

**Wellness Autopilot**

**Motivation**

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# Motivation

1. Every step you take is a step toward your goal.
2. To enjoy the glow of good health, you must keep moving.
3. Fitness is not about being better than someone else. It’s about being better than you used to be.
4. Take care of your body. It’s the only place you have to live.
5. "The pain you feel today will be the strength you feel tomorrow." ~ Arnold Schwarzenegger
6. Do today what others won’t so tomorrow you can do what others can’t.
7. "Do something today that your future self will thank you for." ~ Sean Patrick Flanery
8. Physical fitness is not only one of the most important keys to a health body, it is the basis of dynamic and creative intellectual activity.
9. Small steps in the right direction can turn out to be the biggest step of your life.
10. If it doesn’t challenge you, it won’t change you.
11. Exercise to stimulate, not to annihilate. The world wasn’t formed in a day, and neither were we. Set small goals and build upon them.
12. Don’t wait until you’ve reached your goal to be proud of yourself. Be proud of every step you take forward reaching that goal.
13. "Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." ~ Earl Nightingale
14. Strength does not come from physical capacity. It comes from an indomitable will.
15. "If you want something you’ve never had, you must be willing to do something you’ve never done." ~ Thomas Jefferson
16. "Go the extra mile. It’s never crowded." ~ Wayne Dyer
17. "You just can’t beat the person who never gives up." ~ Babe Ruth
18. "Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it." ~ Lou Holtz
19. "To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." ~ Buddha
20. "The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change." ~ Matt McGorry
21. Nothing great was ever achieved without enthusiasm.
22. You don't have to be great to start, but you have to start to be great.
23. Success is not final, failure is not fatal: it is the courage to continue that counts.
24. Success is a journey, not a destination. The doing is often more important than the outcome.
25. Fitness is not about being better than someone else. It's about being better than you used to be.
26. "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." ~ Christian D. Larson
27. Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.
28. Be gentle with yourself, you're doing the best you can.
29. Believe and you will.
30. Believe in yourself and you will be unstoppable. You got this.
31. Consistency creates habit and our habits shape our life.
32. Consistency is more important than perfection.
33. Doing a thing is much better than never doing anything because you are worried about perfection.
34. Don't believe everything you think.
35. Don't compare your day one to someone else's day 100.
36. Don't forget why you started.
37. Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward your goal.
38. Don't worry about all of the steps. Take one at a time.
39. First we form habits, then they form us.
40. If you fall down, give yourself another day, another chance. You will find your path eventually. Don't give up on yourself.
41. If you believe you can do it, then you are already on your way to succeeding.
42. If you feel like stopping, look back at how far you've already come.
43. "The hard days are what make you stronger." ~ Aly Raisman
44. Imagine yourself achieving your goals.
45. It does not matter how slowly you go, as long as you do not stop.
46. The first key to success is belief. The second key is just showing up.
47. 90% of success is showing up.
48. "Work hard in silence, let your success be the noise." ~ Frank Ocean
49. You did not come this far only to come this far.
50. Make today your day.
51. "No matter how many mistakes you make or how slow your progress, you are miles ahead of all the people not trying." ~ Tony Robbins
52. You are lapping everybody still on the couch.
53. You don't have to be perfect.
54. Repeat to yourself: I'm not going to rush anything, not going to stress out or worry about how this will work out for me.
55. Not everyone around you will understand your journey. It's ok, it's not for them.
56. Start somewhere.
57. You can take control of your habits. And that will change your life.
58. Take your dreams seriously. You deserve them.
59. The food you choose to eat or not eat does not make you a good or bad person.
60. Visualize your goal.
61. To change our bodies we have to first change our minds.
62. You had a good reason to start. You have as good a reason to keep going.
63. Walking is amazing medicine. It will change your body, but it will also change your mind.
64. Changing yourself will not be easy. But it will be worth it.
65. You are doing great.
66. You are important.
67. You are loved.
68. You are on your way to success.
69. You are so much stronger than you know.
70. You are worth it.
71. You are worthy of your dreams.
72. You don't need to control negative thoughts. You just need to keep them from controlling you.
73. Make peace with food. Your body thrives on food.
74. You just can't beat the person who won't give up.
75. You may have to fight a battle more than once to win it.
76. You will face many defeats in your life, but never let yourself be defeated.
77. You're not too old, and it's not too late.
78. Don't try to be perfect. Just try to be a little better than yesterday.
79. Good habits are just as addictive as bad habits.
80. If the plan isn't working, just change the plan! But never change the goal.
81. Think progress, not perfection.
82. Our lack of confidence is not the result of difficulty. Difficulty comes from lack of confidence.
83. Trust in the journey.
84. Look at yourself in a mirror and tell yourself how proud you are to have come this far.
85. You are strong. You are beautiful. You are resilient.
86. You are motivating and inspirting others with your strength and determination.
87. You deserve to have an amazing day.
88. Everyday brings you a little bit closer to your goals.
89. Be proud of yourself. Look at everything you have already overcome.
90. Fall down seven times, get up eight.
91. Believe in yourself a little more.
92. If you are tired, take a rest. You can get up tomorrow.
93. Healthy is a relationship between you and your body.
94. Walking is the best possible exercise. Habituate yourself to walk very far.
95. "In every walk with nature one receives far more than he seeks." ~ John Muir
96. "If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk." ~ Hippocrates
97. "An early-morning walk is a blessing for the whole day." ~ Henry David Thoreau
98. Everywhere is within walking distance if you have the time.
99. The best remedy for a short temper is a long walk.
100. "Some people walk in the rain; others just get wet." ~ Roger Miller
101. "Walking is the favorite sport of the good and wise." ~ A. L. Rowse
102. "All truly great thoughts are conceived by walking." ~ Friedrich Nietzsche
103. "Walking is man’s best medicine." ~ Hippocrates
104. Exercise not only changes your body, it changes your mind, your attitude, and your mood.
105. Today is the change to change yourself for the better.
106. "Exercise is the key not only to physical health but to peace of mind." ~ Nelson Mandela
107. "Take care of your body. It's the only place you have to live." ~ Jim Rohn
108. Fitness is not about being better than someone else...It's about being better than you used to be.
109. Exercise is a celebration of what your body can do. Not a punishment for what you ate.
110. Good things come to those who sweat.
111. Healthy is an outfit that looks different on everybody.
112. "A healthy outside starts from the inside." ~ Robert Urich
113. "It is health that is real wealth and not pieces of gold and silver." ~ Mahatma Gandhi
114. "Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted." ~ Denis Waitley
115. "A fit body, a calm mind, a house full of love. These things cannot be bought – they must be earned." ~ Naval Ravikant
116. "Physical fitness is the first requisite of happiness." ~ Joseph Pilates
117. "Good health is not something we can buy. However, it can be an extremely valuable savings account." ~ Anne Wilson Schaef
118. "He who has health has hope, and he who has hope has everything." ~ Thomas Carlyle
119. "I believe that the greatest gift you can give your family and the world is a healthy you." ~ Joyce Meyer
120. "It is health which is real wealth and not pieces of gold and silver. " ~ Mahatma Gandhi
121. "The first wealth is health." ~ Ralph Waldo Emerson
122. "We are what we repeatedly do. Excellence, then, is not an act, but a habit." ~ Will Durant
123. "Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries." ~ Mark Halperin
124. "Keep your vitality. A life without health is like a river without water." ~ Maxime Lagacé
125. "All progress takes place outside the comfort zone." ~ Michael John Bobak
126. What seems impossible today will one day become your warm-up.
127. "Your health account, your bank account, they’re the same thing. The more you put in, the more you can take out." ~ Jack LaLanne
128. "Motivation is what gets you started. Habit is what keeps you going." ~ Jim Ryun
129. A healthy lifestyle is something we refine over time – not overnight.
130. Fall in love with taking care of your body.
131. "The secret to getting ahead is getting started." ~ Mark Twain
132. Don’t stop now.
133. Each day is another chance to change your life.
134. Shift the focus from what your body looks like to what it can do.
135. It’s not about being the best. It’s about being better than you were yesterday.
136. "Today is your day to start fresh, to eat right, to train hard, to live healthy, to be proud." ~ Bonnie Pfiester
137. "Health is a vehicle, not a destination." ~ Joshua Fields Millburn
138. "By choosing healthy over skinny, you are choosing self-love over self-judgment." ~ Steve Maraboli
139. "A journey of a thousand miles begins with a single step." ~ Lao Tzu
140. Being healthy is a success that many people forget to celebrate.
141. The body achieves what the mind believes.
142. "If you don’t make time for exercise, you’ll probably have to make time for illness." ~ Robin Sharma
143. Your body can stand almost anything. It’s your mind that you have to convince.
144. If you change the way you look at things, the things you look at change.
145. You did not wake up today to be mediocre.
146. Push harder than yesterday if you want a different tomorrow.
147. "Success is usually the culmination of controlling failure." ~ Sly Stallone
148. "Don’t say ‘I can’t.’ Say, ‘I presently struggle with’." ~ Tony Horton
149. "Nobody who ever gave his best regretted it." ~ George Halas
150. There are two types of pain in this world: pain that hurts you, and pain that changes you.
151. "When you hit failure, your workout has just begun." ~ Ronnie Coleman
152. "You can either suffer the pain of discipline or the pain of regret." ~ Jim Rohn
153. No matter how slow you go you’re still lapping everyone on the couch.
154. It never gets easier, you just get better.
155. "It always seems impossible until it is done." ~ Nelson Mandela
156. "You don’t have to be good at it, you just have to do it." ~ Karine Candice Kong
157. "You have to push past your perceived limits, push past that point you thought was as far as you can go." ~ Drew Brees
158. Don’t limit your challenges. Challenge your limits." ~ Jerry Dunn
159. "The only person you are destined to become is the person you decide to be." ~ Ralph Waldo Emerson
160. "Once you learn to quit, it becomes a habit." ~ Vince Lombardi Jr
161. "Don’t give up on your dreams, or your dreams will give up on you." ~ John Wooden
162. "Some people want it to happen, some wish it would happen, others make it happen." ~ Michael Jordan
163. "Put all excuses aside and remember this: You are capable." ~ Zig Ziglar
164. "The human body is the best picture of the human soul." ~ Ludwig Wittgenstein
165. "Our bodies are our gardens – our wills are our gardeners." ~ William Shakespeare
166. "The clock is ticking. Are you becoming the person you want to be?" ~ Greg Plitt
167. "Reading is to the mind what exercise is to the body." ~ Joseph Addison
168. "Exercise is king. Nutrition is queen. Put them together and you’ve got a kingdom." ~ Jack LaLanne
169. "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." ~ John F. Kennedy
170. "Whether you think you can, or you think you can’t, you’re right." ~ Henry Ford
171. “You must expect great things of yourself before you can do them." ~ Michael Jordan
172. "Action is the foundational key to all success." ~ Pablo Picasso
173. "Setting goals is the first step into turning the invisible into the visible." ~ Tony Robbins
174. "Great works are performed, not by strength, but by perseverance." ~ Samuel Johnson
175. "A champion is someone who gets up when they can’t." ~ Jack Dempsey
176. "If something stands between you and your success, move it. Never be denied." ~ Dwayne Johnson
177. "Today I will do what others won’t, so tomorrow I can accomplish what others can’t." ~ Jerry Rice
178. "The difference between the impossible and the possible lies in a person’s determination." ~ Tommy Lasorda
179. "One isn’t necessarily born with courage, but one is born with potential." ~ Maya Angelou
180. "The best way to gain self-confidence is to do what you are afraid to do." ~ Swati Sharma
181. "Nothing will work unless you do." ~ Maya Angelou
182. "Increased physical activity enhances positive energy." ~ Lailah Gifty Akita
183. "Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine." ~ Roy T. Bennett
184. "Don’t count the days, make the days count." ~ Muhammad Ali
185. "Do what you have to do until you can do what you want to do." ~ Oprah Winfrey
186. "It’s going to be a journey. It’s not a sprint to get in shape." ~ Kerri Walsh Jennings
187. "Pain is temporary. Quitting lasts forever." ~ Lance Armstrong
188. "We cannot start over. But we can begin now and make a new ending." ~ Zig Ziglar
189. "Act as if what you do makes a difference. It does." ~ William James
190. "Believe you can and you're halfway there." ~ Theodore Roosevelt
191. "No matter what you're going through, there's a light at the end of the tunnel." ~ Demi Lovato
192. "I think I can. I think I can. I think I can. I know I can." ~ Watty Piper
193. "By perseverance, the snail reached the ark." ~ Charles Spurgeon
194. "If you fall behind, run faster. Never give up, never surrender, and rise up against the odds." ~ Jesse Jackson
195. "Winners never quit, and quitters never win." ~ Vince Lombardi
196. "If you run, you might lose. If you don’t run, you’re guaranteed to lose." ~ Jesse Jackson
197. "Never give up. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine." ~ Jack Ma
198. "The mind is everything. What you think you become." ~ Buddha
199. "The best time to plant a tree was 20 years ago. The second best time is now." ~ Chinese Proverb
200. "Just for the record darling, not all positive change feels positive in the beginning." ~ S. C. Lourie

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