

# My Most Excellent Year Yet

52 Weekly Journal Prompts: Quotable Quotes

"Life can only be understood backwards, but it must be lived forwards."

"The first problem for all of us, men and women, is not to learn, but to unlearn."

"Find out who you are and do it on purpose."

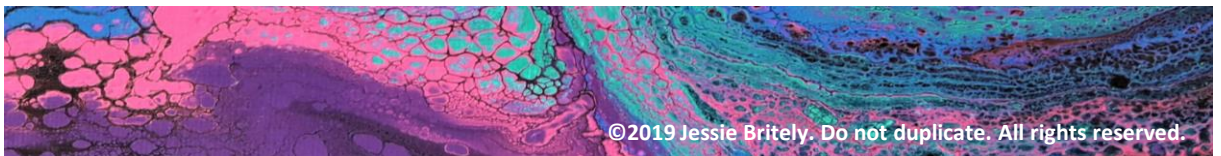
"Instead of looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there then."

"It is better to fail in originality than to succeed in imitation."

"I've been absolutely terrified every moment of my life and I've never let it keep me from doing a single thing I wanted to do."

"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement."

"There is nothing either good or bad but thinking makes it so."



"Do not wait to strike till the iron is hot; but make it hot by striking." – William Butler Yates

"Whether you think you can, or you think you can't – you're right." – Henry Ford

"How wonderful it is that nobody need wait a single moment before starting to improve the world." – Anne Frank

"The way I see it, if you want the rainbow, you gotta put up with the rain." – Dolly Parton

"Life can only be understood backwards, but it must be lived forwards."  
– Soren Kierkegaard

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"I not only use all the brains that I have, but all that I can borrow." – Woodrow Wilson

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"You may not control all the events that happen to you, but you can decide not to be reduced by them." – Maya Angelou

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"The most effective way to do it, is to do it." – Amelia Earhart

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"Always be a first-rate version of yourself, instead of a second-rate version of somebody else."  
– Judy Garland

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"We need to do a better job of putting ourselves higher on our own 'to-do' list." – Michelle Obama

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"Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement." – Golda Meir

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"Things don't have to change the world to be important." – Steve Jobs

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"Just don't give up trying to do what you really want to do. Where there is love and inspiration,  
I don't think you can go wrong." – Ella Fitzgerald

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"Who questions much, shall learn much, and retain much." – Francis Bacon

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"I've been absolutely terrified every moment of my life and I've never let it keep me from doing  
a single thing I wanted to do." – Georgia O'Keeffe

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"I'm tough, I'm ambitious, and I know exactly what I want. If that makes me a bitch, okay."  
– Madonna

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"Learn to be quiet enough to hear the genuine within yourself so that you can hear it in others." – Marian Wright Edelman

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"When you say 'yes' to others, make sure you are not saying 'no' to yourself." – Paulo Coelho

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"Optimism is the faith that leads to achievement." – Helen Keller

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"A person who never made a mistake, never tried anything new." – Albert Einstein

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"What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall

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"We shall never know all the good that a simple smile can do." – Mother Teresa

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"The mediocre teacher tells. The good teacher explains. The superior demonstrates. The great teacher inspires." – William Arthur Ward

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"There is nothing either good or bad but thinking makes it so." – William Shakespeare

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"The way to get started is to quit talking and begin doing." – Walt Disney

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"Follow your inner moonlight; don't hide the madness." – Allen Ginsberg

"I am not afraid. . . I was born to do this." – Joan of Arc

"At the end of the day, if I can say I had fun, it was a good day." – Simone Biles

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"Find out who you are and do it on purpose." – Dolly Parton

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"Done is better than perfect." – Sheryl Sandberg

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"It takes many good deeds to build a good reputation, and only one to lose it."  
– Benjamin Franklin

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"Humans aren't as good as we should be in our capacity to empathize with feelings and thoughts of others, be they humans or other animals on Earth." – Neil deGrasse Tyson

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"Painting is self-discovery. Every good artist paints what he is." – Jackson Pollock

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"Today was good. Today was fun. Tomorrow is another one." – Dr. Seuss

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"Limit your 'always' and your 'nevers'." – Amy Poehler

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"The first problem for all of us, men and women, is not to learn, but to unlearn."  
– Gloria Steinem

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"It always seems impossible until it's done." – Nelson Mandela

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"The most courageous act is still to think for yourself. Aloud." – Coco Chanel

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"When you reach the end of your rope, tie a knot in it and hang on." – Franklin D. Roosevelt

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"A champion is defined not by their wins but by how they can recover when they fall."  
– Serena Williams

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"No mater what people tell you, words and ideas can change the world." – Robin Williams

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"My mission in life is not merely to survive, but to thrive." – Maya Angelou

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"The way to get started is to quit talking and begin doing." – Walt Disney

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"Nothing is impossible. The word itself says 'I'm possible!'" – Audrey Hepburn

"The most wasted of days is one without laughter." – E. E. Cummings

"If I cannot do great things, I can do small things in a great way." – Dr. Martin Luther King, Jr.

"Success usually comes to those who are too busy to be looking for it." – Henry David Thoreau

"It is better to fail in originality than to succeed in imitation." – Herman Melville

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"The real test is not whether you avoid this failure, because you won't. It's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere." – Barack Obama

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"You must do the things you think you cannot do." – Eleanor Roosevelt

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"I never dreamed about success, I worked for it." – Estee Lauder

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"Instead of looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there then." – Diana Ross

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"Little by little, one travels far." – J.R.R. Tolkien

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"If you obey all the rules, you miss all the fun." – Katharine Hepburn

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"The most common way people give up their power is by thinking they don't have any."  
– Alice Walker

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## Year-End Deep-Dive

"Arriving at one goal is the starting point to another." – John Dewey

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

"Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it." – Oprah Winfrey

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To that end, each of us must work for his own improvement and, at the same time, share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful." – Marie Curie

"You cannot hope to build a better world without improving the individuals.  
To that end, each of us must work for his own improvement and, at the same time, share a  
general responsibility for all humanity, our particular duty being to aid those to whom we think  
we can be most useful." – Marie Curie