



Inspirational Quotes

By Shaun McGill

This task is to find 10-30 inspirational quotes which when you read them inspire and motivate you.

The idea behind this task is to read these quotes regularly to inspire you to take action on your goals. Depending on the quotes you choose they might also remind you about the person you want to be and your life values.

This is a very simple task but can be very effective if you read the quotes regularly.

There are 3 ways to use your quotes. The best and most effective way is to write each quote on an individual post it or note card and then place them in strategic places around your home, at work or in your car. Wherever you think the quotes will best serve you, you should leave them in these places. You could put a few in each place or just the one. For example you may have quotes which inspire you to work harder so leave these on your desk at work, you may have quotes which inspire you to train harder so leave these in your gym bag or you may have quotes to inspire you about being a good husband or wife so leave these around the house. Wherever your quotes will best serve you then leave them in these places. The reason why this is the best way to use your quotes is because it is less time consuming than reading them all every time. Also you don't really need to read 10-30 quotes to feel inspired, you just need the one so by having one or two quotes in strategic places which will inspire you the most will make sure that you instantly feel inspired. Make sure you read these quotes every time you are where they are and not just put them there and never read them.

The second way to use your quotes is to print them all out and read them all every morning when you wake up and every night before you go to sleep. This is slightly more time consuming than the first way and doesn't necessarily mean you will feel motivation and inspiration when you really need it, however, it is a great way for keeping your overall inspiration and motivation high.

The third way is to have a list on your computer or Ipad and read them every time you switch on your computer or Ipad. This is similar to the second way in that your overall motivation and inspiration will be increased, however, you may not get the inspiration from the quote you need at the right time.

The first way of sticking your quotes in strategic places is by far the best and most effective way so I would recommend you do this. If for some reason you can't leave these cards or post its around then print a list to keep in your bedroom or have a list on your computer. The important thing is to read your quotes regularly so they become ingrained into your head so eventually you can think of your quotes at the right time to inspire and motivate you.

This is a very simple yet highly effective task to keep you motivated and moving towards your goals.

You can easily find quotes by typing in motivational quotes or inspirational quotes into Google and you can even buy books full of them. The most important thing is to only use quotes which actually inspire you. It is pointless having a list of quotes which when you read them don't do anything for you.

Here are a few examples from the quotes I use.

- Today I will do what others won't, so tomorrow I can accomplish what others can't.
- Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.
- Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.
- History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.
- Worry got us nowhere. What did? Action.
- You see, in life, lots of people know what to do, but few people actually do what they know. Knowing is not enough! You must take action.
- I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.- Michael Jordan
- Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.
- Losers visualise the penalties of failure. Winners visualise the rewards of success.
- There are only two rules for being successful. One, figure out exactly what you want to do, and two, do it.
- It's kind of fun to do the impossible.

You can use some of my quotes if you wish but make sure they resonate with you. Don't just choose quotes for the sake of it. I would prefer you to take your time on this task to find really good quotes which move you. But don't take too long to find them. I want you using them ASAP to help you to achieve your goals.