

“Step out of the history that is holding you back. Step into the new story you are willing to create.”

*Oprah Winfrey*

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”

*Martin Luther King Jr.*

“You wanna fly, you got to give up the shit that weighs you down.”

*Toni Morrison*

“New beginnings are often disguised as painful endings.”

*Lao Tzu*

“When the winds of change blow, some people build walls and others build windmills.”

*Chinese proverb*

“The greatest glory in living lies not in never falling, but in rising every time we fall.”

*Nelson Mandela*

“No one is ever a victim of life; we are all volunteering to grow.”

*Shannon L. Alder*

“Don’t wait for the right opportunity, create it.”

*George Bernard Shaw*

“The only person you are destined to become is the person you decide to be.”

*Ralph Waldo Emerson*

“Success is not final. Failure is not fatal. It’s the courage to continue that counts.”

*Winston Churchill*

“Do not wait until the conditions are perfect to begin. Beginning makes the conditions perfect.”

*Alan Cohen*

“All great changes are preceded by chaos.”

*Deepak Chopra*



“Whatever wrong turns you've taken in life you can always start over and find your way back to happiness.”

*Marty Rubin*



“Owning our story can be hard but not nearly as difficult as spending our lives running from it.”

*Brene Brown*



“The first step towards getting somewhere is to decide you're not going to stay where you are.”

*J.P. Morgan*



“Nothing is predestined. The obstacles of your past can become the gateways that lead to new beginnings.”

*Ralph Blum*



“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

*Socrates*



“Have the courage to follow your heart and intuition. They somehow know what you truly want to become.”

*Steve Jobs*