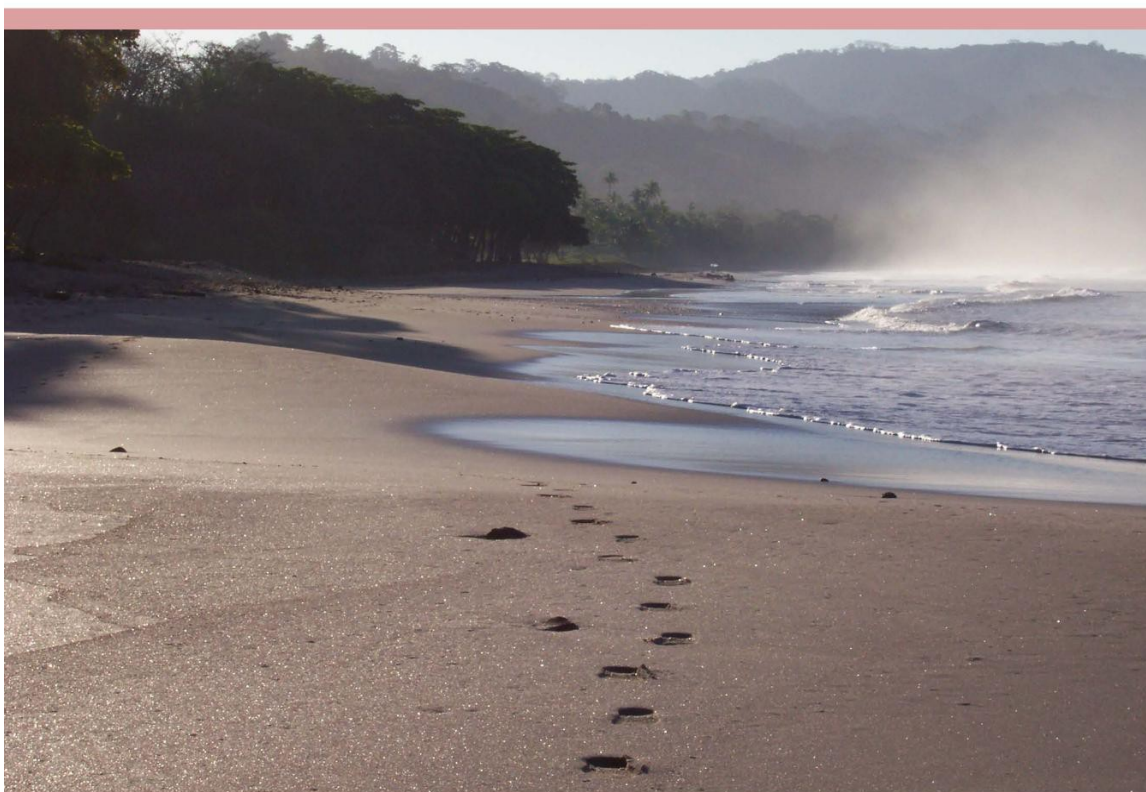


# 101 INSPIRATIONAL QUOTES



QUOTES ABOUT LIFE, LOVE,  
LIVING AND CHANGE

ROBIN BARRATT

# 101

# Inspirational Quotes

Quotes about Life, Love, Living and Change

By Robin Barratt

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***“When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself.”***

**Tecumseh**

# The Monk and the traveller

“A monk, walking down the lane, met a traveller coming in the opposite direction. The traveller asked the monk how far it was to the next village? “Not far,” said the monk. The traveller then asked the monk what were the people like in the village? To which the monk replied: “What were the people like in the village you have just come from?”

The traveller replied; “Horrible, unhelpful and rude!” “Then sadly you will find the same sort of people in the next village,” said the monk.

A short while later the monk met another traveller coming in the opposite direction. The traveller asked the monk the same question; how far was it to the next village? “Not far” said the monk. The traveller then asked the monk what were the people like in the village, to which the monk replied: “What were the people like in the village you have just come from?”

The traveller said; “wonderful! So helpful and very kind.” “Then happily you will find the same sort of people in the next village,” replied the monk.”

# INTRODUCTION

The hardest things about putting a book of quotes together is choosing which ones to feature first; there were just so many, all of which I wanted you to read straight-away! But for me, the first three are the most important; making each other happy, thanking the Universe for what we have, and understanding that we really can be exactly as we want to be and who we want to be. These three are the key to all the others, understand these and everything else falls into place.

Someone recently said to me that surely I should get my life in order first before trying to motivate and inspire others to sort out their lives? But actually, it is only because my life isn't perfect and I do have extremely difficult times that I want to inspire others. I want to inspire and motivate from my own personal experience and show others that, no matter how difficult things can be, no matter how big obstacles may appear, no matter how horrible things are, there is almost always a way through and things will almost certainly get better. It might not be straight-away, but they will get better. I know many people who have had extreme, life-changing things happen to them and who have led such blighted, horrible lives and who could never see a way through. And yet every single one - every one - has indeed come through and survived. They have changed, grown, developed and have become better people.

We can all change, we can! It is just that most of us simply don't want to because we feel safe in the skin we know, rather than in a skin we don't know; a different skin. We are, in a way, addicted to ourselves; we keep doing what we have always done and therefore keep getting what we have always got. We cannot give ourselves and who we think we are up. But once we do, once we start to make

different choices we start to then get different things and then... everything changes. Everything we do, every single thing, changes the course of our lives, forever. And so it is all about choosing what we do, and changing what we do. And if you are one of the very few that really want to change, I can guarantee your life will be so different, so beautifully different. You firstly just need to really want to change and secondly, to then find a way to make those changes happen. You can, *if* you really want to. That is entirely up to you though.

We all see things differently and so I have also added a few short notes to most of these quotes. Not, I hope, in a patronising way, but just as a way of understanding the quote better myself and, hopefully, making it more defined to you. For me anyway, I understand things better if I can relate to something personal in my life or something real in my mind or an experience.

I hope you enjoy this collection and can use some of these quotes to help you on your own personal journey and, from my heart, I really do hope that they help make your journey through life a more beautiful and rewarding one. Be happy and be good... always!

Robin Barratt - Dec 2014

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**"Life should only be about making each other happy. That's all, end of story!"**

*Dedicate your life to making other people happy, and in return other people will make you happy. True happiness comes from making others happy, it makes sense; you are happy because you can see how you are making others happy. Do this, all the time, every time, as see how your life will change.*



**“Wake up every morning  
and thank the Universe for  
what you have, and for  
what it will give you today.”**

*Always be thankful for what you have, even if you have very little, and make sure that every day you thank your God, or the Universe, for what you have. You will be surprised what a difference just saying 'thank you' has.*

**“We are all free to be exactly who we want to be, and to do exactly what we want to do. The only people stopping us is... us!”**

*There is no such thing as destiny; that some people are just destined to be powerful or rich or authors or astronauts or in love or travel the world or... whatever! Ordinary people have done, and can do, extraordinary things and be extraordinary. You really can be whatever you want to be, and do whatever you want to do; you just need to want to do it bad enough.*

**“Sometimes, we get so wrapped up in our own happiness, we fail to see the unhappiness of those around us.”**

*Sometimes we are just so preoccupied with our own feelings and what is making us happy, we often fail to see how others around us are feeling. A friend of mine told me this, after separating from his wife. He thought that, because he was happy and living the life he wanted to live, she was happy too. But she wasn't and eventually she just packed her bags one day and left. All he saw was his world; he failed to see her world too. Be brave enough to ask those we love if they are happy too, be open enough to understand their answer and be bold enough to resolve any unhappiness they might be experiencing. This is the only way!*

**“True, bad things do happen to good people, but more bad things happen to bad people!”**

*This makes perfect sense; if you are a bad person you will naturally surround yourself with other bad people (because of course, good people won't want to have anything to do with you), and so more bad things will happen to you. The opposite is true too; if you are good and surround yourself with good people, more good things will happen to you. So always try to be good!*

**“The only person that wrecks your life is... you!”**

*We choose the life we lead, and those choices can either make our life wonderful, or wreck it. This is our choice alone, no one else's, nor circumstance; we choose what we do, therefore we choose who we are, and what happens to us.*

**“Don't look back and say  
that you'd wish you'd had a  
wonderful life.  
Instead... HAVE a wonderful  
life!”**

*I know so many bitter, angry, sad people that have not had a wonderful life, yet they wish they had. Everyone can have a wonderful life, every single person. They CAN! Don't leave it too late and don't look back and wish you had. Have it, live it... NOW!*

**“Remember, your life will go the way you choose it to go. It is only about the choices you make.”**

*A friend recently made a choice in his life that has taken him on a completely different path, and not a very good path at that. He chose to do something that has changed the rest of his life, not just for a week, or a month or a year but... forever. Your life will go whatever way you choose it to go, so think carefully and make the right choices and don't make excuses to yourself, or to others, for making the wrong choice. Understand that the choices you make can have, and likely will have a long-term significant impact on your life, and the life of others around you.*

**“When someone says they cannot change, they are lying; they are just saying they don't want to. Everyone can change... if they want to.”**

*Most people use the 'I cannot change, I am who I am' excuse for not doing anything, not changing, not being different, not doing different things. But they are lying; to themselves and to others. Everyone can change; everyone's behaviour can change and everyone can change their personality. Their soul, their core cannot change, but that is just energy. The body and mind it lives in, can change and often does.*



**“It is not what happens to you that makes any difference to your future, it is how you choose to deal with it.”**

*A friend of mine had his legs blown off in Iraq and he once said to me that it was the best thing that ever happened to him! He has gone onto become a world-class sports coach for paraplegics, and travels the world coaching disabled athletes. Had he not had those injuries, he said, he would still probably be just another 'grunt' in the army. An ex-doorman person I know had his neck broken in a fight and has done virtually nothing thereafter, aside from watch day-time TV and complain about his life. And he is more physically mobile than the coach! Depending upon how you react to what life throws at you, will reveal what the rest of your life will be like. Your choice.*

**“Remember, if someone says they don't want to change, there is nothing in the world you can do to make them.”**

*We all wish that people around us will change, and when they don't we get angry and frustrated. We see how some people lead their lives and just want to shake them and say; 'Can't you SEE!' People who are in destructive relationships, people who do bad things to others, people with negative attitudes and who are nasty or unkind or who just don't care. But most people can't and will never see; they will live their lives exactly as they want to, and there is nothing in the world we can ever do to change them. So leave them to it, move on, don't get angry at people that won't or don't change, but instead be inspired and motivated by those that do.*

**“Never tell someone what they *should* be doing; this is asking them to live your life. Always find out what they *want* to be doing; this is empowering them to live their own life.”**

*We have all had it said to us; 'you should do this' or 'you should do that.' When people say to you that you should be doing something, they are not asking you what you really want to do, but are telling you what they really want you to do. Other people always seem to know what's better for you, don't they? But, of course, this is far from the truth; the only person that really knows what's best for you is... you! So, in reverse, try to never tell other people what you think they should be doing, instead always try to find out what they really want to do, and then work with them and empower them to do wit. People will always appreciate this much more than being told what they should (or should not) be doing.*

**“Stop believing the things you know are not true; your own lies and excuses. Once you do this, your whole world will change.”**

*We lie to ourselves and make excuses to ourselves all the time, we then believe those lies and excuses and when things go wrong for us because of those lies and excuses, we then blame everyone and everything else! I have heard so many people, so many times, absolutely believing the things they absolutely know are not true! It is amazing. They tell themselves something and then defend it with all their might, even though they know in their heart it isn't true. You will never get a great life if you believe your own lies and excuses, how can you? Nothing will change because your lies and excuses keep things as they are. Stop lying, stop making excuses, live what is the truth, and your world will change immediately. It has to!*

**“If you really want to do something, you'll find a way. If not, you'll find excuses. Simple.”**

*As a motivator I hear excuses all the time; I don't have the time to write a book (rubbish, get up an hour earlier), I can't lose weight (rubbish, don't eat so much), I can't get a better job (rubbish, take some courses and learn a new skill), I've been too busy to contact you (rubbish, it takes a minute to call), and on and on it goes. The fact is; if you don't want to do something then fine, don't do it, but don't make excuses for not doing it! And if you really want to do something, you'll never make excuses for not doing it anyway!*

**“The fear of failure stops us doing many of the things that we really should be doing.”**

*I have met a great many people that don't do so many things they would like to do, just because they fear failure; falling in love, applying for a promotion at work, training for that dream job, learning a new skill, losing weight, moving to a new country, even meeting new people - they fear failure so they just do it! But failure doesn't actually exist, it is not a reality; the fear of failure only exists in the mind because of course it hasn't happened yet. If you know you'll fail, you will of course fail, because you have made it happen in your mind first, which then manifests itself into reality. But it never really existed in reality, you made it exist. So if you want to do something, don't even think about failure, don't even let it enter your mind. Failure does not exist!*

**“Remember, your journey is your journey alone, no one else's. Don't expect others to take your journey with you, they have their own journey to make.”**

*You cannot expect other people to take the same journey as you, to live the same life as you or to live a life you want them to live, and do what you want them to do. They are different; we are all different, and therefore we all have to take our own journey and in whatever way we feel it is best for ourselves. You cannot force someone onto the same path as you, and you should not force yourself onto the same path as someone else. Take your own journey and let others take theirs.*

**“Remember, when you repeat a mistake, it isn't a mistake any more, it's a decision.”**

*Someone recently said to me that they keep making the same mistakes. But they don't of course, all they do is keep making the same choices, which results in the same things. You can only do something the once and realise it was a mistake, if you do the same thing again, knowing that it was a mistake the first time you did it, it is then a choice! Don't want to make the same mistakes? Then don't make the same choices.*



**“Doing nothing should never be an option - always try to do something.”**

*I recently bumped into someone who had just retired from forty years in a job he hated! Forty years! But not only that, he has never travelled anywhere or done anything much in his life. Of course, we don't all have to be extraordinary, or accomplish or achieve, but we all have to do... something! We can't spend our lives doing... nothing! We see people all around us that do... nothing. What a waste of a life. Make a list of all the things you want to do and then find ways of doing them one by one. But whatever you do, don't do nothing!*

**“Be brave, take risks, try things; at least have a go! And it doesn't then matter if things don't work out, because at least you'll have no regrets for not trying.”**

*You could regret not doing many things in life, but rarely would you say that you regret actually trying to do things. I don't know anyone that regrets trying. Personally I believe it is better to try, to take a risk and to have a go than to regret not trying, not having a go, not taking that risk. Better to do something than nothing. And if things don't work out - which of course they sometimes don't - at least you tried, you had a go. But they definitely won't work out if you don't try. That's certain!*

**“If you are not willing to change your life, then don't expect your life to ever change.”**

*Or, if you always do what you have always done, you will always get what you have always got. Unless you are willing to change, nothing will change, everything will be exactly the same. And you can't complain that everything is the same and that nothing ever changes and that your life isn't very good, unless you are willing to change it. Your life WILL change if you are willing to change, your life will not change if you are not willing to change. Simple.*

**“Remember, most of the things we spend hours worrying about, never actually happen!”**

*I have lost count of the times I have spent worrying about things, only to find that many of the things I have been worrying about, never actually happen! I make up so many things in my mind; scenarios and situations, what could happen, what might happen, what will happen... and yet most of the time, nothing happens! All that wasted energy. You cannot worry about the past, as that is over. The future doesn't exist, so why worry about that! And anyway, the future will most likely take care of itself, whether you worry about it or not. So there is nothing really to worry about at all!*

**“A negative mind will never, ever give you a positive life.”**

*Once you start to think negatively, your world around you becomes negative; you see only the negatives and not the positives - instead of your glass being half-full, it is half-empty. There are positives in every negative thing that happens to you; you just have to find it. For example a friend recently got evicted, but eventually ended up in a much better house! Another friend lost his job but ended up writing a book selling thousands of copies. Another friend's wife walked out on him after a horrible few years and his world collapsed, but a year later he found love with someone else. Look for the positives and the positives will quickly appear, only see the negatives and the positives will never appear!*

**“Live in the hearts of  
everyone you meet.”**

*Whether for five minutes chatting to the cashier in a supermarket, or a lifetime loved one or best-friend, touch the hearts of everyone you meet, everyone, and make sure you live in their hearts once you leave them. Make sure their impression of you is of kindness and goodness and of being a great person.*

# “Live the life you always wanted to live.”

*You can live the life you have always wanted to live, you CAN! There is nothing stopping you, only you! The poor have become rich; the uneducated, educated; the lonely, loved; paupers have become Presidents; the illiterate have become best-selling authors. There are no limitations, no barriers to having the life you have always wanted, the only person stopping you is you and the limitations you put upon yourself. If you see yourself homeless you will be homeless, if you see yourself rich, you will become rich. It happens, all the time, and to people exactly the same as you. If they can... you can. Believe that and you really will live the life you have always wanted to live.*

**“Be brave enough to be positive, to embrace life and to be different.”**

*Be positive and embrace life, every hour of every day, because you just don't know when life will be taken from you. And be different. Show the world that you are not like everyone else, but instead show the world how wonderfully unique you are. How boring would the world be if everyone was exactly the same and did the same things. Don't be like everyone else; be unique and find your place within the Universe, as that wonderfully unique soul that you are!*



**“If you've having a wonderful life, you're making the right choices. If you're not, you're making the wrong choices. Simple.”**

*It is all about the choices you make. If you are having a wonderful life then you have made some wonderful choices, if your life isn't so good you are making some bad choices. You choose your job, where you live, your relationships, how you behave, what you say to people, how you react, what emotions you show, how you spend your time, how you treat others. You choose everything, so if things are not going well, look at your choices and then change, make different choices. Remember, everything you do and every choice you make changes your life... forever.*

**“If you don't want to live an ordinary life, then don't do ordinary things!”**

*You can't complain that your life is ordinary, if you fill it with ordinary things; an ordinary, mundane job, watching the 'soaps' every night, visiting the same ordinary places for vacation, going to the same pub, mixing with the same ordinary people... if you don't want an ordinary life then find an interesting, dynamic job, visit wild, exciting places, get interesting hobbies and past-times, there are so many un-ordinary things you can fill your life with... if you don't want an ordinary life!*

**“Live your life now  
according to how you want  
to be remembered when  
you are gone.”**

*Someone once said to me that they don't care how they are remembered when they are gone because when they are gone they are gone, what does it matter! I thought how terribly sad that they don't care what people think of them when they are gone. Happy, grumpy, generous, mean, kind, unkind, selfless, self-centred, live your life today according to how you want to be remembered, and give people lasting, lovely memories of you when you are gone, not horrible ones.*

**“Stop blaming others for what's happening in your life. It is your life; if things aren't going well, blame yourself.”**

*It is so easy to blame others; things are never our fault are they? It is always other people or circumstance or those bad things just happening to us. But actually, whether we choose to believe it or not, most of the time it is our fault; it is just the choices we have made, or haven't made. Things don't just happen, they happen for a reason or because of something said or not said, or done or not done. Job not going well? Relationship not going well? Broke? Not happy where you live? Whose fault is it really? Be self-honest, and then you can start to turn things around because you are no longer blaming things that aren't really to blame and taking responsibility for the thing that is to blame... YOU!*

**“It isn't the destination that's important, it's always the journey. Make sure you always take the right path, even if it might take a little longer to get to your destination.”**

*Make sure you take a wholesome, honourable path to your destination; don't cheat or lie or cut corners to get to where you want to get to. Even if things take longer, or are more difficult, make sure your journey is a good journey; a journey full of wonder and excitement and of goodness. Your destination might eventually change, but the path you take to get there should never change, so make sure it is both a good path and the right path.*

**“You become like the four or five people you spend the most time with. Choose carefully and wisely.”**

*We subconsciously adapt to become like the four or five people we spend the most time with; we take on aspects of their personality, their traits, their beliefs and follow what they do, how they speak and what they say, we even end up using the same phrases and sentences! So choose carefully and wisely who you spend the most time with; are they good people, do they have good beliefs, are they moral, do they do good things, kind things, do they help others, are they polite... are they someone you want to be like? Because, if you spend time with them, you will be like them, like it or not.*

**“Some people want things to happen. Some people wish things would happen. Only a few people make things happen. Be one of those that **MAKE** things happen.”**

*We all want certain things to happen, we all wish certain things would happen, but most of us actually do nothing about making them happen; we spend our lives wanting and wishing! The easy part is wanting and wishing, that's in our head, we don't have to actually do anything about that, but the hard part is turning what we want and wish for into reality. Of making it happen... if we want it bad enough we would make it happen, the trouble is that most of us don't want things bad enough to turn the want and the wish into the hard work it can sometimes take to make it happen. We prefer to say; 'it just never happened' rather than; 'I never made it happen.' Want something? Then make it happen!*

**“Nothing in your life will  
change, nothing... unless  
you alone take  
responsibility for changing  
it.”**

*You are the ONLY person responsible for changing your life. No one else. You alone. Don't make it someone else's responsibility; take responsibility for your own life and for changing it to be the life you really want it to be.*



**“If you keep looking to the past when trying to go forward you will always stay exactly where you are.”**

*If you keep focusing on the past; what you have done, the mistakes you made, your regrets, the things you didn't do and wanted to, the things you shouldn't have done, but did, the things that others have done to you, the emotions you showed... you will never move forward. You will always be stuck in the past, focusing on it or going back to it. The past is gone; what has happened has happened, it cannot be changed. The most important thing is not what has happened in the past, but what you will make happen in the future. It is not what you have done in the past, but what you will do in the future.*

**“Put those you love first,  
and those that love you will  
always put you first too.”**

*Sometimes we forget about those we love; we take the people we love for granted, presuming that their love will always be there regardless of what we do or say. But, as we all know, it invariably isn't! So always try to put them first, to consider their needs, their feelings, their wants and what will make them happy, and then they will always do the same for you.*

**“Real poverty is never giving, nor doing anything for anyone.”**

*Sad to say, but I know of many, many people that never do anything for anyone, nor never give anything to anyone, ever! They just think about themselves and never do anything for anyone else. How can people be like this? How can people live their lives without doing anything for anyone else? But sadly many, many people do; they are the sad and lonely ones though, because no one does anything for them either.*

# **“Remember, arrogance always leads to downfall.”**

*No matter what you achieve in life, how wealthy or powerful you become, what positions you hold, always remain humble and always be kind and considerate to others, because arrogance and attitude will always lead to downfall, always. It is inevitable.*

**“What you think of yourself is much more important than what others think of you.”**

*As a famous fashion designer Coco Chanel once said; “I don't give a damn what other people think about me, as frankly, my dear, I don't think about them at all” Does it really matter to others what you think of them? Not really, in most cases it makes no difference at all what you think of someone else. And so therefore, aside from those closest to you, it really doesn't matter what others think of you either, it makes no difference. But what really matters is what you think of yourself; you have to be happy in your own skin, you have to love yourself and who and what you are, you have to live by your own sets of standards, ethics and morals, and know, in your heart, what you do and what you say are the true and right things. You have to be self-honest in everything to you, and believe in yourself. This is more important than anything else, and certainly more important than what others think about you.*

**“Always remember; our thoughts, deeds, words and actions always return to us in the same way sooner or later. Guaranteed.”**

*Karma; what goes around comes around. It always happens and with remarkable precision; what you do to others will always come back to you, always. Maybe not at the same time or from the same person, but it will be returned so make sure you manage your thoughts, deeds, words and actions carefully, understanding that what you put out there will come back to you, so only put good things out there!*

**“Happy people have happy thoughts; think happy and you'll be happy.”**

*Whatever you think, however you think, manifests itself into reality. Your world becomes as it is, only because of the way you think; think angry and your world becomes angry, think jealousy and you see infidelity, think sad and sad things surround you, but think happy and your world becomes happy, and because your world becomes happy, you think more happy thoughts, and because you think more happy thoughts, your world becomes happier. Think happy and you'll be happy, it works!*

**“What you believe controls what you think. What you think controls what you do. What you do controls who you are. Who you are controls your destiny. Want to change your destiny? Change your beliefs.”**

*The life you lead, or your destiny, stems from your core beliefs; what you fundamentally believe is right or wrong, good or bad. If you believe it is okay to steal then your destiny is probably eventually arrest and prison. If you feel it is okay to cheat on a loved one, then your destiny is probably separation and a divorce settlement! Whatever it is you believe - right, wrong, good, bad - will eventually manifest itself into your destiny. Want a different destiny? Then change what you believe.*



**“Emulate the good people  
around you. Ignore the  
bad.”**

*Look to the good people around you for inspiration and motivation; see what they do, admire what they do, learn from what they do, and then try to do what they do. Understand who are the good and follow them, understand who are the bad and ignore them. The bad will do you no favours; they will bring you down and turn your life bad, like theirs. The good will do you many favours and will make your life wonderful! Always follow the good!*

**“Don't wait for that one golden opportunity, make every opportunity golden.”**

*If you wait around for that one golden opportunity, you will be waiting forever. It doesn't exist, it will never exist; there will never be that one golden opportunity. However, if you see that every single opportunity is golden, then you will eventually find success - however you want that success to be manifested - because, of course, one of them will indeed eventually be golden!*

**“Learn from yesterday,  
dream for tomorrow, but  
live for today.”**

*Today, what you do now, how you behave now, what you say now, what you do now is what counts. Yesterday has gone, tomorrow might not even happen, so today, the NOW is what's important. And this will define your dreams for tomorrow - live your life today according to how you want your life to be tomorrow.*

**“You can't choose how you are going to die, you can only choose how you are going to live.”**

*Don't kid yourself, people die every minute of every day, and you could too. You could die today or tomorrow, or next week or next month, or in fifty years time. Unless you take your own life, you really cannot choose how or when you are going to die, however, you can choose is how you are going to live. So choose to live honourably and wisely and with grace and sincerity. Choose to live well and in peace, so then it really doesn't matter how and when you die.*

**“Life is so short; love a lot,  
live a lot, be kind, be good,  
help others. How can you  
be but any other way?”**

*Life is very short, so cram it full of everything good and wholesome. Love a lot, be kind, be good to others, help others - leave this world as a good person in the hearts of others. How can you be any other way?*

**“By just changing our attitude, we can change our world in an instant.”**

*Everything changes immediately with everything we think, everything we do and everything we say. If we are angry, our world immediately becomes angry. If we are sad, our world is immediately sad. If we are arrogant or unkind or selfish, our world around us immediately mirrors our attitude. And so our attitude immediately changes our world. Change our attitude and our world changes... immediately!*

**“Remember, every single thing you do, everything, has the potential to change every single thing that will happen to you, everything.”**

*It seems unbelievable but it is absolutely true; every decision you make, everything you do, everything you say has the potential to change the rest of your life. It could just be in a tiny, tiny way of course, or it could be completely life changing, but every decision you make will change the course of your life, so think carefully about the decisions you make, and don't just make them for what you could do or gain immediately, but look into the future and understand the long-term consequences of what you are doing.*

# “Never failed? Then you have never lived!”

*You have to fail in order to succeed, you have to fail in life in order to understand life, if you have never failed you have never lived, as failure is part of living, of experiencing and, more importantly, of learning. Don't fear failure, embrace every time you fail as one step closer to success. Remember, Edison made 1,000 unsuccessful attempts at inventing the light-bulb before he found success. He could have given up but he kept on going, time and time again, until he achieved what he had set out to achieve. Learn from failure and live through it, you will become a much better person because of it.*



**“To the strong; to be wronged is nothing and quickly forgotten. To the weak; to be wronged is everything and never forgotten.”**

*Being wronged happens, it's a sad fact of life, at times we all wrong others - either consciously or unconsciously - and we are all wronged. It happens. But it takes a stronger person to forget it and then move on. Only a weak person keeps remembering that wrong. Nelson Mandela said that if he had kept remembering the wrong people had shown to him, he would still be in prison. If you are wronged, deal with it and then forget it and move on.*

**“Don't be angry at others if they don't change, instead be angry at yourself for not changing!”**

*The only person you can make change is yourself, you cannot make others change! People live the lives they want to live, even if it is destructive or selfish or unkind or thoughtless, and if they don't change it is their choice, not yours! So don't get angry, as your anger is just wasted on them; they will do what they want to do, regardless of how you feel about it. But be angry at yourself if you don't change; if you have different choices but don't take them. Remember... you change, and the world around you will change!*

**“There is a way around almost every difficulty. There is! So keep looking, and looking and looking until you find it.”**

*No matter what the problem is, there is almost always a way round it, you just have to find it. And often we only see one solution to a problem, when invariably there are more than one. Someone I knew lost his house, and the only solution he saw was being homeless, and because that was all he saw in his mind, he became homeless! There were lots of other ways around his situation but he didn't look. Whatever your difficulty, whatever your problem, keep looking for solutions, not one solution but look for options and alternatives, as there always are. Just keep looking and don't give up until you find it.*

**“We all need to be admired and recognised, but it is how we choose to be admired and recognised that really counts.”**

*We all need to be admired and recognised throughout life and in most of what we do. We all need to stand out in some way, it could be doing your best at work, or on stage as a bodybuilder, or posting lots of pictures of yourself on Facebook or sitting in a flashy sports car. We all need people to look at us, to admire us and to recognise us; it is an instinctive thing. But what is important is how you seek that recognition; is it seeking recognition for being diligent at work or doing some good for the community or is it showing your wealth with a flashy car or needing comments and 'likes' to your Facebook pictures of yourself. Who you are determines how you show other people who you are.*

# “What would you do if you knew you couldn't fail?”

*Someone asked me this question a while ago. It isn't so much the question that's the key, but the answer. What would you do if you can't fail? And why then don't you do it? As failure is only a state of mind. You can do almost anything you want to do, you just need to want to do it, and if you want to do it you would find a way to do it, without even thinking about failing. It is all about wanting to do something, not about failure.*

**“You're lucky if you win the lotto, you're unlucky if a meteor lands on your head, almost everything else is up to you.”**

*Someone once said there is no such thing as luck, but this is, of course, wrong. You are lucky if you win the lotto, and you are unlucky being in the wrong place when a meteor falls, but most other things are a matter of choice and not of being lucky or unlucky. A businessman isn't lucky if his business booms, or unlucky if it fails, it is choice and what he is doing, or isn't doing. A person isn't lucky if he finds the love of his life, it is their choice of partner. Most of life isn't about luck at all, it is about making the right choices and choosing carefully.*

**“Always remember; two people can see exactly the same thing in two totally different ways.”**

*Isn't this the problem with much of the world; different people seeing the same thing in very different ways? Once you understand that your way is only right for you and you alone, then everything surprisingly becomes easier, because you understand that other people see the same things differently, so there is less conflict and more understanding. Even if you don't always agree with how they see things, you understand that they see things in a different way, and this is half the battle.*

**“We never see things as they are, we always see things as we are.”**

*We only see things as we see things, and that is according to our own, personal beliefs, mindset, upbringing and experience. So therefore we see things as who we are, and not as they actually are. It is our emotion that determines how we see things, and so by taking away emotion we will see and understand things very differently, more objectively, and therefore ultimately understand a lot better.*



**“Allowing someone to make you angry is allowing them to conquer you.”**

*The real strength of a person is to always remain calm and to not allow someone else to cause the emotion of anger, because once they do, you have lost control, they have gained control and there is little good that will come from such a situation. People control others by causing reactions such as anger so remember, they cannot control you or the situation if you don't become angry!*

**“Learn to forgive, in return  
you will always find true  
peace.”**

*You can forgive anything, literally anything. That choice is yours. Forgive and you'll eventually find peace, don't forgive and you'll live in constant turmoil. Forgive and things fade into the past, never forgive and things are never in the past. It takes a strong person to forgive, and a weak person not to.*

**“What you see in others is often what you see in yourself.”**

*What we see in other people is very often a reflection on what we see ourselves, and what we blame others for being, is often what are ourselves. I have come across many people like this; they see the nastiness in people and yet they are often nasty themselves, they distrust others yet they are often shady themselves, they see people as being unfriendly and impolite, yet they are often the very same. But I also know many people who see the good in people, and are always good people themselves and people that trust everyone and have never been the victim of any crime. If you see nasty in other people you will likely be nasty yourself, but if you see good in people you will be good yourself. Makes sense!*

**“Remember, do things now,  
don't wait, as otherwise the  
right time will never  
come.”**

*It is far easier to wait, to put off until tomorrow what you could be doing today, to wait until a better time. But tomorrow never comes does it? So do today what you could be doing tomorrow and you'll have more time tomorrow to do other things!*

**“The only limits we have are self-imposed; our belief that we are unable to, or do not deserve to. Change our beliefs and we change our world.”**

*We don't deserve love or we don't deserve that promotion at work or we are unable to take on more responsibility at work or we are unable to travel the world; it is only our belief that we don't deserve or can't do these things, it isn't based on fact. We can do almost anything once we believe we can. I have known people to do the most extraordinary of things because they believe they can, and other people not to do the easiest of things because they believe they cannot. You win wars not by being the strongest but by believing you are the strongest.*

# “Love like you'll never get hurt.”

*Someone once said to me that they don't want to love again because they don't want to get hurt again! I asked... why? Why miss out on weeks, months, years of love and the happiness it brings because of what might... or might not, happen? Why not love anyway, love like you'll never get hurt and if things don't eventually work out you'll have all those wonderful memories to hold onto, rather than to have nothing. Any anyway, how do you know you'll get hurt?*

**“You already have everything you need to do whatever you want, you just need to find it!”**

*Anyone can do anything they want to, as long as they really want to. Sure, some people are more educated than others, or are richer, or have more experience, or are more physically able, but it doesn't stop all sorts of people doing all sorts of things, as long as they really want to. You have to know what you want to do and then find a way to do it. The world is full of people doing things that you cannot ever imagine them doing. The key is to really want to do something, if you want it bad enough, there is little going to stop you.*

**“Don't go to your grave  
saying 'what if'. Make sure  
you do your 'what ifs'  
before.”**

*Remember, once you are at death's door, it is a little too late to start saying 'what if' you had done this or that. Before you get to death's door, make a list of things you want to do, and start doing them! And because you don't know when you'll be at death's door, all the more reason to start doing them now! Don't leave it too late, do what you want to do... NOW!*



**“Most of us never really do anything we want to do, only what others expect us to do.”**

*We stay in jobs that we don't like because of others, we stay in unhappy relationships because of others, we go on holiday to places we would prefer not to go, because of others, some even marry and have children because of others... and on it goes. If we were self-honest, we would see that there are many things in our lives that we do, and are only doing, because of others and what they expect of us, rather than what we really want to do. I knew someone who wanted to be an artist, and he was brilliant, but never did, because of others. I know someone else, an Indian, who had to marry because of her parents, it certainly wasn't what she wanted. We cannot always do exactly what we want and we do have to compromise, but we certainly should not live our lives exactly as other people want us to live them. We don't expect other people to live their lives as we want, so why should we do the same? Live your life, no one else's!*

**“Everyone makes promises,  
but only the great keep  
them.”**

*It is easy to make a promise, but so much harder to keep it. Someone I know promises things all the time and almost never keeps those promises, so now, whenever they make a promise, everyone knows that nothing will come from it! To have a reputation for always making false promises is a horrible thing to have, as no will ever trust you. So if you make a promise, make sure you keep it and if you think you can't keep it, don't make the promise in the first place.*

**“It's okay to regret some of the things you've done, but it's not okay to regret all the things you haven't done!”**

*If you do something and you regret it because it didn't work out, or turned out being a mistake, or whatever, that's fine, but at least you did it, you had a go, you tried. But there's nothing worse than regretting not doing something; of looking back with regret, especially if the time has passed for doing it. Don't have regrets.*

**“Doing something for someone knowing you will never get it back, this is true selflessness.”**

*When you do something for someone, do it only because you really want to and not because you might one day get something back in return. Just do things for people, be kind to them, take care of them, help them, even complete strangers who you might never see again. Be selfless!*

**“Make the most of every failure, because for every failure you are a step closer to success.”**

*Someone once said to me that if he walks down the street asking everyone for one pound, eventually someone will give him a pound. And that's true, every failure is one step closer to success, even if you fail 1000 times, if you keep on going you will almost certainly find success. Most people don't, they give up after a few failures, but be one of those few that don't give up, that carry on and keep trying, and you will find success!*

**“No matter how busy a person is, if they care for you they'll always find the time. If they don't, they won't. Simple.”**

*How many times have you heard someone say 'sorry not called, been so busy'? What they are really saying is that they haven't thought about you enough, or don't care about you enough to have wanted to call you, because to call anyone takes just a couple minutes at the very most, and there is no way anyone is that busy in their life that they cannot find a couple minutes in a day, let alone a week or a month. And of course the opposite is also true; if you care about someone find the time for them, and certainly don't make time as an excuse.*

**“Just because someone doesn't believe what you believe it doesn't make them wrong, it just makes them different.”**

*No one is wrong; everyone believes they are right in their own minds and in their own way, and just because their way isn't your way, doesn't make it wrong either, it just makes it different. You don't have to believe what they believe, you just have to understand that what they believe is not what you believe. And if they can't see your way, or you can't see their way, agree on being different and leave it at that. Don't take their differences with you; they are who they are, you are who you are, so leave it at that.*

**“Whether we believe it or not, almost everything that has happened to us, has happened not because of anyone else, or anything else, but solely because of the choices we have made; if we want a different life, a better life, we have to make different choices and better choices.”**

*When we choose to do something, the consequences are always life-changing; they will take your life on a different path. From the smallest choice to the biggest, every choice we make, changes every single thing that will happen thereafter. Everything. If we choose to argue with someone in a night-club, it could turn violent which could be life-changing; If we choose to work in an inhospitable region we could be kidnapped; if we choose to smoke we are likely to get lung-cancer, if we choose to put work before our partner, they could leave us; whatever choices we make changes everything. So think carefully about those choices; make different ones and your life will be very different.*



**“The sun always shines  
above the clouds.”**

*No matter how bad or bleak things can be, above the clouds the sky is clear and sun is always shining. Make your way through the clouds and you will see warm, sunny days again.*

**“Some people spend their whole lives waiting for the perfect time to do something. Rarely does that perfect time ever arrive.”**

*There is no perfect time for anything and people who say they are waiting for that perfect time are really not waiting at all, it is just an excuse for not wanting to do it. Because, if you want to do something, you would, regardless of whether the time was perfect or not. If you want to do something then do it, if you don't want to do something then don't do it, but don't use 'waiting for that perfect time' as an excuse for not doing it!*

**“One day you'll just be a  
memory for some people,  
so do your best to be a good  
one.”**

*Be remembered for being kind and caring and considerate and generous, not unkind and uncaring and inconsiderate and mean. Be remembered for being fun and funny and not for being grumpy and bad-tempered. Be remembered for thinking of others and not for being selfish and self-centred. Be a good memory for people, not a bad one.*

**“If it is to be... it is up to me.”**

*Just about summarises everything in this book in a few words, it is just up to you if anything is to be, no one else, nothing else, just you and you alone. You either make it happen, or you don't make it happen. Up to you.*

**“Don’t waste time filling  
your life with mindless  
rubbish! Live mindfully,  
take risks and enjoy every  
day as if it’s your last!”**

*Don't fill your life with a job you hate, rubbish television, pointless gossip, senseless people... fill it with great things, lovely places, great hobbies and pastimes, lovely people. Enjoy every day, live life fully, be kind and be good, look after the people that love and care for you and who fill their own lives with good things too. You won't be here for long, make every day worth living!*

# **“Doubt kills more dreams than failure ever will.”**

*If you doubt yourself you will never change, never achieve, never win. The boxer who goes into the ring doubting he will win, will always lose. The person that doubts their ability to do a better job, will never get a better job. The person that doubts their ability to change, will never change. If you doubt you will stay in the same place for always. Doubt kills dreams, simple.*

**“If you have the power and ability to make someone happy, then don't hesitate to do it.”**

*From giving a friendly smile to the cashier at the supermarket to sending your loved one a beautiful bunch of flowers or calling someone you haven't called for a while or checking up on your elderly neighbour, we all have the power and ability to make someone happy, every day. So just do it!*

**“If we want different, we have to be different, and by being different our lives will be different too.”**

*Some people don't want to be different; they want to blend in and be anonymous and live very normal lives and never do anything spectacular or different. If you are one of those people then fine, it is your life, but if you want different you have to be different, and by being different your life will be different. Your choice; you can be as different as you want to be and therefore your life will be as different as you want it to be!*



**“I am committed to being a better person today than I was yesterday.”**

*Be committed to be better every day; to be a better person, to say better things, to do better things, to think better things, to think of others in a better way. Every day commit to be better, and the world around you will be so much better too.*

**“To know what sort of a person you are, look at the sort of friends you keep.”**

*What sorts of friends do you keep? We always associate with the people most like us, as we feel more comfortable with people similar to us than with people very different to us. Ask yourself honestly, are your friends good people? Are they positive people or are they negative? Do you agree with what they do and how they lead their lives? Are you inspired by them? Do they inspire you? Do they motivate you? Do they have good thoughts, good morals? Are they kind and are they helpful? Keep good friends because the people around you define who you are, in other people's eyes as well as in your own.*

**“Serious things do happen  
in life, but it doesn't mean  
you have to live a serious  
life!”**

*Someone once said to me that life is very serious and I asked why? Why should life be serious? Who says it should? Serious things may happen in life, but why does that have to make life serious? Life shouldn't be serious at all; it should be fun and exciting and interesting... but definitely not serious. On your death-bed you wouldn't say; 'I wish I had been more serious in life!' There is no reason for life to be serious, whatever may happen in it.*

**“Collect good people and keep them and care for them, for really good people are hard to come by.”**

*Really good people are hard to come by, so when you come across them collect them and look after them and keep them close, as you become like the people closest to you! Bring good people into your life and keep out of your life those that are not.*

**“Keep away from people who try to knock your ambitions. People always do that. Great people will always make you feel great too.”**

*People that don't do anything with their lives will always knock and criticise those that do; they will always try to put you down your ambitions and dreams, and to stop you doing what you really want to do in your life, and with your life. This is the only way for them to feel better about In their own dreary and dull lives. Great people, however, will always motivate you to be great and will push you to achieve what you really want. Listen to the great, ignore the others.*

# “Be your imperfectly perfect self.”

*We have emotional baggage and hang-ups and challenges and we all have vastly different backgrounds and experiences which has made us who we are, and what we are. We are all imperfect, yet we are all perfect; our imperfections are what makes us perfectly unique. Be the person you really want to be... your perfectly unique self.*

**“We have two ears and one mouth; talk a little less, and listen a little more.”**

*Listen to people more and talk less. Hear what people say, even if you don't agree, but just listen to them and don't talk over them or try to have more to say than them or prove you have done more than them. We all know people who do this; who don't stop talking and whatever we have done, they seem to have done more or better! They don't care about listening, they just care about talking and telling you all about themselves. I bumped into someone a while ago and, for twenty minutes, he just didn't stop telling me about himself. Not once did he ask about me, or how I was. Don't be like these people. We have two ears and one mouth so talk half as much as listen!*

**“The wise talk because they have something to say. The foolish because they feel they have to say something.”**

*Some people just talk and talk and talk, without actually saying anything. They talk about everything and anything and mostly nonsense; they feel they have to say something, even when they have nothing to say! The wise chooses what they say and what they talk about, they are careful with their words; they don't talk about nonsense and rubbish just for the sake of saying something, anything - this is not the action of the wise but of the foolish.*



**“Don't be afraid of being different, be afraid of being the same.”**

*People that achieve, that accomplish that do extraordinary things are different. Writers, artists, singers, creators are different. The geniuses of this world are different; they think differently, they act differently, they believe the world is different. Don't be afraid of being like them, of being different, be afraid of being the same as everyone else!*

# “Don't be afraid to say 'No'.”

*Sometimes we say yes to something when we should say no, and then our life takes us on a completely different path, all because we were afraid to say no. A friend recently did this, he said yes to a job because he didn't want to let his employers down, when he should have said no, and because he was away from home for most of the time his partner left him! All because he said yes when he should have said no. He could have said no, the company would have found someone else, and they don't care that his partner left him because of his job. Don't be afraid to say NO if you don't want to do something. Remember, there is no good outcome to saying yes to something you really don't want to do!*

# “Stop worrying about what you cannot control.”

*If you can't control something, then why worry about it? Sure, worry about something within your control, because worry can bring clarity and can motivate you to make the right choices or to find a way round obstacles and challenges, but you cannot make choices about something out of your control, so why worry? Worry about your job interview, as that is within your control, but once you leave the interview, don't worry about it anymore as that is now out of your control. Worry about getting to the airport on time for your flight, as that is possibly within your control, but don't worry about flying, as that is out of your control. If you are going to worry, worry only about the things you can control and not about things you cannot control.*

**“Try not to worry about those people who criticise and belittle you, they are only finding faults in your life instead of fixing the faults in their own life!”**

*People who do nothing in their own small and insignificant lives will always put you down, they will always criticise you and find faults in what you are doing and in your life. It is their way of justifying their mundane and boring existence. Stop worrying about these people as you cannot control what they do or think, or how they lead their lives, you can only control what you do and what you think and how you lead your life. So ignore them; they are going nowhere and they will do nothing, whereas you are going everywhere and will do everything!*

**“Don't count on other people because they can often let you down. But if you count on yourself, you will try to never let yourself down!”**

*The only people that won't let us down are ourselves. Other people don't intend to let us down, but they do so because they are leading their own lives, not ours. It is like a business, the owner of the business knows exactly how to run his or her business, and their employees will often let the owner down, not because they mean to but simply because it isn't their business. Same with life; only rely on yourself, no one else, and never let yourself down, it is your life, no one else's!*

**“Remember, if you share what you have with others, even if you don't have much, others will always share with you. If you hoard however, you will only ever have what you've got, nothing more.”**

*It's a bit like going out to dinner; the people that shares each other's food enjoy the experiences of many different flavours and tastes, whereas the person that doesn't share but keeps their plate to themselves, only ever have their dinner to taste and misses out on so much more. I know people that never share anything with anyone, and no one ever shares with them. I know other people that share all the time and all the time others share with them, and they always get more back than they give.*

**“People are where they are because, whether they will admit it or not, it is exactly where they want to be. If they didn't then they would, of course, be somewhere else.”**

*People are where they are because of the choices they have made. Simple. If they didn't want to be there, they would have made other choices and would therefore be somewhere else. Most people won't admit it though; they blame life and see themselves as the victim of circumstance or of a tough life. But this is rubbish, because there are many people who have had much tougher lives and yet have gone onto to do very different and in many cases amazing things. People are where they are because they want to be.*

**“Why aren't you happy?  
Because everything you do  
is for yourself! No self-  
centred person can ever be  
truly happy. Do things for  
other people, then you'll be  
truly happy.”**

*I have not met a self-centred person that is truly happy. Happiness comes from sharing with others and making other people happy, all the time, every time. There is little happiness in sharing what you do with on one else other than yourself.*



**“Happiness entirely depends upon how you think. That's all, nothing else.”**

*Think positive and positive things will happen. Think good thoughts and good things will happen. Think and show kindness and people will be kind in return. Think carefully about the choices you make and the consequences of those choices and your journey will be a good one. Think happy and you will be happy.*

***“When your time comes to die, be not like those whose hearts are filled with fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song, and die like a hero going home.” Tecumseh***

# **THE LITTLE BOOK OF GOOD ENERGY**

A Pocket Guide to Always Having Good Energy

By Robin Barratt

Do you believe in the power of doing good? Are you convinced that if you do good deeds, good things will happen to you in turn? Would you like to live by this rule and learn to create positive energy wherever you go? If you answered yes to any of these questions, you won't want to be without The Little Book of Good Energy. Find out about the different kinds of energy, including lust, love, disrepair and empathic energy. Learn new ways to generate and maintain good energy, about how the Universe balances itself and why this can help you remain positive at all times. Discover a more harmonious way of living and co-existing with others in this essential self-help guide. This book will appeal to anyone who believes in the power of positive thoughts and doing good. Be sure to keep it with you at all times to ensure that you always maintain patterns of good energy, not only for yourself but to pass on to others.

## **CHAPTERS:**

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The Energy Of 'I'

The Energy Of Lust

The Energy Of Love

The Energy Of Listening And Reply

The Energy Of Social Media And Emailing

Energy With Strangers

Good Energy For Guests In Your House And Home

The Energy Of Disrepair

Empathic Energy

Ten Top Tips To Always Having Good Energy And Always

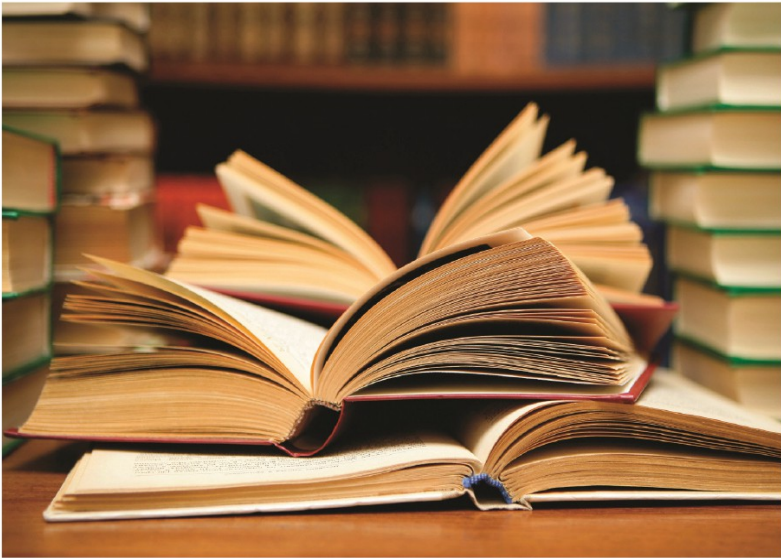
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