



Get more of what you want and less of what you don't, both personally and professionally.

Who Inspires You?

"Wisdom is the reward you get for a lifetime of listening when you would have rather talked."
-Mark Twain



Valorie Kondos Field. How many yous have ever lived before you lived? And when you die, will there ever be another you? There has never been another you on this planet, and there never will be another you. You are here for a *reason* and you are not a mistake.

Sister Madonna Buder. The Seven D's:

D _____ D _____
D _____ D _____
D _____ D _____
D _____!

Debora Coty. Reflect on this quote: "Attempt something so big that unless God intervenes it is sure to fail." - Corrie ten Boom. Is there something you are scared to attempt? Get out there and do it!

Anthony Graves. Are you living? Or are you existing? After receiving his first execution date, Anthony had a realization: It was his choice to respond to what he was going through, and that could not be taken away from him. His thought "I'm going to live till I die" was his choice, and he chose to be positive and *live* on death row rather than just *exist*. What can you do today to choose living?

Scott Alexander. Who do you choose to be? Scott believes that if you are out chasing success, you ARE a success! You are a success the minute you decide "I am going to be a rhino, get out there in the jungle, and CHARGE!" We can make ourselves what ever we want to be, we get to decide and have the power to choose. How are you going to make yourself?

Roz Savage. Do you currently look outside of yourself for fulfillment? Roz realize she had look inside to make herself happy. She could not make anyone else responsible or blameworthy for her happiness and emotions. How can you switch your mindset and rely on yourself?



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.