

***The Big Book***  
***of***  
***Little Motivational Quotes***

***Courtesy***

***<http://www.markamoment.com>***

## *Do we really need a quote or thought to start the day?*

*Many times, after reading a thought we realize that we always knew it. It is not new. It was always there in us. Only we couldn't put a finger or 'words' on it. When we read it in words, we feel connected. It is like sharing of perspectives.*

*Motivational thoughts are positive words of encouragement to help boost the self-confidence and self-esteem we need to empower, motivate and inspire ourselves or others.*

*Some thoughts and quotes help us realize the importance of simple and little things. The need to learn how to patiently build our own personal nest – our dream – one twig at a time.*

*Some thoughts are profound. Simply beautiful. Great thoughts of great people. If we can be inspired even one percent by these thoughts, we are on our way to becoming a beautiful human.*

*Humorous thoughts are interesting, insightful observations. They help to make the best out of the worst situations. Amusing ways of helping us face the realities of life! Help us gather ourselves and start the day with a smile!*

*Yes! Thoughts and Quotes provide inspiration, encouragement and amusement in the walk of life.*

*Mark A Moment believes in providing motivational quotes, a daily photo thought of the day, funny & inspirational quotations to enhance positive energy that will keep you cheerful every day. Each poster with its dramatic photography and timeless quote is sure to motivate and inspire!*

*DOWNLOAD FREE inspirational images & monthly inspirational calendar, email it to your friends, or post it on all your favorite blogs or personal websites. Corporate HR can use it to maintain touch with their employees and promote a happy environment and better productivity.*

*Do not spoil what you have by desiring what you do not have; and always remember that what you now have was once among the things you only hoped for.*

*When you're in a hurry, go slowly. The faster you go in life the sooner it is a blur.*

*Don't confuse having less with being less, having more with being more, or what you have with who you are.*

*Worry does not empty tomorrow of its sorrow. It empties today of its strength.*

*The willingness to accept responsibility for one's own life is the source from which self-respect springs.*

*We get back what we give. "When you are good to others, you are best to yourself."*

*Being broke is not the same as being broken, losing money is not the same as being lost, and finding your balance is not something you can do on a balance sheet.*

*When you think the other person is dumb, you are making a fool of yourself*

*The key to happiness is not that you never get upset, frustrated or irritated. It is how quickly you decide to snap out of it.*

*Two things determine if a person will be a success: reasons and results. Reasons don't count while results do...*

*Forgiveness can be difficult, but to simply release and let go of past hurts is a skill that can be learned with practice.*

*Impossible is a word to be found only in the dictionary of fools*

*Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.*

*Fortune favors the brave. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover!*

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

*Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire, which transcends everything*

*People become really quite remarkable when they start thinking that they can do things.*

*When you believe in yourself, you have the first secret of success.*

*What we can or cannot do, what we consider possible or impossible, is rarely a function of our true capability. It is more likely a function of our beliefs about who we are*

*Every human has four endowments- self-awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom... The power to choose, to respond, to change*

*"When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it."*

*All the breaks you need in life wait within your imagination; Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth*

*There is just one life for each of us: our own*

*If you believe in what you are doing, then let nothing hold you up in your work.  
Much of the best work of the world has been done against seeming  
impossibilities*

*There is no such thing in anyone's life as an unimportant day*

*All successful people men and women are big dreamers. They imagine what  
their future could be, ideal in every respect, and then they work toward their  
distant vision*

*The fear of death follows from the fear of life. A man who lives fully is prepared  
to die at any time*

*There are no accidents... there is only some purpose that we haven't yet  
understood*

*They can because they think they can*

*There are those who dream and wish and there are those who dream and work*

*No man is a failure who is enjoying life*

*Death is not the biggest fear we have; our biggest fear is taking the risk to be  
alive -- the risk to be alive and express what we really are*

*Be miserable. Or motivate yourself. Whatever has to be done, it's always your  
choice*

*You can have anything you want, if you want it badly enough.*

*You can be anything you want to be, do anything you set out to accomplish if you hold to that desire with singleness of purpose*

*If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life*

*Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think*

*Be sure you put your feet in the right place, and then stand firm.*

*You can't do it unless you can imagine it.*

*The more difficult the victory, the greater the happiness in winning.*

*A champion is afraid of losing. Everyone else is afraid of winning.*

*It is easier to do a job right than to explain why you didn't.*

*The difference between ordinary and extraordinary is that little extra.*

*Concentration and mental toughness are the margins of victory.*

*Winning isn't getting ahead of others, it is getting ahead of yourself.*

*It is better to look ahead and prepare than to look back and regret.*

*You can't get much done in life if you only work on the days when you feel good.*

*If you don't love what you do, you won't do it with much conviction or passion.*

*It is more difficult to stay on top than to get there.*

*Satisfaction does not come with achievement, but with effort. Full effort is full victory.*

*Instead of giving myself reasons why I can't, I give myself reasons why I can.*

*Build up your weaknesses until they become your strong points.*

*If you have everything under control, you're not moving fast enough.*

*Don't get discouraged; it is often the last key in the bunch that opens the lock.*

*The person who moves a mountain begins by carrying away small stones.*

*We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face...*

*Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, "I'll try again tomorrow."*

*You must have long range goals to keep you from being frustrated by short range failures.*

*You will face many defeats in your life, but never let yourself be defeated.*

*Your mind creates your reality, use it wisely*

*Try not to judge people*

*People's criticisms are just reflections of their own insecurities*

*Desire everything, but need nothing or anyone*

*Forget what we've been told, you deserve whatever you desire*

*Be alert, there are no coincidences*

*You are never alone*

*There is no right or wrong*

*People are entitled to believe whatever they choose*

*Problems are just catalysts for learning and experiencing*

*You cannot reach great heights without resistance, just like a plane cannot*

*Nothing is impossible unless, of course, you believe it is*

*For the most part, you have chosen your circumstances before you ever got here*

*You don't have to prove anything to anyone*

*Love will always be the most powerful force*

*To forgive is to set a prisoner free and discover that the prisoner was you*

*Don't be afraid to voice your opinion*

*Fall down seven times, get up eight*

*This is your life, live it as you like*

*Help others and you help yourself*

*You make a difference in this world, believe it or not*

*Never feel sorry for yourself, many people would trade their life for yours in an instant*

*The more we talk, the less we listen*

*Miracles happen as we speak*

*We are forever teachers and students*

*All suffering is caused by our failure to understand our true nature*

*'Fear' is having a wrong sense of reality*

*Thoughts are the primary cause of everything*

*Your feelings let you know whether you are on a positive or negative frequency*

*Do what you say you are going to do*

*Feel as though you already have what you want*

*Expect or allow whatever it is that you want*

*Thoughts create and feelings bring alive*

*Not seeing is believing, but believing is seeing*

*When you change the way you look at things, the things you look at change*

*Your vision is the promise of what you shall one day be*

*Circumstance does not make the man; it reveals him to himself*

*Nothing is more important than feeling good*

*World peace is none of your business! Personal peace is*

*It's not the lack of ability or opportunity that holds you back; it is only a lack of confidence in yourself.*

*There are no limits to what you can accomplish, except the limits you place on your own thinking.*

*Self-confidence is the foundation of all great success and achievement.*

*Average people have wishes and hopes. Confident people have goals and plans.*

*Confidence is a habit that can be developed by acting as if you already had the confidence you desire to have.*

*Idealize! Define the ideal future vision of your life in every detail.*

*Imagine no limitations. What would you do with your life if you had all the education, experience and resources that you require?*

*What are you doing today that, knowing what you now know, you wouldn't get into again if you had to do it over?*

*You are always free to choose what you do more of, what you do less of, and what you do not at all.*

*Dream big dreams! Only big dreams have the power to move your mind and spirit.*

*The key to success is to determine your goal and then act as if it were impossible to fail --and it shall be.*

*How would you change your life if you won \$1 million cash today? Whatever your answer, start today to take those actions.*

*Self-confident people do not compare themselves to others. They only compare themselves to the very best that they can be.*

*Commit yourself to excellence in every part of your life and never stop striving toward it.*

*"Boldness has genius, power and magic in it"*

*Fear and doubt are the major enemies of great success and achievement.*

*Confidence is when you meet other people, look them in the eye, state your name clearly, and shake hands firmly.*

*The way you give your name to others is a measure of how much you like and respect yourself.*

*Expect to be successful, expect to be liked, expect to be popular everywhere you go.*

*You are nature's greatest miracle. There never has been and never will be anyone just like you.*

*Your name is the most important sound in your world. Give it with pride.*

*An attitude of positive self expectancy is a great builder of confidence.*

*You do not need to be different from who you are. You only need to be more of the person you already are.*

*Define your life in your own terms and live every minute consistent with the very best person you can possibly be.*

*Your mind is like a muscle – the more you use it, the more powerful it becomes.*

*There is no problem you cannot solve, no obstacle you cannot overcome, and no goal you cannot achieve.*

*Anything anyone else has done, you can probably do as well, if you want to badly enough.*

*No one is better than you – some people are just better developed and more knowledgeable in certain areas.*

*In sales and business, the future belongs to the askers – the people who ask for what they want, over and over.*

*Ask for whatever you want. Ask for help, ask for input, ask for advice and ideas – but never be afraid to ask.*

*Ask politely. Ask expectantly. Ask positively. Ask sincerely. Ask curiously. Remember, the future belongs to the askers.*

*Ask for the job you want. Ask for the salary you want. Ask for the responsibilities you want.*

*Take advantage of your job. Take every opportunity to expand your skills and abilities.*

*Define your ideal lifestyle in every respect. What could you do today to begin creating it?*

*The first part of the word "triumph" is "try"*

*Confident people think, decide and then take action. Be decisive!*

*Accept complete responsibility for every part of your life. Refuse to blame others or make excuses.*

*Accept that you are where you are and what you are because of yourself. If you don't like it, change it!*

*Face your problems squarely. As Shakespeare said, "Take arms against a sea of troubles, and in doing so, end them"*

*If a thing is worth doing, it is worth doing badly.*

*Intelligence is a way of acting. If you act intelligently you are smart, regardless of your IQ.*

*Anything worth doing is worth doing poorly at first, and often it's worth doing poorly several times until you master it.*

*You develop confidence by acting confidently and courageously when you could as well play it safe.*

*Become an unshakable optimist – look for the good in every situation.*

*Fake it until you make it! Act as if you had all the confidence you require until it becomes your reality.*

*See for the valuable lesson every setback or disappointment – you will always find one.*

*After every difficulty, ask yourself two questions; what did i do right? And what would I do differently?*

*The greatest quality is that of becoming unstoppable! And you become unstoppable by refusing to quit, no matter what happens.*

*Talk to yourself positively all the time. Keep repeating. I can do it! I can do it! Until your fears disappear.*

*Do the thing you fear and the death of fear is certain.*

*Self-doubt does more to sabotage than all external limitations put together.*

*Self-confidence is a learnable skill, like typing or riding a bicycle. You develop it with practice.*

*Whatever you think about grows in your life. So think positive, successful and happy.*

*Building self-confidence is like building muscle – you start with the basic structure and then you build on it.*

*You are far more intelligent and creative than you realize. Resolve to get smarter and sharper every day.*

*Decide exactly what you want and resolve to persist, no matter what, until you achieve it.*

*You can achieve almost any goal if you just do what other successful people have done to achieve the same goals.*

*The key to success is for you to make a habit throughout your life of doing the things you fear.*

*Everyone is afraid. The superior person is the one who acts in spite of his fears.*

*If you do not do the thing you fear, the fear controls your life.*

*If you are totally unafraid of failure what goals would you set for yourself?*

*If you did not care at all about what anyone else thought about you, what would you do differently, or change in your life?*

*Don't ever worry about what people might think. Other people aren't really thinking about you at all!*

*You are a thoroughly good person – negative ideas you have about yourself have no basis in reality.*

*Your thought is creative. Thoughts held in mind, produce after their kind.*

*Clear written goals with plans of action will build your self-confidence as fast as any other factor.*

*Believe in yourself; every heart vibrates to that iron string.*

*You are in an ongoing process of becoming, growing and developing in the direction of your dominant thoughts. What are they?*

*Self-confident people think and talk about what they really want – and they tend to get it.*

*Whatever you believe with conviction becomes your reality. Choose your beliefs with care.*

*Challenge your self-limiting beliefs. Most of them are not true at all.*

*You experience calmness and confidence when you know you are doing the right thing – whatever it costs.*

*Confidence on the outside begins by living with integrity on the inside.*

*Be absolutely clear about who you are and what you stand for. Refuse to compromise.*

*Your self-confidence increases when you know you are living your life according to your highest values.*

*Companies with clear written statements of values and principles are more dynamic and profitable than those without. People too.*

*What are your values? What do you stand for and believe in?*

*You can always tell your true values by looking at your behavior – especially under pressure.*

*You always evolve and develop in the direction of your dominant aspirations and your innermost convictions.*

*Self-confident people are very clear about who they are and what they believe in.*

*What is your vision for yourself and your life? Where do you want to be in next five Years?*

*A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.*

*People ignore what you say. They are only concerned with what you do.*

*Resolve today to either resolve or walk away from any situation that makes you unhappy and causes your stress. The only measure of whether you truly believe something is how consistently you practice it.*

*Live your life in every way to earn and keep the respect of people you respect.*

*Happiness and self confidence come naturally and you feel yourself moving and progressing toward becoming the very best person you can possibly be.*

*Integrity is more than a value – it is the quality that guarantees all the other values.*

*Determine your unifying principles in life and resolve to live by them.*

*Unshakeable self-confidence comes from unshakable commitment to your values.*

*If you were to write out your own obituary or eulogy, what would you want it to say about after you die?*

*Organize your values by priority. What is more important to you? What is less important?*

*Set peace of mind as your highest goal and organize your entire life around it.*

*When you listen to your "inner voice" and follow your intuition, you will probably never make another mistake.*

*People are just about as happy as they make up their minds to be*

*Denial is the root source of most mental illness. What is it in your life that you are not facing?*

*Self-confidence comes naturally when your inner life and your outer life are in harmony.*

*The more you do of what you're doing the more you will get what you have got.*

*Deal with life the way it is, not the way you wish it could be.*

*High levels of self-confidence require that you always choose to live by a higher order rather than a lower order value.*

*Accept yourself as a valuable and worthwhile person in every respect.*

*Speak about yourself in positive and constructive terms only. Never sell yourself short.*

*Intensity of purpose and commitment to a single goal or objective builds your self-confidence*

*The most important values in life are contained in the people you love and the people who love you.*

*Every act of self-discipline increases your confidence, trust and belief in yourself and your abilities.*

*Self-confidence is the ability to make yourself do what you should do, when you should do it, whether you should do it, whether you feel like it or not.*

*The great riches of life are self-esteem, self-respect and personal pride – all based on self confidence.*

*Persistence in the face of adversity builds your self-confidence and your ability to persist even more.*

*Persistence is self-discipline in action.*

*The natural tendency of all human behavior is toward the path of least resistance. When you resist this tendency you become stronger and more powerful.*

*Persisting through lesser difficulties builds capacity to persist through greater difficulties, and achieve even greater things.*

*The more confident you are, the more you attract in your life people and circumstances that can help you achieve your goals.*

*To build your confidence, repeat over and over, "I feel happy! I feel healthy! I feel terrific!"*

*Single minded concentration toward your major goal gives you a sense of power, purpose and self-direction.*

*The comfort zone is the great enemy of courage and confidence.*

*People with self confidence set big goals for themselves in every area of life.*

*Setting bog goals for yourself increases your confidence and your belief that they are attainable.*

*Your life is the reflection of your thoughts. If you change your thinking, you change your life.*

*Our great fear is not that we are powerless, but that we are powerful beyond measure.*

*Self-confidence is an attitude and attitudes are import than facts.*

*Visualize; imagine yourself as the calm, confident, powerful person you really are.*

*Think positively. The more optimistic you are, the more confident you become.*

*Every time you write out a goal, it increases your confidence that the goal is achievable.*

*Make every goal clear, specific, measurable and time bounded.*

*The depth of your belief and the strength of your conviction determine the power of your personality.*

*The foundation of confidence in virtually every field is preparation.*

*Clarity is essential. Knowing exactly what you want builds your self-confidence immeasurably.*

*What have you always wanted to do but been afraid to attempt? Whatever it is, it may be your greatest opportunity in life.*

*Cast aside your doubts. Make a total commitment to living the life you were meant to live.*

*A feeling of confidence and personal power comes from facing challenges and overcoming them.*

*Over-learning and over-preparing gives you the winning edge in any area.*

*Learn something new. Try something different. Convince yourself that you have no limits.*

*There is no security in life, only opportunity!*

*You have within you, right now, the ability to be, have, and do far more than you have ever dreamed before.*

*You have been put in this earth to do something wonderful with your life.*

*The single common denominator of men and women who achieve great things is a sense of destiny.*

*Decide what's right before you decide what's possible.*

*Compared to what we could be, we are only half awake!*

*Imagine there were limitations on what you could be, have, or do in any area of life. What goals would you set for yourself?*

*Committing your goals to paper increases the likelihood of achieving them by 1000%*

*The foundation of lasting self-confidence and self-esteem is excellence, mastery of your work.*

*The better you are at what you do, the more you like yourself and the greater is your self-confidence.*

*Goals in writing are dreams with deadlines.*

*There are no unrealistic goals – only unrealistic deadlines.*

*Be a lifelong student – the more you learn the more you earn and the more self-confidence you have.*

*You will be truly happy and self-confident when you know you are really good at what you do.*

*What can you do, and only you, do that if done well, will make a real difference in your life?*

*A Motto for lasting self-confidence is "get good, get better, be the best!"*

*What is your "heart's desire?" What are you really meant to do with your life?*

*What activities, behaviors, or decisions have been most responsible for your success in life? Do more of them.*

*The power which resides in man is new in nature, and none but he knows what that is which he can do, nor does he know until he has tried."*

*The outer limit of your potential is determined by your own beliefs and your own confidence in what you think is possible.*

*Don't hold grudges. Refuse to blame anyone for anything that has happened in your life.*

*Accepting total responsibility for your life give you tremendous feeling of personal power and self-confidence.*

*Forgive everyone who has ever hurt you in any way. Let it go.*

*Do more than you are paid for. There are never any traffic jams on the extra mile.*

*Your success in life will be in direct proportion to what you do after you do what you are expected to do.*

*You are your most valuable asset. Take all the training you can get to increase your value.*

*Every great success is an accumulation of thousands of ordinary efforts that no one sees or appreciates.*

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

*The harder you work, the luckier you get and the more self-confidence you have.*

*When your goals are magnetized with emotion of desire, you will experience what other people call "luck"*

*There are no shortcuts. To be a big success, start a little earlier, work a little harder, and stay a little later.*

*Resolve to pay any price to make any sacrifice to get into the top 10 percent in your field. The payoff is incredible!*

*You have the capacity to become very very good in anything that is really important to you.*

*"Are you denying yourself greatness?"*

*A feeling of continuous growth is a wonderful source of motivation and self-confidence.*

*Invest 3 percent of your income back into yourself in the form of continuous learning.*

*There is nothing that can stop you from getting to the top of your field – except yourself.*

*Continuous learning is the minimum requirement for success in your field.*

*High levels of competence and mastery in your field will you a feeling of unshakable self-confidence.*

*Get around the right people. Associate with positive, goal oriented people who encourage and inspire you.*

*Self-confidence requires high levels of health and energy.*

*Be selective about what you see, watch, hear and listen to. Keep your external influences predominately positive. Your attitude towards life defines not only who you are, but the quality of life you are after.*

*If you can't find the brighter side of life; polish the darker side.*

*Attitude of adjustment is the only instrument to beat the adversities of life.*

*There are some people who live in a dream and then there are some who face reality, then there are those who turn one into the other.*

*Money doesn't make you happy, but being happy makes you money*

*Don't let other people's behavior determine your happiness*

*Life begins on the edge of your comfort zone*

*Thoughts become things, choose the good ones*

*Focus on the end result, not the 'hows'*

*Don't doubt your ability, just give it your ALL every time*

*I can be what I WILL to be*

*If whatever is not working, change your approach until it does*

*Visualize with feeling just 5 minutes a day, Not what I 'should do' but what I  
'could do'*

*Lighten up; you don't have to try so hard.*

*Act as if it is so, and it will be.*

*Your thoughts and feelings are creating your future.*

*You don't get what you want, you get what you are.*

*The world can only change from within.*

*Change your thoughts, and you change your world.*

*Those who deny freedom to others deserve it not for themselves.*

*We all live with the objective of being happy; our lives are all different and yet  
the same.*

*It is the ability to take a joke, not make one, which proves you have a sense of  
humor.*

*Love and magic have a great deal in common. They enrich the soul, delight the  
heart. And they both need practice.*

*The secret to living the life of your dreams is to start living the life of your  
dreams, at once, to any degree that you possibly can.*

*The best and most beautiful things in the world cannot be seen, nor touched...but are felt in the heart.*

*People who cannot invent and reinvent themselves must be content with borrowed postures, secondhand ideas, fitting in instead of standing out.*

*The only man who never makes mistakes is the man who never does anything.*

*Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world -- making the most of one's best.*

*Man's mind, once stretched by a new idea, never regains its original dimensions.*

*The nearest way to glory is to strive to be what you wish to be.*

*The man who trims himself to suit everybody will soon whittle himself away.*

*Do not go where the path may lead, go instead where there is no path and leave a trail.*

*At least three times every day take a moment and ask yourself what is really important. Then have wisdom and the courage to build your life around your answer.*

*To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.*

*It's not who you are that holds you back, it's who you think you're not.*

*Simplicity is the key to brilliance.*

*There is no end. There is no beginning. There is only the infinite passion of life.*

*Work as though you would live forever, and live as though you would die today.*

*What the mind of man can conceive and believe, the mind of man can achieve.*