Millman
6. "All limitations are self-imposed." - Ernest Holmes
7. "Freedom is man's capacity to take a hand in his own development. It is our capacity to mold ourselves." - Rollo May
8. "In order to have a real relationship with our creativity, we must take the time and care to cultivate it." - Julia Cameron
9. "Be kind whenever possible. It is always possible." - Dalai Lama
10. "And forget not that the Earth delights to feel your bare feet, and the winds long to play with your hair." - Kahlil Gibran
11. "We are at our very best, and we are happiest, when we are fully engaged in work we enjoy on the journey toward the goal we've established for ourselves. It gives meaning to our time off and comfort to our sleep. It makes everything else in life so wonderful, so worthwhile." - Earl Nightingale

12. "All your problems, discouragements, and heartaches are, in truth, great opportunities in disguise." - Og Mandino
13. "One of the things that's so hard for women to understand is that there are certain differences and you can't change them. If you try to change them it will not work. And that basic difference is the man needs to be the pursuer. If you pursue a man more than he pursues you, he becomes the pursued and he loses touch with his ability to hunger for her, to want her, to be motivated to do things to get her. Men have to be driven, they have to find that there's a distance, and I have to cross over that distance. I have to get to her. I have to win her over." - John Gray
14. "The intellect is a beautiful servant but a terrible master. Intellect is the power tool of our separateness. The intuitive, compassionate heart is the doorway to our unity." - Ram Dass
15. "Catch people doing things right." - Ken Blanchard
16. "Remember that you can trust life to give you the courage that is required to do anything or face anything. Giving up is not an option!" - Iyanla Vanzant
17. "Successful people are always looking for opportunities to help others. Unsuccessful people are always asking, "What's in it for me?" - Brian Tracy
18. "Happiness is a function of accepting what is. Love is a function of communication. Health is a function of participation. Self Expression is a function of responsibility." - Werner Erhard
19. "Personal development is your springboard to personal excellence. On-going, continuous, non-stop personal development literally assures you that there is no limit to what you can accomplish." - Brian Tracy
20. "There is nothing more fascinating, more intensely personal, and more uniquely ours than the voyages our minds and spirits take while we sleep. These dreams and other adventures confuse us, alarm us, preoccupy us, relieve us, amuse us, comfort us, inform us, enlighten us, and above all, keep us more sane and whole than we could ever hope to be without them. Our sleep journeys, even the nightmares, are gifts, our allies, to embrace rather than dread, and worth every

effort it takes to unravel their mysteries and cherish every valuable lesson they have to offer.” – Sylvia Browne



(Don't Forget To Record Your Very Favorite Quote From Day #15)

My Favorite Day 15 Quote is: # _____

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DAY # 16

1. “When I am trusting and being myself as fully as possible, everything in my life reflects this by falling into place easily, often miraculously.” - Shakti Gawain
2. “I discovered a long time ago that if I helped people get what they wanted, I would always get what I wanted and I would never have to worry.” - Anthony Robbins
3. “Life is a mirror and will reflect back to the thinker what he thinks into it.” - Ernest Holmes
4. “Life is the movie you see through your own eyes. It makes little difference what’s happening out there. It’s how you take it that counts.” - Denis Waitley
5. “There is a power for good in the Universe, greater than we are, available to everyone, and we can use it.” - Ernest Holmes
6. “The truth is, in our everyday natural state, we have the sacred ability to maneuver this thing called “our life” to be any way we want it to be. Any way! Bar nothing!” - Lynn Grabhorn
7. “Who does not recall school at least in part as endless dreary hours of boredom punctuated by moments of high anxiety?” - Daniel Goleman
8. “The measure of your life will not be in what you accumulate but in what you give away.” - Wayne Dyer
9. “The deeper your relationship with others, the more effective will be your leadership. People will not follow you if they do not trust you, and before someone will lend you a hand, you must first touch their heart.” - Robin Sharma
10. “From a pure heart anything can be accomplished. If you ask what the universe is doing, it is eavesdropping on your every desire.” - Deepak Chopra

11. “Values are principles and ideas that bring meaning to the seemingly mundane experience of life. A meaningful life that ultimately brings happiness and pride requires you to respond to temptations as well as challenges with honor, dignity, and courage.” - Laura Schlessinger
12. “The more anger towards the past you carry in your heart, the less capable you are of loving in the present.” - Barbara De Angelis
13. “Empty pockets never held anyone back. Only empty heads and empty hearts can do that.” - Norman Vincent Peale
14. “Action is the foundational key to all success.” - Anthony Robbins
15. “The physical world, including our bodies, is a response of the observer. We create our bodies as we create the experience of our world.” - Deepak Chopra
16. “To make the best use of your life, , you must never forget two truths: first, compared with eternity, life is extremely brief; second, Earth is only a temporary residence.” - Rick Warren
17. “The more we know about how we lost our spontaneous wonder and creativity, the more we can find ways to get them back.” - John Bradshaw
18. “You control your future, your destiny. What you think about comes about. 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 fu-ture in good hands—your own.” - Mark Victor Hansen
19. “Life Law #4: You cannot change what you do not acknowledge.
Strategy: Get real with yourself about your life and everybody in it.” - Dr. Phil McGraw
20. “The possibility of stepping into a higher plane is quite real for every-one. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal.” - Deepak Chopra

(Now Please Record Your Very Favorite Quote From Day #16)

My Favorite Day 16 Quote is: # _____

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Joe DePalma

Positive Singer/Songwriter – Author/Speaker –
Creator Of www.ReadySetRise.com



DAY # 17

1. “If we do not believe in ourselves—neither in our efficacy nor in our goodness—the universe is a frightening place.” - Nathaniel Branden
2. “Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend—or a meaningful day.” - Dalai Lama
3. “Because it’s possible to do, and you have the right to do it, doesn’t mean it’s the right thing to do.” - Laura Schlessinger
4. “The greatest mistake we make is living in constant fear that we will make one.” - John C. Maxwell
5. “Job security is a myth...it is also risky for self-employed people in my opinion. If they get sick, injured, or die, their income is directly impacted.” - Robert Kiyosaki
6. “Realizing that our actions, feelings, and behavior are the result of our own images and beliefs gives us the level that psychology has always needed for changing personality.” - Maxwell Maltz
7. “The majority of people meet with failure because they lack the persistence to create new plans to take the place of failed plans.” - Mark Victor Hansen
8. “Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one’s ideas, to take a calculated risk—and to act.” - Maxwell Maltz
9. “I believe it is important for people to know that no matter what lies in their past, they can overcome the dark side and press on to a brighter world.” - Dave Pelzer
10. “Sometimes the subconscious mind manifests a wisdom several steps or even years ahead of the conscious mind, and has its own way of leading us toward our destiny.” - Nathaniel Branden

11. "Other people's opinion of you does not have to become your reality." - Les Brown
12. "Don't hold to anger, hurt, or pain. They steal your energy and keep you from love." - Leo Buscaglia
13. "Everyday God gives us the sun and also the moment in which we have the ability to change everything that makes us unhappy. Our magic moment helps us to change and send us off in search of our dreams." - Paulo Coelho
14. "Effective people are not problem-minded; they're opportunity minded. They feed opportunities and starve problems." - Stephen Covey
15. "Silence is the great teacher, and to learn its lessons you must pay attention to it. There is no substitute for the creative inspiration, knowledge, and stability that come from knowing how to contact your core of inner silence." - Deepak Chopra
16. "Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything." - Napoleon Hill
17. "Your life is controlled by your thoughts. Your thoughts are controlled by your goals." - Earl Nightingale
18. "There are no limitations to the mind except those we acknowledge." - Napoleon Hill
19. "Every moment of your life is infinitely creative and the universe is bountiful. Just put forth a clear enough request, and everything your heart desires must come to you." - Shakti Gawain
20. "You cannot make it as a wandering generality. You must become a meaningful specific." - Zig Ziglar

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(Don't Forget To Record Your Very Favorite Quote From Day #17)

My Favorite Day 17 Quote is: # _____

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DAY # 18

1. “Peak performance begins with your taking complete responsibility for your life and everything that happens to you.” - Brian Tracy
2. “Forget about the consequences of failure. Failure is only a temporary change in direction to set you straight for your next success.” - Denis Waitley
3. “What we call the secret of happiness is no more a secret than our willingness to choose life.” - Leo Buscaglia
4. “Change is difficult but often essential to survival.” - Les Brown
5. “To understand the heart and mind of a person, look not at what he has already achieved but at what he aspires to do.” - Kahlil Gibran
6. “The practice of forgiveness is our most important contribution to the healing of the world.” - Marianne Williamson
7. “But there is suffering in life, and there are defeats. No one can avoid them. But it’s better to lose some of the battles in the struggles for your dreams than to be defeated without ever knowing what you’re fighting for.” - Paulo Coelho
8. “Advance and never halt, for advancing is perfection. Advance and do not fear the thorns in the path, for they draw only corrupt blood.” - Kahlil Gibran
9. “When you are present, when your attention is fully and intensely in the Now, Being can be felt, but it can never be understood mentally. To regain awareness of Being and to abide in that state of “feeling-realization” is enlightenment.” - Eckhart Tolle
10. “Where there is no hope in the future, there is no power in the present.” - John C.
11. “It’s your attitude, not your aptitude, that determines your altitude.” - Zig Ziglar

12. “We are born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And, as we let our light shine, we unconsciously give other people permission to do the same.” - Marianne Williamson
13. “These things will destroy the human race: politics without principle, progress without compassion, wealth without work, learning without silence, religion without fearlessness, and worship without awareness.” - Anthony de Mello
14. “Revelation is beyond doctrines and belief systems. It is beyond every-thing imaginable. It is beyond because it is so close. Revelation is more direct than every word, for it arises out of the truth of who you are. This truth is all you have ever longed for, all you have ever needed.” - Gangaji
15. “Many of us are frightened to look within ourselves, and fear has us put up walls so thick we no longer remember who we really are.” - Debbie Ford
16. “People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success.” - Norman Vincent Peale
17. “Don’t let the opinions of the average man sway you. Dream, and he thinks you’re crazy. Succeed, and he thinks you’re lucky. Acquire wealth, and he thinks you’re greedy. Pay no attention. He simply doesn’t understand.” - Robert Allen
18. “A culture is only as great as its dreams, and its dreams are dreamed by artists.” - L. Ron Hubbard
19. “Whoever renders service to many puts himself in line for greatness—great wealth, great return, great satisfaction, great reputation, and great joy.” - Jim Rohn
20. “Hold on to your dreams for they are, in a sense, the stuff of which reality is made. It is through our dreams that we maintain the possibility of a better, more meaningful life.” - Leo Buscaglia

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(Now Please Record Your Very Favorite Quote From Day #18)

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DAY # 19

1. “Getting in touch with your true self must be your first priority.” - Tom Hopkins
2. “Yesterday is history. Tomorrow is a mystery. Today is a gift. That’s why it’s called The Present. Cherish it.” - Spencer Johnson
3. “The primary reason people seek job security is because that is what they are taught to seek, at home, and at school....then with debt loads, they must cling even tighter to a job, or professional security, just to pay the bills.” - Robert Kiyosaki
4. “You must demand nothing less than the best of yourself and for yourself. You must tell yourself that it is not wrong to want it all.” - Dr. Phil McGraw
5. “I believe that imagination is stronger than knowledge—that myth is more potent than history. I believe that dreams are more powerful than facts—that hope always triumphs over experience—that laughter is the only cure for grief. And I believe that love is stronger than death.” - Robert Fulghum
6. “When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.” - Napoleon Hill
7. “The rich buy assets. The poor only have expenses. The middle class buys liabilities they think are assets.” - Robert Kiyosaki
8. “If the winds of fortune are temporarily blowing against you, remember that you can harness them and make them carry you toward your definite purpose, through the use of your imagination.” - Napoleon Hill
9. “The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.” - Mitch Albom
10. “No man ever achieved worthwhile success, who did not at one time or another find himself with at least one foot hanging well over the brink of failure.” - Napoleon Hill

11. "Leaders help ordinary people achieve extraordinary results." - Ken Blanchard
12. "To be identified with your mind is to be trapped in time—the compulsion to live almost exclusively through memory and anticipation. This creates an endless preoccupation with past and future and an unwilling-ness to honor and acknowledge the present moment and allow it to be. The compulsion arises because the past gives you an identity and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions." - Eckhart Tolle
13. "Patience, persistence, and perspiration make an unbeatable combination for success." - Napoleon Hill
14. "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure." - Marianne Williamson
15. "The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." - John C. Maxwell
16. "All of us will play a role in the making of these decisions. They will not be left to someone else. We are the someone else. The decisions I am talking about cannot, or will not, be made by any political power structure, the influential elite, or corporate giants. They will be made in the hearts and in the homes of individuals and families around the world." - Neale Donald Walsch
17. "People have a hard time letting go of their suffering. Out of a fear of the unknown, they prefer suffering that is familiar." - Thich Nhat Hanh
18. "Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself." - Og Mandino
19. "People who want the most approval get the least, and people who need approval the least get the most." - Wayne Dyer

20. “We are not victims of aging, sickness, and death. These are part of scenery, not the seer, who is immune to any form of change. This seer is the spirit, the expression of eternal being.” - Deepak Chopra



(Don't Forget To Record Your Very Favorite Quote From Day #19)

My Favorite Day 19 Quote is: # _____

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DAY # 20

1. “Emotional intelligence consists of five skills: knowing what you’re thinking as you’re thinking it; handling your feelings so that distracting emotions don’t interfere with your ability to concentrate and learn; motivating yourself, including maintaining optimism and hope; having empathy; and social skills.” - Daniel Goleman
2. “Success is not to be pursued; it is to be attracted by the person you be-come.” - Jim Rohn
3. “Part of the happiness of life consists not in fighting battles but in avoiding them. A masterly retreat is in itself a victory.” - Norman Vincent Peale
4. “If you keep doing what you’ve always done, you’ll keep getting what you’ve always gotten.” - Jim Rohn
5. “Working on a motorcycle, working well, caring, is to become part of a process, to achieve an inner peace of mind. The motorcycle is primarily a mental phenomenon.” - Robert M. Pirsig
6. “Life Law #5: Life rewards action.
Strategy: Make careful decisions and then pull the trigger.” - Dr. Phil McGraw
7. “Your talent is God’s gift to you. What you do with it is your gift back to God.” - Leo Buscaglia
8. “When I look at someone’s face, I look beyond that face and into the cellular memory in my heart that says, “Finally you and I have met again. And now we must find out why.” - Caroline Myss
9. “All those years you tried your best to break me, and I’m still here. I make mistakes, I screw up, but I learn. I don’t blame others for my problems. I stand on my own. And you’ll see. I’m going to make something of myself.” - Dave Pelzer

10. “When you face your fear, most of the time you will discover that it was not really such a big threat after all. We all need some form of deeply rooted, powerful motivation—it empowers us to overcome obstacles so we can live our dreams.” - Les Brown

11. “Anger is a little thing. Hate is a little thing. Order is a little thing. Each of these little things has a major impact on the big picture. Right thinking, right action, and right response to the little things will help us conquer the big things, like injustice, inequality, poverty, and disorder. Until we are each able to conquer and master the little things in our lives, the big things will remain undone.” - Iyanla Vanzant

12. “Don’t smother each other. No one can grow in shade.” - Leo Buscaglia

13. “If you go looking for a friend, you’re going to find they’re very scarce. If you go out to be a friend, you’ll find them everywhere.” - Zig Ziglar

14. “The forgiving heart is capable of anything. I believe that deeply. And that’s where in terms of becoming an empowered individual...when you get to the point where you realize you can look at someone and say “I love myself enough—not in a schmaltzy garbage sense, Hallmark stuff, I’m talking respect myself—I respect my life-force enough to no longer waste it.” - Caroline Myss

15. “It will be a great day when our schools have all the money they need, and our air force has to have a bake-sale to buy a bomber.” - Robert Fulghum

16. “You believe that you live in the world, when in fact the world lives within you.” - Deepak Chopra

17. “Cherish your visions; cherish your ideals; cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow delightful conditions, all heavenly environment; of these if you but remain true to them, your world will at last be built.” - James Allen

18. “As we are liberated from our own fear, our presence automatically liberates others.” - Marianne Williamson

19. “It is pointless to get your knickers in a twist if a certain person fails to react the way you want. It is best to avoid people and situations that you know drive you crazy. Remember to vote with your feet. If a situation is untenable or unchangeable, walk away.” - Stuart Wilde

20. “If we are too busy, if we are carried away every day by our projects, our uncertainty, our craving, how can we have the time to stop and look deeply into the situation—our own situation, the situation of our be-loved one, the situation of our family and of our community, and the situation of our nation and of the other nations?” - Thich Nhat Hanh



(Now Please Record Your Very Favorite Quote From Day #20)

My Favorite Day 20 Quote is: # _____

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DAY # 21

1. “Learn the rules well, so you can break them properly.” - Dalai Lama
2. “Do you really want to look back on your life and see how wonderful it could have been had you not been afraid to live it?” - Caroline Myss
3. “It’s time to stop tiptoeing around the pool and jump into the deep end, head first. It’s time to think big, want more, and achieve it all!” - Mark Victor Hansen
4. “It is vitally important for parents to identify the child’s native geniuses early in life, encourage those geniuses to grow strong, and protect those geniuses from a “single-genius” educational system.” - Robert Kiyosaki
5. “Look at every path closely and deliberately, then ask ourselves this crucial question: Does this path have a heart? If it does, then the path is good. If it doesn’t, it is of no use. (Teachings of don Juan)” - Carlos Castaneda
6. “Take the attitude of a student—never be too big to ask questions, never know too much to learn something new.” - Og Mandino
7. “Here is how we are different from those wonderful plants and animals. As long as we can love each other and remember the feeling of love we had, we can die without ever really going away. All the love you cre-ated is still there. All the memories are still there. You live on in the hearts of everyone you have touched and nurtured while you were here. Death ends a life, not a relationship.” - Mitch Albom
8. “Change is the end result of all true learning.” - Leo Buscaglia
9. “Life Law #6: There is no reality; only perception.
Strategy: Identify the filters through which you view the world.” - Dr. Phil McGraw
10. “You are never too old to set another goal or to dream a new dream.” - Les Brown

11. “Miracles occur naturally as expressions of love. The real miracle is the love that inspires them. In this sense everything that comes from love is a miracle.” - Marianne Williamson
12. “Communion with God is a relationship, not a sensation.” - Bruce Wilkinson
13. “The first principle of ethical power is Purpose. By purpose, I don’t mean your objective or intention—something toward which you are al-ways striving. Purpose is something bigger. It is the picture you have of yourself—the kind of person you want to be or the kind of life you want to lead.” - Ken Blanchard
14. “The most effective way to live is as a warrior. A warrior may worry and think before making any decision, but once he makes it, he goes his way, free from worries or thoughts; there will be a million other decisions still awaiting him. That’s the warrior’s way. (Separate Reality)” - Carlos Castaneda
15. “The more sinful and guilty a person tends to feel, the less chance there is that he will be a happy, healthy, or law-abiding citizen. He will often become a compulsive wrong-doer. This is because he does not nearly blame his behavior—but also blames his total self, his entire being.” - Albert Ellis
16. “The most important habit is solitude, quiet time. People who enter their day by taking 45 minutes or an hour for themselves—meditation, prayer, inspirational reading, taking a walk—before they go for it in the real world do best. Research shows that those who take care of them-selves first are better listeners and can be with others in a more constructive way.” - Ken Blanchard
17. “The moment you stop learning, you stop leading.” - Rick Warren
18. “Each of us tends to think we see things as they are, that we are objective. But this is not the case. We see the world, not as it is, but as we are—or as we are conditioned to see it.” - Stephen Covey
19. “We ask ourselves, “Who am I to be brilliant, gorgeous, talented, and fabulous?” Actually, who are you not to be?” - Marianne Williamson

20. “If you develop the absolute sense of certainty that powerful beliefs provide, then you can get yourself to accomplish virtually anything, including those things that other people are certain are impossible.” - Anthony Robbins

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My Favorite Day 21 Quote is: # _____

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DAY # 22

1. “Until you have learned to be tolerant with those who do not always agree with you; until you have cultivated the habit of saying some kind word of those whom you do not admire; until you have formed the habit of looking for the good instead of the bad there is in others, you will be neither successful nor happy.” - Napoleon Hill
2. “When you interact with another, an illusion is part of this dynamic. This illusion allows each soul to perceive what it needs to understand in order to heal.” - Gary Zukav
3. “Formulate and stamp indelibly on your mind a mental picture of your-self as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture...Do not build up obstacles in your imagination.” - Norman Vincent Peale
4. “The things we really want to do are usually the ones that scare us the most.” - Po Bronson
5. “Be sure to have friends who demand more of you rather than tell you why you cannot do what you want to do.” - Robert Kiyosaki
6. “Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours.” - Dale Carnegie
7. “Leadership is not something you do to people. It’s something you do with people.” - Ken Blanchard
8. “No one lives long enough to learn everything they need to learn starting from scratch. To be successful, we absolutely, positively have to find people who have already paid the price to learn the things that we need to learn to achieve our goals.” - Brian Tracy
9. “A leader is one who knows the way, goes the way, and shows the way.” - John C. Maxwell

10. "You can become blind by seeing each day as a similar one. Each day is a different one; each day brings a miracle of its own. It's just a matter of paying attention to this miracle." - Paulo Coelho

11. "Everything you need you already have. You are complete right now. You are a whole, total person, not an apprentice person on the way to someplace else. Your completeness must be understood by you and experienced in your thoughts as your own personal reality." - Wayne Dyer

12. "Don't wish it was easier; wish you were better. Don't wish for less problems; wish for more skills. Don't wish for less challenges; wish for more wisdom." - Jim Rohn

13. "Romantic love is a passionate spiritual-emotional-sexual attachment between a man and a woman that reflects a high regard for the value of each other's person." - Nathaniel Branden

14. "The most important thing in life is to learn how to give out love, and to let it come in." - Mitch Albom

15. "Feelings, whether of compassion or irritation, should be welcomed, recognized, and treated on an absolutely equal basis because both are our-selves. The tangerine I am eating is me. The mustard greens I am planting are me. I plant with all my heart and mind. I clean this teapot with the kind of attention I would have were I giving the baby Buddha or Jesus a bath. Nothing should be treated more carefully than anything else. In mindfulness, compassion, irritation, mustard green plant, and teapot are all sacred." - Thich Nhat Hanh

16. "Whatever we refuse to recognize about ourselves has a way of rearing its head and making itself known when we least expect it." - Debbie Ford

17. "You give but little when you give of your possessions. It is when you give of yourself that you truly give." - Kahlil Gibran

18. "Remember, all the answers you need are inside of you; you only have to become quiet enough to hear them." - Debbie Ford

19. “Tell your heart that the fear of suffering is worse than the suffering it-self. And that no heart has ever suffered when it goes in search of its dreams.” - Paulo Coelho

20. “The number one way a man can succeed in fulfilling a woman’s primary love needs is through communication. By learning to listen to a woman’s feelings, a man can effectively shower a woman with caring, understanding, respect, devotion, validation, and reassurance.” - John Gray



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DAY # 23

1. “Nobody cares how much you know until they know how much you care.” - John C. Maxwell
2. “Emotions reflect intentions. Therefore, awareness of emotions leads to awareness of intentions. Every discrepancy between a conscious intention and the emotions that accompany it, points directly to a splintered aspect of the self that requires healing.” - Gary Zukav
3. “As you begin changing your thinking, start immediately to change your behavior. Begin to act the part of the person you would like to become. Take action on your behavior. Too many people want to feel, then take action. This never works.” - John C. Maxwell
4. “Most people are doing the best they can, given what they know and understand. Including you. If they knew more and were aware of more, they would do things differently.” - Louise Hay
5. “The reason so many financial advisors are called brokers is because they are often broker than you.” - Robert Kiyosaki
6. “The fastest way to drive an employee insane is to give him or her new responsibilities and fail to provide the necessary instruction and training to do the job.” - Ken Blanchard
7. “At this moment, many people have stopped living. They do not become angry, nor cry out; they merely wait for time to pass. They did not accept the challenges of life, so life no longer challenges them. You are running that same risk; react, face life, but do not stop living.” - Paulo Coelho
8. “There is always a realistic way to fulfill any dream. There has never been a dream that you can’t have—at least, not the heart of it, not the part you love the most.” - Barbara Sher
9. “So many people walk around with a meaningless life. They seem half-asleep, even when they’re busy doing things they think are important. This is because they’re chasing the wrong things. The way you get meaning into your life is to

devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.” - Mitch Albom

10. “Life Law #9: There is power in forgiveness.
Strategy: Open your eyes to what anger and resentment are doing to you. - Dr. Phil McGraw
11. “Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” - Leo Buscaglia
12. “On the day that you were born, you had all the inherent strength, good-ness and wisdom you would ever need. All that you required were the tools to access it. These two skills –nurturing and limits—are those tools.” - Laurel Mellin
13. “We are the only beings on the planet who lead such rich internal lives that it’s not the events that matter most to us, but rather, it’s how we interpret those events that will determine how we think about ourselves and how we will act in the future.” - Anthony Robbins
14. “You don’t pay the price for success. You enjoy the price for success.” - Zig Ziglar
15. “Above all be of single aim; have a legitimate and useful purpose and de-vote yourself unreservedly to it.” - James Allen
16. “Your incredible brain can take you from rags to riches, from loneliness to popularity, and from depression to happiness and joy—if you use it properly.” - Brian Tracy
17. “Sometimes it’s hard to see your face without a mirror!” – Dr. Phil McGraw
18. “The only competition you will ever face is with your own ignorance.” - Bob Proctor
19. “Your children will see what you’re all about by what you live rather than

what you say.” - Wayne Dyer

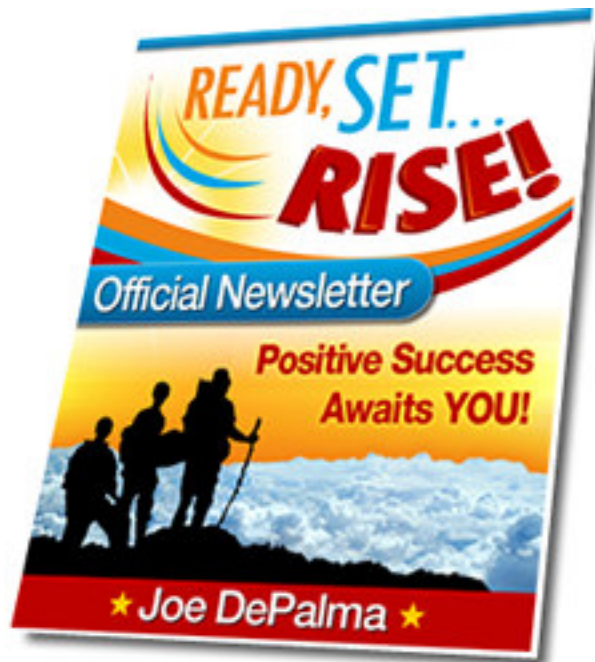
20. “The man who goes farthest is generally the one who is willing to do and dare.
The sure-thing boat never gets far from shore.” - Dale Carnegie

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DAY # 24

1. “Every memorable act in the history of the world is a triumph of enthusiasm. Nothing great was ever achieved without it because it gives any challenge or any occupation, no matter how frightening or difficult, a new meaning. Without enthusiasm you are doomed to a life of mediocrity, but with it you can accomplish miracles.” - Og Mandino
2. “There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.” - Norman Vincent Peale
3. “I have learned, as a rule of thumb, never to ask whether you can do something. Say, instead, that you are doing it. Then fasten your seat belt. The most remarkable things follow.” - Julia Cameron
4. “The early development of speed reading can be traced to the beginning of (the 20th) century, when the publication explosion swamped readers with more than they could possibly handle at normal reading rates.” - Tony Buzan
5. “Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year—and underestimate what they can achieve in a decade!” - Anthony Robbins
6. “I will make love my greatest weapon and none on who I call can defend against its force. ...My love will melt all hearts liken to the sun whose rays soften the coldest day.” - Og Mandino
7. “We are evolving from a species that pursues external power into a species that pursues authentic power... Authentic power has its roots in the deepest source of our being. An authentically empowered person is incapable of making anyone or anything a victim. An authentically empowered person is one who is so strong, so empowered, that the idea of using force against another is not a part of his or her consciousness.” - Gary Zukav
8. “People often say that motivation doesn’t last. Well, neither does bath-ing—that’s why we recommend it daily.” - Zig Ziglar

9. "You have it easily in your power to increase the sum total of this world's happiness now. How? By giving a few words of sincere appreciation to someone who is lonely or discouraged. Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime." - Dale Carnegie
10. "Treasure the love you receive above all. It will survive long after your gold and good health have vanished." - Og Mandino
11. "Success in highest and noblest form calls for peace of mind and enjoyment and happiness which comes only to the man who has found the work he likes best." - Napoleon Hill
12. "In the last decade or so, science has discovered a tremendous amount about the role emotions play in our lives. Researchers have found that even more than I.Q., your emotional awareness and abilities to handle feelings will determine your success and happiness in all walks of life, including family relationships." - John Gottman
13. "You don't drown by falling in the water. You drown by staying there." - Robert Allen
14. "Where you are in consciousness has everything to do with what you see in experience." - Eric Butterworth
15. "Look. See what you see, not what someone tells you that you see. What you observe is what you observe. Look at things and life and others directly, not through any cloud of prejudice, curtain of fear, or the interpretation of another." - L. Ron Hubbard
16. "Emotional intelligence is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships." - Daniel Goleman
17. "I have said before that creativity is a spiritual issue. Any progress is made by leaps of faith, some small and some large." - Julia Cameron

18. "A job is really a short-term solution to a long-term problem." - Robert Kiyosaki

19. "We are all part of the One Spirit. When you experience the true meaning of religion, which is to know God, you will realize that He is your Self, and that He exists equally and impartially in all beings. (Man's Eternal Quest)" - Paramahansa Yogananda

20. "Don't ask yourself what the world needs. Ask yourself what makes you come alive and go do that because what the world needs is people who have come alive." - John Eldredge



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DAY # 25

1. "Success is neither magical nor mysterious. Success is the natural consequence of consistently applying the basic fundamentals." - Jim Rohn
2. "What will determine the course of your life more than any other thing is whether or not you're willing to tolerate necessary discomfort." - Barbara Sher
3. "To have any color prejudice is to discriminate against God, who is sitting in the hearts of all the red, white, yellow, olive, and black peoples of the world. (Man's Eternal Quest)" - Paramahansa Yogananda
4. "The trick is in what one emphasizes. We either make ourselves miserable or we make ourselves strong. The amount of work is the same. (Journey to Ixtlan)" - Carlos Castaneda
5. "Growth is an erratic forward movement: two steps forward, one step back. Remember that and be very gentle with yourself." - Julia Cameron
6. "The more connections you and your lover make, not just between your bodies, but between your minds, your hearts, and your souls, the more you will strengthen the fabric of your relationship, and the more real moments you will experience together." - Barbara De Angelis
7. "It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing." - Oriah Mountain Dreamer
8. "Learn to watch your drama unfold while at the same time knowing you are more than your drama." - Ram Dass
9. "Neither is repentance a one-time act. It is a lifestyle, an ongoing commitment to keep putting aside our rebellion and receive God's forgiveness." - Bruce Wilkinson
10. "People who are optimistic see a failure as due to something that can be changed so that they can succeed next time around, while pessimists take the blame for the

- failure, ascribing it to some characteristic they are helpless to change.” - Daniel Goleman
11. “There is always one moment in childhood when the door opens and lets the future in.” - Deepak Chopra
 12. “Every study of high-achieving men and women proves that greatness in life is only possible when you become outstanding at your chosen field.” - Brian Tracy
 13. “Life Law #8: We teach people how to treat us.
Strategy: Own, rather than complain, about how people treat you.” - Dr. Phil McGraw
 14. “You cannot be lonely if you like the person you’re alone with.” - Wayne Dyer
 15. “A person is either the effect of his environment or is able to have an effect upon his environment.” - L. Ron Hubbard
 16. “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.” - Norman Vincent Peale
 17. “If you want to win friends, make it a point to remember them. If you remember my name, you pay me a subtle compliment; you indicate that I have made an impression on you. Remember my name, and you add to my feeling of importance.” - Dale Carnegie
 18. “Leaders must be close enough to relate to others but far enough ahead to motivate them.” - John C. Maxwell
 19. “A rule of thumb for a warrior is that he makes his decisions so carefully that nothing that may happen as a result of them can surprise him, much less drain his power. (Tales of Power)” - Carlos Castaneda
 20. “Self-discipline begins with the mastery of your thoughts. If you don’t

control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward." - Napoleon Hill



(Now Please Record Your Very Favorite Quote From Day #25)

My Favorite Day 25 Quote is: # _____

Now... Find Our "Personal Achievement Mega Power Product Section:"

<http://www.ReadySetRise.com>



DAY # 26

1. “If you break your neck, if you have nothing to eat, if your house is on fire, then you got a problem. Everything else is inconvenience.” - Robert Fulghum
2. “A single rose can be my garden...a single friend, my world.” - Leo Buscaglia
3. “Good-to-great leaders...know how to simplify a complex world into a single, organizing idea—the kind of basic principle that unifies, organizes, and guides all decisions.” - Jim Collins
4. “To be impeccable means to put your life in the line to back up your decisions and then do quite a lot more than your best to realize those decisions. (Art of Dreaming)” - Carlos Castaneda
5. “Instead of arguing with others, get them to look. The most flagrant lies can be punctured, the greatest pretenses can be exposed, the most intricate puzzles can be resolved, and the most remarkable revelations can occur, simply by gently insisting that someone look.” - L. Ron Hubbard
6. “Intuition is neither the ability to engage prophecy nor a means of avoiding financial loss or painful relationships. It is actually the ability to use energy data to make decisions in the immediate moment.” - Caroline Myss
7. “Your intellect need not be constantly held on to to keep reassuring you that you know where you’re at, out of fear of loss of control.” - Ram Dass
8. “Every evening, write down the six most important things that you must do the next day. Then while you sleep, your subconscious will work on the best ways for you to accomplish them. Your next day will go much more smoothly.” - Tom Hopkins
9. “We are each born creative—then we forget our purpose, or mission. We believe our doubts and fears, and slowly stop “being creative,” as though it were a separate thing.” - SARK
10. “Hate is a cancer that spreads one cell at a time.” - Dave Pelzer

11. "Optimism is the one quality more associated with success and happiness than any other." - Brian Tracy
12. "We create by feeling, not by thought. That's right. We get what we get by the way we feel, not by trying to slug things into place or control or minds." - Lynn Grabhorn
13. "All of the great achievers of the past have been visionary figures; they were men and women who projected into the future. They thought of what could be, rather than what already was, and then they moved themselves into action, to bring these things into fruition." - Bob Proctor
14. "The world does not need tourists who ride by in a bus clucking their tongues. The world as it is needs those who will love it enough to change it, with what they have, where they are." - Robert Fulghum
15. "Self-nurturing is the skill of checking our feelings and needs throughout the day, so we know and honor ourselves and meet our needs more often." - Laurel Mellin
16. "Childhood should be carefree, playing in the sun, not living a nightmare in the darkness of the soul." - Dave Pelzer
17. "Together we are going somewhere, each generation building upon the accomplishments of the previous one, destined for an end we can only dimly remember. We're all in the process of awakening and opening up to who we really are, and what we came here to do, which is often a very difficult task." - James Redfield
18. "It is perhaps a paradox that without the abuse of my past, I might not be what I am today. Because of the darkness in my childhood, I have a deep appreciation for life. I was fortunate enough to turn tragedy into triumph." - Dave Pelzer
19. "If God had wanted us to talk more than listen, He would have given us two mouths rather than two ears." - Ken Blanchard

20. "Discipline is the foundation upon which all success is built. Lack of discipline inevitably leads to failure." - Jim Rohn

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(Don't Forget To Record Your Very Favorite Quote From Day #26)

My Favorite Day 26 Quote is: # _____

Now... Find Our "Success Coaching Section:"
Click Here: <http://www.ReadySetRise.com>

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Joe DePalma
Positive Singer/Songwriter – Author/Speaker –
Creator Of www.ReadySetRise.com



DAY # 27

1. “We may not know how to forgive, and we may not want to forgive; but the very fact we say we are willing to forgive begins the healing practice.” - Louise Hay
2. “Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you.” - Wayne Dyer
3. “There is a condition worse than blindness, and that is thinking you see something that isn’t there.” - L. Ron Hubbard
4. “Studies have shown that having an optimistic attitude tends to appreciably help people to be productive, to eventually live healthier and happier lives.” - Albert Ellis
5. “Do not wait; the time will never be “just right.” Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.” - Napoleon Hill
6. “The process of living encourages you to leap and to fly, to run and to soar, to meander and to piddle, to embrace and to release. What you tell yourself about your ability to do one or all of these things at any given time determines how hard life will be for you.” - Iyanla Vanzant
7. “I will grow. I will become something new and grand but no grander than I now am. Just as the sky will be different in a few hours, its pre-sent perfection and completeness is not deficient, so am I presently perfect and not deficient because I will be different tomorrow. I will grow and I am not deficient.” - Wayne Dyer
8. “In oneself lies the whole world, and if you know how to look and learn, then the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.” - Jiddu Krishnamurti
9. “One of the most essential things you need to do for yourself is to choose a goal that is important to you. Perfection does not exist—you can always do better and you can always grow.” - Les Brown

10. "You can transplant a heart, but you cannot transplant a warm heart." - Dalai Lama
11. "What counts in making a happy relationship is not so much how compatible you are but how you deal with incompatibility." - Daniel Goleman
12. "Most do not fully see this truth that life is difficult. Instead they moan more or less incessantly, noisily or subtly, about the enormity of their problems, their burdens, and their difficulties as if life were generally easy, as if life should be easy. They voice their belief, noisily or subtly, that their difficulties represent a unique kind of affliction that should not be and that has somehow been especially visited upon them, or else upon their families, their tribe, their class, their nation, their race, or even their species, and not upon others." - M. Scott Peck
13. "You'll never be hurt as much by being open as you have been hurt by remaining closed." - Martha Beck
14. "In a study of skills that distinguish star performers in every field from entry-level jobs to executive positions, the single most important factor was not I.Q., advanced degrees, or technical experience; it was E.Q." - Daniel Goleman
15. "Nothing stops the man who desires to achieve. Every obstacle is simply a course to develop his achievement muscle. It's a strengthening of his powers of accomplishment." - Eric Butterworth
16. "Your brain is like a sleeping giant." - Tony Buzan
17. "In times of turbulence and rapid change, you must constantly be re-evaluating yourself relative to the new realities." - Brian Tracy
18. "Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness." - Shakti Gawain
19. "The Law of Attraction, like attracts like [like frequencies attract like frequencies]—is absolute (and has nothing to do with personalities). No one lives beyond this law because it is the law of the universe." - Lynn Grabhorn

20. "As a manager the important thing is not what happens when you are there, but what happens when you are not there." - Ken Blanchard



(Now Please Record Your Very Favorite Quote From Day #27)

My Favorite Day 27 Quote is: # _____

Now... Find Our "Positive Affirmations for Optimum Living Section:"

Click Here: <http://www.ReadySetRise.com>



DAY # 28

1. “The human body has two ears and one mouth. To be good at persuading or selling, you must learn to use those natural devices in proportion. Listen twice as much as you talk, and you’ll succeed in persuading others nearly every time.” - Tom Hopkins
2. “The awareness begins with a feeling of restlessness—an inner urging to find more meaning in life. As we respond to this inner prompting we begin to notice the “chance coincidences”—strange synchronistic events in our life. We begin to realize that some underlying process is operating our life.” - James Redfield
3. “Problems only exist in the human mind.” - Anthony de Mello
4. “Successful people begin where failures leave off. Never settle for “just getting the job done.” Excel!” - Tom Hopkins
5. “A wonderful realization will be the day you realize that you are unique in all the world. There is nothing that is an accident. You are a special combination for a purpose—and don’t let them tell you otherwise, even if they tell you that purpose is an illusion. (Live an illusion if you have to.) You are that combination so that you can do what is essential for you to do. Don’t ever believe that you have nothing to contribute. The world is an incredible unfulfilled tapestry. And only you can fulfill that tiny space that is yours.” - Leo Buscaglia
6. “If you don’t release those who hurt you, you will begin to resemble them.” - Rick Warren
7. “The real path to greatness, it turns out, requires simplicity and diligence. It requires clarity, not instant illumination.” - Jim Collins
8. “I.Q. and academic skills are entry-level requirements for jobs of all kinds...but have little to do with how you’ll succeed once you get there. Emotional intelligence accounts for 90 percent of what’s required for leadership.” - Daniel Goleman

9. "Every single one of us can do things that no one else can do, can love things that no one else can love. We are like violins. We can be used for doorstops or we can make music. You know what to do." - Barbara Sher
10. "Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit." - M. Scott Peck
11. "To preserve an unclouded capacity for the enjoyment of life is an un-usual moral and psychological achievement. Contrary to popular belief, it is not the prerogative of mindlessness but the exact opposite. It is the reward of self-esteem." - Nathaniel Branden
12. "Never idealize others. They will never live up to your expectations." - Leo Buscaglia
13. "You cannot change your destination overnight, but you can change your direction overnight." - Jim Rohn
14. "A positive mental attitude is an irresistible force that knows no such thing as an immovable body." - Napoleon Hill
15. "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." - Dalai Lama
16. "Reality is what we take to be true. What we take to be true is what we believe. What we believe is based upon our perceptions. What we perceive depends upon what we look for. What we look for depends upon what we think. What we think depends upon what we perceive. What we perceive determines what we believe. What we believe determines what we take to be true. What we take to be true is our reality." - Gary Zukav
17. "Perfect health, pure and invincible, is the state we have lost. Regain it, and we regain a world." - Deepak Chopra
18. "You cannot climb the ladder of success dressed in the costume of failure." - Zig Ziglar

19. “Real obstacles don’t take you in circles. They can be overcome. Invented ones are like a maze.” - Barbara Sher

20. “People mistakenly assume that their thinking is done by their head; it is actually done by the heart which first dictates the conclusion, then commands the head to provide the reasoning that will defend it...” - Anthony de Mello

(Don't Forget To Record Your Very Favorite Quote From Day #28)

My Favorite Day 28 Quote is: # _____

Now... Find Our **“Positive Mind Journal –
The Rising Thunder Positive Success Blog Section:”**
Click Here: <http://www.ReadySetRise.com>



DAY # 29

1. “I don’t mean to minimize the formidable problems still facing humanity, only to suggest that each of us in our own way is involved in the solution. If we stay aware and acknowledge the great mystery that is this life, we will see that we have been perfectly placed, in exactly the right position...to make all the difference in the world.” - James Redfield
2. “God, whether I get anything else done today, I want to make sure that I spend time loving you and loving other people—because that’s what life is all about.” - Rick Warren
3. “You are always a valuable, worthwhile human being—not because any-body says so, not because you’re successful, not because you make a lot of money—but because you decide to believe it and for no other reason.” - Wayne Dyer
4. “Over any extended period of time, being an artist requires enthusiasm more than discipline. Enthusiasm is not an emotional state. It is spiritual commitment, a loving surrender to our creative process, a loving recognition of all the creativity around us.” - Julia Cameron
5. “Be more concerned with your character than with your reputation. Your character is what you really are, while your reputation is merely what others think you are.” - Dale Carnegie
6. “The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you partly control your own destiny.” - Albert Ellis
7. “Obedience keeps the rules. Love knows when to break them.” - Anthony de Mello
8. “The key that unlocks energy is “Desire.” It’s also the key to a long and interesting life. If we expect to create any drive, any real force within ourselves, we have to get excited.” - Earl Nightingale

9. "Enlightenment is understanding that there is nowhere to go, nothing to do, and nobody you have to be except exactly who you're being right now." - Neale Donald Walsch
10. "Disgust and resolve are two of the great emotions that lead to change." - Jim Rohn
11. "If a man is ever to find out who he is and what he is here for, he has got to take that journey for himself. He has got to get his heart back." - John Eldredge
12. "I prefer to be a dreamer among the humblest, with visions to be real-ized, than lord among those without dreams and desires." - Kahlil Gibran
13. "A person in grief is a person who's in pure survival mode. Breathing, eating, and sleeping may be about the best they can do for a while. Taking care of the basics for them without their having to ask: (i.e.) grocery shopping, tidying up, doing their laundry, whatever you can manage without making a pest of yourself can make an enormous difference until they care enough to start wanting to do those things for themselves again." – Sylvia Browne
14. "There is one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it." - Napoleon Hill
15. "Even if he can't put it into words, every man is haunted by the question, "Am I really a man? Have I got what it takes...when it counts?" - John Eldredge
16. "Modern research has shown that your eye-brain system is thousands of times more complex and powerful than had previously been estimated, and that with proper training you can quickly reap the benefits of this enormous potential." - Tony Buzan
17. "Misconception: Getting organized is an overwhelming, hopeless chore.
18. Fact: No matter what you're organizing, no matter how daunting the task or how huge the backlog, getting organized boils down to the same very simple, predictable process." - Julie Morgenstern

19. “Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult—once we truly understand and accept it—then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters.” - M. Scott Peck

20. “Start a “stop-doing” list. ...”Stop-doing” lists are more important than “to-do” lists.” - Jim Collins



(Now Please Record Your Very Favorite Quote From Day #29)

My Favorite Day 29 Quote is: # _____

**Now... Find Our “Positive Song with Law Of Attraction Video Section:”
Click Here: <http://www.ReadySetRise.com>**



DAY # 30

1. “True friends want nothing from you except the joy of your presence. ...No matter what you do, they will always be your friend. (Journey to Self-Realization)” - Paramahansa Yogananda
2. “If you truly feared failure, you’d be very successful.” - Barbara Sher
3. “I believe all suffering is caused by ignorance. People inflict pain on others in the selfish pursuit of their happiness or satisfaction. Yet true happiness comes from a sense of peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion, and elimination of ignorance, selfishness, and greed.” - Dalai Lama
4. “We grow primarily through our challenges, especially those life-changing moments when we begin to recognize aspects of our nature that make us different from the family and culture in which we have been raised.” - Caroline Myss
5. “The world does not need tourists who ride by in a bus clucking their tongues. The world as it is needs those who will love it enough to change it, with what they have, where they are.” - Robert Fulghum
6. “If someone throws you the ball, you don’t have to catch it.” - Richard Carlson
7. “I believe that persistent effort, supported by a character-based foundation, will enable you to get more of the things money will buy and all of the things money won’t buy.” - Zig Ziglar
8. “As soon as you look at the world through an ideology you are finished. No reality fits an ideology. Life is beyond that. That is why people are always searching for a meaning to life...Meaning is only found when you go beyond meaning. Life only makes sense when you perceive it as mystery and it makes no sense to the conceptualizing mind.” - Anthony de Mello
9. “Remind yourself that when you die, your IN-basket won’t be empty.” - Richard Carlson

10. "The starting point of all achievement is desire. Keep this constantly in mind. Weak desire brings weak results, just as a small amount of fire makes a small amount of heat." - Napoleon Hill
11. "Each of us must do massive right thinking, take massive right action, and get massive right results, right here, right now." - Mark Victor Hansen
12. "You and I are essentially infinite choice-makers. In every moment of our existence, we are in that field of all possibilities where we have access to an infinity of choices." - Deepak Chopra
13. "Traditional interventions—insight, knowledge, planning and deciding—are processed primarily by the thinking brain. Unfortunately, there is no significant relationship between what is processed by the thinking brain our most primitive human drives. That's why you can have a Ph.D. in nutrition and an eating disorder. True transformation comes from revising the feeling brain." - Laurel Mellin
14. "If you wish the world to become loving and compassionate, become loving and compassionate yourself. If you wish to diminish fear in the world, diminish your own. These are the gifts that you can give." - Gary Zukav
15. "Mastery in work and in life is about committing yourself to being excellent in everything you do, no matter how small and no matter if no one is watching. Do you practice excellence in your most private moments?" - Robin Sharma
16. "Life Law #10: You have to name it before you can claim it. Strategy: Get clear about what you want and take your turn." - Dr. Phil McGraw
17. "Learning how to learn is life's most important skill." - Tony Buzan
18. "It matters only that you manifest your genius; it doesn't matter when. It's never too late or too early." - Mark Victor Hansen
19. "The rich don't work for money. The poor and middle class work for money. The rich have money work for them." - Robert Kiyosaki

20. "There is no failure. Only feedback." - Robert Allen



(Don't Forget To Record Your Very Favorite Quote From Day #30)

My Favorite Day 30 Quote is: # _____

Now... Find Our **"Free Positive Thinking Gift for You Section"**

Click Here: <http://www.ReadySetRise.com>



<http://www.ReadySetRise.com>

**** BONUS DAY ****

(You Can Replace Up To TWO Quotes From The Previous 30 Days With Any TWO Quotes Listed Below In The 40 Bonus Quotes.)

(If You Would Rather Not Replace Any Of Your 30 Quotes That Is Fine.)

1. “I’m always reminding people that the one constant you can count on is that things happen—and usually when you’re not in the mood for them.” - Loretta LaRoche
2. “To be angry at people means that one considers their acts to be important. It is imperative to cease to feel that way. The acts of men cannot be important enough to offset our only viable alternative: our un-changeable encounter with infinity. (Teachings of don Juan)” - Carlos Castaneda
3. “We avoid the things that we’re afraid of because we think there will be dire consequences if we confront them. But the truly dire consequences in our lives come from avoiding things that we need to learn about or discover.” - Shakti Gawain
4. “I have learnt silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers.” - Kahlil Gibran
5. My rich dad taught me to focus on passive income and spend my time acquiring the assets that provided passive or long-term residual in-come...passive income from capital gains, dividends, residual income from business, rental income from real estate, and royalties.” - Robert Kiyosaki
6. “It is important to expect nothing, to take every experience, including the negative ones, as merely steps on the path, and to proceed.” - Ram Dass
7. “There’s no need to seek out some other place or some other condition or situation and then do it there. Do it right here and now. Wherever you are is the

- place for surrender. Whatever the situation you're in, you can say "yes" to what is, and that is then the basis for all further action." - Eckhart Tolle
8. "An eye for an eye, and the whole world would be blind." - Kahlil Gibran
 9. "In the midst of movement and chaos, keep stillness inside of you." - Deepak Chopra
 10. "It is our light, not our darkness which most frightens us." - Marianne Williamson
 11. "If you want an interesting party sometime, combine cocktails and a fresh box of Crayolas for everybody." - Robert Fulghum
 12. "An essential part of true listening is the discipline of bracketing—the temporary giving up or setting aside of one's own prejudices, frames of reference, and desires so as to experience as far as possible the speaker's world from the inside, step in inside his or her shoes." - M. Scott Peck
 13. "If you think you're free, there's no escape possible." - Ram Dass
 14. "Cherish your visions and your dreams as they are the children of your soul, the blueprints of your ultimate achievements." - Napoleon Hill
 15. "Being conscious is cutting through your own melodrama and being right here. Exist in no mind, be empty, here now, and trust that as a situation arises, out of you will come what is necessary to deal with that situation, including the use of your intellect when appropriate." - Ram Dass
 16. "You must come to see every human being including yourself, as an in-carnation in the body or personality, going through a certain life experience which is functional." - Ram Dass
 17. "The solutions all are simple—after you have arrived at them. But they're simple only when you know already what they are." - Robert M. Pirsig

18. "Failure's hard, but success is far more dangerous." - Po Bronson
19. "Formal education will make you a living; self education will make you a fortune." - Jim Rohn
20. "Without involvement, there is no commitment. Mark it down, asterisk it, circle it, underline it. No involvement, no commitment." - Stephen Covey
21. "A woman under stress is not immediately concerned with finding solutions to her problems but rather seeks relief by expressing herself and being understood." - John Gray
22. "Effective limits is the skill of having reasonable expectations—not too harsh or too easy –and following through with them, so we can take action and have more power and greater safety in our lives." - Laurel Mellin
23. "Your goals are the road maps that guide you and show you what is possible for your life." - Les Brown
24. "You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you." - Marianne Williamson
25. "What the mind of man can conceive and believe, it can achieve." - Napoleon Hill
26. "Charity always feels better to the donor than to the recipient." - Joy Browne
27. "The question you must ask yourself is...just how much pleasure and success can you stand?" - Richard Bandler
28. "We are both burdened and blessed by the great responsibility of free will—the power of choice. Our future is determined, in large part, by the choices we make now. We cannot always control our circumstances, but we can and do choose our response to whatever arises. Reclaiming the power of choice, we find the courage to live fully in the world." - Dan Millman

29. "Only those who partake of the harmony within their souls know the harmony that runs through nature. (Journey to Self-Realization)" - Paramahansa Yogananda
30. "Courage is not a virtue of value among other personal values like love or fidelity. It is the foundation that underlies and gives reality to all other virtues and personal values. Without courage our love pales into mere dependency. Without courage our fidelity becomes conformism." - Rollo May
31. "Shoot for the moon. Even if you miss, you will land among the stars." - Les Brown
32. "You cannot truly listen to anyone and do anything else at the same time." - M. Scott Peck
33. "There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them." - Denis Waitley
34. "Your enthusiasm will be infectious, stimulating, and attractive to others. They will love you for it. They will go for you and with you." - Norman Vincent Peale
35. "The cycle you're working on is a cycle called "yourself." - Robert M. Pirsig
36. "You have to "be" before you can "do" and do before you can "have."- Zig Ziglar
37. "Love is the great miracle cure. Loving ourselves works miracles in our lives." - Louise Hay
38. "In our final moments, we all realize that relationships are what life is all about. Wisdom is learning that truth sooner rather than later." - Rick Warren
39. "Sleep is the best meditation." - Dalai Lama
40. "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us most.

We ask ourselves, 'Who am I to be brilliant, gorgeous, talented and famous?'
Actually, who are you not to be? You are a child of God. Your playing small
does not serve the world. There is nothing enlightened about shrinking so that
people won't feel insecure around us.'- Maryanne Williamson

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**(Don't Forget To Record Your Very Favorite Quote or Quotes
From The Bonus Day)**

This Bonus Day Quote Will Replace Quote # _____ From Day # _____

This Bonus Day Quote Will Replace Quote # _____ From Day # _____

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FINALLY....

* Take your 30 Favorite Quotes That You Have Written Down On A Sheet
Of Paper And With A Pair Or Scissors Cut Those Quotes Into 30 Separate
Strips.

* Next Fold Those 30 Strips Up And Put Them All Into A Hat While
Mixing Them All Together And Shaking Them All Up....

* Finally PICK OUT **ONE** Quote From The Hat. This Will Be The Quote
That Fate Has Chosen For You. Take This Quote And Post It Around Your
Home And Work Space. This Is **YOUR** Quote And The Self Improvement
Expert Who Is Being Quoted Is **YOUR** Expert. Do Your Research On Both
Of Them And Start Living A More Inspired and Positive Life!

P.S...

Be sure to visit the “**Contact Us Section**” on <http://www.ReadySetRise.com> and tell us who you are and which quote fate has helped choose for you.

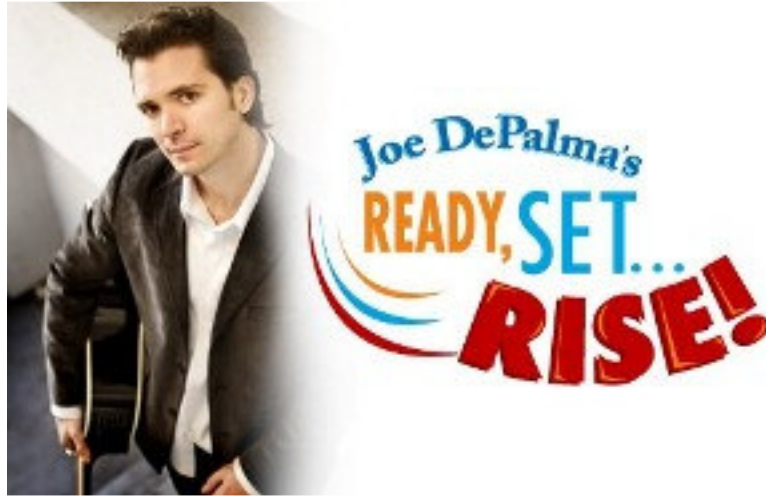
We hope you have enjoyed this ebook. Please feel free to send this ebook to all of your friends. Just attach it to an email. Let’s spread the inspiration and the positive energy!

Thanks again!
Have an inspired day.

- Joe DePalma
Positive Singer/Songwriter – Author/Speaker –
Creator of <http://www.ReadySetRise.com>



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