

Inspirational Quotes

These inspirational quotes can help to get you up and moving when you're feeling down and stuck. Take at least one daily for maximum efficacy during and after divorce!

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Categories: Coping with Divorce, Quotes

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“You become what you believe, not what you think or what you want.” – Oprah Winfrey

“Ask yourself: ‘Have I been kind today?’ Make kindness your daily modus operandi and change your world.” – Annie Lennox

“When one door closes, another opens. But we often look so regretfully upon the closed door that we don’t see the one that has opened for us.” – Alexander Graham Bell

“We don’t see things as they are, we see them as we are.” – Anaïs Nin

“The struggle of my life created empathy – I could relate to pain, being abandoned, having people not love me.” – Oprah Winfrey

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” – Barak Obama

“Only I can change my life. No one can do it for me.” – Carol Burnett

“When you forgive, you in no way change the past – but you sure do change the future.” – Bernard Meltzer

“If you do not change direction, you may end up where you are heading.” – Lao Tzu

“If you don’t like something, change it. If you can’t change it, change your attitude.” – Maya Angelou

“Where there is no struggle, there is no strength.” – Oprah Winfrey

“Be kind, for everyone you meet is fighting a great battle.” – Philo of Alexandria

“First, think. Second, believe. Third, dream. And finally, dare.” – Walt Disney

“Every day is a good day.” – Author Unknown

“Be miserable, or motivate yourself. Whatever has to be done, it’s always your choice.” – Wayne Dyer

“The question isn’t who is going to let me; it’s who is going to stop me.” – Ayn Rand

“Turn your wounds into wisdom.” – Oprah Winfrey

“A friend of mine gave me a wonderful quote: ‘When you’re going through hell, don’t stop to take pictures’.” – Wally Amos (founder of Famous Amos Cookies)

“Never, never, never give up.” – Winston Churchill

“If you practice maintaining your composure, and remember that someone else’s behavior belongs to that person and cannot upset you unless you allow it to do so, then you will not become an unwilling target.” – Wayne Dyer

“Failure is unimportant. It takes courage to make a fool of yourself.” – Charlie Chaplin

“An adventure may be worn as a muddy spot or it may be worn as a proud insignia. It is the woman wearing it who makes it the one thing or the other.” – Norma Shearer

“It means nonconformity and freedom of the imagination and the individual. If you can hang onto your individuality, hold tight to your freedom, and not get squigged-out as you grow older, then and only then are you mature.” – Jean Arthur

“Always be a first-rate version of yourself instead of a second-rate version of somebody else.” – Judy Garland

“I try to trust the present, if for no other reason than, in a real sense, it’s really all I’ve got.” – Lawrence W. Fagg

Your journey has molded you for the greater good, and it was exactly what it needed to be. Don’t think that you’ve lost time. It took each and every situation you have encountered to bring you to the now. And now is right on time.” – Asha Tyson

“Everything is okay in the end. If it’s not okay, then it’s not the end.” – Paulo Coelho

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. – Anaïs Nin

“Be kind, for everyone you meet is fighting a great battle.” – Philo of Alexandria

“When recalling a contentious past conversation and the perfect rejoinder occurs to me, I try to take heart; at least I thought of it.” – Lawrence W. Fagg

“Each act of goodwill, however seemingly insignificant, adds an abiding touch of grace to the world.” – Lawrence W. Fagg

“In my searching for meaning, if something I happen to do makes me feel deep-down good, perhaps that is meaning enough.” – Lawrence W. Fagg

“The truth only becomes real when it is activated by the imagination.” – Leo Damrosch

“In the living moment time and eternity join in a vibrant wholeness, and time as a measure has lost all importance.” – Lawrence W. Fagg

“The only thing that does not change is change.” – Lawrence W. Fagg

“The moment, this dynamic coalescence of memory and anticipation; it is this marriage of the past and the future that makes the present our only eye to eternity.” – Lawrence W. Fagg

“The living here and now is the becoming that generates our sense of being.” – Lawrence W. Fagg

“One of these days I’m going to phone Aunt Florence.

One of these days I’m going to teach myself to play the piano.

One of these days I’m going to clear up the mess on my desk.

One of these days maybe I’ll stop saying ‘One of these days’.” – Lawrence W. Fagg

“When left with nothing to say, rest content in the knowledge that there is really nothing to say” – Zen Garden

“When you are deluded and full of doubt, even a thousand books of scripture are not enough. When you have realized understanding, even one word is too much.” – Zen Garden

“In walking, just walk. In sitting, just sit. Above all, don’t wobble.” – Zen Garden

“If my heart can become pure and simple like that of a child, I think there probably no greater happiness than this.” – Zen Garden

“Every day is a good day” – Zen Garden

“How can the drops of water know themselves to be a river?” – Zen Garden

“The bird of paradise alights only on the hand that does not grasp.” – Zen Garden

“The quieter you become, the more you are able to hear.” – Zen Garden

“To find your way, you must close your eyes and walk in the dark.” – Zen Garden

“The way is not difficult to discern. Seek it within.” – Zen Garden

“Sitting quietly, doing nothing, spring comes and the grass grows by itself.” – Zen Garden

“Dream a dream that’s big enough to outlast a life time ” – Author Unknown

“To accomplish great things, we must not only act, but also dream, not only plan but also believe.” – Author Unknown

“Be miserable, or motivate yourself. Whatever has to be done, it’s always your choice.” – Wayne Dyer

“It is wise to keep in mind that neither success nor failure is ever final.” – Roger Babson

“If you can imagine it, you can create it. If you dream it, you can become it.” – William Arthur Ward

“You can never cross the ocean unless you have the courage to lose sight of the shore.” – Christopher Columbus

“Yesterday is history. Tomorrow is a mystery. And Today? Today is a gift. That’s why we call it the present.” – Babatunde Olatunji

“Don’t let what you can’t do stop you from doing what you can do.” – John Wooden

“Our greatest glory is not in never falling, but in rising every time we fall.” – Confucius

“If we could see the miracle of a single flower clearly, our whole life would change.” – Author Unknown

“The only man who never makes a mistake is the man who never does anything.” – Theodore Roosevelt

“We must become the change we want to see.” – Mahatma Gandhi

“The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.” – Martin Luther King Jr.

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one that has been opened for us.” – Helen Keller

“The question isn’t who is going to let me; it’s who is going to stop me.” – Ayn Rand

“I have not failed. I’ve just found 10,000 ways that won’t work.” – Thomas Alva Edison

“Never tell me the sky’s the limit when there are footprints on the moon.” – Author Unknown

“First say to yourself what you would be; and then do what you have to do.” – Epictetus

“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

“First ask yourself: What is the worst that can happen? Then prepare to accept it. Then proceed to improve on the worst.” – Dale Carnegie

“Never regret. If it’s good, it’s wonderful. If it’s bad, it’s experience.” – Victoria Holt

“Life is too short, so kiss slowly, laugh insanely, love truly and forgive quickly.” – Author Unknown

“When God takes something from your grasp, He’s not punishing you, but merely opening your hands to receive something else.” – Author Unknown

“To get something you never had, you have to do something you never did.” – Author Unknown

“Live in gratitude. Fear of loss is what creates loss. Love of possibilities is what drives the fulfillment of those possibilities. What good is it to have something if you constantly live in fear of losing it? In some ways, that’s worse than not having it at all.” – Author Unknown

“You are just a moment away from the highest level of enthusiasm and effectiveness you’ve ever known. You are just a moment away from the most empowering positive attitude you’ve ever experienced. You can choose your perspective, you can choose your outlook, and you can choose your attitude. The moment you make the choice, whatever you choose is yours.” – Author Unknown

“THINKING is necessary to establish your vision, but ACTION is crucial to achieve your journey of accomplishment.” – Author Unknown

“It’s ok to make a mistake, It’s ok to cry, but it’s not ok to give up.” – Author Unknown

“When you look for the good in others, you discover the best in yourself.” – Martin Walsh

Attachment to being right creates suffering. When you have a choice to be right, or to be kind, choose kind and watch your suffering disappear.” – Author Unknown