



FREE RESOURCE

Almost Magical Quotations

101 Voices of Hope

HEALING LIGHT SA — CLIENT RESOURCE

101 motivational quotations for hope & resilience, organised into 7 themed chapters with reflection questions for each

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A collection of quotations chosen to inspire hope and resilience — useful for morning reflection, group check-ins, or moments that need a lift. Each chapter closes with journaling questions for deeper reflection, alone or in a group.

CHAPTER 1

Meaning of Existence

Everyone is here because he or she has a place to fill and every piece must fit itself into the big jigsaw puzzle.

Deepak Chopra

Physician, author, philosopher · Born 1946

Each of us has a purpose on the planet and the event of your birth is not an accident.

Fred Alan Wolf

Theoretical Physicist · Born 1934

The days are long, but the years are short.

Gretchen Rubin

Author and former attorney · Born unknown

Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. It can never come back.

Harvey B. Mackay

Businessman and columnist · Born 1932

A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

George Bernard Shaw

Irish playwright · 1856–1950

There are no mistakes or failures, only lessons.

Denis Waitley

Motivational speaker and author · Born 1933

When you want something, all of the universe conspires in helping you to achieve it.

Paulo Coelho

Brazilian novelist · Born 1947

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

Mark Victor Hansen

Motivational speaker and author · Born 1948

Keep living, keep living, keep living!

Logan Olson

Creator of Logan Magazine for youth with disabilities, survivor of traumatic brain injury · Born 1984

I can't change it. That was God's plan for my life and I'm going to go with it.

Bethany Hamilton

American surfer, survivor of a shark attack · Born 1990

The only time you ever have is this moment. You're only here now; you're only alive in this moment.

Marianne Williamson

Spiritual activist and author · Born 1952

Go for it now. The future is promised to no one.

Wayne Dyer

Self-help author and lecturer · Born 1940

Remember, it's your own body, your own brain. You're not a victim of the universe. You are the universe.

Richard Bandler

Co-creator of NLP psychology · Born 1950

All you have to do is know where you're going. The answers will come to you of their own accord.

Earl Nightingale

Dean of personal development · 1921–1989

Everything is out there waiting for you. All you have to do is walk up and declare yourself in. No need for permission. You just need courage to say, "Include me."

Stuart Wilde

Metaphysics author · Born 1946

When we are no longer able to change a situation – we are challenged to change ourselves.

Victor Frankl

Holocaust survivor and neurologist · 1905–1997

Live every day as if it were your last, because one of these days, it will be.

Author unknown

When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.

W. Clement Stone

Businessman and self-help author · 1902–2002

JOURNALING QUESTIONS

1. Imagine that you had the choice to decide your purpose in life. What would it be?
2. What is something you think or feel you should accomplish before you die?
3. What do you think is the best way for you to spend most of your time each day?
4. Describe a perfect day.
5. List a few major mistakes you've made in life. What lessons could you learn from these mistakes?
6. What are your three wishes? Explain why.
7. What do you think about most of the time?
8. What are your hopes and dreams?
9. What are things that you simply can't control?
10. What are some things you can control?
11. Imagine you could go for anything you wanted and you'd be successful. What would you go for?
12. What is your current life plan for this year? For 5 years? 10 years?
13. Imagine that today is your last day on Earth. What is the last thing you'd do? What is the last thing you'd tell the people you love?
14. What do you want to work on the most?
15. What did you learn from this chapter? Were there any quotations that you disagreed with? Explain why.

CHAPTER 2

Attract Good Things

We always attract into our lives whatever we think about most, believe in most strongly, expect on the deepest level, and imagine most vividly.

Shakti Gawain

Personal development author · Born 1948

Always do your best. What you plant now, you will harvest later.

Og Mandino

Author · 1891–1951

Few people attain great lives, in large part because it is just so easy to settle for a good life.

Jim Collins

Businessman and author · Born 1958

Gratitude is absolutely the way to bring more into your life.

Marci Shimoff

Self-improvement author · Born unknown

Many of us spend our lives searching for success when it is usually so close that we can reach out and touch it.

Russell Conwell

Founder of Temple University · 1843–1925

All that we are is the result of what we have thought. The mind is everything. What we think, we become.

Buddha

Spiritual teacher in India · 563 BCE–483 BCE

We usually get what we anticipate.

Claude M. Bristol

Author · 1923–1996

You cannot entertain weak, harmful, negative thoughts ten hours a day and expect to bring about beautiful, strong and harmonious conditions by ten minutes of strong, positive, creative thought.

Charles Francis Haanel

New thought author · 1866–1949

Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it.

M. Scott Peck

Psychiatrist · 1936–2005

If you don't make things happen then things will happen to you.

Robert Collier

Self-help and metaphysical author · 1885–1950

Every thought we think is creating our future.

Louise Hay

Motivational author · Born 1928

There is no one who is totally evil to the core. The fact that someone harbors opposing emotions simply makes them human.

Masaru Emoto

Japanese author · Born 1943

People who believe they cause good things tend to like themselves better than people who believe good things come from other people or circumstances.

Martin E.P. Seligman

Psychologist and self-help author · Born 1942

Abraham Lincoln found that something when a lad. It warmed the cold floor on which he lay and studied. It added light to the flickering glow of the wood fire that he might see to read. It spurred him on, and on, and on.

William W. Woodbridge

Self-improvement author · Born unknown

What you resist persists.

Carl Jung

Swiss psychiatrist · 1875–1961

Follow your bliss, and doors will open for you that you never knew existed.

Joseph Campbell

American mythologist · 1904–1987

JOURNALING QUESTIONS

1. What do you think about most of the time?
2. What are you getting and receiving most of the time?
3. What are you glad about today?
4. What do you appreciate in life?
5. What are five good things you anticipate this year?
6. What are some of your positive thoughts about life?
7. What do you value in other people?
8. What do you value about yourself?
9. What do you value about your time?
10. Which do you value more, time or money? Explain why.
11. What are five to ten new thoughts you could think about starting today?
12. What could you gain by focusing more of your attention on what you want, as opposed to what you don't want?
13. How could you take more responsibility for causing good things to happen in your life?
14. Daydream about a better future. Write your dreams out.

15. Draw some pictures of the life that you'd like to have.

CHAPTER 3

Generously Give

Do something for somebody every day for which you do not get paid.

Albert Schweitzer

Physician and philosopher · 1875–1965

Time and money spent in helping people do more for themselves is far better than mere giving.

Henry Ford

American industrialist · 1863–1947

Deal with inhumane situations in a humane way, we can turn the world around and create positive lessons for ourselves and for others.

Zlata Filipović

Author and humanitarian · Born 1980

I feel no need for any other faith than my faith in the kindness of human beings.

Pearl S. Buck

Pulitzer-prize winning author · 1892–1973

Anywhere I see suffering, that is where I want to be, doing what I can.

Princess Diana

Princess of Wales · 1961–1997

The true benefit of kindness is being kind. Perhaps more than any other factor, kindness gives meaning and value to our life.

Piero Ferrucci

Psychotherapist and author · Born unknown

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

American philosopher · 1803–1882

Acceptance is not love. You love a person because he or she has lovable traits, but you accept everybody just because they're alive and human.

Albert Ellis

American Psychologist · 1913–2007

How wonderful it is that nobody need wait a single moment before starting to improve the world.

Anne Frank

Holocaust victim and author · 1929–1945

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring.

Leo Buscaglia

Author and motivational speaker · 1924–1998

In this life we cannot do great things. We can only do small things with great love.

Mother Teresa

Humanitarian and missionary · 1910–1997

Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

Martin Luther King, Jr.

Civil Rights activist · 1929–1968

JOURNALING QUESTIONS

1. What is one thing you could do for free today?
2. What is one small thing you could do to improve the world?
3. What is the importance of being kind?
4. What could you do to help alleviate the suffering in the world?
5. What personal benefits do you gain from being kind?
6. What could be the consequences of putting off a good deed until another day?
7. Describe a world where more people started being caring.
8. Describe the benefits of compliments. Who are some people you could compliment today?
9. Describe the importance of being a good listener. Who are some people you could start listening to more?
10. What is a small act of kindness that could have a huge outcome?
11. What do you plan to do to make the world better?
12. How could you spend your time volunteering? Make a plan to do volunteer work this month.
13. Point out the good qualities in people who you've had struggles getting along with in the past.
14. Describe several good things you've noticed in the world.

CHAPTER 4

Imagination Is Imperative

Imagination is more important than knowledge.

Albert Einstein

Theoretical physicist · 1879–1955

Live out of your imagination, not your history.

Steven Covey

Self-improvement author · Born 1932

You are, indeed, much brighter than you think — far more so, in fact, than you have ever imagined!

Win Wenger

Pioneer in creativity · Born unknown

The first step is to be absolutely clear about what you want.

John Assaraf

Author and business coach · Born 1961

I live not in dreams but in contemplation of a reality that is perhaps the future.

Rainer Maria Rilke

Bohemian-Austrian poet · 1875–1926

Change your thoughts and you change your world.

Norman Vincent Peale

Preacher and author · 1898–1993

Gee, I control my own environment and my mind has controlled my existence and my thinking.

Vic Conant

Personal development coach · Born unknown

Your mind is your greatest weapon.

David J. Lieberman

Psychologist and author · Born unknown

Remember, you are what you think.

Helene Hadsell

Author and lecturer · Born unknown

All successful people, men and women, are big dreamers. They imagine what their future could be.

Brian Tracy

Author and motivational speaker · Born 1944

I paint objects as I think them, not as I see them.

Pablo Picasso

Spanish painter · 1881–1973

Those who dream by day are cognizant of many things that escape those who dream only at night.

Edgar Allan Poe

American author and poet · 1809–1849

JOURNALING QUESTIONS

1. What is the importance of a good imagination?
2. What is the importance of daydreaming sometimes?
3. Why do you think Einstein said imagination is more important than knowledge?
4. Use your imagination to think about what you want in life. Describe it.
5. Daydream about creating something new in your life. Write about it.
6. Why do you think Peale argues to change your thoughts?
7. Why do you think Lieberman argues that “your mind is your greatest weapon”?
8. Who are you? Describe in as many answers as possible — go for 100.
9. Who do you want to be? Describe as many answers as possible.
10. Bridges, novels, cars, etc. were all first an “imagination” before they became a reality. Imagine something you’d like to create.

11. What benefits do you gain from having an avid imagination?
12. How could you improve your imagination?
13. Do you agree with the quotes in this chapter? Why or why not?

CHAPTER 5

Create What You Want

Unfortunately, many people do not consider fun an important item on their daily agenda. For me, that was always high priority in whatever I was doing.

Chuck Yeager

First pilot to break the sound barrier · Born 1923

I don't really see a need to retire as long as I am having fun.

Stan Lee

Co-created Spider-Man and X-Men · Born 1922

There is nothing that you cannot be, or do, or have. You are a magnificent creator.

Esther Hicks

Inspirational speaker and author · Born unknown

I never did a day's work in my life. It was all fun.

Thomas Edison

Inventor and scientist · 1847–1931

A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself.

Abraham Harold Maslow

Psychologist and author · 1908–1970

It is almost impossible for anyone, even the most ineffective among us, to continue to choose misery after becoming aware that it is a choice.

William Glasser

American psychiatrist · Born 1925

A man sooner or later discovers that he is the master-gardener of his soul, the director of his life.

James Allen

Philosophical writer · 1864–1912

Creative work is not a selfish act or a bid for attention on the part of the actor. It's a gift to the world and every being in it. Don't cheat us of your contribution. Give us what you've got.

Steven Pressfield

Novelist · Born 1943

The opposite of courage in our society is not cowardice, it is conformity.

Rollo May

Existential psychologist · 1909–1994

Practice isn't the thing you do once you're good. It's the thing you do that makes you good.

Malcolm Gladwell

Author and sociologist · Born 1963

You have to believe that you are the one who creates your success, that you are the one who creates your mediocrity.

T. Harv Eker

Motivational speaker and author · Born unknown

Whatever you do, do it with all your might. Work at it, early and late, in season and out of season, not leaving a stone unturned.

P. T. Barnum

American showman and businessman · 1810–1891

Find yourself and express yourself in your own particular way. Express your love openly. Life is nothing but a dream, and if you create your life with love, your dream becomes a masterpiece of art.

Don Miguel Ruiz

New age spiritualist · Born 1952

You can't get much done in life if you only work on the days when you feel good.

Jerry West

Former NBA player · Born 1938

We are called to be architects of the future, not its victims.

Buckminster Fuller

Inventor and futurist · 1895–1983

Creativity is a central source of meaning in our lives — most of the things that are interesting, important, are the results of creativity.

Mihaly Csikszentmihalyi

Psychologist and author · Born 1934

It is not a mistake to commit a mistake, for no one commits a mistake knowing it to be one. But it is a mistake not to correct the mistake after knowing it to be one. If you are afraid of committing a mistake, you are afraid of doing anything at all.

Mohandas Gandhi

Spiritual leader · 1869–1948

JOURNALING QUESTIONS

1. What creative imaginations would you like to create, building on the last chapter?
2. Why is fun an important part of creativity?
3. What creative activities do you think are fun to do?
4. Imagine that you could create anything and knew you'd succeed. What would you create? Why?
5. How could you increase your creativity?
6. Create something small — a snack, a doodle, a letter. Explain the creative process you took.
7. Why would it be more beneficial to use your spare time being creative as opposed to being passive?
8. What contribution would you like to make to this world? Why?
9. Musicians make music. What would you like to make?
10. Why is it important to continue practicing and developing your skills?
11. Why are you ultimately responsible for what you create in life?
12. How could you give your best in your creative efforts?
13. What are some things you could work at becoming better at doing?
14. Look for ways to be creative in any part of your life — work, hobbies, education. Describe it.
15. How do you plan to increase creativity in your daily life?

CHAPTER 6

Achieve Your Dreams

In the long run, we only hit what we aim at.

Henry David Thoreau

Author and philosopher · 1817–1862

If you don't know where you are going, any road will get you there.

Lewis Carroll

Author · 1832–1898

It isn't sufficient just to want — you've got to ask yourself what you are going to do to get the things you want.

Franklin D. Roosevelt

32nd U.S. President · 1882–1945

A good plan executed now is better than a perfect plan next week.

George S. Clason

Businessman and author · 1875–1957

You never achieve success unless you like what you are doing.

Dale Carnegie

Self-improvement author · 1888–1955

Personal success is achieved when you feel really good about your past, present, and future.

John Gray

Relationship counselor and author · Born 1951

If you do what you've always done, you'll get what you've always gotten.

Anthony Robbins

Author and motivational speaker · Born 1960

People who are optimistic see a failure as due to something that can be changed so that they can succeed next time around.

Daniel Goleman

Author and psychologist · Born 1946

If we had to overcome every possible objection before we got started, then nothing — absolutely nothing — would ever get accomplished.

Richard Carlson

Psychotherapist and author · 1961–2006

Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.

Les Brown

Motivational speaker · Born 1945

And will you succeed? Yes! You will, indeed! 98 and $\frac{3}{4}$ percent guaranteed.

Dr. Seuss

Children's author and cartoonist · 1904–1991

Don't wait. The time will never be just right.

Napoleon Hill

Started the personal success movement · 1883–1970

JOURNALING QUESTIONS

1. What direction are you currently going in life? Do you like this direction? Why or why not?
2. Do you think your dreams are realistic? Explain why.
3. What do you need to do to get what you want?
4. Why would it be best to start acting on your dreams now with a decent plan, rather than waiting for the perfect one?
5. What are the best things about today that are in alignment with your dreams?
6. What are the best things about your past that are helping you reach your dreams?
7. Predict what you think will be the best things about your future.
8. What have you discovered simply does not work in life?
9. What have you discovered that has worked well for you in life?
10. What changes could you make that could increase your odds of reaching your dreams?
11. What are your biggest responsibilities in life?
12. Why might taking action increase odds of success compared to not trying at all?
13. What could you miss out on by not taking action on your dreams?
14. What might you gain by taking action on your dreams?

Learn for Life

My best friend is a person who will give me a book I have not read.

Abraham Lincoln

16th U.S. President · 1809–1865

It is a good thing for an uneducated man to read books of quotations.

Winston Churchill

Former U.K. Prime Minister · 1874–1965

Inner wisdom is more important than wealth. The more you spend it, the more you gain.

Oprah Winfrey

Talk show host and philanthropist · Born 1954

For virtually everything that you want to do there are books and courses on how to do it.

Jack Canfield

Motivational speaker and author · Born 1944

The person who won't read has no advantage over the person who can't read.

Mark Twain

American author · 1835–1910

Read an hour every day in your chosen field. This works out to be about one book per week, 50 books per year, and will guarantee your success.

Brian Tracy

Self-help author · Born 1944

The book you don't read won't help.

Jim Rohn

Motivational speaker and author · 1930–2009

Reading is a source of potency. Become a walking encyclopedia of answers for anyone who has questions.

Tim Sanders

Author & former executive at Yahoo · Born unknown

There is more treasure in books than in all the pirates' loot on Treasure Island — and best of all, you can enjoy these riches every day of your life.

Walt Disney

Animator and entertainer · 1901–1966

A love of books, of holding a book, turning its pages, looking at its pictures, and living its fascinating stories goes hand-in-hand with a love of learning.

Laura Bush

Former First Lady of the U.S. · Born 1946

Not all readers are leaders, but all leaders are readers.

Harry S. Truman

33rd President of the United States · 1884–1972

You are the same today you'll be in five years except for two things: the people you meet and the books you read.

Charlie "Tremendous" Jones

Motivational speaker · Born unknown

You can finish school, and even make it easy, but you never finish your education, it is seldom easy.

Zig Ziglar

Salesman and motivational speaker · Born 1926

Wisdom is hidden in books. You've got to become an avid reader in order to discover all the secrets in books. Read, read, read if you want to succeed. Start today.

Danny Pettry II

Author · Born 1980

JOURNALING QUESTIONS

1. Why do you think Lincoln said his best friend is a person who'd give him a book he has not read?
2. Why do you think Churchill said it is a good thing to read a book of quotations?
3. Canfield argues there is a book for anything you want to do. What do you want to do? Go find one book on it.
4. Why do you think Twain argues that the person who won't read has no advantage over the person who can't?
5. Tracy argues 50 books a year guarantees success in a topic. What area of your life would you like to be more successful at?
6. Why do you think Rohn argued that books you don't read won't help?
7. Why do you think Sanders argues that reading is a source of power?
8. Why do you think Disney suggests there is more treasure in books?
9. Why do you think Truman argued that all leaders are readers?
10. Do you want to be considered a leader in a given field? If so, what field, and why?
11. Jones argues you'll be the same person in five years except for the books you read. What will you read in the next few years?

REFERENCES & SOURCE

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