



HEALTHFUL TIPS

Start Your Year with an **I CAN** Attitude



The power of the mind is amazing. Our thoughts can move us forward to a happier and healthier life. Here are some positive quotes to get you started. Come up with your own dozen or so and recite them constantly.

When you are tempted to give up, your breakthrough is probably just around the corner. —Joyce Meyer

Success is a journey, not a destination. —Ben Sweetland

Change your thoughts, and you change your world. —Norman Vincent Peale

Opportunities are usually disguised by hard work, so most people don't recognize them. —Ann Landers

If it is to be, it is up to me! —Unknown

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

Do what you don't feel like doing. —Wolf J. Rinke

Failure is an event, not a condition. —Unknown

Live by choice, not by chance. —Earl Nightingale

It's not what you are, but what you think you are, that will determine your destiny. —Wolf J. Rinke

You are able to accomplish far more than you ever imagined. —Wolf J. Rinke

Begin with the end in mind. —Stephen R. Covey

Our success in life will be directly determined by the decisions we make and the paths we take. —Jerry R. Wilson

Without action, a terrible thing will happen. Nothing! —Wolf J. Rinke

Discipline is what makes freedom possible. —Unknown

A positive emotion is created by positive thoughts and images. —Norman Vincent Peale

Change the changeable. Accept the unchangeable. Remove yourself from the unacceptable. —Denis Waitley

I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of 'Wow, I'm not really sure I can do this,' and you push through those moments, that's when you have a breakthrough. —Marissa Mayer (CEO of Yahoo)

No one can make you feel inferior without your consent. —Eleanor Roosevelt

To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. —Thich Nhat Hanh

Courage is like a muscle. We strengthen it by use. —Ruth Gordo

One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go. —Sheila Murray Bethel

We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here NOW with the power to shape your day and your future. —Steve Maraboli

There is great change to be experienced once you learn the power of letting go. Stop allowing anyone or anything to control, limit, repress, or discourage you from being your true self! Today is YOURS to shape – own it – break free from people and things that poison or dilute your spirit. —Steve Maraboli

There is no greater force for change than people inspired to live a better life. —Steve Maraboli

If you think you can – you can! —Ronald Reagan

If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes. —John Wooden