**FAVORITE QUOTATIONS**

Love, breathe, be.

Inhale, Exhale, Breathe

Relax It doesn't get much better than this.

Count Your Blessings

**Just Another Day in Paradise**

Life is good at the beach. (Go there often.[[1]](#footnote-2))

Live Well, Laugh Often, Love Much!

Enjoy the Journey.

I am not what happened to me, I am what I choose to become. ~ Carl Jung

I am convinced that life is 10 percent what happens and 90 percent how I react to it.

Lyle Marshall, Sacramento, completely disabled

What would you attempt to do if you knew you could not fail?

 Inspire courage. Affirm adventure. Take risks.

Live life joyfully. (It’s a choice to make!)

Life is a journey – enjoy it!

Life is not measured by the number of breaths you take,
but by the number of moments that take your breath away.

#  “Go confidently in the direction of your dreams. Live the life you have imagined.”

 [If one advances confidently in the direction of one's dreams, and endeavors to live the life which one has](http://en.thinkexist.com/quotation/if_one_advances_confidently_in_the_direction_of/11010.html)

 [imagined, one will meet with a success unexpected in common hours.](http://en.thinkexist.com/quotation/if_one_advances_confidently_in_the_direction_of/11010.html)”

 Sing like no one can hear you. Love like you'll never be hurt. Dance like no one is watching.

**No act of kindness, no matter how small, is ever wasted**

**Don't be afraid to fail. Be afraid not to try**. -Michael Jordan

Do no great things, only small things with great love. ~ Mother Teresa

It’s a wonderful life!

We may not have it all together, but together we have it all.

To the world you may be one, but to one person you might be the world.

 It Is What It Is

**In everything, give thanks.**

If you can imagine it
You can achieve it
If you can dream it
You can become it

Teachers plant the seeds that grow forever.

I WOKE UP THIS MORNING SINGING…

I woke up this morning singing.

Life is so good, life is so good.

So good to me.

And I can’t help feeling up and high.

And appreciating it with a great sigh

Noting the beauty

Of the experience

As I live the journey

As I appreciate the opportunity

And the miracle of just being

Just being here for a while,

Just experiencing, just living, just loving, just giving

So I wake up this morning singing,

Life is so good, life is so good,

Life is so good to me.

And so it is

And so it shall be.

LIFE

I already decided to love it ...

 "It's a decision I make every morning when I wake up.

 I have a choice:

I can spend the day in bed

 recounting the difficulty I have with the parts of my body

that no longer work,

Or

Get out of bed and be thankful for the ones that do.

 Each day is a gift, and as long as my eyes open

 I'll focus on the new day

 and all the happy memories I've stored away ...

 just for this time in my life.

Old age is like a bank account ...

 you withdraw from what you've put in ..

So, my advice to you would be to deposit a lot of

happiness.

1. This actually refers to the practice of going there in one’s mind, especially when life is stressful or in the midst of an upset. It calms the mind and reminds us of a very good part of life. [↑](#footnote-ref-2)