

Mari's 107

FAV Quotes for Journaling

Mari L. McCarthy



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Home of Journaling for the Self of It!™

Introduction

We Journal Writers do love Quotes, don't we? Yes, quotations make awesome journaling prompts when you need help keeping up with your daily pen-to-page Journaling for the Self of It™ Practice.

This *Mari's 107 Fav Quotes for Journaling* eBook contains the quotes that are published each week as part of CreateWriteNow's free Thursday [Journaling Tips Newsletter](#). In the newsletter, the quotes are called 'Bonus Journaling Tips'.

If you have quotes that you would like us to include in an upcoming newsletter, please send them to Mari@CreateWriteNow.com

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Mari's Fav Quotes

1. "Need a new Journal? Not sure what to do? Sidestep the stress; let your Journal find You!" ~Mari L. McCarthy

2. "Be patient and loving with every fearful thought. Practice observing your fears as a witness, and you'll see them dissolve."
~Dr. Wayne Dyer

3. "We must let go of the life we have planned, so as to accept the one that is waiting for us." ~Joseph Campbell

4. "To Write with a Broken Pencil is Pointless." ~Anonymous

5. "If you hear a voice within you say 'you cannot paint', then by all means paint, and that voice will be silenced."
~Vincent Van Gogh

6. "Worry is like a rocking chair, it gives you something to do but gets you nowhere" ~Glenn Turner



Mari's 107 Fav Quotes for Journaling

7. "If you really want something, you'll figure out a way to make it happen" ~Cher
8. "People take different roads seeking fulfillment and happiness. Just because they're not on your road doesn't mean they've gotten lost." ~Dalai Lama XIV
9. "The journal is your playground, think tank, padded cell." ~Ryan Bartlemay
10. "The way I see it, if you want the rainbow, you gotta put up with the rain." ~Dolly Parton
11. "If someone in your life talked to you the way you talk to yourself, you would have left them long ago." ~Carla Gordon
12. "A smile is happiness you'll find right under your nose" ~Tom Wilson
13. "Hard work beats talent when talent doesn't work hard." ~Hines Ward



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14. "The body is a self-healing organism, so it's really about clearing things out of the way so the body can heal itself."

~Barbara Brennan

15. "Change and growth take place when a person has risked himself and dares to become involved with experimenting with his own life." ~Herbert Otto

16. "If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place." ~Nora Roberts

17. "Your history is not your destiny" ~A. Cohen

18. "Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself." ~Harvey Fierstein

19. "The whole point of keeping a journal is to be able to be fully yourself somewhere." ~Mark Matousek



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20. "The more you know who you are and what you want, the less you let things upset you." ~ **Lost in Translation (2003) Bob Harris (Bill Murray)**

21. "I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're right, you believe lies so you eventually learn to trust no one but yourself, and sometimes good things fall apart so better things can fall together."
~**Marilyn Monroe**

22. "Miracles happen every day, change your perception of what a miracle is and you'll see them all around you." ~**Jon Bon Jovi**

23. "Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein" ~**H. Jackson Brown**

24. "Stress is often misplaced creative energy looking for purpose and expression. ~**Michelle James**

25. "Talent is being able to sell what you're feeling."
~**Elvis Presley**



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26. "Blessed are the flexible, for they shall not be bent out of shape." ~Michael McGriffy, M.D.

27. "We don't grade on a curve. If I give any of these guys a helmet on Sunday, I expect them to put themselves in position to be the reason why we win." ~Mike Tomlin

28. "Take your life in your own hands, and what happens? A terrible thing: you have no one to blame" ~Erica Jong

29. "We are on this earth in bodies because our souls have things to learn that we could not learn in any other way."
~Jamie Windsong Kasper

30. "My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging." ~Hank Aaron

31. "Learn from Your Past, Live in Your Present, Listen to Your Future." ~Mari L. McCarthy

32. "Goals are dreams with deadlines." ~Diana Scharf Hunt



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33. "At a certain point, I just felt, you know, God is not looking for alms, God is looking for action." ~Bono

34. "Until you make the unconscious conscious, it will direct your life and you will call it fate." ~Carl Jung

35. "Nothing is impossible. The word itself is spelled I m possible." ~LifeisGood.com

36. "Eliminate something superfluous from your life. Break a habit. Do something that makes you feel insecure."
~Piero Ferrucci

37. "Speed is good only when wisdom leads the way." ~Around the World in Eighty Days (1956) Edward R. Murrow (himself)

38. "All Aboard! Life is a journey... but one where it's good news when you lose your baggage." @duhism

39. "To get through the hardest journey we need take only one step at a time, but we must keep on stepping."
~Chinese Proverb



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40. "I don't like myself, I'm crazy about myself." ~Mae West

41. "The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark." ~Michelangelo

42. "You're braver than you believe, stronger than you seem, & smarter than you think." ~Winnie the Pooh

43. "Your vision becomes clear when you look inside your heart. Who looks outside, dreams. Who looks inside, awakens."
~Carl Jung

44. "Success comes before work only in the dictionary."
~Anonymous

45. "Today is the Day." Tomorrow is Yesterday & Yesterday is gone. We live for Today. We are accountable & responsible for our own Lives. The time is now!"
~Christine Bushnell & Angel Fridholm



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46. "The pages are still blank, but there is a miraculous feeling of the words being there, written in invisible ink and clamoring to become visible." ~Nabakov

47. "Journal writing is, in the first instance, a private communication with the self - a process of deep listening."
~Dr. Gillie Bolton

48. Love yourself first and everything else falls in line. You really have to love yourself to get anything done in this world!"
~Lucille Ball

49. "Say you can't journal, don't have the time? Even if so, can't find the words or the rhyme? Pained with perfection, inner critic's boohoos. The only "right" way to Journal-all up to you!"
~Mari L. McCarthy

50. "Watch with glittering eyes the whole world around you because the greatest secrets are hidden in the most unlikely places." ~Roald Dahl

51. "Never give up on something that you can't go a day without thinking about." ~Unknown



Mari's 107 Fav Quotes for Journaling

52. "A truly happy person is one who can enjoy the scenery while on a detour." ~Unknown

53. "It is our choices...that show what we truly are, far more than our abilities" ~J. K. Rowling

54. "It must be borne in mind that the tragedy of life does not lie in not reaching your goal. The tragedy of life lies in having no goal to reach. ~Benjamin E. Mays

55. "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."
~Ernest Hemingway

56. "Success is not to be pursued; it is to be attracted by the person you become." ~Jim Rohn

57. "The most difficult times for many of us are the ones we give ourselves." ~Pema Chödrön

58. "Don't you ever let a soul in the world tell you that you can't be exactly who you are." ~Lady Gaga



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59. "Become so wrapped up in something that you forget to be afraid." ~Lady Bird Johnson

60. "Humility is not thinking less of yourself but thinking of yourself less." ~C.S. Lewis

61. "That which we fear to touch is often the fabric of our salvation." ~Don DeLillo

62. "Be vigilant with your mission. Be exuberant with your passion. Be gentle with yourself." ~Michelle James

63. You've got to get to the stage in life where going for it is more important than winning or losing. ~Arthur Ashe

64. "Never apologize for showing feeling. When you do so, you apologize for the truth." ~Benjamin Disraeli

65. "Clutter means anything that stands between you and the vision you have for your best life-it's so much more than just the stuff." ~Peter Walsh



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66. "The difference between try and triumph is a little umph."

~Unknown via Positively Positive

67. "To avoid criticism do nothing, say nothing, and be nothing"

~Elbert Hubbard

68. "The person who says it cannot be done should not interrupt the person doing it." ~Chinese Proverb

69. "To be happy for a year, win the lottery. To be happy for life, love what you do." ~Mary Higgins Clark

70. "For every minute you are angry you lose sixty seconds of happiness." ~Ralph Waldo Emerson

71. "Writing, to me, is simply thinking through my fingers."

~Isaac Asimov

72. "Be like a duck. Calm on the surface, but always paddling like the dickens underneath." ~Michael Caine



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73. "There are thousands of thoughts lying within a man that he does not know till he takes up the pen and writes.

~William Makepeace Thackeray

74. "I don't want to be a product of my environment; I want my environment to be a product of me." ~The Departed (2006) Frank Costello (Jack Nicholson)

75. "If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

~John Quincy Adams

76. "Most of us serve our ideals by fits and starts. The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication."

~Cecil B. De Mille

77. "A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes."

~Hugh Downs

78. "The measure of who we are is what we do with what we have." ~Vince Lombardi



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79. "If you want to make your dreams come true, the first thing you have to do is wake up." ~J.M. Power

80. "To infinity and beyond!" ~Buzz Lightyear

81. "Even if you fall on your face, you're still moving forward."
~Victor Kiam

82. "Far too many people have no idea of what they can do because all they have been told is what they can't do."
~Zig Ziglar.

83. "We must learn to reawaken and keep ourselves awake, not by mechanical aid, but by an infinite expectation of the dawn."
~Henry David Thoreau

84. "Courage is fear that has said its prayers." ~Dorothy Bernard

85. "Faith is not belief without proof, but trust without reservations." ~Elton Trueblood



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86. "I dread success. To have succeeded is to have finished one's business on earth, like the male spider, who is killed by the female the moment he has succeeded in his courtship. I like a state of continual becoming, with a goal in front and not behind."
~George Bernard Shaw

87. "A pessimist sees only the dark side of the clouds, and mopes; a philosopher sees both sides, and shrugs; an optimist doesn't see the clouds at all – he's walking on them."
~Leonard Louis Levinson, writer

88. "People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone." ~Audrey Hepburn

89. "You were born an original, don't die a copy."
~John Mason

90. "Remember, we are all affecting the world every moment, whether we mean to or not. Our actions and states of mind matter, because we're so deeply interconnected with one another. Working on our own consciousness is the most important thing that we are doing at any moment, and being love is the supreme creative act." ~Ram Dass



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91. "The soul would have no rainbow had the eyes no tears".

~John Vance Cheney

92. "We are taught to believe that negative equals realistic and positive equals unrealistic." ~Susan Jeffers

93. "Your art is where the drama belongs, not your life."

~Julia Cameron

94. "I am thankful to all those who said NO to me, it's because of them I did it myself." ~Albert Einstein

95. "The best way to predict the future is to invent it."

~Alan Kay

96. "When you are immune to the opinions and actions of others, you won't be the victim of needless suffering."

~Don Miguel Ruiz

97. "When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life." ~Jean Shinoda Bolen



Mari's 107 Fav Quotes for Journaling

98. "The greatest weapon against stress is our ability to choose one thought over another." ~William James

99. "Nothing can stop the man with the right mental attitude from achieving his goal; nothing on Earth can help the man with the wrong mental attitude." ~Thomas Jefferson

100. "Fill your paper with the breathings of your heart."
~William Wordsworth

101. "As long as a man stands in his own way, everything seems to be in his way." ~Ralph Waldo Emerson

102. "No one can make you feel inferior without your consent."
~Eleanor Roosevelt

103. "The two most important days in your life are the day you were born, and the day you find out why." ~Mark Twain

104. "The only true wisdom is to know that you know nothing."
~Socrates



Mari's 107 Fav Quotes for Journaling

105. "Your whole idea about yourself is borrowed – borrowed from those who have no idea who they are themselves." ~Osho

106. "The only disability in life is a bad attitude."
~Scott Hamilton

107. "Most people fail in life because they major in minor things."
~Anthony Robbins



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