

YES, I CAN!!!

If you are not getting encouraging feedback from those around you, print this list of positive quotes, and hang it up on a mirror, or a place you where you will see it and read it every day.

CHANGE

The ideal day never comes. Today is ideal for him who makes it so.

~ Horatio Dresser

Even if you're on the right track, you'll get run over if you just sit there.

~ Will Rogers

If you always do, What you always did-

You'll always get, What you always got! ~ Unknown

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

So throw off the bowlines. Sail away for the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

~ Mark Twain

I realize that if I wait until I am no longer afraid to act, write, speak, or be, I'll be sending messages on a ouija board, cryptic complaints from the other side.

~ Audre Lorde

TAKE THAT FIRST STEP

I once complained to my father that I didn't seem to be able to do things the same way other people did.

Dad's advice? "Margo, don't be a sheep. People hate sheep. They eat sheep.

~ Margo Kaufman

The first step in solving a problem is to tell someone about it. ~ John Peter Flynn

The difficult must become habit;

The habit must become easy,

And the easy will become beautiful. ~ Prince Sergei Volkonski

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

Why not go out on a limb? Isn't that where the fruit is? ~ Frank Scully

Behold the turtle. He makes progress only when he sticks his neck out.
~ James B. Conant

Trust only movement. Life happens at the level of events not of words. Trust movement.
~ Alfred Adler

Fears are educated into us and can, if we wish, be educated out.
~ Karl Menninger

Today is yesterday's tomorrow. ~ Michael Makowsky

I cannot give you the formula for success, but I can give you the formula for failure—try to please everybody.
~ Herbert Bayard Swope

BALANCE

Join the Nobody's Perfect Club—membership is free, you'll be able to identify with fellow members, you can renew membership at any time, or join for a lifetime.
~ Ethel Lee-Miller

Consider the postage stamp: its usefulness consists in the ability to stick to one thing till it gets there.
~ Josh Billings

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

Girls just wanna have fun! ~ Cyndi Lauper

It is hard to fight an enemy who has outposts in your head. ~ Sally Kempton

If you want to see a hero, look in the mirror. ~ Anonymous

You were once wild here. Don't let *them* tame you! ~ Isadora Duncan

...forget not that the earth delights to feel your bare feet, and the wind longs to play with your hair. ~ Kahil Gibran

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.
~ Lucille Ball

Life itself is the proper binge! ~ Julia Child

Rule #1: Don't sweat the small stuff.

Rule #2: It's all small stuff. ~ Dr. Robert S. Eliot

Have you ever had a depressing thought in the middle of a good laugh?

~ Douglas Bloch

Keep your face to the sunshine and you cannot see the shadow.

~ Helen Keller

You've got to learn to like yourself first; I'm a little screwed up, but I'm beautiful.

~ Steve McQueen

Ethel Lee-Miller Enhanced Life Management

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