



Top 100 Inspirational Quotes for Living Anxiety-Free

Compiled and edited by Deanne Repich,
Director of ConquerAnxiety.com

<http://www.ConquerAnxiety.com>



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900 E. Pecan St., Ste. 300-305
Pflugerville, TX 78660
888-209-4061 toll-free

For more information on our programs and services, email us at: info@conqueranxiety.com

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We have included the authors of the quotes when provided by the person submitting the quote. The National Institute of Anxiety and Stress, Inc. (ConquerAnxiety.com) collected, sorted, and selected the most common quotes submitted by Anxiety Tips newsletter readers and put them into a powerful, complimentary ebook that you can use when you want inspiration anytime. The National Institute of Anxiety and Stress, Inc. specifically disclaims any and all liability arising directly or indirectly from the use or application of any information contained or of any errors in the quote or author information.

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WARNING: If you wish to embark on any dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition, you should first consult a qualified health care professional regarding your specific situation. If you experience anxiety you should inform your health care professional and be open to his/her recommendations. Depending on how severely anxiety affects your daily life, you may want to combine the information contained in our products with treatment strategies specified by your doctor or counselor. It is important that you do not reduce, change, or discontinue any medication or treatment without consulting your physician first.



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How this Free Ebook Came About

Why did I create this ebook anyway, you might ask.

Have you ever been in a rough spot, only to find that something someone said to you "clicked" and it was life changing? Inspiring words can be that way.

I created this free ebook because recently I got to thinking about how powerful certain quotes have been for me in my healing from anxiety and in my life in general (I suffered from overwhelming anxiety for almost 20 years before reclaiming my life – you can get to know me and my story at www.conqueranxiety.com). I have inspirational quotes posted all around my office to inspire me in times of frustration and in times of gratitude. Often reading a powerful quote is exactly the boost I need to refocus and refresh.

Many of these selected quotes have become mottos for my life, guiding beacons for me, and have made me a completely different person over time. Inspirational quotes can do the same for YOU.

So with that thought in mind I asked tens of thousands of my Anxiety Tips newsletter subscribers to share the words that inspire them. I asked for their favorite, most influential quotes, quotes that have been instrumental in their lives overall or in reducing the anxiety in their lives. I asked readers to include the author of the quote if they knew it (which is why you'll see that some quotes have authors listed and others don't.) We at ConquerAnxiety.com collected, sorted, and selected the most common responses and put them into a powerful, complimentary ebook that you can use when you want inspiration anytime!

A HUGE thank-you to the countless people who took the time to share what inspires them to help you experience less stress and anxiety, and more freedom in your life.

Enjoy!

Dedicated to your success,

Deanne Repich – Director (Former teacher and anxiety sufferer turned anxiety educator)

National Institute of Anxiety and Stress, Inc.

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Top 100 Inspirational Quotes for Living Anxiety-Free

The quote authors are listed when provided by the people submitting the quotes. If no author was listed by the people submitting the quotes, it is left blank.

1) “A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided.”

— *Tony Robbins*

2) “Nothing is particularly hard if you divide it into small jobs.”

— *Henry Ford*

3) “We can't solve problems by using the same kind of thinking we used when we created them.”

— *Albert Einstein*

4) “It's not the events of our lives that shape us, but our beliefs as to what those events mean.”

— *Tony Robbins*

5) “I experience peace whenever I choose.”

— *Deanne Repich*

6) “You can't always control what goes on outside. But you can always control what goes on inside.”

— *Wayne Dyer*

7) “This too shall pass.”



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8) "Grant me the courage to change the things I can change, the serenity to accept the things I can't and the wisdom to know the difference."

— *The Serenity Prayer*

9) "I believe that imagination is stronger than knowledge – myth is more potent than history – dreams are more powerful than facts – hope always triumphs over experience – laughter is the cure for grief – love is stronger than death."

— *Robert Fulghum*

10) "The best way to pay for a lovely moment is to enjoy it."

— *Richard Bach*

11) "Nothing can bring you peace but yourself."

— *Ralph Waldo Emerson*

12) "No longer forward nor behind
I look in hope and fear;
But grateful take the good I find,
the best of now and here."

— *John G. Whittier*

13) "The world is not to be put in order; the world is order, incarnate. It is for us to harmonize with this order."

— *Henry Miller*

14) "Understanding is the first step to acceptance, and only with acceptance can there be recovery."

— *Joanne Kathleen Rowling*



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15) "I believe that anyone can conquer fear by doing the things he fears to do, provided he keeps doing them until he gets a record of successful experiences behind him."

— *Eleanor Roosevelt*

16) "End your day by privately looking directly into your eyes in the mirror and saying "I love you. Do this for thirty days and watch how you transform."

— *Mark Victor Hansen*

17) "Take chances, make mistakes. That's how you grow. Pain nourishes your courage. You have to fail in order to practice being brave."

— *Mary Tyler Moore*

18) "If you can dream it, you can do it."

19) "Luck favors the brave."

20) "You're braver than you believe, and stronger than you seem, and smarter than you think."

— *Christopher Robin*

21) "My past is nothing more than the trail that I have left behind. What drives my life today is the energy that I generate in my present moments."

22) "The truth shall set you free."

23) "We turn outward, attracted by the beauty we see in created things without realizing that they are only a reflection of the real beauty. And the real beauty is within us."

— *Ernesto Cardenal*

24) "Do it! I say. Whatever you want to do, do it now! There are only so many tomorrows."

— *Michael Landon*



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25) “What counts is not necessarily the size of the dog in the fight; it’s the size of the fight in the dog.”

— *Dwight D. Eisenhower*

26) “Life isn't about finding yourself. Life is about creating yourself.”

— *George Bernard Shaw*

27) “Challenges bring opportunity.”

28) “Each moment brings choice.”

29) “Today has limitless opportunities.”

30) “Mistakes are the portals of discovery.”

— *James Joyce*

31) “Stand up to your obstacles and do something about them. You will find that they haven’t half the strength you think they have.”

— *Norman Vincent Peale*

32) "If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

— *Henry David Thoreau*

33) “Sometimes the paths we take are long and hard, but remember: those are the ones that lead to the most beautiful views.”

34) “You will never change your life until you change something you do daily!”



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35) "Live your life day by day."

36) "Why put off until tomorrow something that can be done today?"

37) "You have to learn to creep before you crawl."

38) "I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances."

— *William James*

39) "I'm not who I think I am; I'm not who you think I am; I am who I think you think I am."

40) "Your mind will answer most questions if you learn to relax and wait for the answer."

— *William S. Burroughs*

41) "Most fears are just illusions."

— *Gary Null*

42) "Try, try, try until you succeed."

43) "If you keep doing what you're doing, you'll keep getting what you're getting."

44) "Learn the lesson of your pain"

— *Gary Null*



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45) "Happiness is not a matter of good fortune or worldly possessions. It's a mental attitude. It comes from appreciating what we have, instead of being miserable about what we don't have. It's so simple – yet so hard for the human mind to comprehend."

— *Bits and Pieces*

46) "You cannot discover new oceans until you have the courage to lose site of the shore."

47) "Love is in the soul. Guard the soul of the one you love, it is their most cherished commodity."

48) "The healing and magic we seek are not someplace else. They are within each of us!"

49) "Delight in yourself. Relax; lighten up. Let go of shame and fear. The whole picture is perfect, and perfectly okay."

50) "Do not allow fear of 'what if' to ruin the joy of what is!"

51) "Attitude is more important than fact."

52) "Tread softly, for you tread on my dreams"

— *W.B. Yeats*

53) "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

— *Dale Carnegie*

54) "Tell your heart that the fear of suffering is worse than the suffering itself."

— *Paulo Coelho*



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55) “You believe that you live in the world, where in fact the world lives within you.”

— *Deepak Chopra*

56) “Remember, happiness doesn’t depend upon who you are or what you have. It depends solely upon what you think.”

— *Dale Carnegie*

57) “You can become blind by seeing each day as a similar one. Each day is a different one; each day brings a miracle of its own. It is just a matter of paying attention to this miracle.”

— *Paulo Coelho*

58) “Everything you need you already have. You are complete right now. You are a whole, total person, not an apprentice person on the way to someplace else. Your completeness must be understood by you and experienced in your thoughts as your own personal reality.”

— *Wayne Dyer*

59) “From a pure heart anything can be accomplished. If you ask what the universe is doing, it is eavesdropping on your every desire.”

— *Deepak Chopra*

60) “I will grow. I will become something new and grand, but no grander than I now am. Just as the sky will be different in a few hours, its present perfection and completeness is not deficient, so am I presently perfect and not deficient. I will be different tomorrow. I will grow and I am not deficient.”

— *Wayne Dyer*

61) “Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

— *Leo Buscaglia*



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62) “Don’t wait until everything is just right. It will never be perfect. There will always be challenges, and less than perfect conditions. So what? Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident, and more and more successful.”

— *Po Bronson*

63) “When in haste, rest in the present. Take a deep breath and come back to here and now.”

— *Dan Millman*

64) “You are always a valuable, worthwhile human being – not because anybody says so, not because you’re successful, not because you make a lot of money – but because you believe it and for no other reason.”

— *Wayne Dyer*

65) “Love is the ability and willingness to allow those that you care for to be what they choose for themselves without any insistence that they satisfy you.”

— *Wayne Dyer*

66) “We are both burdened and blessed by the great responsibility of the will – the power of choice. Our future is determined, in large part, by the choices we make now. We cannot always control our circumstances, but we can and do choose our response to whatever arises. Reclaiming the power of choice, we find the courage to live fully in the world.”

— *Dan Millman*

67) “*The Four Agreements*:

- 1) Be impeccable with your word.
- 2) Don’t take anything personally.
- 3) Don’t make assumptions.
- 4) Always do your best.

1) Be impeccable with your word.

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.



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2) *Don't take anything personally.*

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3) *Don't make assumptions.*

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

4) *Always do your best.*

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.”

— *Dan Miguel Ruiz*

68) “There is no failure. Only feedback.”

— *Robert Allen*

69) “Remember, you are the only person who thinks in your mind! You are the power and authority in your world.”

— *Louise Hay*

70) “You have within you right now, everything you need to deal with whatever the world can throw at you.”

— *Brian Tracy*

71) “Your incredible brain can take you from rags to riches, from loneliness to popularity, and from depression to happiness and joy – if you use it properly.”

— *Brian Tracy*



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72) “You cannot be lonely if you like the person you’re alone with.”

— *Wayne Dyer*

73) “You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.”

— *Brian Tracy*

74) “Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful, perhaps different action or adjustments will have to follow. But any action is better than no action at all.”

— *Norman Vincent Peale*

75) “Do not wait; the time will never be ‘just right.’ Start where you stand, and work with whatever tools you may have at your command, and better tools will be found as you go along.”

— *Napoleon Hill*

76) “The only thing we have to fear is fear itself.”

— *Franklin D. Roosevelt*

80) "Courage is not the absence of fear, but doing something in spite of fear."

81) "You are the lock and you are the key."

82) “Life is short – break the rules; forgive quickly; kiss slowly; love truly; laugh uncontrollably and never regret anything that makes you smile!”

83) “The greatest discovery of any generation is that a human being can alter his life by altering his attitude.”

— *William James*



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84) “The difference between try and triumph is a little ‘umph.’”

85) “Trouble is a tunnel through which we pass and not a brick wall against which we must break through.”

— *Chinese proverb*

86) “We do not see things as they are; we see them as we are.”

87) “The dictionary is the only place where success comes before work.”

— *Mark Twain*

88) “Sometimes the thing you dread doing, is the very thing you should do, just so you can stop thinking about it.”

89) "Every thought is a seed. If you plant crab apples don't count on harvesting Golden Delicious."

— *Bill Meyer*

90) “Gratitude is absolutely the way to bring more into your life.”

— *Marci Shimoff*

91) "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

— *Dr. Seuss*

92) “You must do the thing you think you cannot do.”

— *Eleanor Roosevelt*

93) “The greatest mistake we make is living in constant fear that we will make one.”

— *John C. Maxwell*



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94) “People, places and events are panic-provoking only after we apply meaning to them. A store is just a store, a speech is just a speech, a drive is just a drive, until our brains interprets them as ‘dangerous’ or ‘threatening.’”

95) “The grass is not always greener on the other side of the fence. Fences have nothing to do with it. The grass is greener where it is watered. When crossing over fences, carry water with you and tend the grass wherever you may be.”

— *Robert Fulghum*

96) “The majority of people meet with failure because of their lack of persistence in creating new plans to take the place of those which fail.”

— *Napoleon Hill*

97) HALT:

Am I...?

Hungry?

Angry?

Lonely?

Tired?

98) “The only voice that will predict the future is a toxic one.”

— *Robert Gerzon*

99) "I've missed over 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, Professional Basketball Player*

100) “When you’re feeling anxious, remember that you’re still you. You are not anxiety. Whenever you feel otherwise, remember that’s just the anxiety talking. You are still you and hold the power in every moment.”

— *Deanne Repich*



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