

# POTENTIAL

## POSITIVE QUOTES AND TIPS...

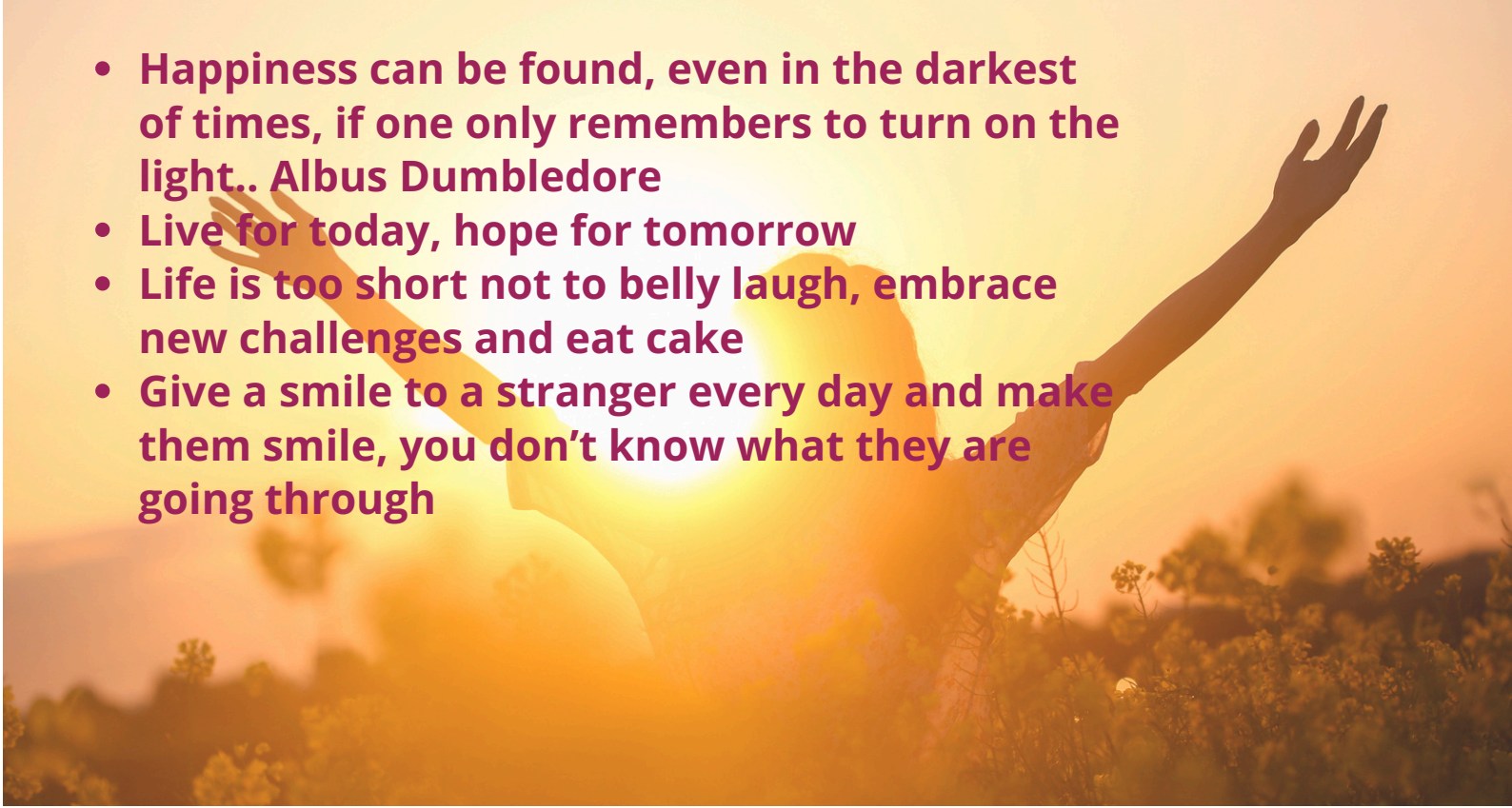
This resource gives you some great positive vibes, including quotes, books and films, you can add to this as you find your favourite positive vibes!

- Love Conquers Fear
- Smile at a stranger and see how far they pass it on
- Take 10 minutes a day to be calm (I do the head space app)
- Friends are the most important thing ever
- Keep walking towards and facing the sun, the shadows will always fall behind you
- Comparison is the thief of joy – don't compare your journey to anyone else's, you don't know the road they have travelled





- Give your Costa points to someone else to buy them a drink
- Make sure everyone around me knows they are appreciated
- Always think before making a choice, so you understand how the other person will receive it
- There is a special place in heaven for woman who help other woman (my take on Madeline Albright's quote)

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- Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.. Albus Dumbledore
  - Live for today, hope for tomorrow
  - Life is too short not to belly laugh, embrace new challenges and eat cake
  - Give a smile to a stranger every day and make them smile, you don't know what they are going through

Add a few of your own favourite quotes...

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- All will be ok!
- She thought she could, so she did
- I didn't think I could, but I did... my beginning – my own personal quote
- Don't be afraid to share, everyone has a story and so many people can benefit from knowing. It's not just me!
- If at first you don't success try try again



- Pick yourself up, brush yourself down and start all over again
- What if I fall? What if you fly?
- Be authentic, be yourself, just be...
- Always be kind to people on the way up, you may meet them on the way down.
- If it doesn't challenge you, then it won't change you
- Creativity is good for the soul, if you are ever low get creative... thinking, art, drama, writing, unlock your inner creative genius and share it
- Take time to enjoy now, and be the friend you want to be
- Winners never quit as quitters never win – don't give up
- Great things begin at the end of your comfort zone

## BOOKS...

- **Feel the Fear and Do It Anyway - Susan Jeffers**
- **The Go-Giver – Bob Burg**
- **Playing Big – Tara Mohr**
- **The Curse of the Lovely – Jacqui Marion**
- **Finding my VirginitY – Richard Branson**
- **Who Moved my Cheese?- Spencer Johnson**
- **Do Less – Kate Northrup**



## FILMS...

- **7 Pounds**
- **The Pursuit of Happiness**
- **Stardust**

Add a few of your own...

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