



200 POSITIVE QUOTES TO INSPIRE YOU EVERY DAY

HOME / LIFESTYLE



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Positive Affirmation Quotes

Not only do affirmations motivate you to take action, but they can produce a positive mindset to help you throughout the day. As a trusted and recommended stress reducer and mood booster, these quotes can help you reach your goals and keep your brain ready for anything. Finish that personal project you were working on; say goodbye to a bad habit; take a risk. Listening to your heart, inspiring change, and avoiding negative energy are some of the themes of these quotes – remind yourself of them daily for a pick-me-up.



- 1 "Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did do." — H.Jackson Brown Jr.
- 2 "Do what is true to your soul." — Malini Saba.
- 3 "The chance to love and be loved exists no matter where you are" — Oprah.
- 4 "Choose to be optimistic, it feels better."— Dalai Lama.
- 5 "Make way for the unprecedented and watch your reality rearrange yourself." —Yrsa Daley-Ward.
- 6 "You are loved just for being who you are, just for existing" — Ram Dass.
- 7 "I am in the right place at the right time, doing the right thing."— Louise Hay.
- 8 "Courage starts with showing up and letting ourselves be seen." — Brené Brown.
- 9 "Am I good enough? Yes, I am." — Michelle Obama.
- 10 "I am deliberate and afraid of nothing." — Audre Lord.