






## INSPIRATIONAL LIFE QUOTES

1. Don't believe everything you think. Most of what we worry about never happens.
2. Change is always possible, no matter what stage of life you are in.
3. DO NOT compare yourself to others. Ever.
4. Let loose and have fun every once in a while. You will thank yourself for it later.
5. Never underestimate the power of taking a drive with the music blasting and very loud singing.
6. Don't take yourself too seriously.
7. Don't be afraid to share your story. It will inspire others.
8. Love should never be chased. If it's not given freely, it's not for you.
9. Never forget those people who were there for you during your toughest times.
10. Quality of friendships is what matters. Always quality over quantity.
11. Just when you think you give yourself enough compassion, give yourself more.
12. Your intuition knows what's up. Trust it over everything.

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13. Choose to be grateful every day. It will change your world.
  14. Do not let the actions of others control your emotions.
  15. Never settle for love. Know your worth.
  16. Set boundaries for yourself and don't ever let anyone cross them.
  17. You cannot figure out your life in one day. It's okay, no one does.
  18. Friends, wine and laughter are some of the best therapy.
  19. Know how rich you are. This has nothing to do with money.
  20. If you have a few friends that you trust with every aspect of your life, never let them go. **THEY ARE MAGIC.**
  21. Believing in and loving yourself are two of the most powerful things you can ever do.
  22. You must make peace with your past so you can focus on the present.
  23. Time heals almost everything. Give yourself grace and **GIVE IT TIME.**
  24. Don't have any regrets, but rather lessons learned.
  25. You and only **YOU** are in charge of your own happiness.
  26. Your life will most likely go in a different direction than you expected. Try to embrace it.
  27. You can say no. Don't feel guilty about it.
  28. The happiest people in life are the givers. Be a giver, not a getter. The truth is we rise by lifting others.
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29. Don't fear rejection. Fear staying in the same place if you don't try new things.

30. There will never be the perfect time for anything. Instead, dive right in.

31. You may be having a rough patch now. It won't last. Good things are on the way.

32. Don't speak when you are mad. Words cannot be taken back once they are spoken.

33. Do not let the weight of yesterday carry over to today. Let it be.

34. Get out of your comfort zone. Do It Scared. It's the only way to grow.

35. Our society is always in a rush. Take a deep breath and SLOW DOWN.

36. Sometimes the things that hurt the most teach the biggest lessons.

37. At the end of the day, no matter what you have accomplished, YOU ARE ENOUGH.

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