



## 50 INSPIRATIONAL QUOTES

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1. You create your life with the choices you make each day.
2. When your desire for self-mastery is great enough, you'll make the effort to control your thoughts and direct them in positive ways.
3. What is a belief? It is a sense of certainty about something.
4. As you sow in your mind, so shall you reap in your life.
5. The world *within* creates the world *without*. If you want to change external conditions you must first change the cause - your thoughts.
6. Whatever the conscious, reasoning mind *believes*, the subconscious mind unquestionably *accepts* and *acts* on.
7. It is absolutely possible to change the circumstances in which you now live and take control of them rather than be directed by them.
8. As soon as you take responsibility for your thoughts, words, and actions, all of your relationships will improve and you will have increased influence over those in your life's circle.
9. I absolutely know that we have the power to take control and improve nearly anything in our lives, because within each of us lie the solutions to our challenges and the ability to turn our dreams into realities.
10. We allow people to offend us and we allow people to make us angry. Our reaction to people and to our circumstances is our choice.



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11. We can respond to others and to our circumstances however we choose.
12. You, and you alone, own your thoughts, feelings, words, and actions.
13. You must take responsibility for your thoughts, words and actions if you are to move forward in your life.
14. You will never progress until you stop blaming others for your problems and stop convincing yourself that you are a victim.
15. To move forward with your life you must fully embrace the fact that the solutions to each and every one of your challenges lie within you.
16. The secret to happiness is to *choose* to focus on the positive, no matter what.
17. Think *gratitude*. Instead of looking at what you don't have, pay attention to what you *do* have and to the good things about your life.
18. Your self-beliefs form the foundation of your personality and your behavior. Therefore, your self-beliefs are the key to change. This is true for two reasons. First, your actions are always consistent with your beliefs. Second, your beliefs *can* be changed.
19. We act like the person we believe ourselves to be.
20. Our life experiences confirm, and thereby strengthen, our self-beliefs, and positive or negative cycles are created.
21. When you change your negative self-beliefs, which underlie all of your negative actions, you increase your ability to act in positive ways. Then, achieving your goals – in every area of your life - becomes easier and easier.
22. You are who you are because of the dominating thoughts you permit in your mind. You can either choose to attack yourself with negativity or to affirm your abilities.
23. Positive mental picturing is a key to healthy change. You are the writer, director, and star of either an Oscar-winning epic (an extraordinary life) or a Grade 'B' movie (less than your best). The person you see in your imagination will always rule your world.





24. To make significant, positive changes in your life you must first, believe you can change, and *want* to change your negative self-beliefs. Second, you must identify the beliefs you need to alter. Third, you must learn and use key skills to help you change those beliefs.
25. Create the confidence and resolve to turn from negativity and from every damaging belief that pulls you backwards and replace harmful beliefs with new, positive ones that will catapult you forward to exhilarating success.
26. To begin any change, first you need to identify all behaviors needing change, because you can't alter what you don't acknowledge.
27. First, give yourself permission to examine and question every belief you now hold about yourself. Second, open your mind to the possibility that some of your beliefs – even ones you've firmly held as true - may be false. Third, allow the possibility that some of your beliefs may be preventing you from moving forward as you would like.
28. Offer love and kindness. We have all seen the magical effects of love and kindness in our lives and in the lives of others. It seems as though the giver is always more blessed than the receiver.
29. For as we love, we are loved, and it becomes easier to love.
30. Be others-centered, instead of self-centered. Look through windows, seeing the needs of others, instead of mirrors, seeing your own needs.
31. Be flexible and cheerful. Choosing to be flexible is choosing to focus on the positive. And positive people are always cheerful folks.
32. Be passionate about something! Discover what sings to your heart then do it enthusiastically.
33. Talk to yourself as kindly as you talk to your best friends.
34. Count your many blessings.....name them one by one.
35. *The question isn't whether or not you'll have negative thoughts – you will! It's what you choose to do with the ones you have that makes all the difference.*





36. With the right tools and consistent effort you can steer yourself toward previously unimagined joy and unattainable success.

37. Give yourself the gift of consistently filling your mind with uplifting thoughts.

38. As you work toward your goals, be like a laser beam focused powerfully and directly on your target.

**39.** Don't allow distractions or backward glances to side-track your thinking. As you work toward your goals, be like a laser beam focused powerfully and directly on your target.

40. Identify what hurts the most and what you need the most. Then do whatever it takes to heal the hurt and fill your need.

#### **41. 7 Steps to Success**

1. Choose only those goals you deeply care about and are absolutely committed to achieving.

2. Write your goals in detailed specifics.

3. Give yourself a time limit.

4. Break goals into small, do-able steps.

5. Consistently and enthusiastically take action.

6. Notice what's working (or not) and reward yourself along the way.

7. Continue making course corrections until you achieve your goals.

42. Two keys to success are consistency and enthusiasm. Work enthusiastically every day, every week, every month toward your goals.

43. As you're making any improvements in your life, notice what's working and reward yourself often.

44. As you're breaking new habits and creating new ones, notice what's working and reward yourself often.







45. As you're working toward your goals, notice what's working and reward yourself along the way.

46. Continue to make course corrections until you achieve your goals.

47. You can improve your self-image by creating new, positive experiences to replace the old ones.

48. You act, and feel, not always according to what is true, but according to the image your mind holds of what is true.

49. If our ideas and mental image are distorted or unrealistic, then our reactions to our environment will likewise be inaccurate.

50. Form a picture in your mind and see yourself succeeding. As you frequently watch your mental motion picture of your ideal self, you will become that person.

