



## Mindset Musing #8: Positive Mindset Quotations

Words can be powerful, especially when crafted in a way that can shift your mindset. Below are some of my favorite positive mood-altering quotes I read when I notice the inner critic voice screaming for attention. Pick and choose a few of your favorites and then surround yourself with these quotes visually (write them on post-it notes, frame them or make one your screen-saver). For added impact, read the quotation out loud as you imagine the essence of its message soak in emotionally, mentally and physically.

*“Change your thoughts and you change the world.” – Harold R. McAlindon*

*“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” – Thomas Jefferson*

*“Whether you think you can or you think you can’t, you are right.” – Henry Ford*

*“Most of the shadows of this life are caused by our standing in our own sunshine.” – Ralph Waldo Emerson*

*“Don’t let what you can’t do stop you from what you can do.” – John Wooden*

*“There is but one cause of human failure and that is a man’s lack of faith in his true Self.” – William James*

*“Yesterday is history; tomorrow a mystery; today is a gift. That’s why it’s called the present.” – Author Unknown*

*“You alone are enough. You have nothing to prove to anybody.” – Maya Angelou*

*“Nothing is impossible. The word itself says, ‘I’m possible.’” – Audrey Hepburn*

*“The only person you are destined to become is the person you decide to be.” – Ralph Waldo Emerson*

*“You must do the very thing you think you cannot do.” – Eleanor Roosevelt*

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” – Marianne Williamson*

**Send me your favorite positive quotations at [mstern@marciestern.com](mailto:mstern@marciestern.com) and I’ll add them to the list!**

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