

# Daily Aspirations

## Come And Be Inspired to ASPIRE!

MY DAILY MANTRA...*Our Greatest Fear* by Marianne Williamson

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

## DAILY ASPIRATIONS

### **I WILL LOVE...**

“I will greet this day with love in my heart. And how will I do this? Henceforth will I look on all things with love and be born again. I will love the sun for it warms my bones; yet I will love the rain for it cleanses my spirit. I will love the light for it shows me the way; yet I will love the darkness for it shows me the stars. I will welcome happiness as it enlarges my heart; yet I will endure sadness for it opens my soul. I will acknowledge rewards for they are my due; yet I will welcome obstacles for they are my challenge.”~ Og Mandino—ASPIRE TO GREATNESS!

### **ASPIRE TO TAKE CONTROL OF YOUR DESTINY!**

“You control your future, your destiny. What you think about

comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own.” ~ Mark Victor Hansen–ASPIRE TO GREATNESS!

### **IT'S TIME TO TAKE THE NEXT LEAP!**

“To have regret is to be disappointed with yourself and your choices. Those who are wise, see their life like stepping stones across a great river. Everyone misses a stone from time to time. No one can cross the river without getting wet. Success is measured by your arrival on the other side, not on how muddy your shoes are. Regrets are only felt by those who do not understand life’s purpose. They become so disillusioned that they stand still in the river and do not take the next leap.”~Colleen Houck–ASPIRE TO GREATNESS!

### **IT'S TIME TO SHIFT YOUR VALUES!**

“I want you to take a moment right now to get in touch with what this really means to you personally. If you keep living by your current values, then you can expect to get similar results to what you’re already getting, possibly a little better if you apply them more consciously. But most likely there is some part of you that isn’t satisfied with where you’ll end up if you keep following this same course. What are the “airports” where your planes will merely pass over but never land? Will you never experience an intimate, loving relationship? Will you never have children? Will you never become wealthy? Will you never develop an outstandingly energetic physical body? Will you never travel around the world? Will you never be able to help your favorite cause? Will you never feel that you’re living in total accord with your spiritual beliefs? Now what if all these “nevers” could suddenly become possible for you? They can become possible for you by shifting your values.” ~ Steve Palina–ASPIRE TO GREATNESS!

### **OPEN YOUR HEART!**

“When you begin to touch your heart or let your heart be

touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space."~Pema Chodron-ASPIRE TO GREATNESS!

### **MEDITATION IS POWERFUL!**

"We could say that meditation doesn't have a reason or doesn't have a purpose. In this respect it's unlike almost all other things we do except perhaps making music and dancing. When we make music we don't do it in order to reach a certain point, such as the end of the composition. If that were the purpose of music then obviously the fastest players would be the best. Also, when we are dancing we are not aiming to arrive at a particular place on the floor as in a journey. When we dance, the journey itself is the point, as when we play music the playing itself is the point. And exactly the same thing is true in meditation. Meditation is the discovery that the point of life is always arrived at in the immediate moment."~Alan Watts-ASPIRE TO GREATNESS!

### **OUR PATHS HAVE CROSSED FOR A REASON!**

"It's funny how, in this journey of life, even though we may begin at different times and places, our paths cross with others so that we may share our love, compassion, observations, and hope. This is a design of God that I appreciate and cherish."~ Steve Maraboli-ASPIRE TO GREATNESS!

### **BUILD YOUR RELATIONSHIPS ON TRUTH AND AUTHENTICITY!**

"How would your life be different if...You approached all relationships with authenticity and honesty? Let today be the day...You dedicate yourself to building relationships on the solid foundation of truth and authenticity."~ Steve Maraboli-ASPIRE TO GREATNESS!

### **IT'S TIME FOR SOMETHING NEW AND DIFFERENT!**

"So many people live within unhappy circumstances and yet will not take the initiative to change their situation because they

are conditioned to a life of security, conformity, and conservatism, all of which may appear to give one peace of mind, but in reality nothing is more dangerous to the adventurous spirit within a man than a secure future. The very basic core of a man's living spirit is his passion for adventure. The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun."~Jon Krakauer-ASPIRE TO GREATNESS!

### **THE POWER OF THE IMAGINATION!**

"The unreal is more powerful than the real. Because nothing is as perfect as you can imagine it. Because its only intangible ideas, concepts, beliefs, fantasies that last. Stone crumbles. Wood rots. People, well, they die. But things as fragile as a thought, a dream, a legend, they can go on and on. If you can change the way people think. The way they see themselves. The way they see the world. You can change the way people live their lives. That's the only lasting thing you can create."~Chuck Palahniuk-ASPIRE TO GREATNESS!

### **FOCUS ON WHAT YOU HAVE CONTROL OVER!**

"You only have control over three things in your life-the thoughts you think, the images you visualise, & the actions you take."~ Jack Canfield-ASPIRE TO GREATNESS!

### **YOU MUST CONQUER YOUR FEAR!**

"I must say a word about fear. It is life's only true opponent. Only fear can defeat life. It is a clever, treacherous adversary, how well I know. It has no decency, respects no law or convention, shows no mercy. It goes for your weakest spot, which it finds with unnerving ease. It begins in your mind, always ... so you must fight hard to express it. You must fight hard to shine the light of words upon it. Because if you don't, if your fear becomes a wordless darkness that you avoid, perhaps even manage to forget, you open yourself to further attacks of fear because you never truly fought the opponent who defeated you."~ Yann

Martel–ASPIRE TO GREATNESS!

### **LIVE IN THE PRESENT!**

“If you live in a past dream, you don’t enjoy what is happening right now because you will always wish it to be different than it is. There is no time to miss anyone or anything because you are alive. Not enjoying what is happening right now is living in the past and being only half alive. This leads to self pity, suffering and tears.”~Miguel Ruiz–ASPIRE TO GREATNESS!

### **EVERYTHING YOU SAY MATTERS!**

“Every waking moment we talk to ourselves about the things we experience. Our self-talk, the thoughts we communicate to ourselves, in turn control the way we feel and act.”~John Lembo–ASPIRE TO GREATNESS!

### **WHAT VOICES ARE YOU LISTENING TOO?**

“If you don’t program yourself, life will program you!” ~ Les Brown–ASPIRE TO GREATNESS!

### **WHAT DO YOU SAY WHEN YOU TALK TO YOURSELF?**

“The most important conversation you will ever have is the one you have with yourself.” ~Unknown Author–ASPIRE TO GREATNESS!

### **CULTIVATE THE PRACTICE OF POSITIVE SELF-TALK**

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### **THE MOST IMPORTANT MOMENT IS “NOW!”**

“Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.”~Denis Waitley–ASPIRE TO GREATNESS!

### **MAKE IT ABOUT OTHER PEOPLE!**

“You can make more friends in two months by becoming interested in other people than you can in two years by trying

to get other people interested in you.”~Dale Carnegie–ASPIRE TO GREATNESS!

### **IT’S TIME TO EVALUATE AND CHANGE YOUR BELIEF SYSTEMS!**

“The nature and structure of belief systems is important from the perspective of an informational theorist because beliefs are thought to provide the cognitive foundation of an attitude. In order to change an attitude, then, it is presumably necessary to modify the information on which that attitude rests. It is generally necessary, therefore, to change a person’s beliefs, eliminate old beliefs or introduce new beliefs.”~ Richard Petty and John Cacioppo–ASPIRE TO GREATNESS!

### **FIGHT FOR YOUR LIFE!**

“Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it,

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.” –ASPIRE TO GREATNESS!

### **REMEMBER, YOU’RE IN CONTROL!**

“You control your future, your destiny. What you think about comes about. By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own.” ~ Mark Victor Hansen–ASPIRE TO GREATNESS!

## BEYOND THE QUOTE

Have control over your own motivation to succeed. The more you desire something, the more driven you will come to acquire it.

Challenge yourself every day to overcome the obstacles that are right there in front of you.

### **NO MATTER WHAT PEOPLE THINK OR SAY, FOLLOW YOUR DREAM!**

"The doubters said,

"Man can not fly,"

The doers said,

"Maybe, but we'll try,"

And finally soared

In the morning glow

While non-believers

Watched from below."~Bruce Lee-ASPIRE TO GREATNESS!

### **BE HAPPY...NOW!**

"There is no need to search; achievement leads to nowhere. It makes no difference at all, so just be happy now! Love is the only reality of the world, because it is all One, you see. And the only laws are paradox, humor and change. There is no problem, never was, and never will be. Release your struggle, let go of your mind, throw away your concerns, and relax into the world. No need to resist life, just do your best. Open your eyes and see that you are far more than you imagine. You are the world, you are the universe; you are yourself and everyone else, too! It's all the marvelous Play of God. Wake up, regain your humor. Don't worry, just be happy. You are already free!"~Dan Millman-ASPIRE TO GREATNESS!

### **TRAIN YOUR MIND!**

"Many of us are slaves to our minds. Our own mind is our worst enemy. We try to focus, and our mind wanders off. We try to keep stress at bay, but anxiety keeps us awake at night. We try to be good to the people we love, but then we forget them and put ourselves first. And when we want to change our life, we dive into spiritual practice and expect quick results, only to lose focus after the honeymoon has worn off. We return to

our state of bewilderment. We're left feeling helpless and discouraged. It seems we all agree that training the body through exercise, diet, and relaxation is a good idea, but why don't we think about training our minds?" ~ Sakyong Mipham—ASPIRE TO GREATNESS!

### **EVERY WORD YOU SPEAK IS PREGNANT WITH REGAL, CREATIVE POWER!**

"God created everything that exists by speaking out what He envisioned. He dreamed about creating the cosmos, but it was not until His Word framed what He saw in His mind's eye did the earth, the sun, the moon, and the stars appear.

Imagination has no power until it is expressed—and the most powerful expression in the universe is the spoken word. God spoke, and from "nothingness" came everything that is.

Hebrews states that, "The worlds were framed by the word of God, so that the things which are seen were not made of things which are visible" (Hebrews 11:3). This week, declare yourself blessed! Declare yourself healed! Declare your home and business and marriage and children healthy and prosperous.

What do you envision for the world around you? Imagine the possibilities and begin framing it with your words." ~Excerpt from Dr. Cindy Trimm's Week Six of the 40 Day Soul Fast—ASPIRE TO GREATNESS!

### **FOCUS ON WHAT YOU WANT!**

"A lot of people feel like they're victims in life, and they'll often point to past events, perhaps growing up with an abusive parent or in a dysfunctional family. Most psychologists believe that about 85 percent of families are dysfunctional, so all of a sudden you're not so unique. My parents were alcoholics. My dad abused me. My mother divorced him when I was six...I mean, that's almost everybody's story in some form or not. The real question is, what are you going to do now? What do you choose now? Because you can either keep focusing on that, or you can focus on what you want. And when people start focusing on what they want, what they don't want falls away, and what they want expands, and the other part



disappears.” (Jack Canfield)” ~ Rhonda Byrne, “The Secret”–ASPIRE TO GREATNESS!

### **KEEP GOING UNTIL YOU EXPERIENCE YOUR DESIRES!**

“For, after all, every one who wishes to gain true knowledge must climb the Hill Difficulty alone, and since there is no royal road to the summit, I must zigzag it in my own way. I slip back many times, I fall, I stand still, I run against the edge of hidden obstacles, I lose my temper and find it again and keep it better, I trudge on, I gain a little, I feel encouraged, I get more eager and climb higher and begin to see the widening horizon. Every struggle is a victory. One more effort and I reach the luminous cloud, the blue depths of the sky, the uplands of my desire.”~Helen Keller, “*The Story of My Life*”–ASPIRE TO GREATNESS!

### **JUST BE WHO YOU ARE...WHO YOU WERE CREATED TO BE!**

“Give up defining yourself – to yourself or to others. You won’t die. You will come to life. And don’t be concerned with how others define you. When they define you, they are limiting themselves, so it’s their problem. Whenever you interact with people, don’t be there primarily as a function or a role, but as the field of conscious Presence. You can only lose something that you have, but you cannot lose something that you are.” ~ Eckhart Tolle–ASPIRE TO GREATNESS!

### **YOU GREATNESS LIES IN BEING ABLE TO REMAKE YOURSELF!**

“As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves.” ~Mahatma Gandhi–ASPIRE TO GREATNESS!

### **NEVER UNDERESTIMATE YOUR GREATNESS!**

“Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.” ~ Wilma Rudolph–ASPIRE TO GREATNESS!

## IT'S TIME TO MOVE!

So don't you sit upon the shore and say  
you're satisfied. Choose to chance the  
rapids and dare to dance the tides.”



Garth Brooks



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“He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.”~ James Allen–ASPIRE TO GREATNESS!



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**“Knowing others is  
intelligence;  
knowing yourself  
is true wisdom.  
Mastering others  
is strength;  
mastering yourself  
is true power.”**

Tao Te Ching

“Excellence is not a destination; it is a continuous journey that never ends.” ~ Brian Tracy–ASPIRE TO GREATNESS!

“You can do anything you wish to do, have anything you wish to have, be anything you wish to be.” ~ Robert Collier–ASPIRE TO GREATNESS!


“Recipe for greatness: To bear up under loss, to fight the bitterness of defeat and the weakness of grief, to be victor over anger, to smile when tears are close, to resist evil men and base instincts, to hate hate and to love love, to go on

when it would seem good to die, to seek ever after the glory and the dream, to look up with unquenchable faith in something evermore about to be, that is what any man can do, and so be great.” ~Zane Grey–ASPIRE TO GREATNESS!

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“Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next door neighbor...Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness; kindness in your face, kindness in your eyes,

kindness in your smile, kindness in your warm greeting.” ~  
Mother Theresa–ASPIRE TO GREATNESS!



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**Greater is he  
who acts from  
love than he  
who acts from  
fear.**

Henry Ward Beecher

“It’s the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen.” ~ Muhammad Ali–ASPIRE TO GREATNESS!



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**"To know that  
you know, and to  
know that you  
don't know - that  
is real wisdom."**

Confucius

"Let us consider the nature of true greatness in men. The people who can catch hold of men's minds and feelings and inspire them to do things bigger than themselves are the people who are remembered in history. . . . those who stir feelings and imagination and make men struggle toward perfection." Henry Eyring—ASPIRE TO GREATNESS!

## ASPIRE TO GREATNESS!

**“Every great man is always  
being helped by everybody,  
for his gift is to get good out of  
all things and all persons.”**

John Ruskin



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### **Dare To Be A Dreamer**

Dream reality,  
Dream with dignity,  
Dream for humanity,  
Dream for prosperity.

Dream for a change,

Don't dream with second chances,  
For dreaming isn't a duty,  
Don't dream a dream full of pity.

Dream to inspire,  
Be your own empire,  
Be the master of your dreams,  
Dream a dream you can claim.

Marlene Rashidi