

**“Do not push yourself through
life, but allow your life purpose
to push you.”**

Mykim Tran

**“Do not judge yourself harshly.
Without mercy for ourselves
we cannot love the world.”**

Thich Nhat Hanh

**“A happy lifestyle is one that
you created yourself.”**

Mykim Tran

“Don’t let the past dictate who you are, but let it help you become who you are in the future.”

Thich Nhat Hanh

**“Small acts of kindness can
bring you many benefits: mental,
spiritual, emotional, and
physical.”**

Mykim Tran

**“Don’t postpone joy until you
have learned all of your
lessons. Joy is your lesson.”**

Alan Cohen

**“A peaceful world starts with
you.”**

Mykim Tran

**“Do the thing you fear most
and the death of fear is
certain.”**

Mark Twain

**“A positive circle of influence
will motivate, inspire, and
empower you in life.”**

Mykim Tran

**“Doubt can only be
removed by action.”**

Johann Wolfgang von Goethe

**“A vision board of your goals
and dreams will motivate and
empower your mind to live your
ideal life.”**

Mykim Tran

“Each morning we are born again, what we do today is what matters the most.”

Thich Nhat Hanh

“Acknowledge your small accomplishments. They are the building blocks to bigger and greater accomplishments.”

Mykim Tran

**“Even death is not to be
feared by one who has lived
wisely.”**

Buddha

**“Act and behave like the
person you want to become.”**

Mykim Tran

**“Happiness comes when your
work and words are of benefit
to yourself and others.”**

Thich Nhat Hanh

**“Always find and learn new
ways to improve and grow
yourself.”**

Mykim Tran

**“Happiness is an
inside job.”**

William Arthur Ward

**“As long as you are still alive,
your goals and dreams need
to stay alive.”**

Mykim Tran

“A great leader’s courage to fulfill his vision comes from passion, not position.”

John Maxwell

**“Asking for help is not a sign
of weakness, but a sign of
strength and courage.”**

Mykim Tran

**“Action is the foundation
key to all success.”**

Pablo Picasso

**“Be proud of who you are and
the person you have become.”**

Mykim Tran

**“Always be a first-rate version
of yourself, instead of a second-
rate version of somebody else.”**

Judy Garland

**“Be proud of your strengths
and talents because no one
else has them.”**

Mykim Tran

“Be yourself, everyone else is already taken.”

Oscar Wilde

“Become a lifelong learner.”

Mykim Tran

**“Be what you are. This is the
first step toward becoming
better than you are.”**

August W. Hare

“Believe in yourself. If not, it will be difficult for you to accomplish anything, even small goals.”

Mykim Tran

“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

Helen Keller

**“Be proud and celebrate all of
your successes, small and
big.”**

Mykim Tran

**“Confidence comes not from
always being right but from not
fearing to be wrong.”**

Peter T. McIntyre

**“Complaining and blaming
are the worst enemies for
your life.”**

Mykim Tran

**“Passion is the genesis
of genius.”**

Anthony Robbins

**“Create your own beliefs,
values, and standards for
your own life.”**

Mykim Tran

“Do not blindly believe what others say. See for yourself what brings contentment, clarity, and peace. That is the path for you to follow.”

Thich Nhat Hanh

**“Creating meaning is a lifelong
task for you to experience
lifelong happiness.”**

Mykim Tran

“Life’s challenges are not supposed to paralyze you, they’re suppose to help you discover who you are.”

Bernice Johnson Reagon

**“Develop a powerful vision for
your life.”**

Mykim Tran

**“Life shrinks or expands in
proportion to one’s
courage.”**

Anais Nin

“Do not neglect your problems and difficulties, because they are your strength, joy, and happiness when you overcome them.”

Mykim Tran

“Never apologize for showing feeling. When you do so, you apologize the truth.”

Benjamin Disraeli

**“Do not take short cuts in life.
You will realize that you will have
to start all over again at the
end.”**

Mykim Tran

**“Never underestimate
the power of passion.”**

Eve Sawyer

**“Do something that you have
never done before.”**

Mykim Tran

“No matter how small the success may seem, celebrate all your wins. This helps build a foundation of confidence.”

Blair Singer

**“Anything can bring you
happiness if you have the
right purpose for doing it.”**

Mykim Tran

“No one outside ourselves can rule us inwardly. When we know this, we become free.”

Thich Nhat Hanh

**“Everything happens for a
good reason to improve your
life in one way or another.”**

Mykim Tran

**“Nothing can bring you
happiness but yourself.”**

Ralph Waldo Emerson

**“Failure is not a negative
experience, but an opportunity
to learn and grow.”**

Mykim Tran

**“Nothing great in the world
has ever been accomplished
without passion.”**

Hebbel

**“Focusing on your breathing
can instantly relieve your
emotions.”**

Mykim Tran

“Nothing is more damaging to you than to do something that you believe is wrong.”

Abraham

“Forgive yourself and let go of your mistakes or for when you have taken the wrong path in life so you can move forward to live a better life.”

Mykim Tran

**“There are no mistakes in
life, just lessons.”**

Fitness Motivator

**“Forgiveness releases your
negative energy so you can
focus on better and more
important things.”**

Mykim Tran

**“There cannot be personal
peace without personal
responsibility.”**

Vernon Howard

**“Give yourself permission
to be happy.”**

Mykim Tran

“There is no failure – just experiences and your reactions to them.”

Thomas Krause

**“Give yourself permission to
discover and achieve your
goals and dreams.”**

Mykim Tran

“There is no living thing that is not afraid when it faces danger. The true courage is in facing danger when you are afraid.”

L. Frank Baum

**“Goals are easier to
accomplish when you break
them down into smaller goals.”**

Mykim Tran

**“There is no way to
happiness. Happiness is the
way.”**

Thich Nhat Hanh

**“Goal setting helps you create
meaning, purpose, joy,
happiness, and fulfillment in
life.”**

Mykim Tran

**“There is only one person who
could ever make you happy,
and that person is you.”**

David Burns

**“Goal setting is the best
tool for personal growth.”**

Mykim Tran

**“There is only one success, to
be able to spend your life in your
own way.”**

Christopher Morley

**“Gratification is from
outside. Happiness is from
within.”**

Mykim Tran

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralph Waldo Emerson

**“Great things usually
come in last minutes.”**

Mykim Tran

**“To fulfill your destiny, stay
tuned to your heart. Don’t let
anyone squeeze you into a
mold.”**

Joel Osteen

**“Happiness is an ongoing
process of becoming a better
person daily.”**

Mykim Tran

**“True love needs
understanding.”**

Thich Nhat Hanh

**“Happiness is having the ability
to be creative and innovate
with your strengths and
talents.”**

Mykim Tran

**“Happiness is found in
doing, not merely
possessing.”**

Napolean Hill

**“Happiness is not something
you postpone for the future; it
is something you design in the
present.”**

Mykim Tran

**“Happiness is not the
absence of problems but the
ability to deal with them.”**

Jack Brown

**“Happiness is the
process, not the
destination.”**

Mykim Tran

**“Happiness is really a deep
harmonious inner satisfaction
and approval.”**

Francis Wilshire

**“Have faith. Without faith,
dreams cannot be
possible.”**

Mykim Tran

“Happiness is when what you think, what you say, and what you do are in harmony.”

Mahatma Gandhi

**“If you are committed to
believing in yourself,
magical things will happen.”**

Mykim Tran

**“Here is the test to find
whether your mission on
Earth is finished. If you’re
alive, it isn’t.”**

Richard Bach

“If you are working on something you really care and passionate about, you don’t have to be pushed. The vision pulls you.”

Mykim Tran

**“If we wait for the moment
when everything is ready, we
shall never begin.”**

Ivan Turgenev

**“If you have ever felt bored
with your life, it is time for
you to set some goals.”**

Mykim Tran

“If you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl. But whatever you do, you have to keep on moving forward.”

Martin Luther King Jr.

**“In order to clearly
understand your problem and
to solve it, you must write it
down.”**

Mykim Tran

**“If you don’t appreciate
what you’ve got then you
won’t get anymore.”**

T. Harv Eker

“Invest in yourself by spending money on things to improve yourself and your happiness.”

Mykim Tran

**“In every negative event is
the seed of an equal or
greater benefit.”**

Napoleon Hill

“It does not matter how bad or terrible the situation might be, there is always a positive side to it.”

Mykim Tran

“You train people how to treat you by how you treat yourself.”

Martin Rutte

**“It does not matter how small of
a step you take to get closer to
fulfilling your goals and dreams,
you must take the step.”**

Mykim Tran

**“Nothing is permanent in this
wicked world—not even our
troubles.”**

Charlie Chaplin

**“It is never too late to achieve
anything or to experience
happiness.”**

Mykim Tran

**“Peace in yourself, peace
in the world.”**

Thich Nhat Hanh

**“It is the meaning and
purpose you develop that
matters in life.”**

Mykim Tran

“Our most significant opportunities will be found in times of greatest difficulty.”

Thomas S. Monson