

Dilian's Words of Wisdom & Top Quotes

POSITIVITY

- **You hold your destiny in your own hands.** There is nothing stopping you from being the kind of person you wish to be or living the kind of life that you wish to live. If you feel imprisoned, break free of the mental bondage that is holding you back. When you free your mind, you free yourself.
- What would you attempt to do if you knew you couldn't fail? -- unknown
- Proceed as if success is inevitable. -- unknown
- 5 Daily Reminders: I'm amazing! I can do anything! Positivity is a choice. I celebrate my individuality. I'm a success!
- The more you see yourself as what you'd like to become, and act as if what you want is already there, the more you'll activate those dormant forces that will collaborate to transform your dream into reality.
- Falling in love with yourself first doesn't make you vain or selfish; it makes you **INDESTRUCTABLE**.
- How you see yourself is how other people are going to see you. See yourself as confident, successful and one of a kind.
- 'It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome'. William James
- The **WORST** enemy of **CREATIVITY** is self doubt.

PURPOSE

- Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Continue to learn. Appreciate your friends. Do what you love. Live as if this is all there is. -- Mary Anne Radmacher
- Be who you are, not who the world wants you to be.-- unknown
- Your thoughts control your feelings. Your feelings control your actions. Your actions control events. When you take control of your thinking it changes your life and when you make your thoughts positive it makes your life extraordinary- self hypnosis can help you.

MEDITATION

- 'What lies behind us and what lies ahead of us are tiny matters compared to what lives within us' -- Henry David Thoreau
- "Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives." -- William James
- **Anytime Meditation** -- Meditation is an exercise in mental clarity. You can meditate anytime – while sitting, eating or walking. When you think about something deeply, you are doing contemplative and analytical meditation. The more you meditate, the easier it will become for your higher and wiser self to emerge.
- Close your eyes and you will see clearly. Cease to listen and you will hear truth. Be silent and your heart will sing. (Taoist meditation).

PERSEVERANCE

- **Everything happens for a reason.** Nothing occurs by chance. Although you may not understand why things are happening the way they are, be patient and in time you will see the pattern begin to unfold.

- Most people never run far enough on their first wind to find out they have got a second. Give your dreams all you have got and you will be amazed at the energy that comes out of you. -- William James
- Respect yourself enough to walk away from anything that no longer serves you, grows you, or makes you happy.
- What you do in life is less important than how you do it.
- The secret to health, wealth and happiness is **simply to work at feeling good every single day of your life**. Tap into your powerful inner strength to help you get through the rough days, which we all have from time to time.

SERVICE TO OTHERS

- "The great use of life is to spend it for something that outlasts you." -- William James
- "Let everything you do be done as if it makes a difference." -- William James
- Be the change you wish to see in the world..... Gandhi
- **Enhance your aura with generosity.** Giving to others freely and *with good intention* generates a truly auspicious personal aura. This is the "invisible light" that surrounds you and every living creature. As you develop your capacity to give, your personal aura and yang energy are enhanced. *This is what will attract a seriously huge abundance of wealth to you.* Generous people receive all the prosperity and abundance that comes with good feng shui.

SUCCESS

- Success means doing the best we can with what we have.
Success is the doing, not the getting; in the trying, not the triumph.
Success is a personal standard, reaching for the highest that is in us, becoming all that we can be. If we do our best, we are a success.
Success is the maximum utilization of the ability that you have. -- Zig Ziglar

ENDURING VALUE

- **Trust Your Heart** -- When looking for the answer to something important, trust your heart as the pure essence of your whole being. Block out other thoughts and focus on your question. Be ready and willing to openly receive the response that your heart sends back. It may be a physical sensation or a sudden realization or thought that pops into your mind. When you continue to communicate with your heart on a regular basis, you will find that your intuition becomes increasingly accurate. I know this for certain.
- The BEST and most BEAUTIFUL things in the WORLD cannot be seen or even touched. They must be felt with the HEART. Helen Keller
- **GRATEFULNESS** -- Take time today to look for the many miracles all around you. If you are up early, watch the beautiful sunrise, the drops of dew on the plants in your garden, how the flowers bloom and the tiny insects at work. Be grateful for another day, knowing that you are loved by family and friends.
- "The memories we give may a lifetime live in the heart of those we hold so close" - Unknown
- At the end of life what really matters is not what we bought but what we built, not what we got but what we shared, not our competence but our character, and not our success but our significance. Live a life that matters. Live a life of love. **"Tiny Buddha"**
- "Make yourself familiar with the angels, and behold them frequently in spirit; for without being seen, they are present with you." St. Francis de Sales