

THE



LITTLE BOOK OF BREAKTHROUGH
BUILDING BLOCKS

MIND SHIFTERS FOR A BOLD NEW YOU!

Compiled by Sharmayne Jenkins,
Life Coach and Reinvention Strategist
For

REINVENTION
SOLUTIONS

ABOUT THIS BOOK

I compiled these quotes because I believe that the adage “you are what you eat” is not just relegated to foods for the body, but also what we feed our minds. As a Life Coach and College Professor I’ve had an opportunity to see how the steady diet we - - yes I said we, I am myself an unbaked cake -- feed our mind powerfully affects not only how we think, what we do and ultimately who we become, because where the mind goes the behind follows!

This is an offering of quotes in nine of the most important areas of thinking affecting our ability to create the lives we dream of- focus, thoughts, balance, transformation, priorities, flourishing, trust, success, and failure. A little starter kit with a sweet sixteen quotes for each topic, and a little bonus added of a few quotes about acceptance. These can be foundational first steps in helping you get unstuck.

I suggest you create an affirmation or mantra based on one of the quotes every morning, and before an important or frightening moment, when you are feeling stuck or when you see someone you care about engaging in destructive, or limiting thinking. Your children included. It is not too early to teach them to be mindful of their thoughts.

If my objective is met this collection of quotes will help you gain not only awareness of some of the unconscious stinking thinking you engage in, but it will also give you a reference point and tool for when you can’t seem to shake yourself free from the mental mudpit you’ve found yourself stuck in.

While this is a great tool, if you really want to jump start your reinvention but if you are really urgent about creating the life you want then my [BOUNCE BACK BOLDLY](#) series is your next step. The program will pick apart the thinking that keeps you stuck, or doesn’t work anymore, and will give you the tools to

redesign your life. The [BOUNCE BACK BOLDLY](#) program includes:

- Approximately 10 hours of pre-recorded sessions exploring key modes of thinking that support creating a BOLDER, more satisfying life
- Tools to illuminate the distinctions of thinking that supports a better and bolder life
- 5 Guest interviews who BOUNCED BACK after extraordinary crisis in their lives employing the featured mindsets for success to create life BOLDLY
- Downloadable handouts and exercises immediately engage you in the reset of your mindset, and to reference long after the series has ended
- A virtual community where we will continue the conversation and the work throughout each day

LIFE IS NOW!

TAKE THE NEXT STEP TO [BOUNCE BACK BOLDLY!!!!](#)

BOLDY!

Sharmayne Jenkins

Reinvention Solutions

WWW.ReinventionNow.com



“It is the soul’s duty to be loyal to it’s own desires. It must abandon itself to its master passion.” – **Dame Rebecca West**

“The indispensable first step to getting the things you want out of life is this: Decide what you want.”- **Ben Stein (author and actor)**

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.” – **Michelangelo**

“If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise.” –**Robert Fritz (author of “the path of least resistance”**

“Create your future from your future, not your past.” – **Werner Erhard (founder of landmark forum)**

“To conquer frustration, one must remain intensely focused on the outcome, not the obstacles.” -- **T.F. Hodge, From Within I Rise: Spiritual Triumph Over Death and Conscious Encounters with "The Divine Presence"**

“Instead of focusing on how much you can accomplish, focus on how much you can absolutely love what you’re doing.” – **Leo Babauta**

“Happy people produce. Bored people consume.” – **Stephen Richards**

“Sometimes we focus so much on what we don't have that we fail to see, appreciate, and use what we do have!” – **Jeff Dixon**

“...you cannot eat every tadpole and frog in the pond, but you can eat the biggest and ugliest one, and that will be enough, at

least for the time being.” — **Brian Tracy, Eat That Frog!: 21 Great Ways to Stop Procrastinating and Get More Done...**

“Be on guard. The road widens, and many of the detours are seductive.” — **David Foster Wallace, Infinite Jest**

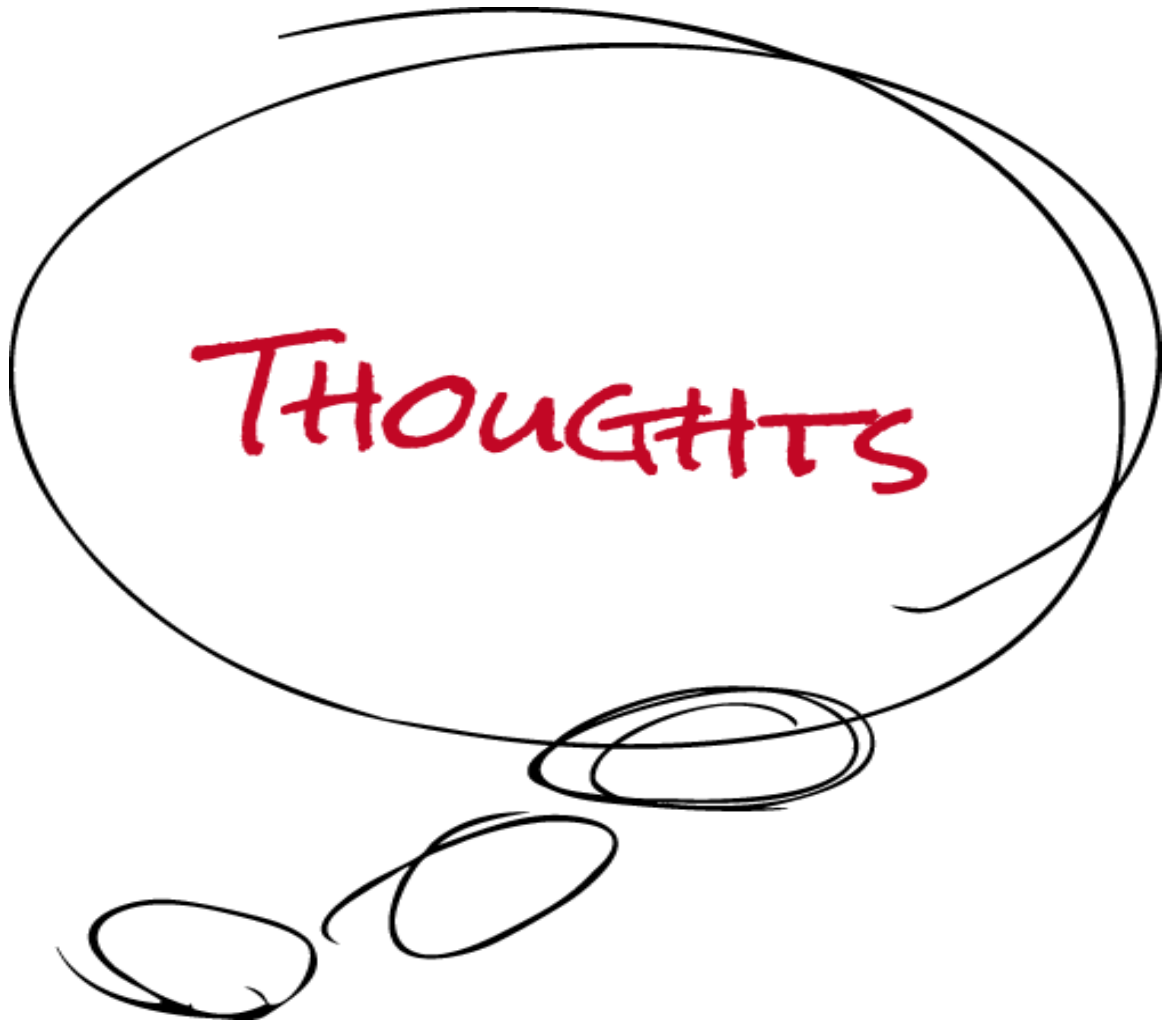
“FOCUS = Follow On Course Until Successful.” — **Ifeanyi Enoch Onuoha**

“If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present.” — **Roy Bennett**

“Sadness is pervasive, so focus on joy, focus on happiness.” — **Debasish Mridha**

“Don't let the disappointments of today kill tomorrow's blessings, destroy the negative flashes of pessimism, and focus on the mirror of optimism.” — **Michael Bassey Johnson**

“When you fail, that is when you get closer to success.” — **Stephen Richards**



“You get what you expect.”- **Unknown**

“You can be anything you want to be, if only you believe with sufficient conviction and act in accordance with your faith; for whatever the mind can conceive and believe, the mind can achieve.” – **Napoleon Hill**

“Believe, even when you don’t know how the requirements will be met” -**Unknown**

“You must find a place in yourself where nothing is impossible.”
– **Deepak Chopra**

“Attention to what is—only creates more of what —is. In order to effect true positive change in your experience, you must disregard how things are—as well as how others are seeing you—and give more of your attention to the way you prefer things to be. With practice, you will change your point of attraction and will experience a substantial change in your life experience.” –
Esther and Jerry Hicks (coauthors of The Law of Attraction)

“If you want to be happy, set a goal that commands your thoughts, liberates your energy, inspires your hopes.” – **Andrew Carnegie**

“Change your thoughts and you change your world.”
-- **Norman Vincent Peale**

“We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far.”-- **Swami Vivekananda**

“Sad will be the day for any man when he becomes contented with the thoughts he is thinking and the deeds he is doing - where there is not forever beating at the doors of his soul some great desire to do something larger; which he knows he was

meant and made to do.” –**Phillip Brooks**

“Our thoughts and our happiness are inseparable. Our happiness depends on our thoughts.” –**Debasish Mridha M.D.**

“That faceless, nameless and ruthless demon you pretend to fight, is nothing but the bastard in your head.” – **Mamur Mustapha**

“Sow a thought, and you reap an act;
Sow an act, and you reap a habit;
Sow a habit, and you reap a character;
Sow a character, and you reap a destiny.”
– **Samuel Smiles**

“She’s never where she is,’ I said. ‘She’s only inside her head.’”
– **Janet Fitch**

“...think of the solution, not the problem. If your mind was filled only with thoughts of why you were going to lose, then you couldn't think of how to win.” – **Terry Goodkind, Blood of the Fold**

“First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.”
– **Napoleon Hill**

“Choose thoughts that give you the emotions of being alive and excited about life.”
– **Bryant McGill, Simple Reminders: Inspiration for Living Your Best Life**



There are moments when I wish I could roll back the clock and take all the sadness away, but I have a feeling that if I did, the joy would be gone as well. So I take the memories as they come, accepting them all, letting them guide me whenever I can.” – **Nicholas Sparks,**

“0 plus 100 equals 100. But so does 50 plus 50, only with more balance. Let this be a lesson in love.” – **Jarod Kintz,**

“There is no such thing as work-life balance. Everything worth fighting for unbalances your life.” – **Alain de Botton**

“Somehow, we'll find it. The balance between whom we wish to be and whom we need to be. But for now, we simply have to be satisfied with who we are.” – **Brandon Sanderson, The Hero of Ages**

“We find our energies are actually cramped when we are overanxious to succeed”. -- **Michel de Montaigne**

“A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.” --**William Arthur Ward**

“I've learned that you can't have everything and do everything at the same time.” --**Oprah Winfrey**

“Don't be afraid of your fears. They're not there to scare you. They're there to let you know that something is worth it.” – **C. JoyBell C.**

“You never know how much you really believe anything until its truth or falsehood becomes a matter of life and death to you.” – **C.S. Lewis**

“Believing takes practice.” – **Madeleine L'Engle, A Wrinkle in Time: With Related Readings**

“It's what you choose to believe that makes you the person you are.” – **Karen Marie Moning, Darkfever**

So you watch yourself about complaining.
What you're supposed to do
when you don't like a thing is change it.
If you can't change it,
change the way you think about it.”
– **Maya Angelou**

“You don't have to stay trapped in your thoughts just because you think them.” – **Doug Dillon**

“It was a pity thoughts always ran the easiest way, like water in old ditches.” – **Walter de la Mare, The Return**

“Our thoughts create our world.” – **Stephen Richards**

“We are not trapped by our thoughts. What we generally do, however, is create thoughts that trap us.” – **Joshua David Stone, A Beginner's Guide to the Path of Ascension (The Ascension Series)**



“When she transformed into a butterfly, the caterpillars spoke not of her beauty, but of her weirdness. They wanted her to change back into what she always had been. But she had wings.” – **Dean Jackson**

“Scared and sacred are spelled with the same letters. Awful proceeds from the same root word as awesome. Terrify and terrific. Every negative experience holds the seed of transformation.” – **Alan Cohen**

“Becoming hurts.” – **Kat Howard**

“Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place.” – **Rumi**

“I take pleasure in my transformations. I look quiet and consistent, but few know how many women there are in me.” – **Anaïs Nin**

“The exact proportion and combination of the qualities within you, as they are, even while you search and struggle for them to be different or better, is a unique beauty.” – **Darrell Calkins, Re:**

“Nothing gets transformed in your life until your mind is transformed.” – **Ifeanyi Enoch Onuoha**

“Change begins the moment you make up your mind about certain details of your life” – **Constance Chuks Friday**

“When you love something or someone it transforms that thing

or person. When you allow yourself to be loved, it transforms you.” — **Laura Lane, Two Mothers, One Prayer:**

“the unexpected action of deep listening can create a space of transformation capable of shattering complacency and despair.”

— **Terry Tempest Williams, When Women Were Birds: Fifty-four Variations on Voice**

“If you truly wish to change what is without, you must first change what festers within.” — **Richelle E. Goodrich, Smile Anyway: Quotes, Verse, & Grumblings for Every Day of the Year**

“Only you can take inner freedom away from yourself, or give it to yourself. Nobody else can.” — **Michael A. Singer, The Untethered Soul: The Journey Beyond Yourself**

“A single change can sometimes change your entire life” — **Rahul Rampal**

“Transformation can come in the mysterious guise of shape-shifting, or through a simple change of mind” — **C.R. Strahan, Watercolor**

“The thing about life, about change, is there are always lessons. Some are subtle, others not, and sometimes it takes being ripped out of your comfort zone to finally get it—then it’s transformative.” — **Lorii Myers**

“The road less traveled continues to beckon me onward, towards a journey of transformation and engagement.” — **Marquita Burke-DeJesus, Radically Ordinary**



“Things which matter most must never be at the mercy of things which matter least.” — **Johann Wolfgang von Goethe**

“It is not a daily increase, but a daily decrease. Hack away at the inessentials.” — **Bruce Lee**

“Desires dictate our priorities, priorities shape our choices, and choices determine our actions.” — **Dallin H. Oaks**

“The mark of a great man is one who knows when to set aside the important things in order to accomplish the vital ones.”
— **Brandon Sanderson, The Alloy of Law**

“The Principle of Priority states (a) you must know the difference between what is urgent and what is important, and (b) you must do what’s important first.” — **Steven Pressfield, The War of Art: Break Through the Blocks & Win Your Inner Creative Battles**

“A simple life is not seeing how little we can get by with—that’s poverty—but how efficiently we can put first things first. . . . When you’re clear about your purpose and your priorities, you can painlessly discard whatever does not support these, whether it’s clutter in your cabinets or commitments on your calendar. (148)” — **Victoria Moran, Lit From Within: Tending Your Soul For Lifelong Beauty**

“The most important thing in life is knowing the most important things in life.” — **David F. Jakielo**

“If you truly feel that self esteem and motivation have to happen first before you can make changes in your life, then we’ll probably be sharing walkers at a retirement home as we talk over what might have been.” — **Shannon L. Alder**

“We don’t drift in good directions. We discipline and prioritize ourselves there.” — **Andy Stanley, The Principle of the Path:**

How to Get from Where You Are to Where You Want to Be

“When it comes to the important things, it’s not about finding time to get them done—it’s about making time to get them done.”

— **Idowu Koyenikan, Wealth for All: Living a Life of Success at the Edge of Your Ability**

“My temptation is to tackle everything at once, or nothing at all.”

— **Kevin DeYoung, Crazy Busy: A (Mercifully) Short Book about a (Really) Big Problem**

“A sacred space is not a place to hide out. It is a place where we recognize ourselves and our commitments.”

— **Sherry Turkle, Alone Together: Why We Expect More from Technology and Less from Each Other**

“When you cannot do what you have always done, then you only do what matters most.” — **Robert D. Hales**

“The key is not to prioritize what’s on your schedule, but to schedule your priorities.” — **Stephen R. Covey**

“Sometimes you suffer for the things that are important to you.” — **Marta Acosta, Dark Companion**

“Our minds are susceptible to the influence of external voices telling us what we require to be satisfied, voices that may drown out the faint sounds emitted by our souls and distract us from the careful, arduous task of accurately naming our priorities.” —

Alain de Botton, Status Anxiety

Flourishing

“You must give up the life you planned in order to have the life that is waiting for you.”– **Joseph Campbell**

“Do what you can, with what you have, where you are.”–
Theodore Roosevelt

All is flux, nothing stays still.” – **Heraclitus**

“The mind can make a heaven out of hell or a hell out of heaven”
– **John Milton**

“You can’t have a better tomorrow if you are thinking about yesterday all the time.” – **Charles Kettering**

“Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough.” – **Josh Billings**

“How much pain they have cost us, the evils which have never happened.” – **Thomas Jefferson**

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”– **Maria Robinson**

“The man who never makes mistakes loses a great many chances to learn something.” -- **Thomas Edison**

“Be what you are. This is the first step toward becoming better than you are.” – **Julius Hare**

“You don’t have to see the whole staircase. Just take the first step.”☞ – **Martin Luther King, Jr.**

“Do you want to flourish in the garden of life? Life's gardeners pluck the weeds and care only for the productive plants.” – **Bryant McGill, Simple Reminders: Inspiration for Living Your Best Life**

“There’s a resident honesty in my every emotion. As I allow myself to feel all my feelings, I will be guided to the tender healing that is available to me.” – **LaShaun Middlebrooks Collier**

“Don't allow one setback to define you. Your true self is beyond measure. Success is a marathon, not a sprint. Move on to where you flourish.” – **Assegid Habtewold, The 9 Cardinal Building Blocks: For Continued Success in Leadership**

“Love and work are to people what water and sunshine are to plants.” – **Jonathan Haidt, The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom**

“No work for love will flourish out of guilt, fear, or hollowness of heart, just as no valid plans for the future are made by those who have no capacity for living now.” – **Alan Watts**

"Getting unstuck is a matter of choice. If you want **flourish** in life make a choice today to move into that reality. You can do it."-- **Sereda Aleta Dailey**



“As soon as you trust yourself, you will know how to live.”

— **Johann Wolfgang von Goethe, Faust: First Part**

“Self trust is the essence of heroism.” — **Ralph Waldo Emerson**

“A leaf does not resist the breeze. A goose does not resist the urge to fly down south. Is this not happiness? Is this not freedom? To access this incredible state, we need only one thing: Trust. Trust that, when you are not holding yourself together so tightly, you will not fall apart. Trust that it is more important to fulfill your authentic desires than listen to your fears. Trust that your intuition is leading you somewhere. Trust that the flow of life contains you, is bigger than you, and will take care of you - if you let it.” — **Vironika Tugaleva**

“Honoring your own boundaries is the clearest message to others to honor them, too.” — **Gina Greenlee, Postcards and Pearls: Life Lessons from Solo Moments on the Road**

“Trust yourself and try not to get lured off course by conflicting opinions that don't seem to sit right with you.” — **Auliq Ice, Let's Face It**

“What do you believe about who you are? About your capabilities? When was the last time you trusted yourself enough to test them?” — **Gina Greenlee, Postcards and Pearls: Life Lessons from Solo Moments on the Road**

“Quit beating yourself up, beat your goals up instead.” — **Chinonye J. Chidolue**

“Never let the thoughts of self-unworthiness re-arrange your prepared passion for failure. You can do it even if others say you can't. But you cannot do it if you tell yourself you can't.” — **Israelmore Ayivor**

“If you seek happiness through someone else's perspective, you

might as well get comfortable in sorrow.” – **Unarine Ramaru**

“Say what you mean and mean what you say. Don’t be afraid to stand firm on the decisions that you make. Trust yourself. Believe in your instincts. Do what works best for YOU. Stay true to yourself and be good to yourself. Allow every decision that you make to empower, enrich, and add value to your life!” – **Stephanie Lahart**

“Everything you want lies on the other side of learning to trust yourself. Take a chance. Have faith. You already know who you are, what you want, and where you want to go.” – **Vironika Tugaleva**

“Raisin cookies that look like chocolate chip cookies are the main reasons I have trust issues.” – **KanyeInterruptedMe**

"We need people in our lives with whom we can be as open as possible. To have real conversations with people may seem like such a simple, obvious suggestion, but it involves courage and risk." --**Thomas Moore**

"Trust is like blood pressure. It's silent, vital to good health, and if abused it can be deadly." -- **Frank Sonnenberg, author of Follow Your Conscience**

"The best way to find out if you can trust somebody is to trust them." --**Ernest Hemingway**

"He who does not trust enough will not be trusted." --**Lao Tzu**



“Success is not final, failure is not fatal: it is the courage to continue that counts.” — **Winston S. Churchill**

“Try not to become a man of success. Rather become a man of value.” — **Albert Einstein**

“Success is getting what you want, happiness is wanting what you get” — **W.P. Kinsella**

“Success is stumbling from failure to failure with no loss of enthusiasm.” — **Winston S. Churchill**

“A man is a success if he gets up in the morning and gets to bed at night, and in between he does what he wants to do.” — **Bob Dylan**

“A thinker sees his own actions as experiments and questions--as attempts to find out something. Success and failure are for him answers above all.” — **Friedrich Nietzsche**

“Only those who dare to fail greatly can ever achieve greatly.” — **Robert F. Kennedy**

“Don't aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long-run—in the long-run, I say!—success will follow you precisely because you had forgotten to think about it” — **Viktor E. Frankl, Man's Search for Meaning**

“Always bear in mind that your own resolution to succeed is more important than any one thing.” – **Abraham Lincoln**

“Success does not consist in never making mistakes but in never making the same one a second time.” – **George Bernard Shaw**

“I've had great success being a total idiot. ” – **Jerry Lewis**

“The good news is that the moment you decide that what you know is more important than what you have been taught to believe, you will have shifted gears in your quest for abundance. Success comes from within, not from without.” – **Ralph Waldo Emerson**

“Don't mistake activity with achievement.” – **John Wooden**

“I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”
– **Booker T. Washington, Up From Slavery: An Autobiography**

“Eighty percent of success is showing up.” – **Woody Allen**

“If you care about what you do and work hard at it, there isn't anything you can't do if you want to.” – **Jim Henson**

**HELLO
MY NAME IS**

Failure

“Our greatest fear should not be of failure but of succeeding at things in life that don't really matter.” — **Francis Chan, Crazy Love: Overwhelmed by a Relentless God**

“I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time.”
— **Herbert Bayard Swope**

“We are all failures- at least the best of us are.” — **J.M. Barrie**

“The only time you fail is when you fall down and stay down.”
— **Stephen Richards, Cosmic Ordering: You can be successful**

“Winners are not afraid of losing. But losers are. Failure is part of the process of success. People who avoid failure also avoid success.” — **Robert T. Kiyosaki, Rich Dad, Poor Dad**

“I have not failed. I've just found 10,000 ways that won't work.”
— **Thomas A. Edison**

“Success is not final, failure is not fatal: it is the courage to continue that counts.” — **Winston S. Churchill**

“I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time.”
— **Herbert Bayard Swope**

“Failure is the condiment that gives success its flavor.” —
Truman Capote

“Success is stumbling from failure to failure with no loss of enthusiasm.”
— **Winston S. Churchill**

“Don't spend time beating on a wall, hoping to transform it into a door. ”
— **Coco Chanel**

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.” – **Maya Angelou**

“A thinker sees his own actions as experiments and questions-- as attempts to find out something. Success and failure are for him answers above all.” – **Friedrich Nietzsche**

“Try again. Fail again. Fail better.” – **Samuel Beckett, Worstward Ho**

“Just because you fail once doesn't mean you're gonna fail at everything.” – **Marilyn Monroe**

“Only those who dare to fail greatly can ever achieve greatly.” – **Robert F. Kennedy**

BONUS



“The more you know who you are, and what you want, the less you let things upset you.” — **Stephanie Perkins, Anna and the French Kiss**

“Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” — **Lao Tzu**

“For after all, the best thing one can do when it is raining is let it rain.” — **Henry Wadsworth Longfellow**

“I am my own biggest critic. Before anyone else has criticized me, I have already criticized myself. But for the rest of my life, I am going to be with me and I don't want to spend my life with someone who is always critical. So I am going to stop being my own critic. It's high time that I accept all the great things about me.” — **C. JoyBell C.**

“Before you can live a part of you has to die. You have to let go of what could have been, how you should have acted and what you wish you would have said differently. You have to accept that you can't change the past experiences, opinions of others at that moment in time or outcomes from their choices or yours. When you finally recognize that truth then you will understand the true meaning of forgiveness of yourself and others. From this point you will finally be free.”

— **Shannon L. Alder**

“Sometimes people let the same problem make them miserable for years when they could just say, *So what*. That's one of my favorite things to say. *So what*.” — **Andy Warhol, The Philosophy of Andy Warhol**