

Quiet Moments

Everyone needs some time to think.

Don't say you don't have enough time, you have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, Albert Einstein and others.

Education and intelligence accomplish nothing without action.

Our brightest future hinges on our ability to pay attention to what we're doing right now, today.

No matter how good or bad you have it, wake up each day thankful for your life. Someone somewhere else is desperately fighting for theirs.

If you really want to do something you'll find a way, if you don't you'll find an excuse.

In the quiet moments ask yourself what do you think about? How far you have come or how far you have to go?

Your strengths or your weaknesses? The best that might happen? Or the worst that might come to be?

In the moments pay attention to thoughts because maybe, just maybe

The only thing that needs shifting in order to experience more happiness, more love and more vitality is your way of thinking.