

Weight Loss Motivation

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This collection of quotes, saying, poetry and writing has been collected together over many months and from many different sources.

It is intended as inspiration for anyone embarking on, or striving to stick to, a weight loss programme.

If anything in this booklet strikes a particular chord with you, why not:

- Print it out and frame it
- Write it in your diary and journal
- Display it on your bathroom mirror, by your computer monitor, or on your fridge!
- Leave it by your bed and read it morning and night

Weight loss success means keeping your motivation up and your new healthy eating plan in the forefront of your mind. Many successful dieters have used the words of others to do just that!



Please note: In some cases we have not been able to credit the author. If you feel that we have not given credit where credit is due, and you can help us to do so, please contact us at [suggestions @ losingitmyway.com](mailto:suggestions@losingitmyway.com)

Weight Loss Motivation

"Too many people overvalue what they are not and undervalue what they are."

Malcolm Forbes

"You always know the right thing to do. The hard part is doing it."

Your presence is a gift to the world;
You're unique and one of a kind.
Your life can be what you want it to be;
Take it one day at a time.
Count your blessings, not your troubles,
And you'll make it through what comes along.
Within you are so many answers;
Understand, have courage, be strong.
Don't put limits on yourself,
Your dreams are waiting to be realised.
Don't leave important decisions to chance –
Reach for your peak, your goal, and your prize.
Nothing wastes more energy than worrying.
The longer a problem is carried, the heavier it gets.
Don't take things too seriously;
Live a life of serenity, not a life of regrets.
Remember that a little love goes a long way;
Remember that a lot goes forever.
Remember that friendship is a wise investment,
Life's treasures are people... together.
Have health and hope and happiness,
Take the time to wish on a star.
And don't ever forget for even a day...
How very special YOU are!

"I can give you a six-word formula for success.

Think things through - then follow through."

Edward V Rickenbacker

"Every action generates a force of energy that returns to us in like kind.... what we sow is what we reap. And when we choose actions that bring happiness and success to others, the fruit of our own karma is happiness and success."

Deepak Chopra

Weight Loss Motivation

"Opportunities are usually disguised by hard work, so most people don't recognise them."

Ann Landers

Don't Look Back

As you travel through life there are always those times
When decisions just have to be made,
When the choices are hard, and solutions seem scarce,
And the rain seems to soak your parade.
There are some situations where all you can do
Is to simply let go and move on,
Gather your courage and choose a direction
That carries you toward a new dawn.
So pack up your troubles and take a step forward -
The process of change can be tough,
But think about all the excitement ahead
If you can be stalwart enough!
There might be adventures you never imagined
Just waiting around the next bend,
And wishes and dreams just about to come true
In ways you can't yet comprehend!
Perhaps you'll find friendships that spring from new things
As you challenge your status quo,
And learn there are so many options in life,
And so many ways you can grow!
Perhaps you'll go places you never expected
And see things that you've never seen,
Or travel to fabulous, faraway worlds
And wonderful spots in between!
Perhaps you'll find warmth and affection and caring
And somebody special who's there
To help you stay centred and listen with interest
To stories and feelings you share.
Perhaps you'll find comfort in knowing your friends
Are supportive of all that you do,
And believe that whatever decisions you make,
They'll be the right choices for you.
So keep putting one foot in front of the other,
And taking your life day by day...
There's a brighter tomorrow that's just down the road -
Don't look back! You're not going that way!

Weight Loss Motivation

"You are worthy because you are."

Seth

"It isn't the size of the dog in the fight, but the size of the fight in the dog, that counts."

Woody Hayes

"The greater part of our happiness or misery depends on our disposition and not on our circumstances."

Martha Washington

"The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having NO goal to reach."

Benjamin Mays

"I'm not afraid of storms, I'm learning to sail my own ship."

Louisa May Alcott

"The only kind of courage that matters is the kind that gets you from one moment to the next."

Mignon McLaughlin

"Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before."

James Buckham

"No one knows what he can do until he tries."

Publilius Syrus

"A wise man turns chance into good fortune."

Thomas Fuller

Weight Loss Motivation

"When fate hands you a lemon, make lemonade."

Dale Carnegie

"Right actions for the future are the best apologies for wrong ones in the past."

Tyron Edwards

"Never mind what others do; do better than yourself, beat your own record from day to day, and you are a success."

William J. H. Boetcker

"People cannot discover new lands until they have the courage to lose sight of the shore."

Andre Gide

"Everything in your world is created by what and how you think"

Oprah Winfrey

"All I have to know today is that I'm willing to have my life be different. Willingness is the key to my freedom. When I'm open minded, when I'm ready to listen to ideas and suggestions, I'm already changing my life for the better."

Judith R. Smith

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one."

Mark Twain

"What was hard to bear is sweet to remember."

Portuguese proverb

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"The most delightful surprise in life is to suddenly recognize your own worth."
Maxwell Maltz

"There is no exercise better for the heart than reaching down and lifting people up."
John Andrew Holmes

"There is a difference between 'interest' and 'commitment'. When you're "interested" in doing something, you do it only when it's convenient. When you're "committed" to something, you accept NO EXCUSES, only results. So, here's the tough question: Are you "interested" in a healthy lifestyle? Or are you "committed" to having a healthy lifestyle?

"I don't think anything is unrealistic if you believe you can do it. I think if you are determined enough and willing to pay the price, you can get it done."
Mike Ditka

"When you overcome resistance, you create the power to continually reach higher."

"When I despair, I remember that all through history the way of truth and love always won. There have been tyrants and murderers and for a time they seem invincible, but in the end, they always fall -- think of it, ALWAYS."
Mahatma Gandhi

"We need the courage to start and continue what we should do, and courage to stop what we shouldn't do."
Richard L. Evans

"Let us always be open to the miracle of the second chance."
Reverend David Stier

Weight Loss Motivation

"Nunc coepi" is a Latin phrase often heard in seminaries of old. It means, "Now I begin." Novices were taught to say this each morning, signifying that what was is past, what will be is hidden in the future, and it is only now - this day, this moment - that counts. Not what I did yesterday or what I may do tomorrow. Now I begin. Nunc coepi.



"Every day is another chance and a fresh start. It's important to remember that. Too many of us are hyperaware of all the yesterdays we wasted or the phantom tomorrows that could bring us down. Yet we're hardly aware at all of the day that's right here in our hands, shimmering with possibilities. Why do we do that? Why do we so habitually discount and brush off the wonder of the present moment?"

One reason may be that we don't trust ourselves. Because of past mistakes, we're afraid to get very hopeful. In fear of failing again, we choose to downplay the possibilities and try to settle for what comes, rather than actively creating it. The bottom line may be that we really don't believe in second chances.

But each day is new whether we believe in it or not. We can begin fresh every morning if we decide to live our lives that way. The miracle isn't that the chance is there; it always has been there. The miracle is what happens when we reach out to embrace it."

Weight Loss Motivation

WHAT IS A WORKOUT?

A workout is 25 percent perspiration and 75 percent determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is usually easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly, your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a winner the mark of an organised, goal-oriented person who has taken charge of his or her own destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are triggers that can release it.

A workout is a form of rebirth. When you finish a good workout, you don't simply feel better, **YOU FEEL BETTER ABOUT YOURSELF!**

"OBSESSED is just a word the lazy use to describe the dedicated."

"The quality of our expectations determines the quality of our actions."
Andre Godin

"Determine that a thing can and shall be done, and then we shall find the way."
Abraham Lincoln

"Diamonds are only lumps of coal that stuck to their jobs."
B.C. Forbes

Weight Loss Motivation

You are worthy

Do not undermine your worth
By comparing yourself with others.
It is because we are different
That each of us is special.
Do not set your goals
By what other people deem important.
Only you know
What is best for you.
Do not take for granted
The things closest to your heart.
Cling to them as you would your life,
For without them,
Life is meaningless.
Do not let your life
Slip through your fingers
By living in the past
Nor for the future.
By living your life one day at a time,
You live all the days of your life.
Do not give up
When you still have something to give.
Nothing is really over
Until the moment you stop trying.
It is a fragile thread
That binds us to each other.
Do not be afraid to encounter risks.
It is by taking chances
That we learn how to be brave.
Do not shut love out of your life
By saying it is impossible to find.
The quickest way to receive love
Is to give love;
The fastest way to lose love
Is to hold it too tightly;
In addition,
The best way to keep love
Is to give it wings.
Do not dismiss your dreams.
To be without dreams
Is to be without hope;
To be without hope
Is to be without purpose.
Do not run through life
So fast that you forget
Not only where you have been,
But also where you are going.
Life is not a race,
But a journey
To be savoured each step of the way.

Weight Loss Motivation

"Remove failure as an option and your chances for success become infinitely better."

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

"There's more to climbing a mountain than reaching the peak. In between any desire and the fulfilment of that desire lays a vast middle ground of focused and consistent effort - much of it tedious, some of it painful, all of it necessary.

No matter how strong your desire, just knowing where you want to be will not get you there. You've got to cover that **middle ground** between where you are and where you're going.

Before you can climb the mountain, you must first reach its base with the training, the resources and the energy necessary to make the climb. Then there's the climb itself.

Success comes from doing the dirty work, having the patience, getting yourself prepared, being disciplined, staying committed, doing your homework, accepting responsibility, and continuing to take action.

Winning comes not from crossing the finish line, but from covering the middle ground."

Robert Higgins

"When we send a rocket to space, 90 percent of the fuel is used in lift off. Once the rocket reaches its new pattern, fuel usage is diminished. It's the same for you and me. If we're going to move into a new realm of living, we exert a majority of our energy in the lift off. It takes energy to commit to greater living. And once we begin to move in that direction, then we truly begin to soar. "

Mary Manin Morrissey

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"Reach beyond your grasp. Your goals should be grand enough to get the best of you."

Pierre Teilhard de Chardin

"Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more, and all good things will be yours."

Swedish proverb

"There are too many people praying for mountains of difficulty to be removed, when what they really need is the courage to climb them."

"Once we clear a hurdle, it doesn't seem so high."

"Every step, every mile, every set, every rep, every meal, every day."

"This thing we call "failure" is not the falling down, but the staying down."

Mary Pickford

"If you have a great ambition, take as big a step as possible in the direction of fulfilling it. The step may only be a tiny one, but trust that it may be the largest one possible for now."

Mildred McAfee

"Settle for nothing less than what you truly desire, and do not be afraid to ask for what you feel will bring you joy and fulfillment."

Emmanuel

"Anything is possible, but you have to believe and you have to fight."

Lance Armstrong

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"What's exciting about using our mind is that we can short circuit all the excuses thrown up by our fears."

Mark Victor Hansen

"Living is a constant process of deciding what we are going to do."

Jose Ortega y Gasset

"The strongest principle of growth lies in human choice."

George Eliot

"The history of the human race is the history of ordinary people who have overcome their fears and accomplished extraordinary things."

Brian Tracy

"On course doesn't mean perfect. On course means that even when things don't go perfectly, you are still going in the right direction."

Charles Garfield

"Life is a creative act and each day a potential masterpiece."

"The reason most people fail instead of succeed is that they trade what they want most for what they want at the moment. "

"Don't make excuses, make good."

"The distance is nothing; it's only the first step that is difficult."

Mme. de Deffand

Weight Loss Motivation

Time Waits for No one

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire.

The truth is, there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with...and remember that time waits for no one.

So, stop waiting....

- * until your car or home is paid off
- * until you get a new car or home
- * until your kids leave the house
- * until you go back to school
- * until you finish school
- * until you lose 10 lbs.
- * until you gain 10 lbs.
- * until you get married
- * until you get a divorce
- * until you have kids
- * until you retire
- * until summer
- * until spring
- * until winter
- * until fall
- * until you die

There is no better time than right now to be happy.

Happiness is a journey, not a destination.

**So...work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching.**

Weight Loss Motivation

"Dwell not on the past. Use it to illustrate a point, then leave it behind. Nothing really matters except what you do now in this instant of time. From this moment onwards you can be an entirely different person, filled with love and understanding, ready with an outstretched hand, uplifted and positive in every thought and deed."

Eileen Caddy

"Failure is never eternal; success is everlasting."

"People often say that motivation doesn't last. Well, neither does bathing; that's why we recommend it daily."

Zig Ziglar

Shoot for the moon...if you miss you will still land among the stars

If you haven't exercised today than you better not have eaten either!

Be proud of how far you have come. Have faith in how far you can go.

Pain is temporary; pride is forever.

"Whatever you can do or dream you can, begin it; Boldness has genius, power and magic in it."

Johann Wolfgang Von Goethe

Incredibly, many people continue their old life-style, their habits, even if they feel miserable, lonely, bored, inadequate, or abused. Why? Of course - because habit is an easy place to hide."

Tom Rusk

Weight Loss Motivation

"I like a person who knows his own mind and sticks to it; who sees at once what, in given circumstances, is to be done, and does it."

William Hazlitt

"The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can."

Robert Cushing

"A body on the couch wants to stay there. But once a body is in motion, it wants to continue in motion."

Jeff Galloway

"When the day is over and you have done your best... wait the results in peace."

"What we do today, right now, will have an accumulated effect on all our tomorrows."

Alexandra Stoddard

"Be brave enough to accept the help of others."

"Win or lose you will never regret working hard, making sacrifices, being disciplined or focusing too much. Success is measured by what we have done to prepare for competition."

John Smith

"Failure will never overtake me if my determination to succeed is strong enough."

Weight Loss Motivation

"The greatest discovery of my generation is that a human being can change his life by changing his attitude of mind."

William James

"Champions know there are no shortcuts to the top. They climb the mountain one step at a time. They have no use for helicopters!"

Judi Adler

"If we are to have magical bodies, we must have magical minds."

Dr. Wayne Dyer

"When we are soul-searching, be it for the smaller or larger decisions we face during the day, we can learn to ask, is this good for me?...Is this what I really want?...Is this what I need?...Does this direction feel right for me?...Or am I succumbing to the control and influence that I sometimes allow others to have over me?"

It is not unhealthy selfishness to question if something is good for us. That is an old way of thinking. To ask if something is good for us is a healthy behaviour, not to be ashamed of, and will probably work out in the other person's best interests too."

Melody Beattie

"Success is the prize for those who stand true to their ideas!"

A day will never be anymore than what you make of it.

You are what you think about all day long.

Weight Loss Motivation

"Whenever you do a thing, act as if all the world were watching."

Thomas Jefferson

"Keys to success: research your idea, plan for success, expect success, and just plain do it! It amazes me how many people skip the last step! Practice being a "doer" and success will follow you every step of the way!"

Josh S. Hinds

"Picture in your mind a sense of personal destiny."

Wayne Oates

"There is no sadder sight than a young pessimist."

Mark Twain

"One important key to success is self-confidence. An important key to self-confidence is preparation."

Arthur Ashe

"Play the smiling game in your daily life. See how many people you can get to smile back at you. Keep score and tally the results at the end of each day."

Josh S. Hinds

"I will not condemn you for what you did yesterday, if you do it right today."

Sheldon S. Maye

"You've got to get up every morning with determination if you're going to go to bed with satisfaction."

George Horace Lorimer

"Don't ask for an easier life; ask to be a stronger person."

Weight Loss Motivation

"Failure is not my Destiny."

"Accept the challenges so that you may feel the exhilaration of victory."

"One who smiles rather than angers is always stronger"
Chinese proverb

"Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."
Jeremy Kitson

"If you want your life to be a magnificent story, then begin by realizing that you are the author and everyday you have the opportunity to write a new page."
Mark Houlahan

The fear is worse than the pain."
Shannon Bahr

The big question is whether you are going to be able to say a hearty yes to your adventure."
Joseph Campbell

"And in the end, it's not the years in your life that count. It's the life in your years"
Abraham Lincoln

"It is not length of life, but depth of life."
Ralph Waldo Emerson

Weight Loss Motivation

Nothing great was ever achieved without enthusiasm."

Ralph Waldo Emerson

"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense."

Ralph Waldo Emerson

"We aim above the mark to hit the mark."

Ralph Waldo Emerson

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a little better; whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is the meaning of success."

Ralph Waldo Emerson

"Never let your memories be greater than your dreams."

Doug Ivester

"The hard way is the right way."

John Alves

Why? Why not? Why not you? Why not now?

Aslan

"Smile well and often, it makes people wonder what you've been up to."

Satchel Paige

Weight Loss Motivation

"What the caterpillar calls the end, the rest of the world calls a butterfly."

Lao Tsu

"Reflect upon your blessings, of which every man has plenty, not on your past misfortunes, of which all men have some."

Charles Dickens

"The life given us by nature is short, but the memory of a life well spent is eternal."

Cicero

"We must all suffer one of two things: the pain of discipline or the pain of regret or disappointment."

Jim Rohn

"Life is too short to live it small."

Benjamin Disraeli

"Fall seven times; stand up eight."

Japanese Proverb

"The world is wide, and I will not waste my life in friction when it could be turned into momentum."

Frances Willard

"A free lunch is only found in mousetraps."

John Capozzi

"When I hear somebody sigh, "Life is hard," I am always tempted to ask, "Compared to what?"

Sydney Harris

Weight Loss Motivation

"Forget past mistakes. Forget failures. Forget everything except what you're going to do now and do it."

William Durant

"If I were asked to give what I consider the single most useful bit of advice for all humanity, it would be this: Expect trouble as an inevitable part of life, and when it comes, hold your head high. Look it squarely in the eye, and say, "I will be bigger than you. You cannot defeat me."

Ann Landers

"I have had dreams and I have had nightmares, but I have conquered my nightmares because of my dreams."

Dr. Jonas Salk

"It is funny about life: if you refuse to accept anything but the very best you will very often get it."

W. Somerset Maugham

"I try to avoid looking forward or backward, and try to keep looking upward."

Charlotte Bronte

"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

Mahatma Gandhi

May there always be work for your hands to do,
May your purse always hold a coin or two.
May the sun shine warm on your windowpane,
May a rainbow be certain to follow each rain.
May the hand of a friend always be near you,
And may God fill your heart with gladness to cheer you.

Irish Blessing

Weight Loss Motivation

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

Nelson Mandela

"Grow old along with me! The best is yet to be."

Robert Browning

"Today I live in the quiet, joyous expectation of good."

Ernest Holmen

"The way I see it, if you want the rainbow, you gotta put up with the rain."

Dolly Parton

"Great works are performed not by strength but by perseverance."

Samuel Johnson

"All of our dreams can come true - if we have the courage to pursue them."

Walt Disney

"Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do."

Pope John XXIII

"If opportunity doesn't knock build a door."

Milton Berle

"The biggest room in the world is the room for improvement."

Weight Loss Motivation

"Believe in the hope that a new day is dawning,
Believe that your dreams will come true.
Believe in the promise of brighter tomorrows.
Begin by believing in you!"

"It's in your moments of decision that your destiny is shaped."
Anthony Robbins

"You can't always control the wind, but you can control your sails."
Anthony Robbins

"To be successful, you must decide exactly what you want to accomplish,
then resolve to pay the price to get it."
Bunker Hunt

"The great successful men of the world have used their imagination ... they
think ahead and create their mental picture in all its details, filling in here,
adding a little there, altering this a bit and that a bit, but steadily building-
steadily building."
Robert Collier

"If you're climbing the ladder of life, you go rung by rung. Don't look too far up,
set your goals high but take one step at a time. Sometimes, you don't think
you're progressing until you step back and see how high you've really gone."
Donny Osmond

"I cannot always control what goes on outside. But I can always control what
goes on inside."
Wayne Dyer

"If I can dream, I can act. And if I can act, I can become."
Poh Yu Khing

Weight Loss Motivation

"I plan on growing old much later in life, or maybe not at all."

Patty Carey

"Make your life a mission--not an intermission."

Glasgow

"If you don't run your own life, somebody else will."

John Atkinson

"A dream is not something that you wake up from, but something that wakes you up."

Charlie Hedges

"All things are difficult before they are easy."

John Morley

"Amazingly enough we all live inside a body that is capable of improvement everyday... What are you waiting for?"

Brock Hierlmeier

"We are what we repeatedly do. Excellence therefore is not an act but a habit."

Aristotle

Obstacles are those frightful things you see when you take your eyes off of your goal.

Henry Ford

"Well done" is better than "Well said."

Benjamin Franklin

Weight Loss Motivation

Throughout the years of your life you will face many challenges, remember that you can climb the highest mountain, drive through the roughest storm, soar across the bluest sky, or even sail across the roughest waters. It is only destined by your attitude where you will end up in life. The most important thing is don't let yourself get lost in the crowd.

Angela Duvall

"The man at the top of the mountain did not fall there."

Dream lofty dreams, and as you dream so shall you become. Your vision is the promise of what you shall one day be.



Weight Loss Motivation

Promise Yourself:

To be so strong that nothing can disturb your peace of mind;

To talk health, happiness, and prosperity to every person you meet;

To make all your friends feel that there is something in them;

To look at the sunny side of everything and make your optimism come true;

To think only the best, to work only for the best, and to expect only the best;

To be just as enthusiastic about the success of others as you are about your own;

To forget the mistakes of the past and press on to the greater achievements of the future;

To wear a cheerful countenance at all times and give every living creature you meet a smile;

To give so much time to the improvement of yourself that you have no time to criticize others;

To be too large for worry, too noble for anger, too strong for fear; and too happy to permit the presence of trouble;

To think well of yourself and to proclaim this fact to the world, not in loud words, but in great deeds;

To live in the faith that the whole world is on your side so long as you are true to the best that is in you.



Weight Loss Motivation

Losers say “I wish”. Winners say “I will”.

Overcoming the negative:

We must all wage an intense, lifelong battle against the constant downward pull. If we relax, the bugs and weeds of negativity will move into the garden and take away everything of value.

Humility is a virtue; timidity is a disease.

If you spend five minutes complaining, you have just wasted five minutes. If you continue complaining, it won't be long before they haul you out to a financial desert and there let you choke on the dust of your own regret.

You cannot take the mild approach to the weeds in your mental garden. You have got to hate weeds enough to kill them. Weeds are not something you handle; weeds are something you devastate.

*“Give whatever you are doing and whoever you are with the gift of attention.”
Jim Rohn*

*“If someone is going down the wrong road, he doesn't need motivation to speed him up. What he needs is education to turn him around.”
Jim Rohn*

*“Pay attention. Don't just stagger through the day.”
Jim Rohn*

*“Formal education will make you a living; self-education will make you a fortune.”
Jim Rohn*

Weight Loss Motivation

"Goals. There's no telling what you can do when you get inspired by them. There's no telling what you can do when you believe in them. And there's no telling what will happen when you act upon them."

Jim Rohn

"We all have two choices: We can make a living or we can design a life."

Jim Rohn

"If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us."

Jim Rohn

"What we ponder and what we think about sets the course of our life. Any day we wish; we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labour, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, "The fault is not in the stars, but in ourselves." We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today."

Jim Rohn

Weight Loss Motivation

If there were ever a time to dare, to make a difference to embark on something worth doing, it is now.

Not for any grand cause, necessarily - but for something that tugs at your heart, something that's your aspiration, something that's your dream. You owe it to yourself to make your days here count. Have fun. Dig deep. Stretch. Dream big.

Know that things worth doing seldom come easy. There will be good days. There will be bad days. There will be times when you want to turn around, pack it up, and call it quits.

Those times tell you that you are pushing yourself, that you are not afraid to learn by trying. Persist. Because with an idea, determination, and the right tools, you can do great things. Let your instincts, your intellect, and your heart guide you. Trust.

Believe in the incredible power of humankind. Of doing something that makes a difference. Of working hard. Of laughing and hoping. Of lazy afternoons. Of lasting friends. Of all the things that will cross your path this year.

The start of something new brings the hope of something great. Anything is possible. There is only one you. And you will pass this way only once. Do it right. Dream big.

Weight Loss Motivation

Success occurs when desire becomes action. Are your desires strong enough to take action on them right now?"

Chip Lowell

"Some dream of doing great things, while others stay awake and get on with it."

"There are two things to aim at in life: first, to get what you want... and, after that, to enjoy it. Only the wisest of mankind achieve the second."

Logan Pearsall Smith

"A dream is just a dream. A goal is a dream with a plan and a deadline."

"People begin to become successful the minute they decide to be."

Harvey Mackay

"Live out of your imagination, not your history."

Stephen Covey

"Believe you can do it. Believing something can be done puts your mind to work for you and helps you find ways to do it."

George Shinn

When in doubt, do without!

Dottie Walters

"The beginning is always today!"

Mary Wollstonecraft

Weight Loss Motivation

"It's kind of fun to do the impossible."

Walt Disney

"It never occurs to me that there are things that I can't do."

Whoopi Goldberg

"Always do more than is required of you."

George S. Patton

"Successful people begin where failures leave off. Never settle for 'just getting the job done.' Excel!"

Tom Hopkins

"Time is our most valuable asset, yet we tend to waste it, kill it, and spend it rather than invest it."

Jim Rohn

"If you can dream it, you can do it!"

Walt Disney

Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

Ralph Waldo Emerson

All life is an experiment. The more experiments you make the better.

Ralph Waldo Emerson

The reward of a thing well done, is to have done it.

Ralph Waldo Emerson

Weight Loss Motivation

Whatever you do, you need courage. Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to an end requires some of the same courage that a soldier needs.

Ralph Waldo Emerson

That which we persist in doing becomes easier for us to do; not that the nature of the thing itself is changed, but that our power to do is increased.

Ralph Waldo Emerson

"Act as if you are already happy, and that will tend to make you happy."

Dale Carnegie

"One of the marks of superior people is that they are action-oriented. One of the marks of average people is that they are talk-oriented."

Brian Tracy

"The most practical, beautiful, workable philosophy in the world won't work - if you won't."

Zig Ziglar

"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves."

Dale Carnegie

Life is a succession of lessons, which must be lived to be understood.

Helen Keller

Live as if you were to die tomorrow. Learn as if you were to live forever.

Gandhi

Weight Loss Motivation

"Nothing is particularly hard if you divide it into small jobs."
Henry Ford

"Courage doesn't always roar.... Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow."
Ralph Waldo Emerson

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

You can't control the length of your life, but you can control its width and depth.

"Every job is a self-portrait of the person who did it."
Zig Ziglar

"Put all your excuses aside and remember this: You are capable."
Zig Ziglar

"You are at the top when you've made friends with the past, are focused on the present, and optimistic about your future . . ."
Zig Ziglar

"The more you recognize and express gratitude for the things you have, the more things you will have to express gratitude for."
Zig Ziglar

"People who feel good about themselves produce good results."
Ken Blanchard

Weight Loss Motivation

"If you don't think you can do it, who will? You control the most important tool in success, your mind."

Jeffrey Gitomer

"Waste no tears over the griefs of yesterday."

Euripides

"We become what we think about."

Earl Nightingale

"What the mind can conceive and believe, the mind can achieve."

Napoleon Hill

A man is what he thinks about all day long.

Ralph Waldo Emerson

"Some people claim that it is okay to read trashy novels because sometimes you can find something valuable in them. You can also find a crust of bread in a garbage can, if you search long enough, but there is a better way."

Jim Rohn

"Read something positive every night and listen to something helpful every morning."

Tom Hopkins

Quitting is not an option!

Be glad of life, because it gives you the chance to love and to work and to play and to look up at the stars.

Henry Van Dyke

Weight Loss Motivation

ATTITUDE

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the inevitable. The only thing we can do is play on one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes.

Charles Swindoll

“Reach high, for the stars lie hidden in your soul.
Dream deep, for every dream precedes the goal. “

Pamela Vaull Starr

“Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.”

Orison Swett Marden

The measure of success
is not whether you have
a tough problem
to deal with, but whether
it's the same problem
you had last year.

John Foster Dulles

**Learn from the mistakes of others.
You can't live long enough to make them all yourself.**

There is only one thing more painful than learning from experience,
and that is not learning from experience.

Weight Loss Motivation

One of the illusions of life is that the present hour is not the critical, decisive hour. Write it on your heart that every day is the best day of the year. He only is rich who owns the day, and no one owns the day who allows it to be invaded with worry, fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt have crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.

Ralph Waldo Emerson

Be like a postage stamp.

**Stick to one thing
until you get there.**

Josh Billings

Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labor is immense.

Thomas Arnold Bennett

You can't turn back the clock, but you can wind it up again.

Bonnie Prudden

A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes.

Hugh Downs

**There is hope for anyone who can look in a mirror
and laugh at what he sees.**

Laughter is the sun that drives winter from the human face.

Weight Loss Motivation

You don't stop laughing because you grow old,
you grow old because you stop laughing.

Though no one can go back
and make a new start,
anyone can start from now
and make a brand new end.
Carl Bard

**We may run, walk, stumble, drive, or fly, but let us never lose sight of the
reason for the journey, or miss a chance to see a rainbow on the way.**
Gloria Gaither

We Choose ..

We choose how we shall live;
Courageously or in cowardice,
Honorably or dishonorably,
With purpose or in drift.
We decide what is important
And what is trivial in life.
We decide that what makes us significant
Is either what we do or refuse to do...
WE DECIDE.
WE CHOOSE.
And as we decide and as we choose,
So our lives are formed...

Success is peace of mind which is a direct result of self-satisfaction in
knowing you did your best to become the best you are capable of becoming.
John R. Wooden

Fanaticism consists of redoubling your efforts when you have forgotten your
aim.
George Santayana

Weight Loss Motivation

He that would have the fruit must climb the tree.

Thomas Fuller

Men go abroad to wonder at the heights of mountains, at the huge waves of the sea, at the long courses of the rivers, at the vast compass of the ocean, at the circular motions of the stars; and they pass by themselves without wondering.

St. Augustine

The first step in handling anything is gaining the ability to face it.

L. Ron Hubbard

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in sails. Explore. Dream. Discover.

**You are not what you think,
but what you think, you are.**

When you reach the end of your rope, tie a knot in it and hang on.

Thomas Jefferson

It does not matter if you fall down as long as you pick up something from the floor while you get up.

Avery's Observation

For of all sad words of tongue or pen, the saddest are these: "It might have been."

John Greenleaf Whittier Maud Muller

Weight Loss Motivation

"The best angle from which to approach any problem, is the TRY-angle..."

Unknown

Set the kind of goals that will make something good of you.

Jim Rohn

"To succeed, you need to take that gut feeling in what you believe in and act on it with all your heart"

Christy Borgeld

"Take time each day to sit back, think, and reflect on your priorities so that you are using every minute well."

Brian Tracy

"At the end of each day, you should play back the tapes of your performance. The results should either applaud you or prod you."

Jim Rohn

"Let us not look back in anger, nor forward in fear, but around us in awareness."

Leland Val Vandewall

Motivation is like a fire; unless you add fuel, it goes out.

Jeff Keller

No one can make you feel inferior without your consent.

Eleanor Roosevelt

Weight Loss Motivation

Failure is only the opportunity to more intelligently begin again.

Henry Ford

Success seems to be largely a matter of hanging on after others have let go.

William Feather

Singleness of purpose is one of the chief essentials for success in life, no matter what may be one's aim.

John D. Rockefeller Jr

One person with a commitment is worth more than 100 people who have only an interest.

Mary Crowley

Success is a state of mind. If you want success, start thinking of yourself as a success.

Joyce Brothers

In the long run, men hit only what they aim at. Therefore, they had better aim at something high.

Henry David Thoreau

We first make our habits and then our habits make us.

John Dryden

The harder the conflict, the more glorious the triumph.

Thomas Paine

Nothing happens by itself. It all will come your way once you understand that you have to make it come your way, by your own exertions.

Ben Stein

Weight Loss Motivation

Act as if it were impossible to fail.

Dorothea Brande

Challenges make you discover things about yourself that you never really knew.

Cicely Tyson

One often learns more from ten days of agony than from ten years of contentment.

Merle Shain

The best things in life are yours, if you can appreciate yourself.

Dale Carnegie

The person who removes a mountain begins by carrying away small stones."-

Chinese proverb

"We attract what we project.

"If we meet our world, and the people in it, with a smile and the confidence that it's going to be a good day, we're likely to get a positive response. We're responsible for our attitudes. We can decide to seek happiness or to remain unhappy, to be negative or positive.

No matter where we are, we take with us our moods, our hopes, our beliefs, our dreams, our habits.

We take with us attitudes about ourselves and other people.

We can cultivate enthusiasm, concern and caring for others. The more we focus on developing positive attitudes, the more we find them in other people. It's true - like attracts like."

Inner Harvest

Weight Loss Motivation

There are really only three kinds of people in this world. There are those who WATCH things happen, there are those who MAKE things happen, and then there are those who WONDER what happened.

To be successful, you must decide exactly what you want to accomplish, then resolve to pay the price to get it.

Bunker Hunt

**I DON'T HAVE TO BE FAT
I CAN BE FIT
THE ONLY DIFFERENCE BETWEEN
FAT AND FIT
IS I
AND I DESERVE TO BE FIT**

When you're facing the right direction, the size of your steps doesn't matter.

Unknown

"It doesn't matter how slowly you go...
as long as you don't stop!"

Confucius

"Learn from the experts. Study successful men and women and do what they do and you'll be successful too."

Brian Tracy

"All that I can, I will."

French Saying

It's not how GOOD you are, it's how BAD you want it.

Weight Loss Motivation

"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."

Napolean Hill

Life has two rules:

- 1. Never quit**
- 2. Always remember Rule Number 1**

Nothing tastes as good as thin feels!

We came, we saw, we kicked ass!

To accomplish great things we must not only act, but also dream; not only plan, but also believe.

Anatole France

No one has ever drowned in sweat.

Lou Holtz

**I AM STRONG!
I AM INVINCIBLE!
I CAN DO ANYTHING!
I AM WOMAN!**

Helen Reddy

Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

Some people are always grumbling because roses have thorns; I am thankful that thorns have roses

Alphonse Karr

Weight Loss Motivation

"To tend, unflinchingly, unflinchingly, towards a goal, is the secret of success."
Anna Pavlov

"Being defeated is often a temporary condition. Giving up is what makes it permanent."
Marilyn vos Savant

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind...let it be something good."

He who laughs, lasts!
Mary Pettibone Poole

I'm not there yet, but I'm closer than I was yesterday!

Things are only impossible until they're not.
Jean-Luc Picard, 'Star Trek: The Next Generation'

"Do not think of today's failures, but of the success that may come tomorrow. You have set yourself a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is lost."
Helen Keller

"There are no shortcuts to any place worth going."
Beverly Sills

Weight Loss Motivation

"You can't have everything...where would you put it?" --
Stephen Wright

GREAT TO BE ALIVE

Today is a beautiful day to be alive. It is a moment in time that is yours to live. It is filled with opportunity, and there are challenges as well -- challenges that will compel you to grow and become stronger. This day is yours from which to draw the priceless experience of living.

In this day, right where you are, there is astonishing beauty to be found, if only you will stop to see it. There are valuable lessons to be learned, if you'll take the time to consider them. This day is a blessing that has no equal and it is yours even now, as you marvel at its unique value. Just think of all you can do with this great and glorious day.

Think and consider, then get up and do. The real value of today is in the living of it. Be thankful that this day is yours, and express your gratitude by making full use of it. Today is a priceless gift waiting to be opened, so by all means open it up and live its full promise.

What a joy it is to be alive on a day like today. Be as fully alive as you can be and astonishingly, you'll make it even better.

Ralph Marston

<http://www.greatday.com/>



Weight Loss Motivation

Rise to the Challenge:

When confronted with a challenge, take the golden opportunity to rise to that challenge. You most certainly can do it, and when you do you'll move your own life, and the world around you, positively forward.

Throughout history the toughest challenges are what have brought about the most valuable and lasting achievements. Those who are challenged, when they rise to that challenge, grow stronger. It's already happened in your life. You've survived every challenge that has come your way, and each one has made you stronger. You've learned, you've grown, you've gained confidence and wisdom.

See each challenge for the opportunity it is. It may be painful and difficult, uncomfortable and scary, and yet you have what it takes to transcend that challenge and grow stronger as a result. After you've gone through the challenge, when you look back on it, you'll be thankful for the value gained in the experience.

Rise to the challenges and you'll raise your expectations, your confidence, your competence and your reality to levels higher than ever before.

Ralph Marston

<http://www.greatday.com/>

"No matter how big and tough a problem may be, get rid of confusion by taking one little step toward the solution."

George Nordenholt

"Today is a brand new day, and it is yours."

Zig Ziglar

"The new, improved you is ready and waiting to get started. No matter what the circumstances may be, you can make this the best day ever. And it's yours to live this very moment."

Ralph Marston

"Patience, persistence and perspiration make an unbeatable combination for success."

Weight Loss Motivation

Napoleon Hill

Man is what he eats.

Ludwig Feuerbach

"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones tend to take care of themselves."

Dale Carnegie

"Everything counts! Everything you do helps or hurts, adds up or takes away."

Brian Tracy

"Progress, however, of the best kind, is comparatively slow. Great results cannot be achieved at once; and we must be satisfied to advance in life as we walk, step by step."

Samuel Smiles

You can't control the hands of time that bring each passing day.

You can't control the weather, for rain will come your way.

You can't control life's anger or hatred's bitter tune.

But remember, friend, remember

You can control you SPOON!

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.

Mark Twain

If at first you don't succeed, get BIGGER & STRONGER then try again...

Weight Loss Motivation

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.
Frank Outlaw

"One should eat to live, not live to eat."
Moliere

"The body is a sacred garment. It's your first and last garment; it is what you enter life in and what you depart life with, and it should be treated with honor."
Martha Graham

As I see it every day you do one of two things: build health or produce disease in yourself.
Adelle Davis

"Our plans miscarry if they have no aim. When a man does not know what harbor he is making for, no wind is the right wind."
Seneca

"Have the dogged determination to follow through to achieve your goal; regardless of circumstances or whatever other people say, think, or do."
Paul Meyer

"Develop a compulsion to closure. Once you begin, refuse to stop before completion."

Weight Loss Motivation

Brian Tracy

"There is nothing so fatal to character as half finished tasks."

David Lloyd George

Success is the sum of small efforts, repeated day in and day out...

Robert Collier

Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see the beauty, believe in them and try to follow where they lead.

Louisa May Alcott

"I am not a quitter. I will fight until I drop. That is a strength that is in my sinew...It is just a matter of having some faith in the fact that as long as you are able to draw breath in this universe you have a chance!"

Cicely Tyson

"We must concentrate on what we can do and erase "can't," "won't" and "don't think so" from our vocabulary."

Cardiss Collins



Weight Loss Motivation

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging, seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must...But don't you quit!

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When you might have won...had you stuck it out!

Don't give up though the pace seems slow,
You might succeed with another blow!
Success is failure turned inside out,
The silver tint of the clouds of doubt.

And you never can tell how close you are;
It may be near, when it seems so far.
So stick to the fight, when hardest hit,
It's when things seem worst...
THAT YOU MUST NOT QUIT.

If you're not sure where you're going, you'll probably end up somewhere else.

"Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt have crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays."

Ralph Waldo Emerson



Weight Loss Motivation

"All things are created twice. There's a mental or first creation, and a physical or second creation of all things. You have to make sure that the blueprint, the first creation, is really what you want, that you've thought everything through. Then you put it into bricks and mortar. Each day you go to the construction shed and pull out the blueprint to get marching orders for the day. You begin with the end in mind."

Stephen Covey

