

200 Motivational Quotes

An Inspirational Reference



Compiled By Clint Cora

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I just love motivational and inspirational quotes. They are the wisdom passed down from countless individuals from the ancient past all the way to the present. They help keep us on track with our own life goals as well as provide a guide to how we should be conducting ourselves as human beings.

Like many motivational speakers and personal development authors, I use such motivational quotes throughout my live presentations and books. They help teach important success principles.

I've compiled 200 of the most profound motivational quotes I've come across in this ebook. Some are by famous people and many are by those you probably never heard of but their quotations are equally striking.

Even reading one or two of these on a daily basis will help put you on course in your day to day life. If you do presentations at work or school, referring to one or two of these quotes will help bring your presentation to a higher level. Audiences will always appreciate the added wisdom.

I've even added a few of my own motivational quotes at the end of this book and I hope they will inspire you in some way. Visit my website (posted at the top of the page) for many more personal development resources such as articles, videos and more books.

Thank you for downloading this ebook and feel free to share it with others.

Clint Cora

Speaker, Author & Karate World Champion

A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.

Brian Tracy

A man is not old until regrets take the place of dreams.

John Barrymore

Great people make you feel that you, too, can become great.

Mark Twain

A soul without a high aim is like a ship without a rudder.

Eileen Caddy

A successful man is one who can lay a firm foundation with the bricks others have thrown at him.

David Brinkley

A superior man is modest in his speech, but exceeds in his actions.

Confucius

Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.

Les Brown

Achieving life is not the equivalent of avoiding death.

Ayn Rand

Act enthusiastic and you will be enthusiastic.

Dale Carnegie

Action is the antidote to despair.

Joan Baez

Age is a question of mind over matter. If you don't mind, it doesn't matter.

Mark Twain

Age is no guarantee of maturity.

Lawana Blackwell

Aim not for what you are, but for what you could be.

Lucas Hellmer

All religions must be tolerated ... for every man must get to heaven in his own way.

Epictetus

Always do more than is required of you.

George S. Patton

An hour of play discovers more than a year of conversation does.

Portuguese proverb

An optimist sees an opportunity in every calamity. A pessimist sees a calamity in every opportunity.

Winston Churchill

Anger dwells only in the bosom of fools.

Albert Einstein

As long as you live, keep learning how to live.

Lucius Annaeus Seneca

Attitude is a little thing that makes a big difference.

Winston Churchill

Be faithful in small things because it is in them that your strength lies.

Mother Teresa

Be kind whenever possible. It is always possible.

Dalai Lama

Be sure that, as you scramble up the ladder of success, it is leaning against the right building.

Stephen Covey

Beauty is the reflection of the magic inside your soul.

Vanessa Hernandez

Become the kind of leader that people would follow voluntarily even if you had no title or position.

Brian Tracy

Champions aren't made in gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision.

Muhammad Ali

Character is the result of two things: mental attitude and the way we spend our time.

Elbert Hubbard

Character, not circumstance, makes the person.

Booker T. Washington

Confidence, like art, never comes from having all the answers; it comes from being open to all the questions.

Earl Gray Stevens

Constant dripping hollows out a stone.

Lucretius

Curiosity is one of the permanent and certain characteristics of a vigorous mind.

Samuel Johnson

Develop a passion for learning. If you do, you will never cease to grow.

Anthony J. D'Angelo

Develop an attitude of gratitude. Say thank you to everyone you meet for everything they do for you.

Brian Tracy

Do we need more time? Or do we need to be more disciplined with the time we have?

Kerry Johnson

Don't compare yourself to others but be inspired by them.

Leo Babauta

Don't count every hour in the day. Make every hour in the day count!

Mark Amend

Emancipate yourselves from mental slavery, none but ourselves can free our minds.

Bob Marley

Empty pockets never held anyone back. Only empty heads and empty hearts can do that.

Norman Vincent Peale

Even if you're on the right track, you'll get run over if you just sit there.

Will Rogers

Every choice you make has an end result.

Zig Ziglar

Excuses are the nails used to build a house of failure.

Don Wilder

Failure should be our teacher, not our undertaker. It is delay, not defeat. It is a temporary detour, not a dead-end street.

William A. Ward

Fear is a priceless education.

Lance Armstrong

For success, attitude is equally as important as ability.

Harry F. Banks

For the real winners, there are no finish lines.

Harvey Mackay

Go for it now. The future is promised to no one.

Wayne Dyer

Goals allow you to control the direction of change in your favor.

Brian Tracy

Good fortune is what happens when opportunity meets with planning.

Thomas Edison

Habit is a cable; we weave a thread of it each day, and at last we cannot break it.

Horace Mann

Happiness lies in the joy of achievement and the thrill of creative effort.

Franklin D. Roosevelt

Hard work made it easy. That is my secret. That is why I win.

Nadia Comaneci

He who angers you conquers you.

Elizabeth Kenny

He who controls others may be powerful, but he who has mastered himself is mightier still.

Lao Tzu

He who lives in harmony with himself lives in harmony with the universe.

Marcus Aurelius

How easy it is to see your brother's faults. How hard it is to face your own.

Buddha

I believe people are in our lives for a reason. We're here to learn from each other.

Gillian Anderson

I can be changed by what happens to me but I refuse to be reduced by it.

Maya Angelou

I know that no one can really stop me but myself and that really no one can help me but myself.

Peter Nivio Zarlenga

I learned that courage was not the absence of fear, but the triumph over it.

Nelson Mandela

I learned that good judgment comes from experience and that experience grows out of mistakes.

Omar Bradley

I'm a great believer in luck, and I find the harder I work the more I have of it.

Thomas Jefferson

If not us, who? If not now, when?

John F. Kennedy

If we cannot end our differences, at least we can help make the world safe for diversity.

John F. Kennedy

If we do not take advantage of our opportunities, it is our own fault.

Thomas J. Watson

If we wait for the moment when everything, absolutely everything is ready, we shall never begin.

Ivan Turgenev

If what you are doing is not moving you towards your goals, then it's moving you away from your goals.

Brian Tracy

If you are a complainer you might have already spent your help quota.

Zig Ziglar

If you can dream it, you can do it.

Walt Disney

If you cannot work with love but only with distaste, it is better that you should leave your work.

Kahlil Gibran

If you change the way you look at things, the things you look at change.

Wayne Dyer

If you don't know what you're after, it's unlikely you're going to find it.

Seth Godin

If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.

Alan K. Simpson

In essence, if we want to direct our lives, we must take control of our consistent actions.

Tony Robbins

It is hard to fail, but it is worse never to have tried to succeed.

Theodore Roosevelt

It is not the mountain that we conquer, but ourselves.

Sir Edmund Hillary

It's all right to have butterflies in your stomach. Just get them to fly in formation!

Dr. Rob Gilbert

It's amazing what ordinary people can do if they set out without preconceived notions.

Charles F. Kettering

It's easy to make a buck. It's a lot tougher to make a difference.

Tom Brokaw

It's not your circumstances that shape you, it's how you react to your circumstances.

Anne Ortlund

It's the most unhappy people who most fear change.

Mignon McLaughlin

Learn how to be happy with what you have while you pursue all that you want.

Jim Rohn

Life is an endless process of self-discovery.

John Gardner

Life is the art of drawing without an eraser.

John Gardner

Life's like a play: it's not the length, but the excellence of the acting that matters.

Lucius Annaeus Seneca

Little minds are tamed and subdued by misfortune; but great minds rise above them.

Washington Irving

Live out of your imagination, not your history.

Stephen Covey

Make what you're doing today important, because you're trading a day of your life for it.

Unknown

Money grows on the tree of persistence.

Japanese Proverb

Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being.

William James

Never give an order that can't be obeyed.

Douglas MacArthur

No man can think clearly when his fists are clenched.

George Jean Nathan

Nobody stands taller than those willing to stand corrected.

William Safire

Not everything that is faced can be changed, but nothing can be changed until it is faced.

James Baldwin

Nothing focuses the mind better than the constant sight of a competitor who wants to wipe you off the map.

Wayne Calloway

Only those who risk going too far can possibly find out how far they can go.

T.S. Eliot

Our lives begin to end the day we become silent about things that matter.

Martin Luther King Jr.

Our past is like a footprint. It only confirms we were there. No burden on our future does it bear.

Jeb Dickerson

Peace cannot be kept by force. It can only be achieved by understanding.

Albert Einstein

People rarely succeed unless they have fun in what they are doing.

Dale Carnegie

Persistence is self-discipline in action.

Brian Tracy

Positive thinking will let you do everything better than negative thinking will.

Zig Ziglar

Real love stories never have endings.

Richard Bach

Regardless of who you are or what you have been, you can be what you want to be.

W. Clement Stone

Reputation is for time; character is for eternity.

J. B. Gough

Someday is not a day of the week.

Unknown

Sometimes if you want to see a change for the better, you have to take things into your own hands.

Clint Eastwood

Strength does not come from winning. Your struggles develop your strengths.

Arnold Schwarzenegger

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

Albert Schweitzer

Successful people are simply those with successful habits.

Brian Tracy

Surround yourself with people strong enough to change your mind.

John Wooden

Tact is the ability to tell someone to go to hell in such a way that they look forward to the trip.

Winston Churchill

The art of teaching is the art of assisting discovery.

Mark Van Doren

The best angle from which to approach any problem is the try-angle.

Unknown

The best way to find yourself is to lose yourself in the service of others.

Mohandas Gandhi

The best way to predict the future is to create it.

Peter Drucker

The big thing is not what happens to us in life - but what we do about what happens to us.

George Allen

The chief cause of failure and unhappiness is trading what we want most for what we want at the moment.

Unknown

The days come and go, but they say nothing. And if we do not use the gifts they bring, they carry them as silently away.

Ralph Waldo Emerson

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.

William James

The growth of understanding follows an ascending spiral rather than a straight line.

Joanna Field

The men who try to do something and fail are infinitely better than those who try to do nothing and succeed.

Lloyd Jones

The minute you choose to do what you really want to do it's a different kind of life.

Buckminster Fuller

The more difficulties one has to encounter, the higher in inspiration his life will be.

Horace Bushnell

The only limits we have are the limits we believe.

Wayne Dyer

The only place that success comes before work is in the dictionary.

Vidal Sassoon

The only real security that a man will have in this world is a reserve of knowledge, experience & ability.

Henry Ford

The only thing that stands between a person and what they want from life is often the will to try it and the faith to believe it's possible

Rich Devos

The person without a purpose is like a ship without a rudder.

Thomas Carlyle

The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.

Winston Churchill

The price of success is much lower than the price of failure.

Zig Ziglar

The reason so many people never get anywhere in life is because when opportunity knocks, they are out in the backyard looking for four-leaf clovers.

Walter P. Chrysler

The strength and clarity of your vision will lift you out of the depth of any hardship.

Robin Sharma

The things that are easy to do are also easy not to do.

Jim Rohn

The things which hurt, instruct.

Benjamin Franklin

The trouble with the rat race is that even if you win, you're still a rat.

Lily Tomlin

The true measure of a man is how he treats someone who can do him absolutely no good.

Samuel Johnson

There are no short cuts to any place worth going.

Beverly Sills

There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.

W. Clement Stone

There is nothing like dream to create the future. Utopia today, flesh and blood tomorrow.

Victor Hugo

There is nothing so fatal to character as half-finished tasks.

David Lloyd George

There's no point dwelling on what might or could have been. You just have to go forward.

Jack Nicholson

They who give have all things; they who withhold have nothing.

Hindu Proverb

Thinking is the hardest work there is, which is probably the reason so few engage in it.

Henry Ford

This is a wonderful day, I have never seen this one before.

Maya Angelou

To be successful, the first thing to do is fall in love with your work.

Sister Mary Laretta

To live a creative life, we must lose our fear of being wrong.

Joseph Clinton Pearce

To live without hope is to cease to live.

Fyodor Dostoevsky

To try and fail is at least to learn. To fail to try is to suffer the loss of what might have been.

Benjamin Franklin

True miracles are created by men when they use the courage and intelligence that God gave them.

Jean Anouilh

Turn wounds into wisdom.

Oprah Winfrey

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.

Mark Twain

Very often a change of self is needed more than a change of scene.

Arthur Christopher Benson

We choose our joys and sorrows long before we experience them.

Kahlil Gibran

We could all use a little coaching. When you're playing the game, it's hard to think of everything.

Jim Rohn

We have to dare to be ourselves, however frightening or strange that self may prove to be.

May Sarton

We may affirm absolutely that nothing great in the world has ever been accomplished without passion.

Georg Hegel

We write our own destiny; we become what we do.

Madame Chiang Kai-Shek

What we think determines what happens to us, so if we want to change our lives, we need to stretch our minds.

Wayne Dyer

What you do today can improve all your tomorrows.

Ralph Marston

Whatever we expect with confidence becomes our own self-fulfilling prophecy.

Brian Tracy

When anger rises, think of the consequences.

Confucius

When the power of love overcomes the love of power ... the world will know peace.

Jimi Hendrix

When we direct our thoughts properly, we can control our emotions.

W. Clement Stone

When you are dissatisfied and would like to go back to your youth, think of algebra.

Unknown

When you judge another, you do not define them, you define yourself.

Wayne Dyer

Winners make a habit of manufacturing their own positive expectations in advance of the event.

Brian Tracy

Without a sense of urgency, desire loses its value.

Jim Rohn

You can't expect people to look eye to eye with you if you are looking down on them.

Anonymous

You cannot dream yourself into a character: you must hammer and forge yourself into one.

Henry Thoreau

You have to put in many, many, many tiny efforts that nobody sees or appreciates before you achieve anything worthwhile.

Brian Tracy

You have within you right now, everything you need to deal with whatever the world can throw at you.

Brian Tracy

You never achieve success unless you like what you are doing.

Dale Carnegie

You never truly understand something, until you can explain it to your grandmother.

Albert Einstein

Your belief creates the fact.

James Allen

Your true wealth is the good you do in the world.

Mohammed

A great leader's courage to fulfill his vision comes from passion, not position,

John C. Maxwell

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

Judy Garland

Challenges make life interesting, however, overcoming them is what makes life meaningful.

Mark Twain

Defeat is not the worst of failures. Not to have tried is the true failure.

G. Woodberry

I have not failed. I've just found 10,000 ways that won't work.

Thomas Edison

If you expect respect be the first to show it.

Unknown

If you're going through hell, keep going.

Winston Churchill

It is literally true that you can succeed best & quickest by helping others to succeed.

Napoleon Hill

It's a funny thing about life. If you refuse to accept anything but the best, you very often get it.

William Somerset Maugham

Life is like a coin. You can spend it any way you wish, but you only spend it once.

Lillian Dickson

Lost time is never found again.

Benjamin Franklin

Never look back unless you are planning to go that way.

Henry D. Thoreau

No one heals himself by wounding another.

St. Ambrose

Refuse to be average. Let your heart soar as high as it will.

A. W. Tozer

We all live under the same sky, but we don't all have the same horizon.

Konrad Adenauer

We can only appreciate the miracle of a sunrise if we have waited in the darkness.

Unknown

We have to start teaching ourselves not to be afraid.

William Faulkner

You can never cross the ocean unless you have the courage to lose sight of the shore.

Christopher Columbus

You see things and you say, why? But I dream things that never were and I say, why not?

George Bernard Shaw

Your present circumstances don't determine where you can go; they merely determine where you start.

Nido Qubein

Your willingness to look at your darkness is what empowers you to change.

Iyanla Vanzant

In order to achieve our goals, we have to get a little bit uncomfortable to push beyond those cushy comfort zones.

Clint Cora

We all have the potential for greatness.

Clint Cora

Our biggest competition is never the others. Instead, it is always ourselves. It doesn't matter if we end up with first or last place. If we do our best to do better than before, then we've won.

Clint Cora

About Clint Cora

Clint Cora's life so far has been fascinating to say the very least. During his early years growing up in Toronto, Canada, he had to endure racism and emotional abuse. But these were nothing compared to the personal tragedy of his mother's suicide. Despite these enormous hardships, Clint weathered the storms of adversity and went on to become a karate world champion while having a successful corporate career.

Based on his unique journey, Clint Cora is certainly somebody who knows about motivation and how to use it to become successful. As a dynamic motivational speaker and author, Clint is compelled to help others achieve life success.

After a twenty year corporate career, Clint became an author and wrote a book called *How To Get A Dream Job In Pharmaceutical Sales – Direct Inside Advice and Guidance From a Sales Manager* to help others start a pharmaceutical sales career. He also reviewed his life experiences including both successes and adversities he faced for the important lessons learned. The result was another book, *The Life Champion In You*.

Clint has had countless successes in martial arts competitions including winning Canadian national and world championships. Clint was also a proud member of the Canadian National Karate Team.

For information on Clint's speaking programs, articles, books and other educational resources on achieving success, go to his official website at www.clintcora.com



How To Expand Your Comfort Zone To Finally Conquer Even Your Most Daunting Goals In Life

With specially selected parts from high energy live keynote presentations, author, motivational speaker and Karate World Champion Clint Cora will share with you in a **FREE 3-part Personal Development Video Series**;

- The #1 profound mind-shift that allowed me to break through his own personal tragedy
- The 2 most important decisions you **MUST** make in your life for success
- The hidden lesson underneath **EVERY** life experience you have
- The **BIGGEST** secret and surefire way to actually achieving your goals (and why almost **EVERYONE** does this wrong)
- How to get **OUT** of your comfort zone and why it's one of the biggest **KEYS** to your long term happiness
- Three micro-changes you can make in your life right now to **IMMEDIATELY** get closer to achieving your goals
- Why you should **NEVER** make wishes for the things you desire in your career, personal life or health and what you should do instead
- Secret surprises that will unexpectedly **BOOST** your personal growth ten-fold

For more information on how to access this **FREE 3-part Personal Development Video Series**, go to;

<http://www.clintcora.com/freeinspirationpersonalgrowth.html>

The Life Champion In You



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Overcome Challenges
and Achieve Enormous
Personal Success*

Clint Cora

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