One Positive Thought:

Can Change Everything

For every last person who has supported me over the years. My actual gratitude could never be expressed in words. This is for you.

ACKNOWLEDGEMENTS

Shannon and Carolyn. There is little I believe in more in life than the love I feel and experience with these two. They are unwaveringly there for me. I have the courage to create, contribute, and live to the level I do in my life largely because Carolyn and Shannon are in it. With this level of support and radical acceptance, I have been able to more freely and confidently explore the edges of vulnerability, ridiculousness, experience, and expression. This book reflects their influence on me and all they've done behind the scenes of my life and career to date.

My family. Mom, Al, Dad, Liz, Matt, Andree. The best of the best. Unparalleled love and support of me, as ME. They're also all hilarious and cool while concurrently being rock fucking solid.

I know my people have my back. Thank God. Man, life would be so much scarier and way boring without you. Crazy grateful. Wickedly grateful. Thank you for always being the foundation from which I have been able to grow, explore, create, and lead. I am so lucky to have you. I love you... I love you so much.

INTRODUCTION

This book is inspired by my fierce belief in and conscious practice of mindset and mindset shifts as our access to leveling-up breakthroughs. As our access to happiness, aliveness, and ultimately experiencing ourselves as capable of so much more than we currently think.

We are all capable of so much more than we ever currently think.

When we experience life or ourselves beyond whatever limiting thought currently resides in our mind, our mind blows up. In the good way. When one thing we didn't think was possible suddenly becomes possible, it opens up the idea that maybe EVERYTHING we think we can't do... maybe we can.

With that mindset, in effect, we can do anything. Fear turns into excitement of what could be.

We can access these thought shifts and release of fear, this infusion of possibility, by connecting to others' experiences and ideas, too.

That's what this book is for... to share insights as avenue to new breakthrough thoughts for YOU. To support your life forward in whatever way you are called.

A singular idea can change everything, and often does.

My goal always is to help others release those thoughts, conscious or unconscious, that are currently limiting them and making them feel less than they actually are.

My hope is this book provides you the experience of connecting to new or renewed positive thoughts as inspiration that motivates new positive action, and ultimately long-term transformation because of the stake you put in the ground now.

Use the open space in this book to write down specific ideas that come to you as you read. Specific ideas that would make a difference in your life from whatever new insight strikes you, *for* you.

So happy to share some of this epic life with you. For real. I know we're not literally talking in this moment, but in a way we are as you read this, so know it's legit. I'm typing this, thinking of you, feeling like we're talking. What up. Hahaha… :))

If you ever want to reach out or share on any level, I would love that. My email is [mel@melaniecurtis.com](mailto:mel@melaniecurtis.com). I welcome your thoughts, feedback, questions, or even connection for no particular reason, anytime.

Thank you for your faith in me to take a chance on this book, and thank you for making the effort for yourself to level-up your life by being open to what new insight you might discover in doing this cool exercise.

Enjoy, my friends!

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“You are entirely bonkers. But I’ll tell you a secret… all the best people are.” ~Lewis Carroll, *Alice in Wonderland*

“You wanna fly, you got to give up the shit that weighs you down.”

~Toni Morrison

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“The truth is the closest distance between two people.”

~Unknown

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“It always seems impossible until it's done.”

~Nelson Mandela

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It’s far too easy to keep doing what we’ve always done. And if we always do what we’ve always done just because we’ve always done it, we run the risk of blindly spending our lives not as happy as we could be. No.

“No amount of security is worth the suffering of a mediocre life chained to a routine that has killed your dreams.”

~Mendoza

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“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

~Helen Keller

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“I think if people are bored they’re just not looking.”

~Shannon Hernandez

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“If you want to be more productive, then start at the start: get there on time. Whether it is a meeting, a flight, an appointment or a date, it’s important to ensure you are there when you say you will be there. This may feel like an old-fashioned tip to give, but it has served me well for five decades.”

~Richard Branson

“The world is changed by your example, not your opinion.”

~Anonymous

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“I now see our story and loving ourselves through that process is the bravest thing that we will ever do.”

~Brené Brown

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“I am convinced that material things can contribute a lot to making one’s life pleasant, but, basically if you do not have very good friends and relatives that matter to you, life will be really empty and sad and material things cease to be important.”

~David Rockefeller

“How can I help?”

~Peter Shankman

Inspiration is nothing without the action to back it up.

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“The thing about life balance is that it can be an extremely elusive endeavor. To think we can always be in symbiotic motion with life at all times is unrealistic. How to create balance ongoing is knowing what balances you, so that when you find yourself out of balance you have a straight line back to your amazing life with a great sense of peace. This is freedom.”

~Sherri Gershon

“Instead of yelling your opinion, or telling people to shut up, or engaging in this click-bait internet culture, have a dialogue with someone and ask people questions and listen to what they have to say.”

~Aziz Ansari

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“Just let go. Let go of how you thought your life should be and embrace the life that is trying to work its way into your consciousness.”

~Caroline Myss

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“Basically my wife was immature. I’d be at home in the bath and she’d come in and sink my boats.”

~Woody Allen

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“All these jokes have been pre-approved as funny by me.”

~Mitch Hedberg

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“When you marry your gifts to your passion, you are unstoppable.”

~Kim Girard

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"Never make someone a priority when all you are to them is an option."

~Maya Angelou

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“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tiptoe if you must, but take a step.”

~ Naeem Callaway

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Those things that happen in our lives that shake our shit so bad we need to take literal or emotional down time… at the time, those things seem like the worst things that could possibly go down. We feel like failures, we struggle in our feelings having no clue what to do in this situation that seems so big, and IS so big that we must recoil to figure it, and ourselves, out anew. That recoil is a perfectly normal and human thing. In fact, it is an experience of extremely high value, and I encourage you to see it as such. It gives us the space to illuminate our minds, hearts, and turn our blind spots from the past into powerful clarity that will underpin our much more fulfilled futures.

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“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

~Lao Tzu

“I’ve found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.”

~Brian Tracy

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“My art has been commended as being strongly vaginal which bothers some men. The word itself makes some men uncomfortable. Vagina.”

~Maude Lebowski

Be brave.

“Truth is everybody is going to hurt you, you just gotta find the ones worth suffering for.”

~Bob Marley

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When you are with your people… be with them. Just be there. With them.

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“I will always… have your back.”

~Carolyn Chow

“I was so naïve as a kid, I used to sneak behind the barn and do nothing.”

~Johnny Carson

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“Knowing is not enough, we must apply. Willing is not enough, we must do.”

~Bruce Lee

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“Knowledge is knowing a tomato is a fruit; wisdom is knowing not to put it in a fruit salad.”

~Miles Kington

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“If you're brave enough to leave behind everything familiar and comforting, and set out on a truth-seeking journey…and if you are prepared to face and forgive some very difficult realities about yourself, then the truth will not be withheld from you.”

~Elizabeth Gilbert,   
*Eat Pray Love*

“Stop acting like you live twice.” ~Anonymous

“Tragedy is when I cut my finger. Comedy is when you fall into an open sewer and die.”

~Mel Brooks

Decide what you want. Write that shit down. Make a fucking plan. And work on it. Every. Single. Day.

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On some level when we’re people-pleasing, we believe that the person would not love us if we just were our normal selves. If we’re always trying to make the situation good and happy for others, how can people really trust us to tell our own truth? Answer is, they can’t. So they don’t. And we shouldn’t expect them to.

“Ten years from now, make sure you can say that you chose your life, you didn't settle for it.”

~Anonymous

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Blind spots are powerful and will inevitably surface into illumination by the results we get in our external and emotional life. Sounds cliché, but the bigger the pain point, the bigger the breakdown, and the bigger the breakthrough available. The bigger the transformation to be had. Fuck yeah, that’s the good stuff. Do this work to see.

“I refuse to stop living because I’m afraid of dying.”

~Dano Rowley

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Don't be reckless. Employ calculated courage.

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“When you have confidence, you can have a lot of fun. When you have fun, you can do amazing things.”

~Joe Namath

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No one cares. In the good way.

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“The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process itself is its own reward.”

~Amelia Earhart

“Age is something that doesn’t matter, unless you are a cheese.”

~Luis Bunuel

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“If you cannot find peace within yourself, you will never find it anywhere else.”

~Marvin Gaye

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Stop comparing yourself to others. Right now. You are fucking incredible. Just try to tell me you're not, I'll tell you what I see.

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"We have the results we have in life because of the decisions we've made."

~Andy Anderson

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There is little more powerful to drive a positive life than doing what we think we can’t.

“I stopped asking other people for permission to do what I wanted to do.”

~Ava DuVernay

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Low times are always juxtaposed by high times and happiness in equal measure if we make the effort to evolve and grow.

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“Kites rise against the wind, not with it.”

~Winston Churchill

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“Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly.”

~Langston Hughes

We can fly. Never forget it.

“You have power over your mind, not outside events. Realize this and you will find strength.”

~Marcus Aurelius

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“It’s hard to beat a person who never gives up.”

~Babe Ruth

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“Life is like a bicycle; to keep your balance you must keep moving.”

~Albert Einstein

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You are loved.

“No one can figure out your worth, but you.”

~Pearl Bailey

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“Invest in people who invest in you.”

~Unknown

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“Being honest may not get you a lot of friends, but it will get you the right ones.”

~Rennay Runkle Blizzard

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We’re all just people… choosing for ourselves what we want in our lives. What we want to do. How we want to be. How we want to love. How we want to live.

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“Sometimes to stop monkey business, you need to create monkey business.”

~Tina Fey

“No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude.”

~Alfred North Whitehead

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“The person you will be in five years largely depends on the information you feed your mind today. Be picky about the books you read, the people you spend time with, and the conversations you engage in.”

~Ruben Chavez

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“The key to everything is patience. You get the chicken by hatching the egg, not by smashing it.”

~Arnold H. Glasow

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“I must be a mermaid. I have no fear of depths and a great fear of shallow living.”

~Anais Nin

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“Normality is a paved road… it’s comfortable to walk, but no flowers grow on it.”

~Vincent Van Gogh

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“Know that you can start late, look different, be uncertain, and still succeed.”

~Misty Copeland

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Life is comedy.

Time and time again in human history, we have done things first thought OBVIOUSLY impossible per the current perspective... I’m not saying mystical fucking unicorns are out there shooting the proverbial rainbows out their asses. What I AM saying is to challenge ANY current thought you have about what you’re sure you can’t do.

“If you hear a voice within you saying ‘you are not a painter’ then by all means paint and that voice will be silenced.” -Vincent Van Gogh

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"Nothing contributes so much to tranquilize the mind as a steady purpose… a point on which the soul may fix its intellectual eye."

~Mary Shelley

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My point, peeps, is that every great goal we achieve, every astonishing feat we accomplish, every masterpiece we create, takes some time in the trenches. And, more specifically, takes putting that time in the trenches at the top of our lists. We gotta get into our running shoes and get out the door. And we gotta do it first.

“A key to success is playing the hand you were dealt like it was the hand you wanted.”

~Anonymous

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Next time you catch yourself thinking or saying, “I can’t do that,” do it anyway and see what happens.

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“Dance first. Think later.”

~Samuel Beckett

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“I am my own experiment. I am my own work of art.”  
~Madonna Ciccone

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“If we listened to our intellect, we’d never have a love affair. We’d never have a friendship. We’d never go into business, because we’d be cynical. Well, that’s nonsense. You’ve got to jump off cliffs all the time and build your wings on the way down.”

~Ray Bradbury

Say yes.

“Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character.”

~Stephen Covey

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“You can't move mountains by whispering at them.”

~Pink

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“You can’t stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes.” –Pooh

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When we *really* want to make something happen, we figure out a way. We get creative. We open our minds. We let go of preconceived ideas that limit us. We give in to things not being the way we thought they needed to be… the way we thought they’d always be. We gamble on what could be… on what *we* could be. With that… everything is possible.

“Far and away the best prize that life has to offer is the chance to work hard at work worth doing.”

~Theodore Roosevelt

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“Your work in life is the ultimate seduction.”

~Pablo Picasso

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“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”

~Bruce Lee

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You can’t make everyone happy. You are not pizza.

“It’s not what you look at that matters, it’s what you see.”

~Henry David Thoreau

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“In a competitive world, adversity is our ally.”

~Seth Godin

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“The weak can never forgive. Forgiveness is the attribute of the strong.”

~Mahatma Gandhi

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“The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

~Anais Nin

“Having honor is the ability to live in the light.”

~Unknown

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“Go to work, get paid, no call, no show, you’re fired.”

~Darrell Curtis (aka my Dad)

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Go where your energy buzzes loudest, and set your goals from there.

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“Intimacy is not a happy medium. It is a way of being in which the tension between distance and closeness is dissolved and a new horizon appears. Intimacy is beyond fear.”

~Henri Nouwen

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“No act of kindness, no matter how small, is ever wasted.”

~Aesop

Trust is the ultimate risk, because it replaces our biggest fears. That’s why it’s so scary to give, so challenging to create, and so important to protect once we have it.

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Grow or be left behind by those that do.

"It ain't what you don't know that gets you into trouble, it's what you know for sure that just ain't so."

~Mark Twain

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“The best way to find yourself is to lose yourself in the service of others.”

~Mahatma Gandhi

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“The most important thing in communication is to hear what isn’t being said.”

~Peter Drucker

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"Nothing great is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen."

~Epictetus

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Let the people you love… love you.

“Don’t waste your energy trying to change opinions. Do your thing, and don’t care if they like it.”

~Tina Fey

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“We are what we repeatedly do. Excellence, therefore is not an act, but a habit.”

~Aristotle

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"I’m not funny. What I am is brave.”

~Lucille Ball

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Sometimes it’s time for intensity, sometimes it’s time for ease.

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Pain, physical or emotional, is a messenger. If we listen early, the solutions are simple. If we don’t listen, our problems escalate until we either do or are forced to.

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"To be successful, you must accept all challenges that come your way. You can't just accept the ones you like.”

~Mike Gafka

“You are the average of the five people you spend the most time with.”

~Jim Rohn

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“Those who don’t believe in magic will never find it.”

~Roald Dahl

“People are not lazy. They simply have impotent goals—that is, goals that don’t inspire them.”

~Tony Robbins

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

~Wayne Dyer

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“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

~Socrates

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You have all your own answers.

“History, despite its wrenching pain, cannot be unlived, however, if faced with courage, need not be lived again.”

~Maya Angelou

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“Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.”

~ Brené Brown

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“Yeah, well, you know, that's just, like, your opinion, man.”

~The Dude

“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”

~Charles R. Swindoll

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“Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph: a beginning, a struggle and a victory.”

~Mahatma Gandhi

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Everything is for us. Everything.

Forgive people who fucked up, be kind to those who hurt you, and no matter what, always be the person YOU can be proud of at the end of the day.

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“A journey of a thousand miles begins with a single step.”

~Lao Tzu

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"Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people.”

~Jim Rohn

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Success is in the effort, not the outcome.

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True friendship never dies. It lives on in us, in how we are changed by those friends, in how we choose differently because of their influence.

“Creativity is the side effect of a strong spirit.”

~Pamela Gold

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“You cannot have a positive life and a negative mind.”

~Joyce Meyer

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Practice looking for what’s awesome and eventually it’s all you’ll see.

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“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? Your playing small does not serve the world. We are meant to shine. It is not in some of us, it is in everyone. As we are liberated from our own fear, we unconsciously give other people permission to do the same. Our presence automatically liberates others.”

~Marianne Williamson

“The thing that is really hard and really amazing, is giving up on being perfect and beginning the work of becoming yourself.”

~Anna Quindlen

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“We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions.”

~ Brené Brown

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Think about what you would do for the person you love the most in this world… then do that for yourself. That kind of love will support you in persevering through all obstacles.

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Fun and excellence are not mutually exclusive.

“I don’t follow the rules. I never did, and I’m not going to start.”

~Madonna Ciccone

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“There’s something sexy about a gut. Not a 400-pound beer gut, but a little paunch. I love that.”

~Sandra Bullock

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Some of the best things in life only come when our plan “fails.”

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“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

~ Brené Brown

“I see you.”

~Avatar

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“I wouldn’t dream of working on something that didn’t make my gut rumble and my heart want to explode.”

~Kate Winslet

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“If you don’t know where you’re going, any road will get you there.”

~Cheshire Cat, *Alice in Wonderland*, Lewis Carroll

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Tell the people you love, you love them. Right now. Out loud. Knowing they know is a gateway to great peace inside.

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“It is our choices that show what we truly are, far more than our abilities.”

~J.K. Rowling

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“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times, I’ve been trusted to take the game-winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

~ Michael Jordan

“Everything you’ve ever wanted is on the other side of fear.”

~George Addair

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“There is no use trying,” said Alice, “one can’t believe impossible things.” “I dare say you haven’t had much practice,” said the Queen. “When I was your age, I always did it for half an hour a day. Why sometimes, I’ve believed six impossible things before breakfast.”

~Lewis Carroll, *Alice in Wonderland*

“When something is important enough, you do it even if the odds are not in your favor.”

~Elon Musk

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Whether you’re a conversationalist, artist, fashionista, writer, actor, dancer, whatever… self-expression gives us access to confidence that is only earned when we put ourselves out there risking judgment.

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“To be on the cutting edge, you need an edge to cut with. That edge is your belief in yourself, sharp and ready to go.”

~Sara Ryan, artist

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“If you don’t set a baseline standard for what you'll accept in life, you'll find it easy to slip into behaviors and attitudes or a quality of life that's far below what you deserve.”

~Tony Robbins

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Start now being a person you respect.

“You can’t be that kid standing at the top of the waterslide, overthinking it. You have to go down the chute.”

~Tina Fey

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It is better to be trusted than to be liked.

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“Growth ain't for weenies, but it's nowhere near as painful as living the life you're living right now if you're not really going for it.”

~Jen Sincero

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Every choice we make is the opportunity we take.

“An arrow can only be shot forward by pulling it backward. When life is dragging you down with difficulties, it means it's going to launch you into something great, so just focus, and keep aiming.”

~Unknown

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I would rather crash and burn and rise from the ashes than have never gone for it.

“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma – which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.”

~Steve Jobs

Nothing calms the mind more than a purposeful pursuit.

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“In boot camp, when I was laying on the ground, rifle in hand, sweating.. dying.. my drill instructor, that mean bastard, came up behind me as I’m laying there, and whispered in my ear, ‘Remember, Curtis, an ass-kickin’ can only last so long.’ I never forgot that.”

~ The Major Bro

“Every burden is a blessing.”

~Walt Kelly

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“Dare to wear the foolish clown face.”

~Frank Sinatra

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“I say, follow your bliss and don’t be afraid. Doors will be open where you didn’t know they were going to be.”

~Joseph Campbell

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“Effort and courage are not enough without purpose and direction.”

~John F. Kennedy

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“The most dangerous thing about regret is you don’t feel it yet.”

~Unknown

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Feelings are not failure.

“Don't you dare shrink yourself for someone else's comfort. Do not become small for people who refuse to grow.”

~Anonymous

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“We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.

Love is not something we give or get; it is something that we nurture and grow, a connection that can only be cultivated between two people when it exists within each one of them – we can only love others as much as we love ourselves.

Shame, blame, disrespect, betrayal, and the withholding of affection damage the roots from which love grows. Love can only survive these injuries if they are acknowledged, healed and rare.”

~ Brené Brown

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“I’m here to kick ass and drink whiskey. And pilgrim, I’m all out of whiskey.”

~John Wayne

“Dynamite ham.”

~Woody Allen

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We never know when the people we’ve met along the way will become our friends. We never know when friends will become our good friends, or when good friends will become our family. Deepening our connections with the people on our path can be organic happenstance or opportunities we make effort to effect. Either way, we get more and give more and that’s the good stuff. Just like in skydiving, keep your eyes and your heart open.

"Choose people who lift you up."

~Michelle Obama

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"There's something liberating about not pretending. Dare to embarrass yourself. Risk.”

~Drew Barrymore

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"Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing.”

~Helen Keller

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"If you want to change the world, go home and love your family.”

~Mother Theresa

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“Live your life the way it was meant to be… stop worrying about what others think and say.”

~Andree Shue Hickok (aka my amazing sister)

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Comedy and tragedy are intimately linked… only a shred separated. The extremity of life is hilarious. I mean, think about it… you really can’t make this shit up.

"Do not wait for someone else to validate your existence; it is your own responsibility.”

~Jasz Gill

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“Honesty is a very expensive gift. Don’t expect it from cheap people.”

~Warren Buffett

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“This above all: to thine own self be true.”

~William Shakespeare

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“A soul mate’s purpose is to shake you up, tear apart your ego a little bit, show you your obstacles and addictions, break your heart open so new light can get in, make you so desperate and out of control that you have to transform your life, then introduce you to your spiritual master…”

~Elizabeth Gilbert, *Eat Pray Love*

“Vulnerability is the most accurate measurement of courage.”

~ Brené Brown

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“The best way to spread Christmas cheer is singing loud for all to hear.”

~Buddy the Elf

“Opportunity is missed by most people because it is dressed in overalls and looks like work.”

~Thomas Edison

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The intensity of certain experiences is actually why they have such high value. Only in extreme circumstances is our capability truly tested. Only in extreme circumstances do we radically expand our strength, knowledge, and insight into ourselves.

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“If you present yourself with confidence, you can pull off pretty much anything.”

~Katy Perry

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“If you’re going to be joyful, you’ve got to do it inside the challenges of your life.”

~Unknown

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Take your time, and know the next time it’s time to go big, because you’ve rested… you’ll be ready.

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“Sometimes life hits you in the head with a brick. Don’t lose faith.”

~Steve Jobs

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“Life shrinks or expands in proportion to one’s courage.”

~Anais Nin

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"Nothing is sustainable without boundaries."

~ Brené Brown

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“Love is being stupid together.”

~Paul Valery

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You are awesome. You are. If you know anything, know this.

“I find, when you’re an optimist, life has a funny way of looking after you.”

~Simon Sinek

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"You are allowed to be both a masterpiece and a work in progress, simultaneously."

~Sophia Bush

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“While I relish our warm months, winter forms our character and brings out our best.”

~Tom Allen

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"Only I can change my life. No one can do it for me."

~Carol Burnett

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Not that everyone needs to travel the world or even jump out of an airplane to gain transformative growth or insight for themselves. Hell no. I just encourage you, if it’s in you to jump… jump. Jump in. Jump into whatever is next for you.

“It is not fair to ask of others what you are not willing to do yourself.”

~Eleanor Roosevelt

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“Strength does not come from physical capacity. It comes from an indomitable will.

~Mahatma Gandhi

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“Prayers really do come true.”

~Cindy Shue (aka my Mom)

“Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings.”

~Elizabeth Gilbert, *Eat Pray Love*

“Always remember that you are absolutely unique. Just like everyone else.”

~Margaret Mead

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“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”

~Maya Angelou

Thank you.

No, really…

Thank you.

Right on, team! Thank you again for supporting me! I hope you got even one new breakthrough for yourself in your life reading this book. Even better if you got even more.

Please say hi or reach out anytime! I would genuinely love to connect with you.

Website:

[http://melaniecurtis.com](http://melaniecurtis.com/)

Facebook: http://www.facebook.com/melanie.curtis.37/

Email:

[mel@melaniecurtis.com](mailto:mel@melaniecurtis.com)

ACKNOWLEDGEMENT

Full kudos to my lovely and epic assistant, Judy Brown-Steele, who rides the wave of my creativity like a boss and has helped me corral it into growth and contribution beyond what I could ever have done myself. Thank you, Judy! And FYI, Judy is on her way to becoming a massive star on the stage and screen. Whenever you have the opportunity to go see her in any performance… do it.



ABOUT THE AUTHOR

Melanie Curtis is a coach, speaker, author, entrepreneur, professional skydiver, mini-spoof-movie maker, and lover of comedy, growth, and people. Melanie has over 10,000 skydives, has traveled around the world coaching thousands of people, collecting insights, inspiration, and oh so much comedy along the way. Melanie has made it her life’s work to live fiercely by her chosen values, to lead by raw and real example, to connect deeply with others, and to find the hilarity and love at every single turn of this exceptional adventure we’re all sharing.

(Life is so good. I’m so glad and grateful you’re in mine. Thank you again! XO Mel)