

# *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](http://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/adtrackz/go.php?c=quotes>



# The Life Champion In You



*How You Can  
Overcome Challenges  
and Achieve Enormous  
Personal Success*

## Clint Cora

One man's journey from personal tragedy to World Karate Champion  
and the universal lessons you can learn for your own life

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