

*“Inspiring, motivating, life-affirming,
life-changing ...”*

101 Inspirational Quotes

Quotes about Life, Love, Living
and Change

By Robin Barratt

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E: RobinBarratt@yahoo.com

Published by Robin Barratt
W: www.RobinBarratt.co.uk

The Monk and the Traveller

“A monk, walking down the lane, met a traveller coming in the opposite direction. The traveller asked the monk how far it was to the next village? “Not far,” said the monk. The traveller then asked the monk what were the people like in the village? To which the monk replied: “What were the people like in the village you have just come from?”

The traveller replied; “Horrible, unhelpful and rude!”

“Then sadly you will find the same sort of people in the next village,” said the monk.

A short while later the monk met another traveller coming in the opposite direction. The traveller asked the monk the same question; how far was it to the next village? “Not far” said the monk. The traveller then asked the monk what were the people like in the village, to which the monk replied: “What were the people like in the village you have just come from?”

The traveller said; “wonderful! So helpful and very kind.”

“Then happily you will find the same sort of people in the next village,” replied the monk.”

About Robin Barratt ...

"I started working in the security industry way back in the late '80s. First I worked on the doors and then in close protection - both operations and training - in countries including Russia, The Balkans (during the conflict), and the Middle East. I had a small security training company which I sold in 2002, and began writing my first book Doing the Doors, which became a genre best-seller. I have been writing and publishing on and off ever since.

"I am now the author of a large number of books, including six non-fiction, true crime titles (publishers include Random House/Penguin, Mainstream, Constable Robinson and Milo), and two anthologies about the Kingdom of Bahrain where I lived for four years. I have written articles for magazines worldwide including; Signature, Sur La Terre, Gulf Insider, Time Out, Norfolk magazine, Absolute Lifestyle, T Qatar, Exotic Car magazine, and others. and edited, produced and published the acclaimed Collections of Poetry and Prose series of ten books featuring almost 1400 pieces of work from 265 writers and poets from 49 countries around the world - all writing on particular themes and topics. I also compiled and published THE POET magazine's international anthologies featuring thousands of poets worldwide.

"I now spend time developing my stained-glass art, as well as helping other authors, writers and poets independently self-publish their own books via Amazon's global publishing platforms. On top of this, I voluntarily run POETRY FOR MENTAL HEALTH - motivating and inspiring people with mental health challenges to put pen to paper and transform their thoughts, feelings, emotions and experiences into poetry."

E: RobinBarratt@yahoo.com

W: www.RobinBarratt.co.uk

INTRODUCTION

Someone recently said to me that surely I should get my life in order first before trying to motivate and inspire others to sort out their lives? But actually, it is only because my life isn't perfect and I do have extremely difficult times, that I want to inspire others. I want to inspire and motivate from my own personal experiences, and show others that; no matter how difficult things can be, no matter how big obstacles may appear, no matter how horrible things are, there is almost always a way through, and things will almost certainly get better. It might not be straight-away, but they *will* get better. I know many people who have had extreme, life-changing things happen to them, and who have led such blighted, horrible lives, and who could never seen a way through, and yet every single one - every one - has indeed come through and survived. They have changed, grown, developed and have become better people.

We can all change, we can! It is just that most of us simply don't want to because we feel safe in what we know, rather than in what we don't know. We cannot give up who we think we are. We are, in a way, addicted to ourselves; we keep doing what we have always done and therefore keep getting what we have always got. But once we do; once we start to make different choices we start to then get different things, and because we get different things, our life changes, forever - It is all about choosing what we do, and changing what we do, and if you are one of the very few that really want to change, I can guarantee your life will be so different, so beautifully different. Firstly though, you need to really want to change, and then secondly, find a way to make those changes happen. If you really want to, you CAN, it is entirely up to you though.

We all see the same things very differently, and so I have also added a few short notes to these quotes. Not, I hope, in a patronising way, but just as a way of understanding the quote better myself and, hopefully, making it more defined to you.

I hope you enjoy this collection and can use some of these quotes to help you on your own personal journey and, from my heart, I really do hope that they help make your journey through life a more beautiful and rewarding one. Be happy and be good ... always!

Robin Barratt - Dec 2014 (updated 2023)

***“When you rise in the morning,
give thanks for the light, for your
life, for your strength. Give thanks
for your food and for the joy of
living. If you see no reason to give
thanks, the fault lies in yourself.”***

Tecumseh

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**“A negative mind will never, ever
give you a positive life.”**

~

Once you start to think negatively, your world around you becomes negative - you see only the negatives and not the positives, and instead of your glass being half-full, it is half-empty. There are always positives in every negative thing that happens to you - you just have to find it. For example: a friend recently got evicted, but eventually ended up in a much better house! Another friend lost his job but ended up writing a book selling thousands of copies. Another friend's wife walked out on him after a horrible few years and his world collapsed, but a year later he found love with someone else. Look for the positives and the positives will quickly appear, only see the negatives and the positives will never appear!

**“Live on in the hearts of everyone
you meet.”**

~

Whether for five minutes chatting to the cashier in a supermarket, or a lifetime as a loved one or best-friend, touch the hearts of everyone you meet - everyone - and make sure you live on in their hearts once you leave them. Make sure their impression of you is of kindness and goodness, and of being a great person.

“It is not what happens to you that makes any difference to your future ... it is how you choose to deal with it.”

~

A friend of mine had his legs blown off in Iraq and he once said to me that it was the best thing that ever happened to him! He has gone onto become a world-class sports coach for paraplegics, and travels the world coaching disabled athletes. Had he not had those injuries, he said, he would still probably be just another 'grunt' in the army. An ex-doorman I knew had his neck broken in a fight, and has done virtually nothing thereafter, aside from watch day-time TV, and complain about his life. And he is more physically mobile than the coach! Depending upon how you react to what life throws at you, will reveal what the rest of your life will be like. Your choice.

**“If you really want to do something,
you'll find a way. If not, you'll find
excuses. Simple.”**

~

I hear excuses all the time; I don't have the time to write a book (rubbish, get up an hour earlier), I can't lose weight (rubbish, don't eat so much), I can't get a better job (rubbish, take some courses and learn a new skill), I've been too busy to contact you (rubbish, it takes a minute to call), and on and on it goes. The fact is; if you don't want to do something then fine, don't do it, but don't make excuses for not doing it! And if you really want to do something, you'll never make excuses for not doing it anyway!

“The fear of failure stops us doing many of the things that we really should be doing.”

~

I have met a great many people over the years that don't do the things they want to do, just because they fear failure; falling in love, applying for a promotion at work, training for that dream job, learning a new skill, losing weight, moving to a new country, writing a book, meeting new people - they fear failure so they don't do it! But failure doesn't actually exist, it is not a reality; the fear of failure only exists in the mind because, of course, it hasn't happened yet. If you know you'll fail, you will of course fail, because you have made it happen in your mind first, which then manifests itself into reality. But it never really existed in reality, you made it exist. So if you want to do something, don't even think about failure - don't even let it enter your mind. Failure does not exist!

**“Wake up every morning and thank
the Universe for what you have,
and for what it will give you
today.”**

~

Always be thankful for what you have, even if you have very little, and make sure that every day you thank your God, or the Universe, for what you have. You will be surprised what a difference just saying 'thank you' everyday has.

“Remember; your life will go the way you choose it to go ... it is all about the choices you make.”

~

A friend recently made a choice in his life that has taken him on a completely different path - and not a very good path at that. He chose to do something that has changed the rest of his life, not just for a week, or a month or a year but ... forever. Your life will go whatever way you choose it to go, so always think carefully about what you are doing, and make the right choices. And don't make excuses to yourself, or to others, for making the wrong choice. Understand that whatever the choices you make can - and likely will - have a long-term and significant impact on your life, and the life of others around you.

“We are all free to be exactly who we want to be, and to do exactly what we want to do. The only people stopping us are ... us!”

~

There is no such thing as destiny; that some people are just destined to be powerful, or rich, or authors, or astronauts, or in love, or travel the world, or ... whatever! Ordinary people have done, and can do, extraordinary things, and be extraordinary. You really can be whatever you want to be, and do whatever you want to do; you just need to want to do it bad enough.

**“Sometimes, we get so wrapped up
in our own happiness, we fail to see
the unhappiness of those around
us.”**

~

Sometimes we are just so preoccupied with our own feelings and what is making us happy, we often fail to see how others around us are feeling. A friend of mine told me this, after separating from his wife. He thought that, because he was happy and living the life he wanted to live, she was happy too. But she wasn't, and eventually she just packed her bags and left. All he saw was his world; he failed to see her world too. Be brave enough to ask those we love if they are happy too, be open enough to understand their answer, and be bold enough to resolve any unhappiness they might be experiencing.

“True, bad things do happen to good people, but more bad things happen to bad people!”

~

This makes perfect sense; if you are a bad person you will naturally surround yourself with other bad people (because of course, good people won't want to have anything to do with bad people!), and so more bad things will happen to you. The opposite is also true too; if you are good, and surround yourself with good people, more good things will happen to you.

**“The only person that wrecks your
life is ... you!”**

~

Most of the time we choose the life we lead, and those choices can either make our life wonderful ... or wreck it. This is our choice alone, no one else's, nor circumstance; we choose what we do, therefore we choose who we are, and what happens to us.

“Don't look back and say that you wish you'd had a wonderful life. Instead ... *have* a wonderful life!”

~

I know so many bitter, angry, sad people that have not had a wonderful life, yet they wish they had. Everyone can have a wonderful life, every single person. They CAN! Don't leave it too late and don't look back and wish you had. Have it, live it... NOW!

“When someone says they cannot change, they are lying; they are just saying they don't want to. Everyone can change.”

~

Most people use the "I cannot change who I am" or "I am, who I am" excuse for not not changing, not being different, not doing different things. But they are lying both to themselves, and to others. Everyone can change; everyone's behaviour can change, and everyone can change their personality. Their soul, their core cannot change, but that is just energy. The body and mind it lives in, can change.

“Remember, if someone says they don't want to change, there is nothing in the world you can do to make them.”

~

We all wish that people around us would change, and when they don't we get angry and frustrated; when we see how some people lead their lives we just want to shake them and say; "Can't you SEE!" People who are in destructive relationships, people who do bad things to others, people with negative attitudes and who are nasty or unkind or who just don't care. But most people can't and will never see; they will live their lives exactly as they want to, and there is nothing in the world we can ever do to change them. So leave them to it, move on, don't get angry at people that won't or don't change, but instead be inspired and motivated by those that do

“Never tell someone what they *should* be doing; this is asking them to live your life. Always find out what they *want* to be doing; this is empowering them to live their own life.”

~

We have all had it said to us; "you should do this" or "you should do that". When people say that you 'should' be doing something, they are not actually asking 'you' what you really want to do, but are telling you what 'they' really want you to do - other people always seem to know what's better for you! The only person that really knows what's best for you is ... you! So, try not to tell other people what you think they should be doing; instead always try to find out what they really want to do, and then help and empower them to do it. People will always appreciate this much more than being told what they should (or should not) be doing.

“Stop believing the things you know are not true, and stop believing your own lies and excuses. Once you do this, your whole world will change.”

~

We lie to ourselves and make excuses to ourselves all the time! We then believe those lies and excuses, and then when things go wrong - because of those lies and excuses - amazingly we then blame everyone and everything else! I have heard so many people, so many times, absolutely believe in things that they absolutely know are not true! It is amazing. They lie to themselves (and others), and then defend those lies even though they know in their heart, they are not true. You will never get a great life if you believe your own lies and excuses - how can you? Stop lying, stop making excuses, live what is the truth, and your world will change immediately.

“Your journey is your journey alone, no one else’s. You cannot force someone onto the same path as you, and you should not force yourself onto the same path as someone else.”

~

You cannot expect other people to take the same journey as you, to live the same life as you, or to live a life you want them to live. We are all different, and therefore we all have to take our own journey in life - in whatever way we feel is best for ourselves. You cannot force someone onto the same path as you, and you should not force yourself onto the same path as someone else. Take your own journey, and let others take theirs.

“Remember, when you repeat a mistake, it isn't a mistake any more, it's a decision.”

~

Someone recently said to me that they keep making the same mistakes, over and over again. But they don't of course; all they do is keep making the same choices, over and over again. which results in the same things. You can only do something the once and realise it was a mistake, if you do the same thing again, knowing that it was a mistake the first time you did it, it is then a choice! Don't want to make the same mistakes? Then don't make the same choices.

“Doing nothing should never be an option - always try to do something.”

~

I recently bumped into someone who had just retired from forty years in a job he hated! Forty years! But not only that, he has never travelled anywhere, nor done anything much at all in his life. Of course, we don't all have to be extraordinary, or accomplish or achieve, but we all have to do ... something! We can't spend our lives doing ... nothing! We see people all around us that do ... nothing. What a waste of a life. Make a list of all the things you want to do and then find ways of doing them one by one. But whatever you do, don't do nothing!

“Be brave, take risks, try things; at least have a go! It doesn't matter if things don't work out, because at least you'll have no regrets for not trying.”

~

You could regret not doing things in life, but rarely would you say that you regret actually trying to do things. I don't know anyone that regrets trying. Personally I believe it is better to try, to take a risk and to have a go, than to not try, or not taking that risk. Better to do something than nothing. And if things don't work out - which of course they sometimes don't - at least you tried, you had a go. But they definitely won't work out if you don't at least try.

**“If you are not willing to change
your life, then don't expect your
life to ever change.”**

~

If you always do, what you have always done, you will always get, what you have always got. Unless you are willing to change, nothing will change, and everything will remain exactly the same. And you can't complain that nothing ever changes, and that your life isn't very good, unless you are willing to change it! Your life can change if you are willing to change it - your life will not change if you are not willing to change it. Simple.

**“Most of the things we spend hours
worrying about ... never actually
happen!”**

~

I have lost count of the times I have spent worrying about things, only to find that many of the things I have been worrying about, never actually happen! I make up so many things in my mind; stories, scenarios and situations; what could happen, what might happen, what will happen ... and yet most of the time ... nothing happens!

“Live the life you always wanted to live.”

~

You can live the life you have always wanted to live, you CAN! There is nothing stopping you, only you! The poor have become rich; the uneducated, educated; the lonely, loved; paupers have become Presidents; the illiterate have become best-selling authors - there are no limitations, no barriers to having the life you have always wanted, the only person stopping you is you and the limitations you put upon yourself. If you see yourself homeless ... you will be homeless, if you see yourself rich ... you will become rich. It happens, all the time, and to people exactly the same as you. If they can ... you can. Believe that, and you really will live the life you have always wanted to live.

“Be brave enough to be positive, to embrace life and to be different.”

~

Be positive and embrace life; every hour of every day, because you just don't know when life will be taken from you. And be different. Show the world that you are not like everyone else; show the world how wonderfully unique you are. Don't be like everyone else; be unique and find your place within the Universe.

**“If you've having a wonderful life,
you're making the right choices. If
you're not, you're making the
wrong choices. Simple.”**

~

Life is all about the choices you make - if you are having a wonderful life then you have made some wonderful choices, if your life isn't so good then perhaps you are making some bad choices. You choose your job, where you live, your relationships, how you behave, what you say to people, how you react, what emotions you show, how you spend your time, how you treat others. You choose everything; so if things are not going well, look at your choices and then change - make different choices. Remember, everything you do and every choice you make changes your life ... forever.

**“If you don't want an ordinary life,
then don't do ordinary things!”**

~

You can't complain that your life is ordinary, if you fill it with ordinary things; an ordinary, mundane job, watching the 'soaps' every night, visiting the same places for vacation, going to the same pub, mixing with the same people ... If you don't want an ordinary life then: find an interesting, dynamic job; visit wild, exciting places; get interesting hobbies and past-times ... there are so many un- ordinary things you can fill your life with ... if you don't want an ordinary life!

**“Live your life now, according to
how you want to be remembered
when you are gone.”**

~

Someone once said to me that they don't care how they are remembered when they are dead because when they are dead they are dead, what does it matter! I thought how terribly sad that they don't care what people think of them when they are gone. Happy, generous, kind, caring, or mean, unkind, selfless, self-centred - give people lasting, lovely memories of you when you are gone, not horrible ones.

“Stop blaming others for what's happening in your life. It is *your* life; if things aren't going well, blame yourself.”

~

Things are never our fault are they? It is always other people or circumstance. But actually, whether we choose to believe it or not, most of the time it is our fault; it is the choices we have made, or haven't made. Things don't just happen; they happen for a reason or because of something said or not said, done or not done. Job not going well? Relationship not going well? Broke? Not happy where you live? Whose fault is it really? Be honest with yourself, and then you can start to turn things around because you are no longer blaming those things that aren't really to blame.

**“It isn't the destination that's important,
it's always the journey. Make sure you
always take the right path, even if it might
take a little longer to get to your
destination.”**

~

Make sure you take a wholesome, honourable path to your destination; don't cheat, or lie, or cut corners to get to where you want to get to. Even if things take longer, or are more difficult, make sure your journey is a good journey; a journey full of wonder and excitement and goodness. Your destination might eventually change, but the path you take should never change, so make sure it is both a good path, and the right path.

**“You become most like the people
you spend the most time with; so
choose very carefully and wisely
who you spend your time.”**

~

We subconsciously adapt to become like the four or five people we spend the most time with; we take on aspects of their personality, their traits, their beliefs, and follow what they do, how they speak and what they say - we even end up using the same phrases and sentences! So choose carefully and wisely who you spend the most time with; are they good people, do they have good beliefs, are they moral, do they do good things, kind things, do they help others, are they polite ... are they someone you want to be like? Because, if you spend time with them, you will be like them ... like it or not.

“Some people want things to happen. Some people wish things would happen, however, only a few people actually make things happen.”

~

We all wish certain things would happen to us in our lives, but most of us actually do nothing about making them happen! We spend our lives wanting and wishing, but not turning what we want and wish for into reality. Want something bad enough? Then make it happen!

**“Nothing in your life will change,
unless you alone take responsibility
for changing it.”**

~

*You are the only person responsible for changing your life. No one else.
You alone. Take responsibility for your own life, and for changing it to
be the life you really want it to be.*

**“If you keep looking to the past
when trying to go forward, you will
always stay exactly where you
are.”**

~

If you keep focusing on the past; what you have done, the mistakes you made, your regrets, the things you didn't do, the things you shouldn't have done, the things that others have done to you, you will never move forward, and will always be stuck in the past - focusing on it or going back to it. The past is gone; what has happened, has happened; it cannot be changed. The most important thing is not what has happened in the past, but what you will make happen in the future. It is not what you have done in the past, but what you will do in the future.

“Put those you love first; and then those that love you, will always put you first too.”

~

Sometimes we take the people we love for granted; presuming that their love will always be there, regardless of what we do or say. But often, after a while, we find their love just isn't there any more - they have had enough of being taken for granted! So make sure you always put those that you love first, and then they will always do the same in return for you.

**“Real poverty is not lack of wealth,
but a lack of ever doing anything
for anyone else.”**

~

Sad to say, but I know many people who only think about themselves, and never ever do anything for anyone else. How can people be like this? How can people live their lives without ever doing anything for anyone else? But sadly there are many people that like this - they are the poor ones though - because no one does anything for them either.

**“Remember, arrogance always
leads to downfall.”**

~

No matter what you achieve in life, how wealthy or powerful you become, what positions you hold, always remain humble and always be kind and considerate to others, because arrogance and attitude will always lead to downfall. Always. It is inevitable.

“What you think of yourself is much more important than what others think of you.”

~

As the famous fashion designer Coco Chanel once said; “I don't give a damn what other people think about me, as frankly, my dear, I don't think about them at all.” Does it really matter to others what you think of them? Not really, and in most cases it makes no difference at all what you think of someone else. And so therefore, it really doesn't matter what others think of you either! But what really matters is what you think of yourself; you have to be happy in your own skin, you have to love yourself, and love who and what you are. You have to live by your own sets of standards, ethics and morals. and know - in your heart - what you do and what you say are the true and right things. You have to be self-honest in everything to you, and believe in yourself. This is more important than anything else, and certainly more important than what others think about you.

**“Always remember; our thoughts,
deeds, words and actions always
return to us in the same way
sooner or later. Guaranteed.”**

~

Karma; what goes around comes around, and it always happens and with remarkable precision; what you do to others will always come back to you, always. Maybe not at the same time, or from the same person, but it will be returned so make sure you manage your thoughts, deeds, words and actions carefully, understanding that what you put out there will eventually come back to you - so only put good things out there!

“Happy people have happy thoughts; think happy, and you'll be happy.”

~

Whatever you think manifests itself into reality; your world becomes as it is, because of the way you think; think angry and your world becomes angry, think jealousy and you see infidelity, think sad and sad things surround you. But think happy and your world becomes happy, and because your world becomes happy, you think more happy thoughts, and because you think more happy thoughts, your world becomes happier. Think happy and you'll be happy. Try it, it works!

“What you believe controls what you think. What you think controls what you do. What you do controls who you are. Who you are controls your destiny. Want to change your destiny? Change your beliefs.”

~

The life you lead and your destiny, stems from your core beliefs - right or wrong, good or bad. If you believe it is okay to steal, then your destiny is probably eventually arrest and prison. If you feel it is okay to cheat on a loved one, then your destiny is probably separation and a divorce settlement! Whatever it is you believe - right, wrong, good, bad - will eventually manifest itself into your destiny. Want a different destiny? Then change what you believe.

**“Emulate the good people around
you. Ignore the bad.”**

~

Look to the good people around you for inspiration and motivation; see what they do, admire what they say, learn from their actions, and then try to do what they do. Understand who are the good people in the world, and follow them. And conversely; understand who are the bad people in the world, and ignore them. The bad will do you no favours; they will bring you down and turn your life bad, like theirs. The good will do you many favours and will make your life wonderful! Always follow the good!

“Don't wait for that one golden opportunity, make every opportunity golden.”

~

If you wait around for that one golden opportunity, you will be waiting forever. It doesn't exist, it will never exist - there will never be that one golden opportunity. However, if you see that every single opportunity is golden, then you will eventually find success.

“Learn from yesterday, dream for tomorrow, but live for today.”

~

What you do now, how you behave now, what you say now is what counts. Yesterday has gone, tomorrow might not even happen, so today, the NOW is what's important. And what you do now, will define your dreams for tomorrow.

“Stop worrying about what you cannot control.”

~

If you can't control something, then why worry about it? Sure, worry about something within your control, because worry can bring clarity, and can often motivate you to make the right choices, or to find a way round obstacles and challenges, but if something that is out of your control, why worry?

“You can't choose how you are going to die, you can only choose how you are going to live.”

~

Don't kid yourself; people die every minute of every day, and you could too. You could die today or tomorrow, or next week or next month, or in fifty years time. You cannot choose how or when you are going to die, however, you can choose is how you are going to live. So choose to live honourably and wisely, and with grace and sincerity. Choose to live well and in peace, so then it really doesn't matter how and when you die.

“Life is so short; love a lot, live a lot, be kind, be good, help others.”

~

Life is very short, so cram it full of everything good and wholesome. Love a lot, be kind, be good to others, help others - leave this world as a good person in the hearts of others. How can you be but any other way?

**“By just changing our attitude, we
can change our world ... in an
instant.”**

~

Everything immediately changes with everything we think, everything we do, and everything we say. If we are angry, our world immediately becomes angry. If we are sad, our world is immediately sad. If we are arrogant or unkind or selfish, our world around us immediately mirrors our attitude. And so our attitude immediately changes our world. Change our attitude and our world changes ... immediately!

“Remember; every single thing you do - everything - has the potential to change every single thing that will happen to you - everything.”

~

It seems unbelievable but every decision you make, everything you do, everything you say has the potential to change the rest of your life. It could just be in a tiny way, or it could be completely life changing, but every decision you make will change the course of your life - so think carefully about the decisions you make, and look into the future and understand the long-term consequences of what you are doing.

“Never failed? Then you have never lived!”

~

You have to fail in order to succeed. You have to fail in life in order to understand life. If you have never failed, then you have never lived - failure is part of living, of experiencing and, more importantly, of learning. Don't fear failure; embrace every time you fail as one step closer to success. Remember, Edison made 1,000 unsuccessful attempts at inventing the light-bulb before he found success. He could have given up but he kept on going, time and time again, until he achieved what he had set out to achieve. Learn from failure and live through it, you will become a much better person because of it.

“To the strong; to be wronged is nothing and quickly forgotten. To the weak; to be wronged is everything and never forgotten.”

~

Being wronged happens. It's a sad fact of life that we are all wronged at times. But it takes a stronger person to forget it, and then move on. Only a weak person keeps remembering that wrong. Nelson Mandela said that if he had kept remembering the wrong people had shown to him, he would still be in prison. If you are wronged, deal with it and then forget it, and then move on.

“Don't be angry at others if they don't change, instead be angry at yourself for not changing!”

~

The only person you can change, is yourself - you cannot make others change! People live the lives they want to live, even if it is destructive or selfish or unkind or thoughtless, and if they don't change it is their choice, not yours! So don't get angry, at people if they don't change, but be angry at yourself if 'you' don't change. Remember ... you change, and the world around you will change!

“There is a way around almost every difficulty. So keep looking, and looking and looking until you find it.”

~

No matter what the problem is, there is almost always a way round it, you just have to find it. And often, we only tend to see just the one solution to a problem, when invariably there are more than one. Someone I knew lost his house, and the only solution he saw was being homeless, and because that was all he saw in his mind, he became homeless! There were lots of other ways around his situation but he didn't look. Whatever your difficulty, whatever your problem, keep looking for solutions - not just the one solution, but look for options and alternatives, as there always are, and don't give up until you find it.

“We all need to be admired and recognised, but it is how we choose to be admired and recognised that really counts.”

~

We all need to be admired and recognised throughout our life - to stand out in some way. It could be for being recognised for doing your best at work, or on stage as a singer, or sitting in a flashy sports car with music playing too loud, or posting lots of pictures of yourself on Facebook and Instagram, ... it seems we all need people to look at us, and to admire and recognise us! But what is important is how you seek that recognition; is it seeking recognition for being diligent and doing some good for the community or people around you, or is it showing your wealth with a flashy car or needing comments and 'likes' to your Facebook pictures of yourself. Who you are, determines how you show other people who you are.

**“What would you do if you knew
you couldn't fail?”**

~

Someone asked me this question a while ago: What would you do if you knew you couldn't fail? You can do almost anything you want to do, you just need to want to do it, and if you want to do it you would find a way to do it, without even thinking about failing. It is all about wanting to do something bad enough, not about failure.

**“You're lucky if you win the lotto,
you're unlucky if a meteor lands on
your head - almost everything else
is up to you.”**

~

Someone once said to me that there is no such thing as luck, but this is, of course, wrong. You are lucky if you win the lotto, and you are unlucky being in the wrong place, at the wrong time, if a meteor falls on your head, but most other things are a matter of choice and not of being either lucky or unlucky. A businessperson isn't lucky if their business booms, or unlucky if it fails - it is all about what they are doing, or not doing. A person isn't lucky if they find the love - it is their choice of partner. Most of life isn't about luck at all, it is about making the right choices, and working hard to make what you want a success.

“Always remember; people see exactly the same things in totally different ways.”

~

Isn't this the problem with much of the world; different people seeing the same thing in very different ways? Once you understand that your way is only right for you and you alone, then everything surprisingly becomes easier. Understanding that other people see exactly the same things very differently means there will be less conflict and more understanding in your life - even if you don't always agree with how they see things!

**“We never see things as they are,
we always see things as we are.”**

~

We only see things as we see things, and that is according to our own, personal beliefs, mindset, upbringing and experience. So therefore we see things as who we are, and not as they actually are. It is our emotions that determines how we see things, and so by taking away emotion we will see and understand things very differently, more objectively, and therefore ultimately understand things a lot better.

**“Allowing someone to make you
angry is allowing them to conquer
you.”**

~

The real strength of a person is to always remain calm and to not allow someone else to cause you the emotion of anger, because once they do, you have lost control, and there is little good that will come from such a situation. People control others by causing reactions such as anger so remember, they cannot control you, or the situation, if you don't become angry!

**“Learn to forgive, in return you
will always find true peace.”**

~

You can forgive anything, literally anything. That choice is yours. Forgive and you'll eventually find peace, don't forgive and you'll live in constant turmoil. Forgive, and things are left into the past, never forgive and things are never left in the past. It takes a strong person to forgive, and a weak person not to.

**“What you see in others is often
what you see in yourself.”**

~

What we see in other people is very often a reflection on what we see ourselves, and what we blame others for being, is often what are ourselves. I have come across many people like this; they see the nastiness in people, and yet they are often nasty themselves; they distrust others, yet they are often shady themselves; they see people as being unfriendly and impolite, yet they are often the very same. But I also know many people who see the good in people, and are always good people themselves, and people that trust everyone and have never been the victim of any crime. If you see nasty in other people you will likely be nasty yourself, but if you see good in people you will be good yourself. Makes sense!

**“Remember to do things now!
Don't put things off for the right
time, as the right time will never
come.”**

~

It is far easier to wait, to put off until tomorrow what you could be doing today, to wait until a better time. But tomorrow never comes does it? So do today what you could be doing tomorrow, and you'll have more time tomorrow to do other things!

“The only limits we have are self-imposed; our belief that we are unable to, or do not deserve to. Change our beliefs and we change our world.”

~

We don't deserve love, or we don't deserve that promotion at work, or we are unable to take on more responsibility at work, or we are unable to travel the world - it is only our belief that we don't deserve or can't do these things, it isn't based on fact. We can do almost anything once we believe we can. I have known people to do the most extraordinary of things because they believe they can, and other people not to do the easiest of things because they believe they cannot. You win wars not by being the strongest, but by believing you are the strongest.

“Love like you'll never get hurt.”

~

Someone once said to me that they don't want to love again because they don't want to get hurt again! I asked ... why? Why miss out on weeks, months, years of love and the happiness it brings because of what might ... or indeed might not, happen? Why not love anyway, love like you'll never get hurt, and if things don't eventually work out you'll have all those wonderful memories to hold onto, rather than to have nothing. Any anyway ... how do you know you'll get hurt?

**“You already have everything you
need to make what you want
happen - you just need to find it!”**

~

Anyone can do anything they want to, as long as they really want to. Sure, some people are more educated than others, or are richer, or have more experience, or are more physically able, but it doesn't stop all sorts of people doing all sorts of amazing things. Firstly though, you have to 'know' what you want, and then find a way to achieve it - if you want to do something bad enough, there is little going to stop you doing it!

**“Don't go to your grave saying
'what if'.”**

~

Remember, once you are at death's door, it is a little too late to start saying 'what if' you had done this or that. Before you get to death's door, make a list of things you want to do, and start doing them! And because you don't know when you'll be at death's door, all the more reason to start doing them now! Don't leave it too late, do what you want to do... NOW!

**“Most of us never do the things we
really want to do ... only what
others expect us to do.”**

~

Because of others, we stay in jobs that we don't like, we stay in unhappy relationships, we go on holiday to places we would prefer not to go, we live in locations we don't like, some people even marry and have children because of others ... and on it goes. If we were self-honest, we would see that there are many things in our lives that we are only doing because of others - and what they expect of us - rather than what we really want to do. I knew someone who wanted to be an artist - he was brilliant - but never did ... because of others. I know someone else, an Indian woman, who had to marry because of her parents - it certainly wasn't what she wanted. We cannot always do exactly what we want in life, and we do have to compromise sometimes, but we don't expect other people to live their lives as we want them to, so why should we do the same? Live 'your' life - no one else's!

**“Everyone makes promises, but
only the great keep them.”**

~

It is easy to make a promise, but so much harder to keep it. Someone I makes promises all the time, and almost never keeps them! To have a reputation for always making false promises is a horrible thing to have, as no one will ever trust you. So if you make a promise, make sure you can keep it, and if you think you can't, don't make the promise in the first place.

“It's okay to regret some of the things you've done, but it's not okay to regret all the things you haven't done!”

~

If you do something and you regret doing it because it didn't work out, or turned out being a mistake, that's fine; at least you had a go and you tried. But there's nothing worse than looking back, regretting not doing something. Don't have regrets.

**“Doing something for someone
knowing you will never get it back
- this is true selflessness.”**

~

When you do something for someone, do it only because you really want to, and not because you might one day get something back in return. Just do things for people, be kind to them, take care of them, help them - even complete strangers who you might never see again. Be selfless!

**“Make the most of every failure,
because for every failure you are a
step closer to success.”**

~

Someone once said to me that if he walks down the street asking everyone for one pound, eventually someone will give him a pound. And that's true, every failure is one step closer to success - even if you fail 1000 times - if you keep on going you will almost certainly find success. Most people don't, they give up after a few failures, but be one of those few that don't give up, that carry on and keep trying, and you will eventually find success!

“No matter how busy a person is, if they care for you they'll always find the time. If they don't, they won't. Simple.”

~

How many times have you heard someone say 'sorry not called, been so busy'? What they are really saying is that they haven't thought about you enough, or don't care about you enough to have wanted to call you, because to call anyone takes just a couple minutes at the very most, and there is no way anyone is that busy in their life that they cannot find a couple minutes in a day, let alone a week or a month. And of course the opposite is also true; if you care about someone find the time for them, and certainly don't make time as an excuse.

“Just because someone doesn't believe what you believe, it doesn't make them wrong, it just makes them different.”

~

No one is wrong; everyone believes they are right in their own minds and in their own way, and just because their way isn't your way, doesn't make it wrong either; it just makes it different. You don't have to believe what they believe, you just have to understand that what they believe is not what you believe. And if they can't see your way, or you can't see their way, agree on being different and leave it at that. Don't take their differences with you; they are who they are, you are who you are, so leave it at that.

“Almost everything that has happened to us, has happened *not* because of anyone else or anything else, but solely because of the choices we have made. If we want a different life, a better life, we have to make different choices, better choices.”

~

From the smallest choice to the biggest; every choice we make in life, changes every single thing that will happen to us thereafter. Everything! If we choose to argue with someone, it could turn violent which could be life-changing; if we choose to smoke we are likely to get lung-cancer and die; if we choose to always put work before our partner, they could leave us - whatever choices we make potentially changes everything. So think carefully about those choices, and if you want your life to be different, make different choices.

“The sun always shines above the clouds.”

~

No matter how bad or bleak things can be, above the clouds the sky is clear and sun is always shining. Make your way through the clouds and you will see warm, sunny days again.

**“Some people spend their whole lives
waiting for the perfect time to do
something. Rarely does that perfect time
ever arrive.”**

~

There is no perfect time for anything, and people who say they are waiting for that perfect time are really not waiting at all - it is just an excuse for not wanting to do it. If you really want to do something, you would do it, regardless of whether the time was perfect or not.

**“One day you'll just be a memory
for some people, so do your best to
be a good one.”**

~

Be remembered for being kind and caring, considerate and generous, and not for being unkind, uncaring, inconsiderate and mean. Be remembered for being fun and funny, and not for being grumpy and bad-tempered. Be remembered for thinking of others, and not for being selfish and self-centred. Be a good memory for people, not a bad one.

“If it is to be ... it is up to me.”

~

Just about summarises everything in this book in a few words, it is just up to you if anything is to be, no one else, nothing else, just you and you alone. You either make it happen, or you don't make it happen. Up to you.

**“Don’t waste time filling your life
with mindless rubbish! Live
mindfully, take risks and enjoy
every day as if it’s your last!”**

~

Don't fill your life with a job you hate, rubbish television, pointless gossip, senseless people ... instead fill it with great things, beautiful places, great hobbies and pastimes, lovely people. Enjoy every day, live life fully, be kind and be good, look after the people that love and care for you, and who fill their own lives with good things too. You won't be here for long, make every day worth living!

**“Doubt kills more dreams than
failure ever will.”**

~

If you doubt yourself you will never change, never achieve, never win. The boxer who goes into the ring doubting he will win, will always lose. The person that doubts their ability to get a better job, will never get a better job. The person that doubts their ability to change, will never change. If you doubt, you will stay in the same place ... always. Doubt kills dreams, simple.

**“If you have the power and ability
to make someone happy, then don't
hesitate to do it.”**

~

From giving a friendly smile to the cashier at the supermarket, to sending your loved one a beautiful bunch of flowers, or calling someone you haven't called for a while, or checking up on your elderly neighbour - we all have the power and ability to make someone happy, every day. So just do it!

“If we want different, we have to be different, and by being different our lives will be different too.”

~

Some people don't want to be different; they want to blend in and be anonymous, and never do anything spectacular or different. If you are one of those people then fine - it is your life, live it how you want. But if you want 'different' you have to be different, and by being different your life will be different. Your choice; you can be as different as you want to be and your life will be as different as you want it to be! Up to you.

“I am committed to being a better person today than I was yesterday.”

~

Be committed to be better every day, to be a better person, to say better things, to do better things, to think better things, to think of others in a better way. Every day, commit to being better, and the world around you will be so much better too.

“To know what sort of a person you are, look at the sort of friends you keep.”

~

We tend to always associate with people most like us, as we generally feel more comfortable with people similar to us than with people very different to us. So ask ... are your friends good people? Are they positive people? Do you agree with what they do and how they lead their lives? Are you inspired by them? Do they inspire you? Do they motivate you? Do they have good thoughts, good morals? Are they kind and are they helpful? Or are they negative, demotivated, unkind, uncaring, self-centred? Keep good friends because the people around you define who you are - in other people's eyes as well as in your own.

**“Serious things do happen in life ...
but it doesn't mean you have to live
a serious life!”**

~

Someone once said to me that life is very serious, and I asked why? Why should life be serious? Who says it should? Serious things may happen in life, of course, but why does that have to make life serious? Life shouldn't be serious at all; it should be fun and exciting and interesting ... but definitely not serious. On your death-bed you wouldn't say; 'I wish I had been more serious in life!' There is no reason for life to be serious, whatever may happen in it.

“Collect good people and keep them and care for them, for really good people are hard to come by.”

~

Really good people are hard to come by, so when you come across them collect them and look after them, and keep them close, as you become like the people closest to you! Bring good people into your life and keep out of your life those that are not.

“Keep away from people who try to knock your ambitions - people will always try to do that. Great people, however, will always make you feel great too.”

~

People that don't do anything with 'their' lives will always knock and criticise those that do - they will always try to put you down your goals, dreams and ambitions, and stop you doing what you really want to do in your life, and with your life. This is the only way for them to feel better about themselves in their own dreary and dull lives. Great people, however, will always motivate you to be great, and will always push you to achieve what you want in life. Listen to the great, ignore the others.

“Be your imperfectly perfect self.”

~

We all have emotional baggage and hang-ups and challenges, and we all have vastly different backgrounds and experiences, all of which has made us who we are, and what we are. We are all uniquely imperfect, yet we are all perfect; our imperfections are what makes us perfectly unique. Be the person you really want to be ... your perfectly unique self.

**“We have two ears and one mouth;
talk a little less, and listen a little
more.”**

~

Listen to people more, and talk less. Hear what people say; even if you don't agree, listen to them anyway and don't talk over them, or try to push your opinions onto them.

“The wise talk because they have something to say. The foolish because they feel they have to say something.”

~

Some people feel they have to say something, even when they have nothing to say! The wise chooses what they say and what they talk about, they are careful with their words, and they don't talk about nonsense and rubbish. The foolish, however, just talk for the sake of saying something, anything!

**“Don't be afraid of being
different ... be afraid of being the
same!”**

~

People who achieve, who accomplish, who do extraordinary things are different. Writers, artists, singers, creators are different. The geniuses of this world are different; they think differently, they act differently, they believe the world is different. Don't be afraid of being like them, of being different. However, be afraid of being the same as everyone else!

“Don't be afraid to say 'No'.”

~

Sometimes we say 'yes' to something when we should say 'no', and then our life takes us on a completely different path, all because we were afraid to say 'no'. A friend recently did this, he said yes to a job because he didn't want to let his employers down, when he should have said no, and because he was away from home for most of the time his partner left him! And the company certainly didn't care that his partner left him because of his job. Don't be afraid to say NO if you don't want to do something. Remember, there is no good outcome to saying yes to something you really don't want to do!

“Try not to worry about those people who criticise and belittle you - they are only finding faults in your life instead of fixing the faults in their own life!”

~

People who do nothing in their own lives will often find faults and criticise you with what you are doing in your life; it is their way of justifying their mundane and boring existence. Stop worrying about these people, as you cannot control what they do or think, or how they lead their lives - you can only control what you do, and what you think and, how you lead your life. So ignore them; they are going nowhere and they will do nothing, whereas you are going everywhere and will do everything!

**“Don't count on other people
because they can often let you
down. But if you count on yourself,
you will try to never let yourself
down!”**

~

The only person that won't let us down is ... ourselves. Other people may not intend to let us down, but they often do, mainly because they are leading their own lives, not ours. It is like a business; the owner of the business knows exactly how to run his or her business, and their employees will often let the owner down, not because they mean to but simply because it isn't their business. Same with life; only rely on yourself, no one else, and never try to let yourself down; it is your life, no one else's!

“Remember, if you share what you have with others, even if you don't have much, others will always share with you. If you hoard however, you will only ever have what you've got, nothing more.”

~

It's a bit like going out to dinner; the people that shares each other's food enjoy the experiences of many different flavours and tastes, whereas the person that doesn't share but keeps their plate to themselves, only ever has their own dinner to taste, and misses out on so much more. I know people that never share anything with anyone, and in return no one ever shares with them. I know other people that share all the time, and all the time others share with them.

“People are where they are because, whether they will admit it or not, it is exactly where they want to be. If they didn't then they would, of course, be somewhere else.”

~

People are where they are in life because of the experiences they have had, and the choices they have made. Simple. If they didn't want to be where they are in life, they would have made other choices. Most people won't admit this though; they blame life and see themselves as the victim of circumstance, or the victim of a tough life. But this is often just not true - many people have had tough lives and yet have gone onto to do amazing things. People are where they are only because they want to be there, simple..

**"Life should only be about making
each other happy. That's all, end of
story!"**

~

Dedicate your life to making other people happy, and in return other people will make you happy. True happiness comes from making others happy, it makes sense; you are happy because you can see how you are making others happy. Do this, all the time, every time, as see how your life will change.

**“No self-centred person can ever
be truly happy. Do things for other
people, then you'll be truly
happy.”**

~

I have not met a self-centred person that is truly happy - happiness comes from sharing with others, and making other people happy. There is little happiness in sharing what you do with no one other than yourself.

**“Happiness entirely depends upon
how you think, nothing else.”**

~

Think positive and positive things will happen. Think good thoughts and good things will happen. Think and show kindness, and people will be kind in return. Think carefully about the choices you make and the consequences of those choices, and your journey will be a good one. Think happy and you will be happy.

“When your time comes to die, be not like those whose hearts are filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song, and die like a hero going home.”

Tecumseh

www.RobinBarratt.co.uk

101 Inspirational Quotes

"Someone recently said to me that surely I should get my life in order first, before trying to motivate and inspire others to sort out their lives? But actually, it is only because my life isn't perfect and I do have extremely difficult times, that I want to inspire others - I want to inspire and motivate from my own personal experiences, and show others that; no matter how difficult things can be, no matter how big obstacles may appear, no matter how horrible things are, there is almost always a way through, and things will almost certainly get better. It might not be straight-away, but they will get better. I know many people who have had extreme, life-changing things happen to them, and who have led such blighted, horrible lives, and who could never see a way through, and yet every single one - every one - has indeed come through and survived. They have changed, grown, developed, and have become better people." Robin Barratt, Author, Writer, Publisher, founder Poetry For Mental Health, former editor THE POET magazine.

"If it is to be ... it is up to me."

"Live on in the hearts of everyone you meet."

"Doubt kills more dreams than failure ever will."

