```
<!DOCTYPE html>
<html>
<head>
   <title>Life</title>
   <style>
      body {
         background-image: url("io.jpg");
         background-size: cover;
         background-position: center;
         background-repeat: no-repeat;
         height: 100vh;
         margin: 0;
         display: flex;
         justify-content: center;
         align-items: center;
         font-family: Arial, sans-serif;
         color: #fff;
      }

      .quote {
         text-align: center;
         font-size: 24px;
         max-width: 80%;
      }
   </style>
</head>
<body>
   <div class="quote">
      <p>""Happiness is not something ready-made. It comes from your own actions."</p>
      <p>-- Dalai Lama--</p>
   </div>
</body>
</html>
```