

*Keep It Movin':*

Word Fuel for  
Your Journey



MY COLLECTION OF INSPIRING QUOTES FOR  
STAYING IN THE MOVE FORWARD LANE

*C. René*  
clarity 2 action coach

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## INTRODUCTION



I'm c.Rene' Washington, Master Certified Life Coach and Mindset Maven. I specialize in mindset coaching and one of my favorite go-to resources for staying in the move forward lane is my quote collection.

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*“Repetition is the mother of learning, the father of action, which makes it the architect of accomplishment.”*

Zig Ziglar

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Amen! Enjoy these quotes, add what resonates to your own collection, and **Keep It Movin'**.

## CHANGE YOUR MIND AND YOUR LIFE WILL FOLLOW



Because I've learned through my journey and the journeys of my clients that one may achieve goals but will not joyfully sustain them without a strong positive mindset foundation. The troubles will come and mindset work gives you the tools to walk through them instead of succumbing to them.

"We don't see things as they are. We see them as we are."

**Elizabeth Lesser**

"No problem can be solved from the same consciousness that created it."

**Laura Hillenbrand**

"Once in a while it really hits people that they don't have to experience the world in the way they have been told to."

**Alan Keightley**

"A mind that is stretched by a new experience can never go back to its old dimensions."

**Oliver Wendell Holmes**

"Despite the fact that everybody has problems... Be sad for a little while and then go on to something that makes you happy. Do something where you learn something...where your brain is working, and where you have some conversation... Anticipate Life!"

**Dr. Ruth**

"Nowhere is there a more idyllic spot, a vacation home more private and peaceful, than in one's own mind, especially when it is furnished in such a way that the merest inward glance induces ease. Take this vacation as often as you like and so charge your spirit."

**Marcus Aurelius**

"We wonder with so many miraculous testimonies around us, how we could escape God. But somehow we do. We live in an art gallery of divine creativity and yet are content to gaze only at the carpet."

**Max Lucado**

"If you can notice things changing, you'll be less gutted by change. And whether or not you feel gutted by the change won't alter the outcome—it's still happening. Stress is a function of the views we take of events, not of the events themselves."

**Ellen Langer, PhD**

"If you can begin to see death as an invisible, but friendly, companion on your life's journey - gently reminding you not to wait until tomorrow to do what you mean to do - then you can live your life rather than simply passing through it."

**Elizabeth Kubler-Ross**

"Pain is inevitable. Misery is optional."

**Unknown**

"Just because you don't know how to finish something doesn't mean you shouldn't start it."

**Baal Shem Tov (18th Century Rabbi) in Lara Setrakian**

"We can't take a recess from life—it keeps going on. But we can take recesses from feeling trapped anytime. If you take a deep breath and look around, 'Look what's happening to me!' can become 'Look what's happening!' And what's happening? The incredible drama of life is happening. And we're in it."

**Sylvia Boorstein**

"We are not the worst thing we've ever done."

**Bob Kerry**

"Rule #1 in any field: Clarity"

**Unknown**

"There's faith and then there's delusion. Know the difference."

**C. René Washington**

"The highest levels of performance come to people who are centered, intuitive, creative, and reflective - people who know to see a problem as an opportunity."

**Deepak Chopra**

"If you don't transform your suffering, you will transmit it."

**Richard Rohr**

“Don't fight fearful thoughts. Just match each one with an alternative thought that brings you more peace.”

**Martha Beck**

“Create a life that you don't need a vacation from.”

**Unknown**

“Disappointments are inevitable, but misery is optional.”

**Unknown**

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

**Carl Jung**

“I have known a great many troubles, but most of them never happened.”

**Mark Twain**

## YOU'VE GOT THE POWER



I still love the Wizard of Oz because of this message from Glinda to Dorothy, "You've always had the power, my dear. You just had to learn it for yourself." Connecting to your inner source of wisdom and discernment; believing that no one can keep you from what's meant for you, except you...THAT's the Power!

"Don't live in the mental valley of lack. Free your mind."

**c. René Washington**

"When you do things from your soul, you feel a river moving in you, a joy..."

**Laura Hillenbrand**

"When you set goals just to make others happy, you leave your right life, which is the only place you'll find sustainable energy and motivation. A person who's really following their destiny is like a beagle following the scent of gravy, which is the most powerful force in nature, just ahead of a black hole swallowing a galaxy."

**Martha Beck**

"Dare to love yourself as if you were a rainbow with gold at both ends."

**Aberjhani**

"Every day, you should walk out of your house like the leading lady in your own film."

**Ava DuVernay**

"To wake up at dawn and decide what to do with the day."

**Toni Morrison in Beloved**

"I've been absolutely terrified my entire life and I've never let it stop me from doing a thing I've wanted to do."

**Georgia O'Keefe**

"Clutter is the by-product of indecision. Make sure everything in your space is there because you choose to keep it."

**Unknown**



“We are not a function of our conditions, we are a function of our decisions.”

**Unknown**

“Wealth is not about money, it's about options.”

**Chris Rock**

“Prayers and meditations need not be spoken. They're meant to be lived...It's a prayer of praise to appreciate the now—and the best way I know to create a sense of well-being.

Breathe into this moment—consciously, with gratitude—then the next.

You must be well in order to sustain doing well.

Get the being right, and the living will follow.”

**Unknown**

“What I know for sure: Being well is a decision. Living well is the bonus.”

**Unknown**

“Wisdom is like a marinade. First you take what a book said, or what a teacher said, and then you mix it with your own ideas. Then you add experience and pour in a few buckets of tears. Add memories of lost love, a pinch of personal humiliation and a teaspoon of deep regrets. Add to that a cup of courage. Leave it to soak for a few years and—voila—darn it if you have not become wise.”

**Marianne Williamson**

“Breath is the power behind all things. Your breath doesn't know how old you are; it doesn't know what you can't do. If I'm feeling puzzled or my mind is telling me that I'm not capable of something, I breathe in and know that good things will happen.”

**Tao Porchon-Lynch**

“Create the highest, grandest vision possible for your life, because you become what you believe.”

**Monica Shah**

“In order to fly, the bird must have two wings. One wing is the realization of our human helplessness, the other is the realization of God's power.”

**Catherine Marshall**

“When you're reeling during a big change, get your worst- and best-case scenarios down on paper. Doing so helps you see the situation more clearly and develop a plan. Also, do all you can to preserve hope. What does that mean? Well, hopeful people share four core beliefs:

First, they believe their future will be better than their present. Second, they believe they have the power to direct how their life unfolds. Third, they realize there are many paths to their goals. And fourth, hopeful people know there will be obstacles—but they believe in their ability to overcome them.”

**Unknown**



“You have set standards for how you want to be treated and what you expect from yourself and FOR yourself.”

**Iyanla Vanzant**

“What do I choose? Whether I know it or not, I'm always at choice. When I understand this potent fact, I live in the middle of my own life—  
Passionate, joy-shot, self-generous and lovingly free.”

**Unknown**

“Life gives you plenty of time to do whatever you want to do if you stay in the present moment.”

**Unknown**

“External circumstances do not create feeling states. Feeling states create external circumstances.”

**Martha Beck**

“Rule #101 Know when it's time to move on.”

**“Girlfriends Guide To Divorce” (TV Show)**

“We find our way by walking it.”

**Maya Angelou**

“Do or do not. There is no try.”

**Yoda**

“Power made me a coat... But it has my name on the label now, and it doesn't really fit anyone else. When people ask me where I found such a becoming garment, I tell them about the tailor, Power, who knows how to make coats that you grow into. First you must find the courage to approach him and ask him to make your coat. Then, you must find the patience inside yourself to wear the coat until it fits.”

**J. Ruth Gendler**

“Release what no longer serves you.”

**Cheryl Richardson**

“Life Happened because I turned the pages.”

**Alberto Manguel**

## NOTHING IS WASTED



Atychiphobia is the fear of failure. One of the biggest hurdles I help my clients cross is divorcing from “outcome” enough to not let the possibility of ‘failing’ keep them from taking action. What some see as ‘failure’ is to me simply information to do more research, course correct, etc. Those who never ‘fail’ have chosen to exist instead of live.

“It’s all information.”  
**c.Rene’ Washington**

“When Destiny is your focus, you will realize that not one experience you’ve had, not one lesson you learned, not heartache you suffered, not one tear you shed is wasted...God will use everything you’ve been through to fortify you with wisdom and knowledge to fulfill your destiny.”

“Stuff your eyes with wonder, live as if you’d drop dead in ten seconds. See the world. It’s more fantastic than any dream made or paid for in factories.”  
**Ray Bradbury**

“Every choice has a future.”  
**Anon**

“The end of a career is less likely to be marked by a formal retirement...and more likely to be a murky mixture of signals that it’s time to move on: a downsizing, a layoff, a buyout. Sometimes, it just becomes clear that enough is enough and it’s time to take the next step in the life journey.”  
**Encore (book)**

“When I’m taking my last breath, I want to look at how I used up the best of myself. How much did I sweat, push, pull, rip, fall, hit, crash, explode?...My dream is to be so well used that in my last half-second, I just burst into dust.”

**Elizabeth Streb, Choreographer**

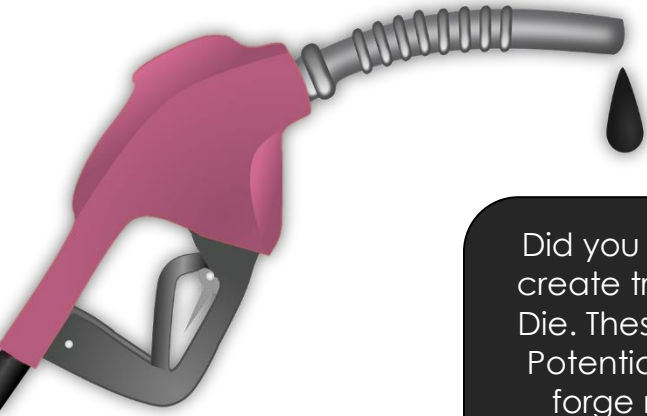
“Strength means honoring your entire range of emotions, even your despair and heartbreak. ESPECIALLY your despair and heartbreak. It means acknowledging each of those feelings, your questions and ideas and faith and terror, and meeting what comes with the full force of your heart.”

**Brenda Shaughnessy**

“Let everything happen to you...beauty and terror. Just keep going. No feeling is final.”

**Unknown**

## DON'T GIVE UP ON YOURSELF



Did you know that our brains (if kept healthy) continue to create trillions of connections daily until we die? Until. We. Die. These cell-to-cell communications are called "Action Potentials", which means we have endless possibilities to forge new trails (learn a language, travel, start a new career) or get a do-over (make amends, find new love, get healthy). Our limitations are mostly self-imposed!

"Mistakes are a fact of life. It is the response to the error that counts."

**Nikki Giovanni in "Being Mary Jane"**

"I'm content, but not complacent."

**Robin Roberts**

"Everything will be okay in the end. If it's not okay, it's not the end."

**John Lennon**

"Water is very hot at 211 degrees, but at 212 degrees, it starts to boil and can make steam. Many times, the difference between success and failure is defined by one extra degree."

"Life begins at the end of your comfort zone."

**Neale Donald Walsch**

"Stop worrying about the potholes in the road and enjoy the journey."

**Babs Hoffman**

“Every time I feel the tide of No! rising in my heart, I catch myself. I sit down, close my eyes, put my hand on my chest, breathe, and whisper, Yes, Yes, this happened. Yes, I will feel loss and not fight the grief. Because I've found that the changes I feared would ruin me have always become doorways, and on the other side I have found a more courageous and graceful self.”

**Elizabeth Lesser**

“Don't give up! You, who are about to break beneath the stress of intense struggles, be relentless! Do not quit!”

**T. D. Jakes**

“Enjoy Yourself, it's later than you think.”

**Unknown**

“The thing that's grand about spending your time thinking about the universe is that it makes you feel insignificant. I don't mean that in a bad way. If you understand that we've now discovered solar systems that contain planets similar to Earth, and that those are just the ones we know about, since most of the stars we've looked at are within about 300 light-years of Earth and the distance to the center of our galaxy is nearly 100 times that - then you realize that the laundry you've left undone and the dumb thing you said yesterday are about as significant as slime mold.”

**Alyssa Goodman**

“Learn to love revision.”

**Wally Lamb**

“When you have exhausted all possibilities, remember this: You haven't.”

**Thomas Edison**

“As long as you are breathing, there is more right with you than wrong with you.”

**Super Soul Sunday**

“She was unstoppable, not because she did not have failures or doubts, but because she continued despite them.”

**Beau Taplin**

“I'm scared of everything—flying, being in high places, eating new foods—but I do that stuff anyway. In fact, it's not a courageous action if you aren't afraid.”

**Dr. Robert Biswas-Diener**

“The obstacles on life's path are not just obstacles, they are the path.”

**Quoted by Sen. Amy Klobuchar**

“There are no wrong turns, only unexpected paths.”

**Mark Nepo**

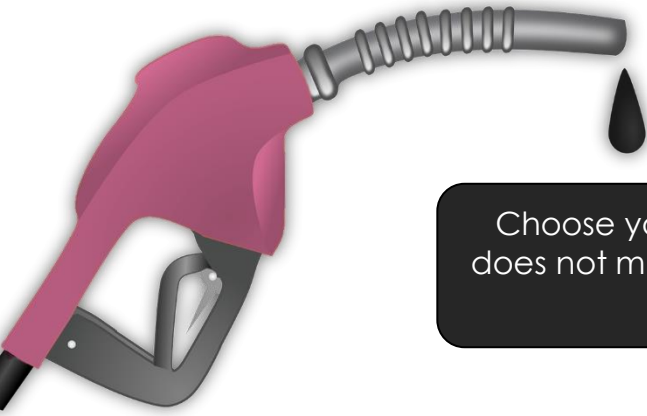
“I do not at all understand the mystery of grace--only that it meets us where we are but does not leave us where it found us.”

**Anne Lamott**

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

**Maya Angelou**

## TRUST YOUR INNER KNOWING



Choose your alignments carefully. Biological connection does not mean the right to control your life. That's why there are long-handled spoons.

"When people show you who they are, believe it the first time."

**Maya Angelou**

"I am the sun. If you can't handle my rays, put on some glasses and sunblock or stay inside!"

**Unknown**

"Be relentless. Be excellent. Own your ambition. It's something I tell myself when I worry that I want too much."

**Unknown**

"Nobody can discover the world for somebody else. Only when we discover it for ourselves does it become common ground and a common bond and we cease to be alone."

**Wendell Berry**

"Our stories are not meant for everyone. Hearing them is a privilege, and we should always ask ourselves this before we share: "Who has earned the right to hear my story?" If we have one or two people in our lives who can sit with us and hold space for our shame stories, and love us for our strengths and struggles, we are incredibly lucky. If we have a friend, or small group of friends, or family who embraces our imperfections, vulnerabilities, and power, and fills us with a sense of belonging, we are incredibly lucky."

**Brené Brown**

No. Shut up. And get out.: The three things Toni Morrison can say and not worry about it, now that she's 80."

**Toni Morrison**

"God has all the money."

**Martha Beck**

"If it's not your story to tell, you don't tell it."

**Iyanla Vanzant**



## GET YOUR A-TEAM



I love dreams and passion, but without a plan for implementing they remain unfulfilled. The best way to stick to your plan? A great accountability partner or team. Not friends or family who will agree with everything you say or do, but those who will hold up the mirror and hold your feet to the fire. They're there for the celebrating and the bemoaning and they help you stay on track.

"Friends are the sisters we pick for ourselves and I pick you."

**Birthday Card**

"A journey is best measured in friends, rather than miles."

**Tim Cahill**

"There's nothing like a group of girlfriends. Think of women as a placenta of nourishment."

**Dr. Christiane Northrup**

"My greatest joy in life right now: Is feeling the depths of friendship and seeing that there is no bottom. It's exhilarating."

**Roxane Gay**

"There are two kinds of people on the planet: People who bring you energy or people who take your energy away."

**Dr. Jill Bolte Taylor**

"An accountability partner is able to perceive what you can't see when blind spots and weaknesses block your vision. Such a person serves a tool in God's hand to promote spiritual growth, and he or she watches out for your best interest."

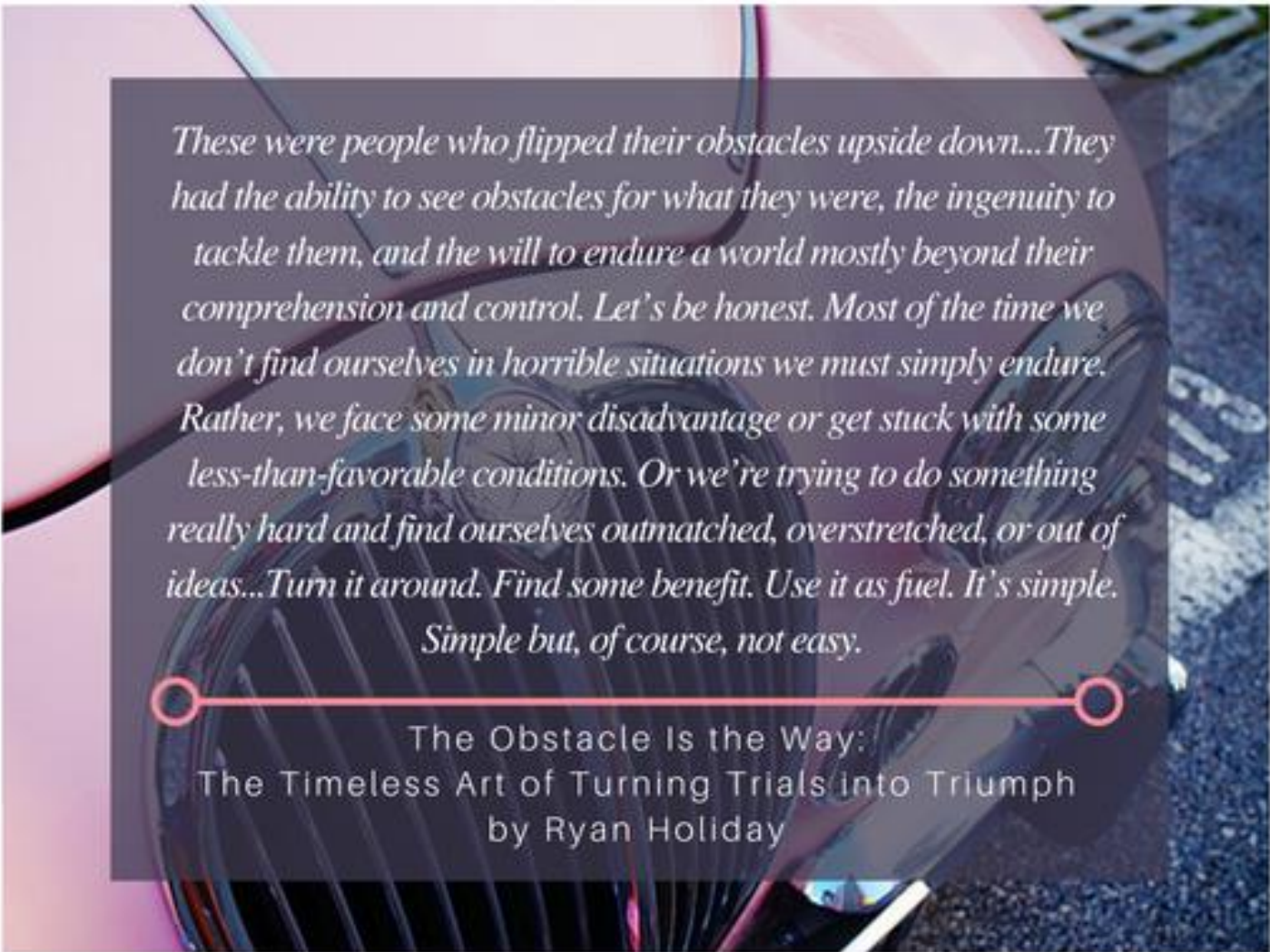
**Charles Stanley**

"A friend can inspire enthusiasm as well as accountability, and that serves to challenge you."

**Deanna Cosso**

## EPILOGUE

Your path to personal freedom (success) must be heart/mind/soul driven and not measured by anyone else's definition. If you're in the midst of a life transition (or you're ready to create one), a great life coach is one of the best additions you can make to your A-team. I'd love to get on a Life Strategy call with you to discuss your best plan of action for getting what you want and whether our working together would be a part of that plan. Schedule your Life Strategy session here, <https://www.connectwithrene.com/>.



*These were people who flipped their obstacles upside down...They had the ability to see obstacles for what they were, the ingenuity to tackle them, and the will to endure a world mostly beyond their comprehension and control. Let's be honest. Most of the time we don't find ourselves in horrible situations we must simply endure. Rather, we face some minor disadvantage or get stuck with some less-than-favorable conditions. Or we're trying to do something really hard and find ourselves outmatched, overstretched, or out of ideas...Turn it around. Find some benefit. Use it as fuel. It's simple. Simple but, of course, not easy.*

The Obstacle Is the Way:  
The Timeless Art of Turning Trials into Triumph  
by Ryan Holiday