



When a person is going through changes (as I and many other have and will continue to do) they need all the reinforcement and encouragement they can get. I have personally surrounded myself with positive quotes and affirmation to get through life's hurdles.

My gift to you are the uplifting, thought provoking and empowering quotes I have collected and surround myself with any given day. Please read the quotes and sit with each and see how each resonates with you.

Please and then take time to add some of your own for yourself and to share with others.

Blessings, Sue Lundquist

♥ "Show me a person who has never made a mistake and I'll show you someone who has never achieved much."

--Joan Collins

♥ "Your wealth is where your friends are."

--Plautus

♥ "I don't believe that life is supposed to make you feel good, or to make you feel miserable either. Life is just supposed to make you feel."

--Gloria Naylor

♥ One of the first things you should look for in a problem is its positive side:



- ♥ "Many a man curses the rain that falls upon his head, and knows not that it brings abundance to drive away hunger."
--St. Basil

- ♥ "Problems are only opportunities in work clothes."
--Henry J. Kaiser

- ♥ "The block of granite, which was an obstacle in the path of the weak, becomes a stepping stone in the path of the strong."
--Thomas Carlyle

- ♥ Appreciate, Communicate and validate with one another
Sue Lundquist, Author

- ♥ Don't let the things you want cloud the things you already have
 - -Unknown

- ♥ Success doesn't come to you
You go to it.

- ♥ Actions DO speak louder than words.

- ♥ Children are here to show you who you truly are.
Is it time to make changes?

- ♥ If you insist on measuring yourself, put a tape around your heart rather than your head.
-Carol Trabelle



- ♥ The measure of life is not its duration
but its donation.
-Peter Marshall
- ♥ Changing one small thing for the better is worth more than providing a thousand people wrong.
-Anthony Pivec
- ♥ Be patient, it could be so big you need this time to prepare.
-OPRAH
- ♥ Never let anyone change “your” belief. It was you who worked that hard to get there and not anyone would want what is took to get there.
-unknown
- ♥ Stay away from the people who belittle your ambitions.
Small people always do that.
But the really great people make you feel you too can become great.
-unknown
- ♥ Do not wish to be anything but what you are, and to be “that” perfectly.
E.E. Cummings

Be sure to smile at a stranger, hold a door open, give and ask for forgiveness.

Be Thankful for the smallest of things: fresh cut grass, the parking spot, laughter, tears, sleep and all the abundance this life has to offer you.