

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. 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!

One Positive Thought:
Can Change Everything

"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

"The truth is the closest
distance between two
people."
~Unknown

|

| "It always seems
impossible until it's done."
~Nelson Mandela

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

"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

|

| "I think if people are
bored they're just not
looking."

~Shannon Hernandez

"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

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

~Brene Brown

"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.

"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

"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

|

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

~Woody Allen

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

~Mitch Hedberg

|

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

~Kim Girard

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

~Maya Angelou

|

“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

Those_ things that happen
in our lives that shake our
sh_i t 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.

"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

"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

|

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

"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

"Knowing is not enough,
we must apply. Willing is
not enough, we must do."
~Bruce Lee

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

~Miles Kington

"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.

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

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

Don't be reckless. Employ
calculated courage.

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

~Joe Namath

No one cares. In the good way.

"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

|

| "If you cannot find peace
within yourself, you will
never find it anywhere
else."

~Marvin Gaye

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.

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

~Andy Anderson

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

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

| "Kites rise against the
wind, not with it."
~Winston Churchill

"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

|

| "It's hard to beat a person
who never gives up."
~Babe Ruth

"Life is like a bicycle; to
keep your balance you
must keep moving."
~Albert Einstein

|

You are loved.

"No one can figure out
your worth, but you."
~Pearl Bailey

|

| “Invest in people who
invest in you.”

~Unknown

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

~Rennay [Runkle](#) Blizzard

| 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.

"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

"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

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

~Arnold H. Glasow

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

~Anais Nin



"Normality is a paved road... it's comfortable to walk, but no flowers grow on it."

~Vincent Van Gogh

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

~Misty Copeland

|

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

"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



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

|

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

"Dance first. Think later."

~ Samuel Beckett

| "I am my own experiment.

I am my own work of art."

~Madonna Ciccone

"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



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

~Pink

"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

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



“Your work in life is the
ultimate seduction.”

~Pablo Picasso

"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

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



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

~Seth Godin

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

~ Mahatma Gandhi



“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

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

~Darrell Curtis (aka my
Dad)

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

“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

"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.

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

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

~Mahatma Gandhi



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

~Peter Drucker

"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

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

"We are what we
repeatedly do.
Excellence, therefore is
not an act, but a habit."
~Aristotle

"I'm not funny. What I am
is brave."

~ Lucille Ball

|

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

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.

"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

|

“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



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

~ Wayne Dyer

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

~Socrates

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



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

~ [Brené](#) Brown

“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

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

~Mahatma Gandhi

|

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.

"A journey of a thousand miles begins with a single step."

~Lao Tzu

"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

|

Success is in the effort, not
the outcome.

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

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



| [Practice](#) looking for what's
awesome and eventually
it's all you'll see.

"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

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

~ Brené Brown

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.

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](#)

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

~Sandra Bullock

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

"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

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

~Kate Winslet

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

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

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

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

~J.K. Rowling

"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

"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

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.

"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

"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



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

|

It is better to be trusted
than to be liked.

"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

|

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

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.

"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

"Dare to wear the foolish
clown face."

~Frank Sinatra

|

| "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

"Effort and courage are
not enough without
purpose and direction."

~John F. Kennedy



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

~Unknown

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

"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

"I'm here to kick ass and
drink whiskey. And pilgrim,
I'm all out of whiskey."

~John Wayne



“Dynamite ham.”

~ Woody Allen

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

"There's something
liberating about not
pretending. Dare to
embarrass yourself. Risk."
~Drew Barrymore



"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

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

~Mother Theresa



“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)

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

"Honesty is a very
expensive gift. Don't
expect it from cheap
people."

~ Warren Buffett



"This above all: to thine
own self be true."

~ William Shakespeare

"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

"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

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.

|

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

~Katy Perry

"If you're going to be joyful, you've got to do it inside the challenges of your life."

~Unknown



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

"Sometimes life hits you in
the head with a brick.
Don't lose faith."

~Steve Jobs

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

~Anais Nin

"Nothing is sustainable
without boundaries."

~ Brené Brown



“Love is being stupid
together.”

~Paul Valery

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

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

~Sophia Bush



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

~Tom Allen

"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



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

~Mahatma Gandhi

"Prayers really do come true."

~Cindy Shue (aka my Mom)

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"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



“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...

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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.

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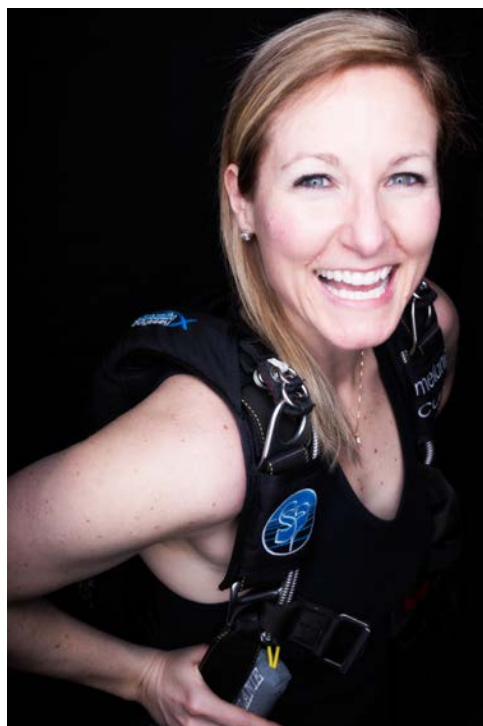
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ABOUT THE AUTHOR

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)