



101



Joyous Renegade

Quotes

Compiled by **Miriam Evers**
the Joyous Renegade



Introduction

I love inspirational quotes! I find that short pithy one or two liners are really helpful when I'm trying to find a higher perspective or to elevate my mood. Sometimes I'll make a bright-colored post-it out of a favorite saying and put it on my fridge, filing cabinet, bulletin board or vision poster. I may use a favorite quote to illustrate a point in my writing or speeches; I may print one out as a bookmark to give away to friends; or I may post one on my social media sites like Twitter and Facebook.

Over the years, I've collected thousands of inspirational quotes so I found it quite a challenge to winnow my favorites down to just 101 for this collection. With pride and joy I offer you this collection of quotes as a reflection of my beliefs and the work that I do.

I call this collection **101 Joyous Renegade Quotes** because I call myself a Joyous Renegade coach - and I am adamant about this one thing: **“Joy First. Then anything else you have time for.”** My mission, as a Joyous Renegade coach, is to help you to remember that Joy is the Source of your power and as you reach for joy you venture forth into the greatness that you are.



“Joy is only one thought away and
that thought is up to you.” – *Miriam Evers*

The path to joy begins with accepting where you are at right now, making peace with what is, and reaching for thoughts that make you feel a little better and a little better still, until the joy that is naturally present in you rises up and gets expressed. With every improvement in the way you feel, you will have better and brighter experiences.

When you understand the power that is available to you when you reach for joy first, you will have the key to creating anything you want to be, to do or to have.

You can visit my blog www.joyousrenegade.com/blog for more ideas about how to put this philosophy of Joy First into practice.

I hope this eBook inspires those who are new to this way of seeing the world, as well as those who have already embraced it, and that you will use these quotes to inspire you to live with greater energy and optimism.

If you want more information on my coaching, teleclasses or speaking, contact me at miriam@joyousrenegade.com.

Use these quotes as you will and in-joy!

Miriam Evers, CPCC

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Joy First. Then anything else you have time for.

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The most revolutionary act
one can commit in our world
is to be happy.

Hunter Patch Adams

I think of life itself now
as a wonderful play
that I've written for myself...
and so my purpose is
to have the utmost fun
playing my part.

Shirley MacLaine

It is something
to be able to paint a lovely picture, or
to carve a magnificent statue,
but it is far more glorious
to carve and paint
the very atmosphere in which we live.

Henry David Thoreau

You will only have joy
when you focus on having it
and settle for nothing less.

Sanaya Roman

Choosing to live your life
by your own choice
is the greatest freedom
you will ever have.

Shad Helmstetter

We do not become happy
because we get what we want;
we get what we want
because we choose happiness first.

Alan Cohen

You are here
to experience outrageous joy.
That is why you are here.

Abraham-Hicks

Your happiness
is your gift to the world.

Robert Holden

We see things not as they are,
but as we are.

Immanuel Kant

The meaning of things
lies not in the things themselves,
but in our attitude
towards them.

Antoine de Saint Exupery

Your life is not a problem
to be solved,
but an adventure
to be enjoyed.

Alan Cohen

You can be happy under ALL conditions
once you are clear enough
and strong enough in your wanting
to give your attention
ONLY to what you are wanting.

Abraham-Hicks

Heaven on Earth
is a choice
you must make,
NOT
a place you must find.

Wayne Dyer

Do what you love.

Do what makes your heart sing.

And never do it for the money.

Don't go to work to make money;

go to work to spread joy.

Seek ye first the kingdom of Heaven, and

the Masaratti will get here

when it's supposed to.

Marianne Williamson

Joy is what happens

when we allow ourselves

to recognize

how good things really are.

Marianne Williamson

A happy life

is just a string of

happy moments.

Abraham-Hicks

This is the time.

This is the place.

This is the vastness.

Right here is paradise.

Always.

Always.

Byron Katie

You cannot struggle to joy.
Struggle and joy are not on the same channel.
You joy your way to joy.
You laugh your way to success.
It is through your joy that good things come.
Abraham-Hicks

Loving yourself
means accepting yourself
as you are right now.
Sanaya Roman

If you had a friend who talked to you
like you sometimes talk to yourself, would
you continue
to hang around with that person?
Rob Bremer

Don't just
love the one you're with -
be the one you love.
Alan Cohen

You give your power away
when you make someone
or something outside of you
more important than
what is inside of you.

Alan Cohen

One way to get high blood pressure
is to go mountain climbing
over mole hills.

Earl Wilson

For every minute you are angry,
you lose sixty seconds of happiness.

Ralph Waldo Emerson

Stress is an alarm clock
that lets you know
you've attached to something
not true for you.

Byron Katie

Everything works out right in the end.
If things are not working right,
it isn't the end yet.

Michael C. Muhammad

Life is not about waiting
for the storms to pass...
it's about learning
how to dance in the rain!

Viviane Greene

So how do I get happy about where I am?
Look for things about where I am
that make me happy
and make up the rest.

Abraham-Hicks

We either make ourselves miserable,
or we make ourselves strong.
The amount of work is the same.

Carlos Castaneda

It's only a thought,
and a thought can be changed.

Louise L. Hay

Imagination
is more important than knowledge.

For knowledge is limited
while imagination encircles the world.

Albert Einstein

Without leaps of imagination,
or dreaming,
we lose the excitement of possibilities.

Dreaming, after all,
is a form of planning.

Gloria Steinem

You see things; and you say, "Why?"
But I dream things that never were;
and I say, "Why not?"

George Bernard Shaw

Only those who dare to go too far
can possibly find out
how far one can go.

T. S. Elliott

Sometimes I've believed
as many as six impossible things
before breakfast.

Lewis Carroll

Do you remember how electrical currents
and "unseen waves" were laughed at?
The knowledge about man
is still in its infancy.

Albert Einstein

Logic will get you from A to B.
Imagination will take you everywhere.

Albert Einstein

Every great advance in science
has issued from
a new audacity of the imagination.

John Dewey

The world is but a canvas
to the imagination.

Henry David Thoreau

Live out of your imagination,
not your history.

Stephen Covey

I skate where the puck
is going to be,
not where it has been.

Wayne Gretzky

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

Henry David Thoreau

It's not what you look at
that matters,
it's what you see.

Henry David Thoreau

You can't depend on your eyes
when your imagination
is out of focus.

Mark Twain

You must be the change
you wish to see in the world.

Mahatma Gandhi

You cannot be unhappy
about where you are
and get to anything different.

Abraham-Hicks

You are a magnet,
attracting unto you
that which you are
thinking and feeling.

Abraham-Hicks

Whatever you're thinking about
is literally like planning a future event.

When you're worrying,
you are planning.
When you're appreciating
you are planning.
What are you planning?

Abraham-Hicks

Whatever you appreciate
and give thanks for
will increase in your life.

Sanaya Roman

Follow your bliss.
Find where it is,
and don't be afraid to follow it.

Joseph Campbell

Following your bliss
is following your inner guidance.

Abraham-Hicks

When you follow your bliss...
doors will open
where you would not have thought
there would be doors,
and where there wouldn't be a door
for anyone else.

Joseph Campbell

Don't ask yourself
what the world needs;
ask yourself
what makes you come alive.
And then go and do that.
Because what the world needs
is people who have come alive.

Harold Whitman

Give yourself abundant pleasure,
and you will have
abundant pleasure
to give others.

Neale Donald Walsch

Life is not a journey to the grave
with the intention of arriving safely
in a pretty and well preserved body,
but rather to *skid in sideways,*
thoroughly used up,
totally worn out,
and *loudly proclaiming*
“Wow – what a ride!”

Peter Sage



Most people are about as happy
as they make up their minds to be.

Abe Lincoln

We have been programmed
to see life as a sea of troubles,
while it is
an ocean of possibilities.

Alan Cohen

It is not because things are difficult
that we do not dare,
it is because we do not dare
that they are difficult.

Seneca

Too many of us
are not living our dreams
because we are living our fears.

Les Brown

And the day came when the risk it took
to remain tight inside the bud
was more painful than
the risk it took to blossom.

Anais Nin

Life is either a daring adventure,
or nothing.

Helen Keller

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. We ask ourselves “who am I to be brilliant, gorgeous, talented and fabulous?”

Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us.

It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

*Marianne Williamson, From her book Return to Love
(This quote is often mistakenly attributed to Nelson Mandela)*

The only thing that stands between a man
and what he wants from life
is often merely the will to try it
and the faith
to believe that it is possible.

Richard M. DeVos

Take the first step in faith.
You don't have to see
the whole staircase,
just take the first step.
Dr. Martin Luther King Jr.

If you hear a voice within you saying,
"You are not a painter,"
then by all means paint...
and that voice will be silenced.

Vincent Van Gogh

Edison failed 10,000 times
before he made the electric light.
Do not be discouraged
if you fail a few times.

Napoleon Hill

Obstacles are
those frightful things you see
when you take your eyes
off your goals.

Henry Ford

Never let the odds
keep you from pursuing
what you know in your heart
you were meant to do.

Leroy "Satchel" Paige

I thought the purpose of life
was to achieve.
But in the last 20 years,
I have understood
that to be happy is to really achieve.

Shirley MacLaine

If you don't live your dreams...
who will?

Abraham-Hicks

All our dreams can come true,
if we have the courage
to pursue them.

Walt Disney

Work like you don't need the money.
Love like you've never been hurt.
Dance like nobody's watching.
Live like it's heaven on earth.

Author Unknown

You get what you focus upon
whether you want it or not.

Abraham-Hicks

Whether you think you can
or think you can't -
you are right.

Henry Ford

What ever the mind of man
can conceive and believe,
it can achieve.

Napoleon Hill

The problems of the world
cannot possibly be solved
by skeptics or cynics
whose horizons are limited
by obvious realities.
We need men and women
who can dream of things that never were.

John F. Kennedy

What you can do or think you can do,
begin it.

For boldness has
magic, power, and genius in it.

Johann Wolfgang von Goethe

Whatever you vividly imagine,
ardently desire, sincerely believe,
and enthusiastically act upon...
must inevitably come to pass!

Paul J. Meyer

Behind me is infinite power.
Before me endless possibility.
Around me boundless opportunity.
Why should I fear?

Stella Stuart

It is as easy to create a castle as a button.

It's just a matter of
whether you're focused on
a castle or a button.

Abraham-Hicks

The moment one definitely commits
oneself, then Providence moves, too.

Thomas Murray

The *only* freedom
that exists in all of the Universe
- and, it is everything -
is in the knowledge
that I create my own reality.

Abraham-Hicks

When you understand
the power of feeling good now,
no matter what,
you will hold the key
to the achievement
of any state of being,
any state of health,
any state of wealth,
or any state of anything you desire.

Abraham-Hicks

Your emotions indicate
your connection to Source.
The better you feel
the more connected you are.

Abraham-Hicks

One who is connected to Source
is more powerful than
millions who are not.

Abraham-Hicks

When you fully allow
your connection with Source,
you are radiant,
you feel good in the moment,
your heart is swelling,
you feel appreciation,
you feel love,
you feel fantastic, and
you are in love with life.

Abraham-Hicks

What lies behind us
and what lies before us
are small matters to what lies within us.

Ralph Waldo Emerson

You can tell what you believe
by what you are getting.

Alan Cohen

There is no condition so severe
that you cannot reverse it
by choosing different thoughts.
However, choosing different thoughts
requires focus and practice.
If you continue to focus as you have been,
to think as you have been, and
to believe as you have been,
then nothing in your experience will change.

Abraham-Hicks

If you accept a limiting belief,
then it will become
a truth for you.

Louise L. Hay

Top athletes know that practice
is how you get to greatness.

Robin Sharma

If people and events
can determine your happiness,
they can determine your unhappiness. De-
termine your own happiness,
and people and events
will take care of themselves.

Alan Cohen

The secret of abundance is to
stop focusing on what you do not have, and
shift your consciousness
to an appreciation for all that you are
and all that you do have.

Wayne Dyer

I don't sing because I'm happy;
I'm happy because I sing.

William James

Smiling is infectious,
You can catch it like the flu.
Someone smiled at me today,
And I started smiling too.

Author Unknown

The feeling of wealth produces wealth.

Joseph Murphy

The way out of the rat race
is not to become more aggressive in it, but
to invite the vision
of One who sees beyond it.

Alan Cohen

To know if
Source, Infinite Intelligence, God
agrees or disagrees with the thought, word,
or action you are involved in –
you have only to notice
if it feels good or bad.

Abraham-Hicks

At any moment
you have a choice
that either leads you
closer to your spirit
or further away from it.

Thich Nhat Hanh

Reclaim your power
by
reclaiming your joy!

Abraham-Hicks



I hope these quotes have indeed
inspired you and lifted your spirits.

If you would like further inspiration and support
to reclaim your joy and discover how you can
create your heart's desires

- ♥ you can visit my website <http://www.joyousrenegade.com/>
- ♥ subscribe to my ezine, or
- ♥ contact me for private coaching, group teleclasses
or speaking at miriam@joyousrenegade.com

I wish you much joy on your journey,
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