

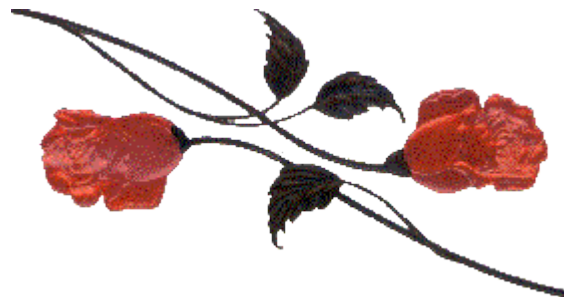
Whatever you most want from life, achieve it with



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Introduction



Whatever you most want from life?

That sounds like a pretty big claim... but whatever *your* big dream, your passionate desire, the goal or the achievement that means the difference between a mere existence and a true, fulfilling, satisfying, happy life, it's unlikely to be much bigger, or more difficult to reach, or more apparently impossible than those of the people whose advice and thoughts are listed in this book for your encouragement and inspiration.

- At nineteen months old, [Helen Keller](#) contracted an illness that left her deaf and blind... but she learned to speak, and to read (in Braille) English, French, German, Greek and Latin, and became the first blind person to graduate from college in the USA (magna cum laude, from Radcliffe).



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She developed into a world-famous writer, speaker and political activist, meeting every US President from Grover Cleveland to Lyndon Johnson, and was awarded the Presidential Medal of Freedom in 1964.

Is *your* dream more “impossible” than that?

- [Abraham Lincoln](#) was born into a poor, uneducated farming family. His father made good money through investments – and lost the lot through litigation. His mother died when he was nine. He had no more than 18 months of formal education, but loved reading and taught himself the law so well that he became a barrister.

His first fiancée died before the wedding could take place. When he did marry, he and his wife had four sons – but three of them died in childhood. He was elected to the House of Representatives, where he was far from a success, then he stood for election to the Senate, and was beaten.

It must have seemed as if he'd gone as far as he was ever going to go – but in 1860, he became the President of the United States... and he abolished slavery.

Is what *you* long for much more difficult than that?

- [Thomas Edison](#) tried 10,000 (yes, that's right – ten *thousand!*) times to make a light-bulb before he found a way that worked... and went on to hold more patents for his inventions than anyone before - or, so far, since.

He also made discoveries that launched recorded music and the movie industry... and yet he had no more than three months' formal education.

Wherever *you* might have to start from, and whatever failures and frustrations you've endured so far, can you honestly say they're worse than Thomas Edison's?



- If you think such things can't happen now, just look at [Oprah Winfrey](#).

Her parents were unmarried teens, and till she was 6 she lived in poverty with her grandmother, who beat her when she misbehaved.

Reclaimed by her mother, she was abused from the age of 9 by her uncle, a cousin and a family friend. She ran away from home, lived on the street, became pregnant at 14, and gave birth to a son, who died soon after.

She was then sent to live with her father, who encouraged her to concentrate on education, and at 18 she won a scholarship to Tennessee State University, when she studied communication.

Taking over an unimpressive half-hour TV talk show in Chicago, she quickly took its ratings from last to first place. Renamed The Oprah Winfrey Show, its time slot was doubled to an hour, and it went nationwide. Its ongoing success has led to her being called the most influential woman in the world... and even *that's* not all.

Oprah is also an Academy Award-nominated movie actress as well as a successful writer, magazine publisher and book critic, and she runs a TV production company. She's believed to be the richest African American of the 20th Century, and, for three years running, the world's only African American billionaire.

Her Angel Network charity encourages people around the world to help to make a difference in the lives of others. She's been described as the most philanthropic African American of all time, and her charitable works include a \$10 million contribution to help the victims of Hurricane Katrina, and spending \$7 million putting 100 African Americans through college, not to mention hosting a TV show from her own home that in on evening raised over \$7 million for children in Africa.



Is all this at the expense of her personal life, then? Not at all.

After several turbulent relationships, one of which involved her for a time in taking drugs, Oprah and her partner, Stedman Graham, have been together more than 20 years, and have seven lovely homes and two dogs. Although they don't have children of their own, Oprah describes the hundreds of students at the Academy she has set up in South Africa as her daughters.

Whatever in your life and background you may feel has held you back, and made you feel can't achieve or don't deserve success, can it *really* be much worse than everything that Oprah's been through?

Are your own dreams *really* much more out of reach than hers? It's very difficult to picture how they *could* be!

As well as overcoming some appalling obstacles to achieve success that those around them must have thought was totally impossible, these four people have something else in common, too.

They, like all the other people in this book, have offered their advice and their encouragement to all who want to follow in their footsteps.

Writers and rock stars, pacifists and generals, spiritual leaders and giants of industry, engineers and inventors, poets, politicians, scientists and sporting legends... to read their words is to hang out with them, and use the things *they've* learned to help you to achieve *your* dreams and your desires, whatever they may be.

Forget the difficulties and refocus your attention on exactly where you want to go. Start your day with some encouragement and inspiration from the people who know exactly



what working for the things you want most is about.

Whether you're aware of it or not, you absorb a lot of the opinions and the attitudes of those around you, so make sure that those opinions and those attitudes are good, constructive, positive, empowering ones by spending a few minutes with some of the most successful people who have ever walked this planet, every day.

There's a quotation here for each day of the year, so it only takes a few moments to check out some encouragement.

Of course, if you want to, you can read as many extra as you like – but reading a small amount each day will reinforce your increasing feelings of commitment and self-confidence much more than simply reading the whole thing once, and then forgetting all about it.

It's in the *constant repetition* of these attitudes of positivity and inspiration that the book's real power lies (and to learn the easiest and fastest way to change your *own* attitude to one of unquenchable optimism and dynamic energy, visit <http://www.Supreme-Success.com>).

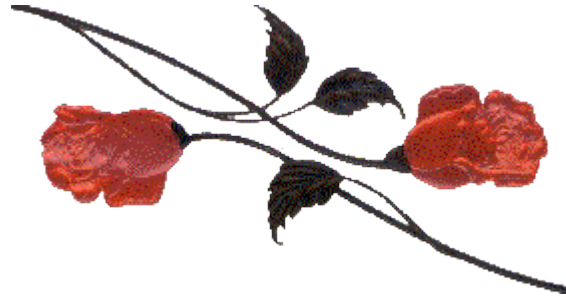
The people quoted in this book have all used the power of their mental attitude to help them overcome all kinds of failure and frustrations, and they've succeeded – often way beyond their wildest dreams... and so can you.

You can start right [here](#)...

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January



Need some help to keep your New Year's Resolutions?
Strengthen your determination with Supreme-Success.com

1. "I promise to pursue the dreams that God has given me." - Dr. Robert Schüller.
2. "The most effective way to do it, is to *do* it." - Amelia Earhart.
3. "Whether you believe you can, or you believe you can't, you're right." - Henry Ford.
4. "Small opportunities are often the beginning of great enterprises." - Demosthenes.
5. "Always remember that your success begins inside you; if you can't see it first, no-one else ever will." - Chuck Norris.
6. "What I've dared, I've willed, and what I've willed, I'll do." - Herman Melville.
7. "The harder I practice, the luckier I seem to get." - Gary Player.
8. "The way to get started is to quit talking and begin doing." - Walt Disney.



9. "The first step to a great life is to fill your life with a positive faith that will help you through anything. The second is to begin where you are." - Norman Vincent Peale.
10. "There is guidance for each of us, and by lowly listening we shall hear the right word." - Ralph Waldo Emerson.
11. "We must not be afraid of dreaming the seemingly impossible if we want the seemingly impossible to become reality." - Vaclav Havel, Poet, and Former President, Czech Republic.
12. "Today's gratitude buys you tomorrow's happiness." - Paul McKenna.
13. "If you want to be successful, know what you're doing, love what you're doing, and believe in what you're doing. It's just that simple." - Will Rogers.
14. "Always, always, *always*, live your dreams!" - Jim Donovan.
15. "I always think about what I am going to do and what I want to happen." - Harry Casey.
16. "A musician must make music, an artist must paint, a poet must write if he is to be ultimately at peace with himself. What one *can* be, one *must* be." - Abraham Maslow.
17. "The beginning is the most important part of the work." - Plato.
18. "Genius is 1% inspiration and 99% perspiration." - Thomas Edison.
19. "I attribute my success to always keeping a definite aim before me and devoting my whole energies towards its achievement." - William Armstrong.
20. "Every new day, life has just begun." - Theme from the film, "Cool Runnings".
21. "You *are* somebody - *now!*" - Maxwell Maltz.

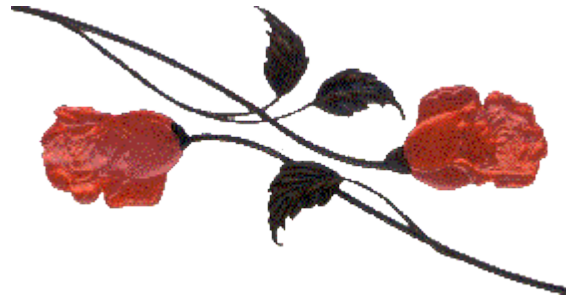


22. "Energy creates energy. It is by spending oneself that one becomes rich." - Sarah Bernhardt.
23. "You have to expect great things of yourself before you can do them." - Michael Johnson.
24. "Do not wish to be anything but what you are, and try to be that perfectly." - St. Francis de Sales.
25. "The person who makes a success of life is the one who sees his goal steadily and aims for it unswervingly." - Cecil B. De Mille.
26. "Great teams don't go out and *try* to win. Great teams *expect* to win." - Geoffrey Boycott (cricket commentator and former England player).
27. "Keep your eyes on the stars and your feet on the ground." - Theodore Roosevelt.
28. "Don't try just to be better than your predecessors or your contemporaries. Try to be better than yourself." - William Faulkner.
29. "Never forget that enjoyment is the key to it all. It certainly has been for me." - Fred Davis (former billiards and snooker champion).
30. "We aim above the mark to hit the mark." - Ralph Waldo Emerson.
31. "If you reach for the stars, you might not quite get one - but you won't end up with a handful of mud, either." - Leo Burnett.

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February



Need to relax more?
Free your life from stress with [Supreme-Success.com](#)

1. “The most difficult thing is the decision to act; the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.” - Amelia Earhart.
2. “You must be totally committed if you want to succeed.” - Jim Donovan.
3. “Nothing in the world can take the place of persistence.” - Calvin Coolidge.
4. “Nothing great has ever been achieved without enthusiasm.” - Ralph Waldo Emerson.
5. “Excellence is a habit, not an event.” - Aristotle.
6. “All is a miracle. The order of nature, the revolution of a hundred million of worlds around a million suns, the activity of light, the life of animals, all are grand and perpetual miracles.” - Voltaire.



7. "To move the world, we must first move ourselves." - Socrates.
8. "The most important thing is to stay focused." - Vivian Richards (former West Indies cricket captain).
9. "Everyone could be rich if they were willing to put in the effort needed." - Eric Rockefeller.
10. "It's a lot more use to seek our own improvement than to look for other people's faults." - Maeveen Clancy.
11. "Feeling is the key. You obtain your desire by feeling as if you had already got what you want - *now*." - Edward Doe.
12. "It is not our abilities that make us who we are. It is our choices." - Professor Alban Dumbledore (Richard Harris) in "Harry Potter And The Chamber Of Secrets".
13. "Winners are the ones who really listen to the truth of their hearts." - Sylvester Stallone.
14. "You have two basic choices in life; love or fear. Choose love." - Marty Dow.
15. "The body always follows the mind." - Bruce Lee.
16. "Attitude's a little thing that makes a big difference." - Winston Churchill.
17. "Our own resolution to succeed is more important than any other thing." - Abraham Lincoln.
18. "Quality means doing it right when no-one's looking." - Henry Ford.
19. "I beg of you not to squander life." - Billy Graham.
20. "Give me the best, and I will be satisfied." - Arnold Bennett.

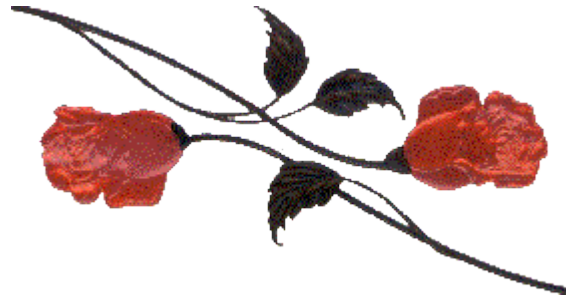


21. "Happiness is a thing called *now*." - Ken Roberts (comedian).
22. "Hold a picture of yourself long and steadily enough in your mind's eye, and you will be drawn toward it." - Harry Emerson Fosdick.
23. "The journey of a thousand miles begins with one step." - Lao Tse.
24. "Whenever I start a project, whatever it is, there's only one thing on my mind." - Lou Reed.
25. "Always dream and shoot higher than you know how to." - William Faulkner.
26. "One person with a belief is equal to ninety-nine who only have an interest." - John Stuart Mill.
27. "There was never a person who did anything worth doing who did not receive more than he gave." - Henry Ward Beecher.
28. "What you attract into your life is in harmony with your dominant thoughts." - Brian Tracy.
29. "If you have an idea that offers hope, and it seems to be impossible, never think so. *Do it*." - Micky Burn (former Commando).

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March



Want a deeper, more refreshing sleep?
Sleep like a baby with [Supreme-Success.com](#)

1. "Champions aren't made in the gym. Champions are made from something they have deep within them - a desire, a dream, a vision." - Muhammad Ali.
2. "Kites rise highest *against* the wind, not *with* it." - Winston Churchill.
3. "All things are possible to those who believe." - Jesus Christ.
4. "Only those who dare to fail greatly can ever achieve greatly." - Robert Fitzgerald Kennedy.
5. "Defeat has a deadening effect. Good practice is one way of addressing it - positive vibes, another." - Mick Cleary (sports journalist).
6. "The best luck of all is the luck you make for yourself." - Douglas MacArthur.
7. "Don't make a trifling effort; make a gigantic determination." - Edward Doe.



8. "Always think of what you have to do as easy, and it will become so." - Emil Coué.
9. "You see things, and ask - why? I dream things that never were, and ask - why not?" - George Bernard Shaw.
10. "Take calculated risks. That's quite different from being rash." - George Patton.
11. "Nothing is particularly hard if you divide it into small jobs." - Henry Ford.
12. "Step up to the plate, and get it done." - Peter Alliss.
13. "What you want also wants *you*." - Vernon Howard.
14. "I don't do a hundred things better than everyone else. I do *one* thing that's a little bit better than everyone else." - Dolf de Roos.
15. "They can because they *think* they can." - Virgil.
16. "You are a goal-seeking mechanism." - Maxwell Maltz.
17. "Do what's right, and you can get a lot done." - Bill Nelson.
18. "Our performance in life is a direct reflection of the image we have of ourselves." - Bruce Jenner.
19. "Good is sometimes good enough, very good is usually good enough, and great is *always* good enough. Don't wait until you're perfect. No-one is." - Grace O'Malley.
20. "Give light, and the darkness will disappear of itself." - Erasmus.
21. "A desire presupposes the possibility of action to achieve it; action presupposes a goal which is worth achieving." - Ayn Rand.

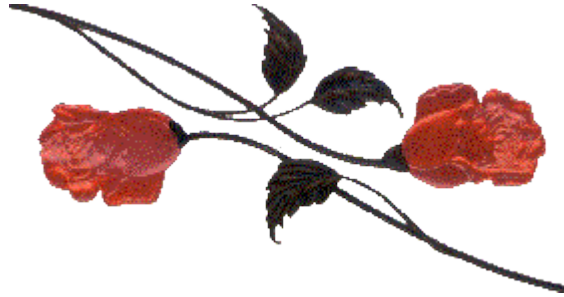


22. "Rule your mind – or else it will rule you." - Horace.
23. "Persistence is the stuff of champions." - Joe Wilson (sports reporter).
24. "All the world owes you is a chance. The rest is up to you." - Lorcan O'Neill.
25. "It does not matter how slowly you go, so long as you do not stop." - Confucius.
26. "Give me a stock clerk with a goal, and I will give you a man who will make history. Give me a man *without* a goal, and I will give you a stock clerk." - J. C. Penny.
27. "We are not interested in the possibility of defeat. It does not exist." - Queen Victoria.
28. "There is only one of you, throughout all time. Your expression is unique. If you block it, it'll never exist through any other medium. It will be lost." - Martha Graham.
29. "Nothing would be done at all if we waited till we could do it so well that no-one could find fault with it." - John Henry.
30. "When a man does not know what harbor he is making for, no wind is the right wind." - Lucius Seneca.
31. "The ability to convert ideas into things is the secret of outward success." - Henry Ward Beecher.

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April



Want to have the things *YOU* want from life?
Achieve your greatest desires with [Supreme-Success.com](#)

1. “The thing is not: 'What will happen?', but: 'What do we *want* to happen?’ Then you *make* it happen.” - Gianna Angelopoulos-Daskalaki (Organizer, Athens Olympic Games).
2. “If fear is cultivated it will become stronger; if faith is cultivated it will achieve mastery.” - John Paul Jones.
3. “Desire is an essential ingredient of success.” - Marty Dow.
4. “Today's dreams are tomorrow's reality.” - Paul McKenna.
5. “If you want to be somebody... if you want to go somewhere... you've got to wake up and pay attention.” - Whoopi Goldberg (“Sister Act II”).
6. “You have 50,000 thoughts a day - you might as well make them big ones.” - Donald Trump.



7. “No-one can make you feel inferior without your own consent.” - Eleanor Roosevelt.
8. “*Everything's* possible.” - Bensham Jackson (US athlete).
9. “Wheresoever you go, go with all your heart.” - Confucius.
10. “Great living starts with a picture, held in your imagination, of what you would like to do or be.” - Harry Emerson Fosdick.
11. “When you've done something good, go on and do something better.” - Geoffrey Boycott (cricket commentator and former England player).
12. “He who won't be counseled can't be helped.” - Benjamin Franklin.
13. “Courage faces fear, and thereby masters it.” - Martin Luther King.
14. “I am not discouraged, because every wrong attempt discarded is a step forward.” - Thomas Edison (after his 10,000th failed attempt to make the world's first light-bulb).
15. “The future depends on what we do in the present.” - Mahatma Ghandi.
16. “Each time you feel you have gone as far as possible, take one more short step.” - Vernon Howard.
17. “Security isn't what the wise man looks for, but opportunity.” - Earl Nightingale.
18. “Yesterday, I dared to struggle – today, I dare to win.” - Bernadette (Devlin) MacAliskey.
19. “Genius is eternal patience.” - Michelangelo.
20. “You never know what circumstances are going to transpire to bring you home.” - Jim Lovell (pilot, Apollo 13).

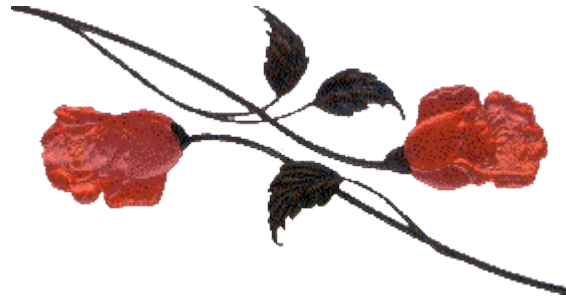


21. "It is not good enough to have a good mind; the main thing is to use it well." - René Descartes.
22. "If I had to sum up in one word what makes a good manager, I'd say decisiveness. You can use the fanciest computers to gather the numbers, but in the end you have to set a timetable - and *act*." - Lee Iacocca.
23. "A man is but the product of his thought. What he thinks, he becomes." - Mahatma Gandhi.
24. "The fool wonders; the wise man asks." - Benjamin Disraeli.
25. "He who lives in harmony with himself lives in harmony with the world." - Marcus Aurelius.
26. "One man that has a mind and knows it will always beat 10 men who haven't, and don't." - George Bernard Shaw.
27. "Vision is not enough. It must be combined with venture. It's not enough to stare up the steps; we must step up the stairs." - Vaclav Havel.
28. "In a moment of decision, the best thing you can do is the right thing to do. The worst thing you can do is nothing." - Theodore Roosevelt.
29. "Make the most of yourself." - Ralph Waldo Emerson.
30. "Strive for perfection in everything you do. Take the best of what exists, and make it better." - Henry Royce.

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May



Need more exercise?
Achieve your fitness targets with [Supreme-Success.com](#)

1. "Enthusiasm is the steam that drives the engine." - Napoleon Hill.
2. "This above all - to thine own self be true." - William Shakespeare.
3. "You have the power within you to make your world, your environment, just what you want it to be." - Edward Doe.
4. "If you stick to things, you can get things done." - Michael Apted (film director).
5. "Follow your inner spirit, and there's nothing you cannot bend to your will." - Bruce Lee.
6. "It's as much in the head as it is in the skates." - Barry Davies (sports commentator)
7. "You have the right to be yourself, and the duty to be the best self you can be." - Lorcan O'Neill.



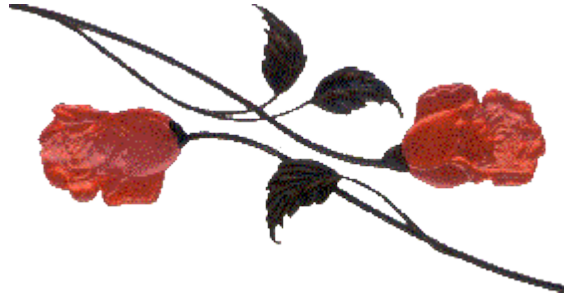
8. "Do what you can, with what you have, where you are." - Theodore Roosevelt.
9. "Nobody ever made a greater mistake than he who did nothing because he could only do a little." - Edmund Burke.
10. "Catch your *own* wave." - Kim Timmins ("Neighbours").
11. "The work is done long before I dance into the lights." - Muhammad Ali.
12. "Where your mind goes, the rest of you is bound to follow." - Johnny Maxwell ("Johnny And The Bomb").
13. "For lack of vision, my people perish." - Jeremiah (Old Testament prophet).
14. "*Feel* joy in your heart. Feeling counts. Feeling is the secret." - Edward Doe.
15. "No more effort is required to aim high in life, to demand abundance and prosperity, than is required to accept misery and poverty." - Napoleon Hill.
16. "Show me a thoroughly satisfied man, and I will show you a failure." - Thomas Edison.
17. "You can't depend on your judgment when your imagination is out of focus." - Mark Twain.
18. "The future starts today, not tomorrow." - Pope John Paul II.
19. "I'm not a survivor - I'm an overcomer." - Ella Farmer (Lynne Thigpen) in "The District".
20. "You are fighting for more than just yourself. If you do not conquer your fears, you will pass them on to your children." - Si Phu (martial arts master).



21. "We must recognize the possibility of change, and believe in the self we are now in the process of becoming." - Leslie D. Weatherhead.
22. "If you have built castle in the air, your work need not be lost - that is where they should be. Now put the foundations under them." - Henry David Thoreau.
23. "Half-heartedness never won a battle." - William McKinley.
24. "In the pool where you least expect it, there will be fish." - Ovid.
25. "A light heart lives long." - William Shakespeare.
26. "Nothing can work me harm except myself." - St. Bernard.
27. "The supreme excellence is simplicity." - Henry Wadsworth Longfellow.
28. "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong attitude." - Thomas Jefferson.
29. "God doesn't give you anything he doesn't want you to use." - Col. Chappy Sinclair (Louis Gossett Jnr.), Iron Eagle.
30. "When the will and the imagination are in conflict, the imagination always wins the day." - Emil Coué.
31. "There are only two ways to live your life. One is as though nothing is a miracle - the other is as though *everything* is a miracle." - Albert Einstein.



June



Want a trimmer figure for the holidays?
Achieve your perfect weight and stay there with [Supreme-Success.com](#)

1. “Many times when I pray, I say to God, 'Thanks for letting me have the will and the power and the decisiveness to do things and enjoy the result when they are successful.’” - Gianna Angelopoulos-Daskalaki (Organizer, Athens Olympic Games).
2. “Man is what he believes.” - Anton Chekhov.
3. “The secret of success is 'give and take', not 'take and give'. Your success will be in direct proportion to the creative effort you put into it.” - Maeveen Clancy.
4. “Use your precious energy to build the magnificent life that really *is* attainable.” - Oprah Winfrey.
5. “They can - because they *think* they can.” - Virgil.
6. “A man can succeed at almost anything for which he has unlimited enthusiasm.” - Charles Schwab.
7. “Do what you can, with everything you've got.” - Dermot Ryan.



8. "Be careful what you set your heart on, for it will surely be yours." - Ralph Waldo Emerson.
9. "Your talent is God's gift to you. What you do with it is your gift back to God." - Anonymous.
10. "What we call failure is not the falling down, but the *staying* down." - Mary Pickford.
11. "Inner security comes from finding in oneself an individuality, uniqueness and distinctiveness that is akin to the idea of being created in the image of God." - Norton L. Williams.
12. "It's time to start living the life you've imagined." - Henry James.
13. "Life can be one satisfaction after another - if we let it." - John Schindler.
14. "The state of your life is no more than a reflection of your state of mind." - Wayne Dyer.
15. "Just *do* it!" - Nike advertising slogan.
16. "The more you learn about anything, the more interesting it gets." - Éamonn Clancy.
17. "If you want to reach the top, do what you love." - Danny O'Rourke.
18. "Success often comes to those who dare to act. It seldom goes to the timid who are ever afraid of the consequences." - Pandit Nehru.
19. "Great minds have purposes; others simply have wishes." - Washington Irving.
20. "He that is good for making excuses is seldom good for anything else." - Benjamin Franklin.

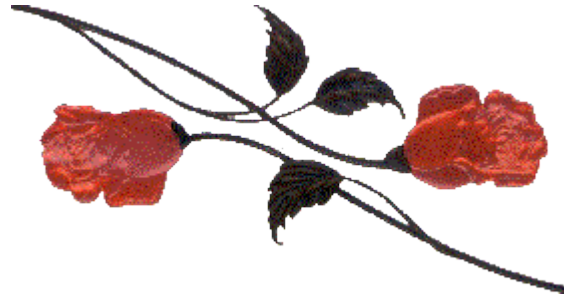


21. "There are no secrets to success. It's the result of preparation, hard work and learning from failure." - Colin Powell.
22. "We will either find a way, or *make* one." - Hannibal.
23. "What is now proved true was once imagined." - William Blake.
24. "Keep away from people who try to belittle your ambitions. Small people always do that - but the *really* great make you feel that you, too, can become great." - Mark Twain.
25. "A successful man is one who can build a firm foundation with the bricks that others throw at him." - David Brinkley.
26. "Success is the child of audacity." - Benjamin Disraeli.
27. "Success is not the key to happiness. Happiness is the key to success." - Albert Schweitzer.
28. "The people who get on in this world are the people who go out and look for the circumstances they want - and if they can't find them, *make* them." - George Bernard Shaw.
29. "I don't know the secret of success, but the secret of failure is trying to please everybody." - Bill Cosby.
30. "Go on working, freely and furiously, and you will make progress." - Paul Gauguin.

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July



Want to lose your inhibitions and have assertiveness and sparkle?
Project your real, dynamic self with [Supreme-Success.com](#)

1. “Not to know is bad, but not to *want* to know is worse.” - African proverb.
2. “Remember that happiness doesn't depend on what you are or on what you possess, but only on how you think.” - Dale Carnegie.
3. “We are all designed for a specific purpose; we all have something for which each of us, and each of us alone, is responsible.” - Naomi Stephan.
4. “As our case is new, we must think and act anew.” - Abraham Lincoln.
5. “Everyone who's taken a shower has an idea. It's the person who gets out of the shower, dries off and does something about it who makes a difference.” - Nolan Bushnell.
6. “I'm not afraid to be what I want to be.” - Muhammad Ali.
7. “If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful at all.” - Michelangelo.



8. "The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela.
9. "The secret of success and happiness is to take a passionate interest in everything you do." - Jean Lang.
10. "The danger for most of us is not that we aim too high and miss it, but that we aim too low, and reach it." - David Jason ("A Touch Of Frost").
11. "If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life." - Abraham Maslow.
12. "Self-realization comes from a simple belief in one's own uniqueness as a human being, a sense of deep and wide awareness of all people and all things, and a feeling of constructive influencing of others through one's own personality." - Norton L. Williams.
13. "All we are is the result of what we have thought." - Buddha.
14. "You have a gift that only *you* can give the world. That's the whole reason why you're on the planet." - Oprah Winfrey.
15. "Action without planning is the cause of all failure. Action *with* planning is the cause of all success." - Brian Tracy.
16. "I am always doing what I cannot do so that I might learn the way to do it." - Pablo Picasso.
17. "Drag your thoughts away from your troubles - by the heels, by the ears, or any other way that you can manage it." - Mark Twain.
18. "To climb steep hills requires a slow pace at first." - William Shakespeare.
19. "Self-awakening is the supreme adventure in life." - Vernon Howard.

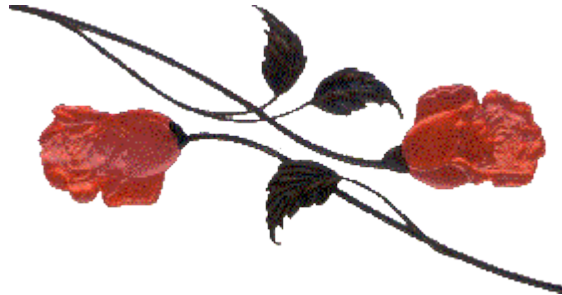


20. "Our work is meant to provide us with satisfaction. We should do what we love, and love what we do." - Bob Proctor.
21. "I know exactly where I want to go, and I focus on getting there." - Michael Jordan.
22. "Decision always magnetizes." - Edward Doe.
23. "What you think of yourself is much more important than what others think of you." - Seneca.
24. "Nothing stops the person who desires to achieve." - Eric Butterworth.
25. "Every moment of your life is infinitely creative, and the universe is endlessly bountiful. Just put forth a clear enough request, and everything your heart desires must come to you." - Mahatma Ghandi.
26. "First, choose what you would be - then do what you must do." - Epictetus.
27. "It is not the mountain we conquer, but ourselves." - Sir Edmund Hillary.
28. "Defeat is not defeat unless you accept it as reality." - Bruce Lee.
29. "What counts is not necessarily the size of the dog in the fight. It's the size of the fight in the dog." - Dwight D. Eisenhower.
30. "Success is the ability to go from failure to failure without losing your enthusiasm." - Winston Churchill.
31. "Let a man lose everything but his enthusiasm, and he will come through again to success." - H. W. Arnold.

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August



Want a healthy, smoke-free lifestyle?
Stop smoking – for life - with [Supreme-Success.com](#)

1. “The thing always happens that you really believe in; and the belief in a thing makes it happen.” - Frank Lloyd Wright.
2. “There is one common flow, one common breathing; all things are in sympathy.” - Hippocrates.
3. “Our chief want in life is somebody who will make us do what we can.” - Ralph Waldo Emerson.
4. “Fear makes the wolf bigger than he is.” - German proverb.
5. “Both poverty and riches are the offspring of thought.” - Napoleon Hill.
6. “Knowledge of what's possible is the beginning of happiness.” - George Santayana.
7. “We make a living by what we get; we make a life by what we give.” - Winston Churchill.
8. “It is a hundred times better to have good sense without education than to have education without good sense.” - Robert Ingersoll.



9. "Contentment brings happiness, even in poverty. Discontent brings poverty, even in wealth." - Confucius.
10. "Life consists of what a man is thinking of all day." - Ralph Waldo Emerson.
11. "Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison.
12. "All you've got to do is open up to your own ignorance honestly, and you'll find people who are eager to fill your head with information." - Walt Disney.
13. "To excel is to reach your own highest dreams, but you must also help others, when you can, to reach theirs. Personal gain is empty if you do not feel you have positively touched another's life." - Barbara Walters.
14. "The world is not to be put in order - the world *is* order. It is for us to put ourselves in unison with this order." - Henry Miller.
15. "If I believe I cannot do something, it makes me incapable of doing it... but when I believe I can, then I acquire the ability to do it, even if I did not have the ability in the beginning." - Mahatma Ghandi.
16. "Obstacles are those frightful things you see when you take your eyes off the goal." - Henry Ford.
17. "You must be willing to fail 99 times before you succeed once, and suffer no ego damage because of it." - Charles Kettering.
18. "Your aspirations are your possibilities." - Samuel Johnson.
19. "Through perseverance many people win success from what seemed destined to be certain failure." - Benjamin Disraeli.
20. "It is for us to pray not for tasks equal to our powers, but for powers equal to our tasks, to go forward with a great desire forever beating at the door of our hearts as

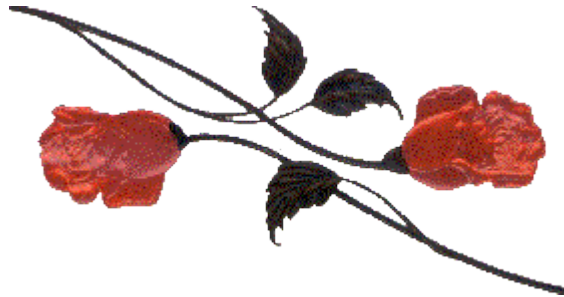


- we travel toward our distant goal.” - Helen Keller.
21. “Our self-image and our habits go together. Change one, and you will automatically change the other.” - Maxwell Maltz.
22. “Happiness depends upon ourselves.” - Aristotle.
23. “The word 'impossible' is not in my dictionary.” - Napoleon Bonaparte.
24. “The miracle of your existence calls for celebration every day.” - Oprah Winfrey.
25. “No great discovery was ever made without a bold guess.” - Isaac Newton.
26. “There's no security in life - there's only opportunity.” - Douglas MacArthur.
27. “What you can do, or dream you can, begin it. Boldness has genius, power and magic in it.” - Goethe.
28. “Nothing will ever be attempted if all possible objections must first be overcome.” - Samuel Johnson.
29. “Freedom is nothing else but a chance to be better.” - Albert Camus.
30. “Never be afraid to stand with the minority when the minority is right, for the minority that is right will one day be the majority. Always be afraid to stand with the majority that is wrong, for the majority that is wrong will one day be the minority.” - William Jennings Barclay.
31. “To follow, without halt, one aim – that is the secret of success.” - Anna Pavlova (legendary Russian ballerina).

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September



Want to strengthen your belief in what you can achieve?
Super-charge your self-belief with [Supreme-Success.com](#)

1. “Those who cannot change their minds cannot change anything.” - George Bernard Shaw.
2. “The easiest thing to be in the world is *you*. The most difficult thing to be is what other people want you to be. Don't let them put you in that position.” - Professor Leon Buscaglia.
3. “It isn't falling off the surfboard that'll drown you - it's staying face down in the water instead of getting back on board.” - Lorcan O'Neill.
4. “If you hear a voice within you saying you are not a painter, then by all means paint, and that voice will be silenced.” - Vincent van Gogh.
5. “Only those will who risk going too far can possibly find out how far one can go.” - T. S. Eliot.
6. “Whatever course you decide upon, there is always someone to tell you that you're wrong.” - Ralph Waldo Emerson.



7. “Nothing is impossible; there are ways that lead to everything, and if we had sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible.” - François de la Rochefoucauld.
8. “Do not advise too much: do the job yourself. That is the only advice you can give to others. Do it, and others will follow.” - Pandit Nehru.
9. “Our only limitations are those we set up in our our own minds.” - Napoleon Hill.
10. “Anything in life worth having is worth working for.” - Andrew Carnegie.
11. “You just can't beat the person who never gives up.” - Babe Ruth.
12. “Let your light shine.” - Jesus Christ.
13. “Let's see it happen – *today*.” - Peter Alliss (golf commentator).
14. “Many persons have a wrong idea of what constitutes happiness. “It is not attained through self-gratification, but through fidelity to a worthy purpose.” - Helen Keller.
15. “We start believing now that we can be who we are.” - Frankie Valli (“Grease”).
16. “Every time you use your mind, you create.” - Edward Doe.
17. “Everything that man has ever made first started out as an idea.” - Paul McKenna.
18. “I don't know why so many people are put off by new ideas. Everything we take for granted was once new and strange.” - Maeveen Clancy.
19. “You've got to love the thing you're doing - including all the practice and the boring bits. You need that drive and passion to get you where you want to go.” - Liam Boland.

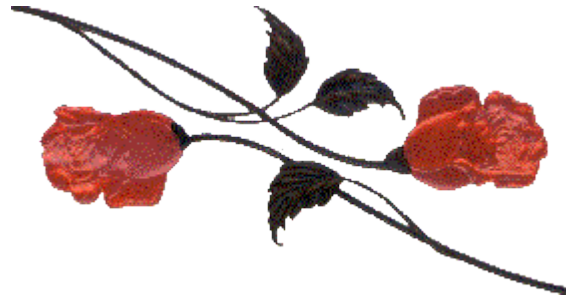


20. "Either don't attempt at all, or else go through with it." - Ovid.
21. "A sense of ambition should never stand still." - Mick Cleary.
22. "Every dreamer pays a price - but so does everyone who fails to dream." - Holly Lisle.
23. "Don't be afraid of success." - Bono.
24. "You can spend the rest of your life regretting your decisions - or you can use them to make you stronger." - Harold Bishop ("Neighbours").
25. "The real source of wealth is in our minds, and those of us with the richest ideas will create the greatest wealth in the world." - Paul McKenna.
26. "Most people are about as happy as they make up their minds to be." - Abraham Lincoln.
27. "We all have the ability. The difference is how we use it." - Stevie Wonder.
28. "Belief comes first." - Nike advertising slogan.
29. "My coach always taught me that you stand up - or you fall over." - Robin Cousins (former Olympic figure-skating champion).
30. "Sing whatever is in you to sing." - Whoopi Goldberg ("Sister Act II").

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October



Enjoy tranquility and peace of mind with
Supreme-Success.com

1. “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” - William James.
2. “Luck's what happens when preparedness meets opportunity.” - Brian Tracy.
3. “If you work hard at your job, you'll make a living. If you work hard on yourself, you'll make a fortune.” - Jim Rohn.
4. “Adventure is worthwhile in itself.” - Amelia Earhart.
5. “The only difference between scattered stacks of metal and a soaring airplane is what eager minds and hands do with the metal.” - Vernon Howard.
6. “Failure is not an option.” - Gene Kranz (Flight Director, Apollo 13).
7. “What we hope to do with ease we must first learn to do with diligence.” - Samuel Johnson.



8. "Never, never, never, *never* give up." - Winston Churchill.
9. "Ninety percent of success is getting your mindset right." - Kevin Wilke.
10. "If you do not get what you want, it's a sure sign that you didn't really want it." - Rudyard Kipling.
11. "Concentration is the secret of strength." - Ralph Waldo Emerson.
12. "It doesn't matter where you are right now. What counts is where you go from here." - Hans Christian King.
13. "Turn your face to the sunshine, and all shadows fall behind." - Helen Keller.
14. "Our goals can only be reached through a plan in which we fervently believe and on which we must vigorously act. There is no other route to success." - Pablo Picasso.
15. "I never waste time looking back." - Eleanor Roosevelt.
16. "There aren't any rules around here - we're trying to accomplish something." - Thomas Edison.
17. "Always bear in mind that your own resolution to succeed is more important than any one thing." - Abraham Lincoln.
18. "It's not that because things are difficult we do not dare - it's because we do not dare that things are difficult." - Seneca.
19. "To accomplish great things, we must not only act but also dream, not only plan but also must believe." - Anatole France.

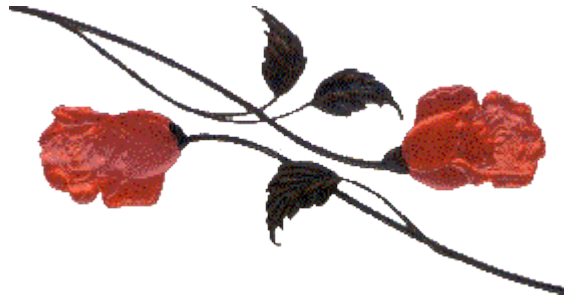


20. "When you get to the end of your rope, tie a knot and hang on." - Franklin D. Roosevelt.
21. "Success is getting and achieving what you want." - Bernard Meltzer.
22. "Success is about getting things *done!*" - Ewen Chia.
23. "No man is hurt but by himself." - Diogenes.
24. "The talent for success is nothing more than doing what you can do, well." - Henry Wadsworth Longfellow.
25. "Accept challenges, so that you may feel the exhilaration of victory." - George S. Patton.
26. "Dream no *small* dreams, for they have no power to move the hearts of men." - Goethe.
27. "It's pointless blaming other people if things aren't going as you'd like. The only person who's responsible for how much happiness you get from life is *you*." - Maeveen Clancy.
28. "The secret of success is to be ready when your opportunity arrives." - Benjamin Disraeli.
29. "Ask, and you shall receive. Seek, and you shall find. Knock, and the door will be opened to you." - Jesus Christ.
30. "Picture yourself vividly as winning, and that alone will contribute immeasurably to your success." - Harry Emerson Fosdick.
31. "Whatever you believe, and mentally create, you can have." - Edward Doe.

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November



Achieve *all* of your ambitions with
[Supreme-Success.com](#)

1. "Many receive advice; only the wise profit from it." - Publius Syrus (Roman writer).
2. "Tomorrow's what you make it." Horatio Caine (David Caruso) in "CSI: Miami".
3. "Nothing but good can come from visualization if you're positive in your desires." - Edward Doe.
4. "Use what talent you possess - the woods would be very silent if no birds sang except for those that sang the best." - Henry Van Dyke.
5. "Whatever you're going through in life, don't ever give up." - Mariah Carey.
6. "You are successful the moment you start moving toward a worthwhile goal." - Chuck Carlson.
7. "You must *be* the change you wish to see in the world." - Mahatma Ghandi.



8. "It's what's in your heart that counts." - Bernard Gadney.
9. "Worry makes you indecisive. Indecision leads to mistakes. Mistakes mean pressure." - Alan Hansen (soccer commentator).
10. "Every single moment, you are choosing what you are going to be." - Edward Doe.
11. "Don't let the game determine your attitude - make your attitude determine your game." - Advice given to golfer Davis Love by his father.
12. "Just do what you think you should do." - Bob Dylan.
13. "A good idea makes a man anything he wants to be." - Bruce Lee.
14. "*Nothing* is too wonderful to be true." - Seth Putteman (scientist).
15. "He who would learn to fly must first learn how to stand and walk." - Nietzsche.
16. "If you have a dream, you can, and *must*, make it happen." - Ellen MacArthur (record-breaking round-the-world sailor).
17. "You've got to be positive in everything you do." - Geoffrey Boycott (cricket commentator and former England player).
18. "You wanna be all right? You gotta walk tall." - Theme from "Joey".
19. "Believe in magic, and it'll happen." - Sonny Bono.
20. "Virtue has its own just measure." - Seneca.
21. "One man with courage is a majority." - Andrew Jackson.



22. “For a person to be alive, they must work. They must have a purpose, they must have goals; they must feel the satisfaction when their mission is accomplished.” - Gianna Angelopoulos-Daskalaki (Organizer, Athens Olympic Games).
23. “Be faithful in small things, because it is in them that your strength lies.” - Mother Teresa.
24. “Life's a learning process.” - Ben Sunday ("September Gone").
25. “Set your target. No-one ever got to be big by thinking small.” - David Mellor (Publisher, Record-Producer.com).
26. “When have you failed? When you decide to stop learning.” - Paul McKenna.
27. “Feelings are the soil that thoughts and ideas grow in. Imagine how you would feel if you succeeded - and feel that way *now*.” - Maxwell Maltz.
28. “Be like the promontory against which the waves continually break, but which stands firm and tames the fury of the water around it.” - Marcus Aurelius.
29. “Boredom's not a sign of superiority, but an admission of defeat.” - Grace O'Malley.
30. “In the middle of a difficulty lies an opportunity.” - Albert Einstein.



December



Want to look your best for the party season?
Reveal your inner beauty with [Supreme-Success.com](#)

1. "Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead." - Louisa May Alcott.
2. "Action is power." - Jim Donovan.
3. "Good things may come to those who wait - but only those things left behind by those who went ahead." - Abraham Lincoln.
4. "Enthusiasm breeds enthusiasm. Act, and you'll get it." - Marty Dow.
5. "Failure is the opportunity to begin again more intelligently." - Henry Ford.
6. "One who gains strength by overcoming obstacles possesses the only strength which can overcome adversity." - Albert Schweitzer.
7. "The greater the struggle, the sweeter the rewards." - Lorcan O'Neill.



8. "The path to success is to take massive, determined action." - Anthony Robbins.
9. "What God has intended for you goes far beyond anything you can imagine." - Oprah Winfrey.
10. "No problem can withstand the assault of sustained thinking." - Voltaire.
11. "To know what you prefer, instead of humbly saying Amen to what the world tells you that you *ought* to prefer, is to have kept your soul alive." - Robert Louis Stephenson.
12. "Never stop fighting till the fight is done." - Elliot Ness (Kevin Costner) in "The Untouchables").
13. "Belief takes you where you want to go, with the speed of jet propulsion." - Edward Doe.
14. "The sure way to do something for your future is to do something with your present." - Vernon Howard.
15. "Our doubts are our traitors." - William Shakespeare.
16. "I attribute my success to this - I never gave, or took, excuses." - Florence Nightingale.
17. "There's no-one to beat you, nothing to defeat you but the thought of you feeling bad." - Bob Dylan ("To Ramona").
18. "Imagination is more important than knowledge." - Albert Einstein.
19. "It's about lighting a fire within." - Ray Mears (survival expert).
20. "In the long run, men hit only what they aim at." - Henry David Thoreau.



21. "From the errors of others, a wise man corrects his own." - Publius Syrus.
22. "It is better to light a candle than to curse the darkness." - Thomas Dooley.
23. "You're a lot better off *doing* something than just sitting around waiting for something to happen." - Jim Donovan.
24. "The first thing you need to do is to convince yourself you just can't lose." - Col. Chappy Sinclair (Louis Gossett Jnr.) in Iron Eagle).
25. "Plans get you into things, but you've got to work your way out." - Will Rogers.
26. "The secret of success is constancy of purpose." - Benjamin Disraeli.
27. "The winds and waves are always on the side of the ablest navigators." - Edward Gibbon.
28. "This is the most important game, because it's today." - Soccer commentator.
29. "We will do these things, not because they are easy, but because they are difficult." - John Fitzgerald Kennedy.
30. "The best is yet to be." - Robert Browning.
31. "You know what needs to be done - *do* it!" - Bob Geldof.

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