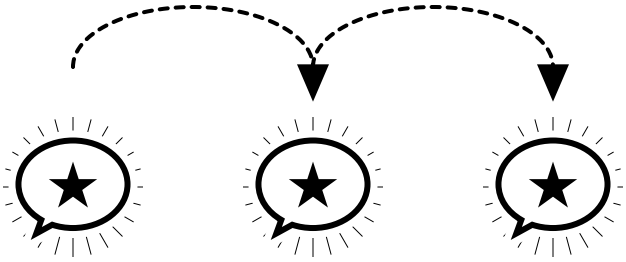
REVIEW YOUR FAVORITE QUOTES

"Short sentences drawn from long experience." – **Miguel de Cervantes**

Express It

SPEAK IT

Speak what's below *out loud*, with enthusiasm, certainty, and belief. **Improvise** what you say as *much* as you want (actually, this is preferred). **Visualize** what you say - see it in your head before the words leave your lips. **Brackets** contain instructions that explain something specific to do.



What, Why, And How

- At its core, a great quote often represents a *belief* that you want to shape how you think, feel, and act - ***believe a quote and it becomes your belief***!
- Since a great quote often represents a powerful and positive belief, the better you understand the message of the quote, the reasons it's true, and how to apply it in your life - which a regular review of them helps you to do - the stronger it will shape your belief system.
- Sometimes, because you keep a list of your favorite quotes, you use one to express your thoughts and feelings to others with incredible clarity and energy - **it really enhances your ability to communicate with others**.
- You read quotes to turn sadness into happiness, difficulty into opportunity, confusion into understanding, and weakness into power!
- ***When you:***
    - Start your day, need inspiration or motivation, or whenever

  Then you will:
    - Pick a quote and spend 1-2 minutes answering the following questions, out loud:
    - **What is the message/lesson?**
    - **Why does it matter/what are the benefits of understanding and using it?**
    - **How can you specifically apply the lesson?**

- For example, when you read the quote, *'Take the step, the bridge will be there'*, you understand:
    - **The lesson:** Often, taking action (a step) toward accomplishing a significant goal requires a leap of faith. The path to accomplishing most significant things in life is rarely entirely visible from start to finish. The unfolding of the path typically only happens as you take action toward your goal.
    - **Why it matters:** Not understanding this means that you could completely refuse to take action, simply because you can't see how to reach the end of your goal at the start, which could prevent you from achieving some pretty awesome things in life.
    - **How to apply it:** When you have the desire to learn or achieve something significant, you clearly define your end goal, but realize that the steps of how to reach it will only become clear to you AFTER you begin taking action toward that goal, so you will always step forward, having faith that the next step you need to take after that will appear.

EXPLAIN IT

- Pick one of your favorite quotes, read it out loud, then spend 1-2 minutes: Describing the message/lesson it contains, the specific reason(s) why it's important for you to understand that lesson, and some specific scenarios when you will apply that lesson.

Extras

CREATING AND MAINTAINING YOUR COLLECTION

- **Keep them in a single location:** A text document (such as Google Docs), notebook, or a sheet you keep on your desk.
- **Less is more:** Focus on only collecting quotes and sayings that *really* affect you - not every one that is just *pretty* great!
- **Use email:** When you discover a saying you love but you don't have access to the tool where you normally collect them, then grab your phone and send yourself a simple email containing the saying. Later, copy it from your email to your collection.