**Motivational Quotes for Entrepreneurs**

1. “All our dreams can come true, if we have the courage to pursue them.” – Walt Disney
2. “The secret of getting ahead is getting started.” – Mark Twain
3. “I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. 26 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
4. “Don’t limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve.” – Mary Kay Ash
5. “The best time to plant a tree was 20 years ago. The second best time is now.” – Chinese Proverb
6. “It’s hard to beat a person who never gives up.” – Babe Ruth
7. “I wake up every morning and think to myself, ‘how far can I push this company in the next 24 hours.’” – Leah Busque
8. “If people are doubting how far you can go, go so far that you can’t hear them anymore.” – Michele Ruiz
9. “We need to accept that we won’t always make the right decisions, that we’ll screw up royally sometimes – understanding that failure is not the opposite of success, it’s part of success.” – Arianna Huffington
10. “Write it. Shoot it. Publish it. Crochet it, sauté it, whatever. MAKE.” – Joss Whedon

**Tradução**

1. “Todos os nossos sonhos podem se tornar realidade, se tivermos coragem de persegui-los.” – Walt Disney
2. “O segredo para progredir é começar.” – Mark Twain
3. “Perdi mais de 9.000 arremessos na minha carreira. Perdi quase 300 jogos. 26 vezes confiaram em mim para dar o arremesso da vitória e errei. Eu falhei várias vezes na minha vida e é por isso que eu tenho sucesso.” – Michael Jordan
4. “Não se limite. Muitas pessoas se limitam ao que pensam que podem fazer. Você pode ir tão longe quanto sua mente permite. O que você acredita, lembre-se, você pode alcançar.” – Mary Kay Ash
5. “A melhor época para plantar uma árvore foi há 20 anos. O segundo melhor momento é agora." - Provérbio chinês
6. “É difícil vencer uma pessoa que nunca desiste.” - Babe Ruth
7. “Acordo todas as manhãs e penso comigo mesmo: 'até onde posso levar essa empresa nas próximas 24 horas.'” – Leah Busque
8. “Se as pessoas duvidam do quão longe você pode ir, vá tão longe que você não possa mais ouvi-las.” – Michel Ruiz
9. “Precisamos aceitar que nem sempre tomaremos as decisões certas, que às vezes erramos regiamente – entendendo que o fracasso não é o oposto do sucesso, é parte do sucesso.” – Ariana Huffington
10. "Escreva. Dispará-la. Publique-o. Faça crochê, refogue, o que for. FAÇA." – Joss Whedon

**Lesson 02**

Motivational Quote of the Day

1. “You’ve gotta dance like there’s nobody watching, love like you’ll never be hurt, sing like there’s nobody listening, and live like it’s heaven on earth.” ― William W. Purkey
2. “Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.”― Neil Gaiman
3. “Everything you can imagine is real.”― Pablo Picasso
4. “When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.” ― Helen Keller
5. “Do one thing every day that scares you.”― Eleanor Roosevelt
6. “It’s no use going back to yesterday, because I was a different person then.”― Lewis Carroll
7. “Smart people learn from everything and everyone, average people from their experiences, stupid people already have all the answers.” – Socrates
8. “Do what you feel in your heart to be right – for you’ll be criticized anyway.”― Eleanor Roosevelt
9. “Happiness is not something ready made. It comes from your own actions.” ― Dalai Lama XIV
10. “Whatever you are, be a good one.” ― Abraham Lincoln
11. “Você tem que dançar como se não houvesse ninguém assistindo, amar como se nunca fosse se machucar, cantar como se ninguém estivesse ouvindo e viver como se fosse o paraíso na terra.” ― William W. Purkey
12. “Os contos de fadas são mais do que verdadeiros: não porque nos dizem que os dragões existem, mas porque nos dizem que os dragões podem ser derrotados.” – Neil Gaiman
13. “Tudo o que você pode imaginar é real.” – Pablo Picasso
14. “Quando uma porta da felicidade se fecha, outra se abre; mas muitas vezes olhamos tanto para a porta fechada que não vemos a que foi aberta para nós.” - Helen Keller
15. “Faça uma coisa todos os dias que te assusta.” ― Eleanor Roosevelt
16. “Não adianta voltar para ontem, porque eu era uma pessoa diferente na época.” – Lewis Carroll
17. “Pessoas inteligentes aprendem com tudo e com todos, pessoas comuns com suas experiências, pessoas estúpidas já têm todas as respostas.” – Sócrates
18. “Faça o que você sente em seu coração como certo – pois você será criticado de qualquer maneira.” – Eleanor Roosevelt
19. "Felicidade não é algo pronto. Isso vem de suas próprias ações." ― Dalai Lama XIV
20. "O que quer que você seja, seja o melhor." - Abraham Lincoln

**Lesson 03**

Quote of the Day

1. “The same boiling water that softens the potato hardens the egg. It’s what you’re made of. Not the circumstances.” – Unknown
2. “If we have the attitude that it’s going to be a great day it usually is.” – Catherine Pulsifier
3. “You can either experience the pain of discipline or the pain of regret. The choice is yours.” – Unknown
4. “Impossible is just an opinion.” – Paulo Coelho
5. “Your passion is waiting for your courage to catch up.” – Isabelle Lafleche
6. “Magic is believing in yourself. If you can make that happen, you can make anything happen.” – Johann Wolfgang Von Goethe
7. “If something is important enough, even if the odds are stacked against you, you should still do it.” – Elon Musk
8. “Hold the vision, trust the process.” – Unknown
9. “Don’t be afraid to give up the good to go for the great.” – John D. Rockefeller
10. “People who wonder if the glass is half empty or full miss the point. The glass is refillable.” – Unknown

“A mesma água fervente que amolece a batata endurece o ovo. É do que você é feito. Não as circunstâncias.” - Desconhecido

“Se tivermos a atitude de que será um ótimo dia, geralmente é.” – Pulsificador Catherine

“Você pode experimentar a dor da disciplina ou a dor do arrependimento. A escolha é sua." - Desconhecido

"Impossível é apenas uma opinião." – Paulo Coelho

“Sua paixão está esperando por sua coragem para alcançá-la.” – Isabelle Lafleche

“Magia é acreditar em si mesmo. Se você pode fazer isso acontecer, você pode fazer qualquer coisa acontecer.” – Johann Wolfgang von Goethe

“Se algo é importante o suficiente, mesmo que as probabilidades estejam contra você, você ainda deve fazê-lo.” – Elon Musk

“Mantenha a visão, confie no processo.” - Desconhecido

“Não tenha medo de desistir do bom para ir para o ótimo.” – John D. Rockefeller

“As pessoas que se perguntam se o copo está meio vazio ou cheio não entendem. O copo é recarregável.” – Desconhecido

**Lesson 04**

Monday Motivation Quotes

“Just another Magic Monday” – Unknown

“One day or day one. You decide.” – Unknown

“It’s Monday… time to motivate and make dreams and goals happen. Let’s go!” – Heather Stillufsen

“It was a Monday and they walked on a tightrope to the sun.”― Marcus Zusak

“Goodbye blue Monday.” ― Kurt Vonnegut

“So. Monday. We meet again. We will never be friends—but maybe we can move past our mutual enmity toward a more-positive partnership.” ― Julio-Alexi Genao

“When life gives you Monday, dip it in glitter and sparkle all day.” – Ella Woodword

Monday c’est Mon Day

All Motivation Mondays need are a little more coffee and a lot more mascara

I’m alive, motivated and ready to slay the day #MONSLAY

1. “Apenas mais uma segunda-feira mágica” – Desconhecido
2. “Um dia ou um dia. Você decide." - Desconhecido
3. “É segunda-feira… hora de motivar e fazer sonhos e objetivos acontecerem. Vamos lá!" – Heather Stillufsen
4. “Era uma segunda-feira e eles andaram na corda bamba até o sol.” ― Marcus Zusak
5. “Adeus segunda-feira azul.” – Kurt Vonnegut
6. "Assim. Segunda-feira. Nos encontramos novamente. Nunca seremos amigos, mas talvez possamos superar nossa inimizade mútua em direção a uma parceria mais positiva.” ― Julio-Alexi Genão
7. “Quando a vida lhe der segunda-feira, mergulhe-a em purpurina e brilhe o dia todo.” – Ella Woodword
8. Segunda-feira c'est Segunda-feira
9. Tudo o que as segundas-feiras de motivação precisam é de um pouco mais de café e muito mais rímel
10. Estou vivo, motivado e pronto para arrasar no dia #MONSLAY

**Lesson 05**

Hustle Quotes

1. “No one is to blame for your future situation but yourself. If you want to be successful, then become “Successful.”― Jaymin Shah
2. “Things may come to those who wait, but only the things left by those who hustle.”― Abraham Lincoln
3. “Everything comes to him who hustles while he waits.”― Thomas Edison
4. “Every sucessful person in the world is a hustler one way or another. We all hustle to get where we need to be. Only a fool would sit around and wait on another man to feed him.” ― K’wan
5. “Invest in your dreams. Grind now. Shine later.” – Unknown
6. “Hustlers don’t sleep, they nap.” – Unknown
7. “Greatness only comes before hustle in the dictionary.” – Ross Simmonds
8. “Without hustle, talent will only carry you so far.” – Gary Vaynerchuk
9. “Work like there is someone working twenty four hours a day to take it away from you.” – Mark Cuban
10. “Hustle in silence and let your success make the noise.” – Unknown
11. “Ninguém é culpado por sua situação futura além de você mesmo. Se você quer ser bem-sucedido, torne-se “Bem-sucedido.” ― Jaymin Shah
12. “As coisas podem vir para aqueles que esperam, mas apenas as coisas deixadas por aqueles que se apressam.” – Abraham Lincoln
13. “Tudo vem para aquele que se apressa enquanto espera.” – Thomas Edison
14. “Toda pessoa de sucesso no mundo é um traficante de uma forma ou de outra. Todos nós nos apressamos para chegar onde precisamos estar. Só um tolo ficaria sentado esperando outro homem para alimentá-lo.” -K'wan
15. “Invista nos seus sonhos. Moa agora. Brilhe depois.” - Desconhecido
16. “Os traficantes não dormem, eles cochilam.” - Desconhecido
17. “A grandeza só vem antes da agitação no dicionário.” – Ross Simmonds
18. “Sem agitação, o talento só o levará até certo ponto.” – Gary Vaynerchuk
19. “Trabalhe como se houvesse alguém trabalhando vinte e quatro horas por dia para tirar isso de você.” – Marcos Cuba
20. “Apresse-se em silêncio e deixe seu sucesso fazer barulho.” - Desconhecido

**Lesson 06** Motivational Quotes for Employees

1. “We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle
2. “If you’re offered a seat on a rocket ship, don’t ask what seat! Just get on.” – Sheryl Sandberg
3. “I always did something I was a little not ready to do. I think that’s how you grow. When there’s that moment of ‘Wow, I’m not really sure I can do this,’ and you push through those moments, that’s when you have a breakthrough.” – Marissa Mayer
4. “If you hear a voice within you say ‘you cannot paint,’ then by all means paint and that voice will be silenced.” – Vincent Van Gogh
5. “How wonderful it is that nobody need wait a single moment before starting to improve the world.” – Anne Frank
6. “Some people want it to happen, some wish it would happen, others make it happen.” – Michael Jordan
7. “Great things are done by a series of small things brought together” – Vincent Van Gogh
8. “If you hire people just because they can do a job, they’ll work for your money. But if you hire people who believe what you believe, they’ll work for you with blood and sweat and tears.” – Simon Sinek
9. “Very often, a change of self is needed more than a change of scene.’ – A.C. Benson
10. “Leaders can let you fail and yet not let you be a failure.” – Stanley McChrystal
11. “It’s not the load that breaks you down, it’s the way you carry it.” – Lou Holtz
12. "Nós somos o que repetidamente fazemos. Excelência, então, não é um ato, mas um hábito.” – Aristóteles
13. “Se lhe for oferecido um assento em um foguete, não pergunte qual assento! Apenas continue.” – Sheryl Sandberg
14. “Eu sempre fiz algo que eu não estava um pouco pronto para fazer. Acho que é assim que você cresce. Quando há aquele momento de ‘Uau, eu não tenho certeza se posso fazer isso’, e você supera esses momentos, é quando você tem um avanço.” – Marisa Mayer
15. “Se você ouvir uma voz dentro de você dizer ‘você não pode pintar’, então pinte e essa voz será silenciada.” -Vicent Van Gogh
16. “Como é maravilhoso que ninguém precise esperar um único momento antes de começar a melhorar o mundo.” – Anne Frank
17. “Algumas pessoas querem que aconteça, algumas desejam que aconteça, outras fazem acontecer.” – Michael Jordan
18. “Grandes coisas são feitas por uma série de pequenas coisas reunidas” – Vincent Van Gogh
19. “Se você contratar pessoas apenas porque elas podem fazer um trabalho, elas trabalharão pelo seu dinheiro. Mas se você contratar pessoas que acreditam no que você acredita, elas trabalharão para você com sangue, suor e lágrimas.” – Simon Sinek
20. “Muitas vezes, uma mudança de si mesmo é mais necessária do que uma mudança de cenário.” – A.C. Benson
21. “Os líderes podem deixar você falhar e ainda assim não deixar você ser um fracasso.” – Stanley McChrystal
22. “Não é a carga que te quebra, é a maneira como você a carrega.” – Lou Holtz

**Lesson 07**

1. “The hard days are what make you stronger.” – Aly Raisman
2. “If you believe it’ll work out, you’ll see opportunities. If you don’t believe it’ll work out, you’ll see obstacles.” – Wayne Dyer
3. “Keep your eyes on the stars, and your feet on the ground.” – Theodore Roosevelt
4. “You can waste your lives drawing lines. Or you can live your life crossing them.” – Shonda Rhimes
5. “You’ve got to get up every morning with determination if you’re going to go to bed with satisfaction.” – George Lorimer
6. “I now tried a new hypothesis: It was possible that I was more in charge of my happiness than I was allowing myself to be.” – Michelle Obama
7. “In a gentle way, you can shake the world.” – Mahatma Gandhi
8. “If opportunity doesn’t knock, build a door.” – Kurt Cobain
9. “Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.” – Roy T. Bennett
10. “Work hard in silence, let your success be the noise.” – Frank Ocean
11. “Os dias difíceis são o que te faz mais forte.” – Aly Raisman
12. “Se você acredita que vai dar certo, verá oportunidades. Se você não acredita que vai dar certo, verá obstáculos.” – Wayne Dyer
13. “Mantenha os olhos nas estrelas e os pés no chão.” - Theodore Roosevelt
14. “Você pode desperdiçar suas vidas traçando linhas. Ou você pode viver sua vida cruzando-os.” – Shonda Rhimes
15. “Você precisa acordar todas as manhãs com determinação se quiser ir para a cama com satisfação.” – George Lorimer
16. “Eu agora tentei uma nova hipótese: era possível que eu estivesse mais no comando da minha felicidade do que me permitia ser.” -Michelle Obama
17. "De uma forma suave, você pode agitar o mundo." – Mahatma Gandhi
18. “Se a oportunidade não bater, construa uma porta.” – Kurt Cobain
19. “Não se deixe levar pelos medos em sua mente. Seja guiado pelos sonhos em seu coração.” – Roy T. Bennett
20. “Trabalhe duro em silêncio, deixe seu sucesso ser o barulho.” – Frank Oceano

**Lesson 08**

Motivational Quotes for Work

“Don’t say you don’t have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo Da Vinci, Thomas Jefferson, and Albert Einstein.” – H. Jackson Brown Jr.

“Hard work beats talent when talent doesn’t work hard.” – Tim Notke

“If everything seems to be under control, you’re not going fast enough.” – Mario Andretti

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

“The only difference between ordinary and extraordinary is that little extra.” – Jimmy Johnson

“The best way to appreciate your job is to imagine yourself without one.” – Oscar Wilde

“Unsuccessful people make their decisions based on their current situations. Successful people make their decisions based on where they want to be.” – Benjamin Hardy

“Never stop doing your best just because someone doesn’t give you credit.” – Kamari aka Lyrikal

“Work hard for what you want because it won’t come to you without a fight. You have to be strong and courageous and know that you can do anything you put your mind to. If somebody puts you down or criticizes you, just keep on believing in yourself and turn it into something positive.” – Leah LaBelle

“Work hard, be kind, and amazing things will happen.” – Conan O’Brien

1. “Não diga que você não tem tempo suficiente. Você tem exatamente o mesmo número de horas por dia que foi dado a Helen Keller, Pasteur, Michelangelo, Madre Teresa, Leonardo Da Vinci, Thomas Jefferson e Albert Einstein.” – H. Jackson Brown Jr.
2. “O trabalho duro supera o talento quando o talento não trabalha duro.” – Tim Notke
3. “Se tudo parece estar sob controle, você não está indo rápido o suficiente.” – Mário Andretti
4. “A maioria das pessoas perde a oportunidade porque está vestida de macacão e parece trabalho.” – Thomas Edison
5. “A única diferença entre o comum e o extraordinário é aquele pequeno extra.” – Jimmy Johnson
6. “A melhor maneira de apreciar seu trabalho é imaginar-se sem ele.” – Oscar Wilde
7. “Pessoas malsucedidas tomam suas decisões com base em suas situações atuais. Pessoas de sucesso tomam suas decisões com base em onde querem estar.” – Benjamim Hardy
8. “Nunca pare de dar o seu melhor só porque alguém não te dá crédito.” – Kamari aka Lyrikal
9. “Trabalhe duro pelo que você quer, porque isso não virá até você sem lutar. Você tem que ser forte e corajoso e saber que você pode fazer qualquer coisa que você colocar em sua mente. Se alguém te coloca pra baixo ou te critica, apenas continue acreditando em si mesmo e transforme isso em algo positivo.” – Leah LaBelle
10. “Trabalhe duro, seja gentil e coisas incríveis acontecerão.” – Conan O’Brien

**Lesson 09** Quote of the Day for Work

“The miracle is not that we do this work, but that we are happy to do it.” – Mother Teresa

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.” – Earl Nightingale

“If you work on something a little bit every day, you end up with something that is massive.” – Kenneth Goldsmith

“The big secret in life is that there is no secret. Whatever your goal, you can get there if you’re willing to work.” – Oprah Winfrey

“If you cannot do great things, do small things in a great way.” – Napoleon Hill

“Never allow a person to tell you no who doesn’t have the power to say yes.” – Eleanor Roosevelt

“At any given moment you have the power to say: this is not how the story is going to end.” – Unknown

“Amateus sit around and wait for inspiration. The rest of us just get up and go to work.” – Stephen King

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it.” – Steve Jobs

“Nothing will work unless you do.” – Maya Angelou

1. “O milagre não é que façamos esse trabalho, mas que estejamos felizes em fazê-lo.” - Mãe Teresa
2. “Nunca desista de um sonho só por causa do tempo que levará para realizá-lo. O tempo vai passar de qualquer jeito.” – Conde Nightingale
3. “Se você trabalha um pouco em algo todos os dias, acaba com algo enorme.” – Kenneth Goldsmith
4. “O grande segredo da vida é que não há segredo. Seja qual for o seu objetivo, você pode chegar lá se estiver disposto a trabalhar.” – Oprah Winfrey
5. “Se você não pode fazer grandes coisas, faça pequenas coisas de uma maneira excelente.” – Monte Napoleão
6. “Nunca permita que uma pessoa lhe diga não quem não tem o poder de dizer sim.” - Eleanor Roosevelt
7. “A qualquer momento você tem o poder de dizer: não é assim que a história vai acabar.” - Desconhecido
8. “Amateus senta e espera por inspiração. O resto de nós apenas se levanta e vai trabalhar.” – Stephen King
9. “Seu trabalho vai preencher uma grande parte de sua vida, e a única maneira de estar realmente satisfeito é fazer o que você acredita ser um ótimo trabalho. E a única maneira de fazer um ótimo trabalho é amar o que você faz. Se você ainda não encontrou, continue procurando. Não se acomode. Tal como acontece com todos os assuntos do coração, você saberá quando o encontrar.” - Steve Jobs
10. "Nada funcionará a menos que você faça." – Maya Angelou

**Lesson 10**

“Sometimes when you’re in a dark place you think you’ve been buried but you’ve actually been planted.” – Christine Caine

“Don’t limit your challenges. Challenge your limits.” – Unknown

“Whenever you find yourself doubting how far you can go, just remember how far you have come.” – Unknown

“Everyone has inside them a piece of good news. The good news is you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is.” – Anne Frank

“Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had you known.” – Garrison Keillor

“Don’t quit yet, the worst moments are usually followed by the most beautiful silver linings. You have to stay strong, remember to keep your head up and remain hopeful.” – Unknown

“When written in Chinese the word “crisis” is composed of two characters – one represents danger and the other represents opportunity.” – John F Kennedy

“Good. Better. Best. Never let it rest. ‘Til your good is better and your better is best.” – St. Jerome.

“In the middle of every difficulty lies opportunity.” – Albert Einstein

“Start where you are. Use what you have. Do what you can.” – Arthur Ashe

1. “Às vezes, quando você está em um lugar escuro, pensa que foi enterrado, mas na verdade foi plantado.” – Cristina Caine
2. “Não limite seus desafios. Desafie seus limites.” - Desconhecido
3. “Sempre que você estiver duvidando de quão longe você pode ir, apenas lembre-se de quão longe você chegou.” - Desconhecido
4. “Todo mundo tem dentro de si uma boa notícia. A boa notícia é que você não sabe o quão grande você pode ser! Quanto você pode amar! O que você pode realizar! E qual é o seu potencial.” – Anne Frank
5. “Alguma sorte está em não conseguir o que você pensou que queria, mas em conseguir o que você tem, que uma vez que você conseguiu, você pode ser inteligente o suficiente para ver o que você desejaria se soubesse.” – Guarnição Keillor
6. “Não desista ainda, os piores momentos geralmente são seguidos pelos mais belos lados positivos. Você tem que permanecer forte, lembre-se de manter a cabeça erguida e manter a esperança.” - Desconhecido
7. “Quando escrita em chinês, a palavra “crise” é composta por dois caracteres – um representa perigo e o outro representa oportunidade.” - John F. Kennedy
8. “Bom. Melhor. Melhor. Nunca deixe descansar. Até que seu bem seja melhor e seu melhor seja melhor. – São Jerônimo.
9. “No meio de toda dificuldade está a oportunidade.” - Albert Einstein
10. “Comece onde você está. Use o que você tem. Faz o que podes." – Arthur Ash

**Lesson 11**

Short Motivational Quotes

“Dreams don’t work unless you do.” – John C. Maxwell

“Go the extra mile. It’s never crowded there.” – Dr. Wayne D. Dyer

“Keep your face always toward the sunshine – and shadows will fall behind you.” – Walt Whitman

“What defines us is how well we rise after falling.” – Lionel from Maid in Manhattan Movie

H.O.P.E. = Hold On. Pain Ends.

Make each day your masterpiece. – John Wooden

“Wherever you go, go with all your heart” – Confucius

“Turn your wounds into wisdom” – Oprah

“We can do anything we want to if we stick to it long enough.” – Helen Keller

“Begin anywhere.” – John Cage

“Os sonhos não funcionam a menos que você faça.” – John C. Maxwell

"Superar as expectativas. Nunca está lotado lá.” – Dr. Wayne D. Dyer

“Mantenha seu rosto sempre voltado para a luz do sol – e as sombras ficarão atrás de você.” - Walt Whitman

“O que nos define é quão bem nos levantamos depois de cair.” – Lionel do filme Maid in Manhattan

TER ESPERANÇA. = Aguarde. A dor acaba.

Faça cada dia sua obra-prima. – João Madeira

“Aonde quer que você vá, vá com todo o seu coração” – Confúcio

“Transforme suas feridas em sabedoria” – Oprah

“Podemos fazer o que quisermos se nos mantivermos por tempo suficiente.” - Helen Keller

“Comece em qualquer lugar.” – John Cage

**Lesson 12**

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” – Pele

“Would you like me to give you a formula for success? It’s quite simple, really: Double your rate of failure. You are thinking of failure as the enemy of success. But it isn’t at all. You can be discouraged by failure or you can learn from it, so go ahead and make mistakes. Make all you can. Because remember that’s where you will find success.” – Thomas J. Watson

“Every champion was once a contender that didn’t give up.” – Gabby Douglas

“To be a champion, I think you have to see the big picture. It’s not about winning and losing; it’s about every day hard work and about thriving on a challenge. It’s about embracing the pain that you’ll experience at the end of a race and not being afraid. I think people think too hard and get afraid of a certain challenge.” – Summer Sanders

Don’t dream about success. Get out there and work for it.

“The difference between successful people and very successful people is that very successful people say ‘no’ to almost everything.” – Warren Buffett

You can cry, scream, and bang your head in frustration but keep pushing forward. It’s worth it.

“I hated every minute of training, but I said, ‘Don’t quit. Suffer now and live the rest of your life as a champion.” – Muhammad Ali

“Opportunities don’t happen. You create them.” – Chris Grosser

“Success is liking yourself, liking what you do, and liking how you do it.” – Maya Angelou

1. “O sucesso não é por acaso. É trabalho duro, perseverança, aprendizado, estudo, sacrifício e acima de tudo, amor pelo que você está fazendo ou aprendendo a fazer.” – Pelé
2. “Você gostaria que eu lhe desse uma fórmula para o sucesso? É bem simples, na verdade: dobre sua taxa de falha. Você está pensando no fracasso como o inimigo do sucesso. Mas não é de todo. Você pode ser desencorajado pelo fracasso ou pode aprender com ele, então vá em frente e cometa erros. Faça tudo o que puder. Porque lembre-se que é onde você encontrará o sucesso.” – Thomas J. Watson
3. “Todo campeão já foi um candidato que não desistiu.” – Gabby Douglas
4. “Para ser um campeão, acho que você precisa ver o quadro geral. Não se trata de ganhar e perder; é sobre o trabalho duro todos os dias e sobre prosperar em um desafio. Trata-se de abraçar a dor que você sentirá no final de uma corrida e não ter medo. Acho que as pessoas pensam demais e ficam com medo de um certo desafio.” – Lixadeiras de verão
5. Não sonhe com o sucesso. Vá lá e trabalhe para isso.
6. “A diferença entre pessoas bem-sucedidas e pessoas muito bem-sucedidas é que as pessoas bem-sucedidas dizem ‘não’ para quase tudo.” – Warren Buffet
7. Você pode chorar, gritar e bater a cabeça em frustração, mas continue avançando. Vale a pena.
8. “Odiei cada minuto de treino, mas disse: ‘Não desista. Sofra agora e viva o resto de sua vida como um campeão.” – Muhammad Ali
9. “As oportunidades não acontecem. Você os cria.” – Chris Grosser
10. “Sucesso é gostar de si mesmo, gostar do que você faz e gostar de como você faz.” – Maya Angelou

**Lesson 13**

Motivational Quotes for Life

“If you obey all the rules, you miss all the fun.” – Katharine Hepburn

“You were born to be a player. You were meant to be here. This moment is yours.” – Herb Brooks

“Life is not what you alone make it. Life is the input of everyone who touched your life and every experience that entered it. We are all part of one another.” – Yuri Kochiyama

“When you reach the end of your rope, tie a knot and hang out.” – Abraham Lincoln

“Never regret anything that made you smile.” – Mark Twain

“You must do the thing you think you cannot do.” – Eleanor Roosevelt

“If you want to fly give up everything that weighs you down.” – Buddha

“Doubt kills more dreams than failure ever will.” – Suzy Kassem

“I never lose. Either I win or learn.” – Nelson Mandela

“Today is your opportunity to build the tomorrow you want.” – Ken Poirot

“Getting over a painful experience is much like crossing the monkey bars. You have to let go at some point in order to move forward.” – C.S. Lewis

Lesson 15

Business Motivational Quotes

“Focus on being productive instead of busy.” – Tim Ferriss

“You don’t need to see the whole staircase, just take the first step.” – Martin Luther King Jr.

“It’s not all sunshine and rainbows, but a good amount of it actually is.” – Unknown

When someone says you can’t do it, do it twice and take pictures.

“I didn’t get there by wishing for it, but by working for it.” – Estee Lauder

“She remembered who she was and the game changed.” – Lalah Deliah

“If you’re too comfortable, it’s time to move on. Terrified of what’s next? You’re on the right track.” – Susan Fales-Hill

“Be happy with what you have while working for what you want.” – Helen Keller

“Sunshine all the time makes a desert.” – Arabic Proverb

“The big lesson in life is never be scared of anyone or anything.” – Frank Sinatra

Lesson 16

Motivational Quotes

You’re so much stronger than your excuses

Don’t compare yourself to others. Be like the sun and the moon and shine when it’s your time.

Don’t Quit

Don’t tell everyone your plans, instead show them your results.

“I choose to make the rest of my life, the best of my life.” – Louise Hay

“Nothing can dim the light that shines from within.” – Maya Angelou

“Be so good they can’t ignore you.” – Steve Martin

“Take criticism seriously, but not personally. If there is truth or merit in the criticism, try to learn from it. Otherwise, let it roll right off you.” – Hillary Clinton

“This is a reminder to you to create your own rule book, and live your life the way you want it.” – Reese Evans

“If you don’t get out of the box you’ve been raised in, you won’t understand how much bigger the world is.” – Angelina Jolie

Lesson 17

You Can Do It Quotes

“Do the best you can. No one can do more than that.” – John Wooden

“Do what you can, with what you have, where you are.” – Theodore Roosevelt

‘It’s never too late to be what you might’ve been.” – George Eliot

“If you can dream it, you can do it.” – Walt Disney

“Trust yourself that you can do it and get it.” – Baz Luhrmann

“Don’t let what you can’t do interfere with what you can do.” – Unknown

“You can do anything you set your mind to.” – Benjamin Franklin

“All we can do is the best we can do.” – David Axelrod

“You never know what you can do until you try.” – William Cobbett

“Twenty years from now you’ll be more disappointed by the things you did not do than the ones you did.” – Mark Twain

Lesson 18

Inspirational Motivational Quotes

“I am thankful for all of those who said NO to me. It’s because of them I’m doing it myself.” – Wayne W. Dyer

It’s okay to outgrow people who don’t grow. Grow tall anyways.

When you feel like giving up just remember that there are a lot of people you still have to prove wrong.

“The world is full of nice people. If you can’t find one, be one.” – Nishan Panwar

“Believe in yourself, take on your challenges, dig deep within yourself to conquer fears. Never let anyone bring you down. You got to keep going.” – Chantal Sutherland

“A walk to a nearby park may give you more energy and inspiration in life than spending two hours in front of a screen.” – Tsang Lindsay

“If you can’t do anything about it then let it go. Don’t be a prisoner to things you can’t change.” – Tony Gaskins

“You can’t go back and change the beginning, but you can start where you are and change the ending.” – C.S. Lewis

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.” – Rumi

“I can and I will. Watch me.” – Carrie Green

Lesson 19

Famous Motivational Quotes

“Try not to become a man of success, but rather become a man of value.” – Albert Einstein

“A winner is a dreamer who never gives up.” – Nelson Mandela

“If you don’t have a competitive advantage, don’t compete.” – Jack Welch

“The only thing standing in the way between you and your goal is the BS story you keep telling yourself as to why you can’t achieve it.” – Jordan Belfort

“What is life without a little risk?” – J.K. Rowling

“Only do what your heart tells you.” – Princess Diana

“If it’s a good idea, go ahead and do it. It’s much easier to apologize than it is to get permission.” – Grace Hopper

“I attribute my success to this: I never gave or took an excuse.” – Florence Nightingale

“The question isn’t who is going to let me; it’s who is going to stop me.” – Ayn Rand

“A surplus of effort could overcome a deficit of confidence.” – Sonia Sotomayer

Lesson 20

Motivational Quotes from Books

“And, when you want something, all the universe conspires in helping you to achieve it.” ― Paulo Coelho, The Alchemist

“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do.” – Marianne Williamson, A Return to Love: Reflections on the Principles of “A Course in Miracles”

“Don’t think or judge, just listen.”― Sarah Dessen, Just Listen

“I can be changed by what happens to me. But I refuse to be reduced by it.” – Maya Angelou, Letter to My Daughter

“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.” ― Martin Luther King Jr., A Testament of Hope: The Essential Writings and Speeches

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go…” ― Dr. Seuss, Oh, the Places You’ll Go!

“It’s the possibility of having a dream come true that makes life interesting.” ― Paulo Coelho, The Alchemist

“There is some good in this world, and it’s worth fighting for.” – J.R.R. Tolkien, The Two Towers

“Learn to light a candle in the darkest moments of someone’s life. Be the light that helps others see; it is what gives life its deepest significance.”― Roy T. Bennett, The Light in the Heart

“Atticus, he was real nice.” “Most people are, Scout, when you finally see them.” ― Harper Lee, To Kill a Mockingbird

Lesson 21

Motivational Quotes from Movies

“Oh yes, the past can hurt. But the way I see it, you can either run from it or learn from it.” – The Lion King

“We’re on the brink of adventure, children. Don’t spoil it with questions.” – Mary Poppins

“Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”– Ferris Bueller

“I just wanna let them know that they didn’t break me.” – Pretty in Pink

“I’m going to make him an offer he can’t refuse.” – The Godfather

“No one has ever made a difference by being like everyone else.” – The Greatest Showman

“Spend a little more time trying to make something of yourself and a little less time trying to impress people.” – The Breakfast Club

“The problem is not the problem. The problem is your attitude about the problem.” – Pirates of the Caribbean

“Remember you’re the one who can fill the world with sunshine.” – Snow White

“You’ll have bad times, but it’ll always wake you up to the good stuff you weren’t paying attention to.” – Good Will Hunting

Lesson 22

Motivational Song Lyrics

“And when you get the choice to sit it out or dance… I hope you dance.” – I Hope You Dance, Lee Ann Womack

“Just because it burns doesn’t mean you’re gonna die you’ve gotta get up and try.” – Try, P!nk

“Life’s a game made for everyone and love is the prize” – Wake Me Up, Avicii

“It’s a new dawn, it’s a new day, it’s a life for me and I’m feeling good.” – Feeling Good, Michael Buble

“Today is where your book begins, the rest is still unwritten.” – Unwritten, Natasha Bedingfield

“A million dreams for the world we’re gonna make’ – The Greatest Showman

“It’s my life It’s now or never I ain’t gonna live forever I just want to live while I’m alive” – It’s My Life, Bon Jovi

“I could build a castle out of all the bricks they threw at me” – New Romantics, Taylor Swift

“Cause the grass is greener under me bright as technicolor, I can tell that you can see” – Sorry Not Sorry, Demi Lovato

“Every day women and men become legends” – Glory, John Legend and Common

Lesson 23

Motivational Quotes for Women

“On my own I will just create and if it works, it works. And if it doesn’t, I’ll just create something else. I don’t have any limitations on what I think I could do or be.” – Oprah Winfrey

“We realize the importance of our voices only when we are silenced.” – Malala Yousafzai

“We need to accept that we won’t always make the right decisions, that we’ll screw up royally sometimes – understanding that failure is not the opposite of success, it’s part of success.” – Arianna Huffington

“Don’t compromise yourself. You’re all you’ve got.” – Janis Joplin

“When something I can’t control happens, I ask myself: Where is the hidden gift? Where is the positive in this?” – Sara Blakely

“Doubt is a killer. You just have to know who you are and what you stand for. “ – Jennifer Lopez

“Be a first rate version of yourself, not a second rate version of someone else.” – Judy Garland

“Learn from the mistakes of others. You can’t live long enough to make them all yourself.” – Eleanor Roosevelt

“I was smart enough to go through any door that opened.” – Joan Rivers

“Done is better than perfect.” – Sheryl Sandberg

Lesson 24

Motivational Quotes for Men

“If your dreams don’t scare you, they are too small.” – Richard Branson

“Today is your opportunity to build the tomorrow you want.” – Ken Poirot

“What hurts you blesses you.” – Rumi

‘Nothing is stronger than a broken man rebuilding himself.” – Unknown

“I always thought it was me against the world and then one day I realized it’s just me against me.” – Kendrick Lamar

“A man is not finished when he is defeated. He is finished when he quits.” – Richard Nixon

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

“If you don’t build your dream, someone else will hire you to help them build theirs.” – Dhirubhai Ambani

“I’m not in this world to live up to your expectations and you’re not in this world to live up to mine.” – Bruce Lee

“What’s right is what’s left if you do everything else wrong.” – Robin Williams