# 12 Inspirational Quotes Journal



#### **Forward**

We all face struggles and setbacks along our wellness journey. The right words at the right time have immense power to uplift our mind, body, and Soul.

Sometimes those words belong to others.

Other times, they come from us.

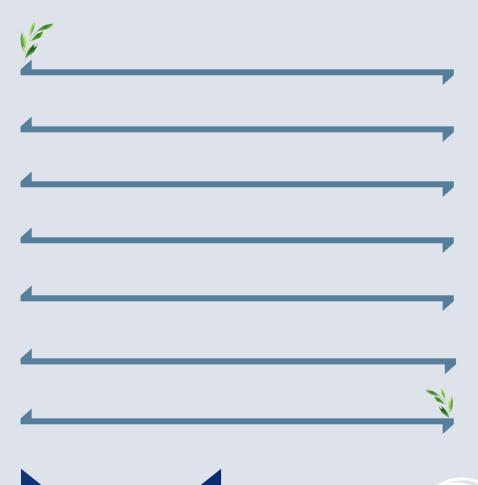
I hope you take as much inspiration from the 12 motivational quotes sprinkled throughout this wellness journal as I have. Some are poignant, others passionate, and a few are downright hilarious. Yet they all point to a better way of processing life's successes and defeats so that we can each become the author of our own wellness journey, and use what we learn to inspire others in untold ways.

NAMASTÉ, KIRSTIE GANOBSIK "Now that your eyes are open, make the sun jealous with your burning passion to start the day. Make the sun jealous or stay in bed."

MALAK EL HALABI



#### How will you let your passion come out to play today?





"Accidentally consumed five biscuits when I wasn't paying attention. Those biscuits are wily fellows - they leap in like sugary ninjas."

CHARLES DICKENS



Put your faux pas in perspective by using humor and gentleness to acknowledge your triggers.

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#### "Look in the mirror. That's your competition."

ANONYMOUS



Acknowledge the things you have done to grow and become a healthier version of yourself.

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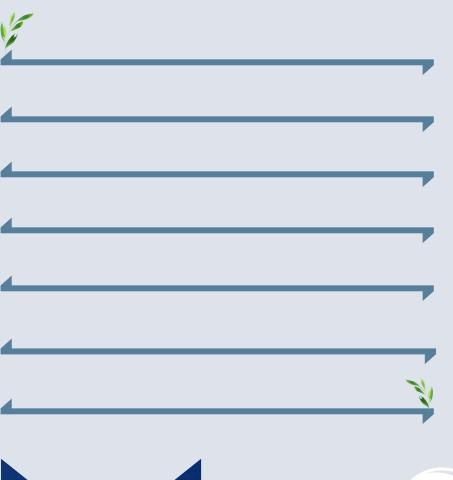


#### ""Food and medicine are not two different things: they are the front and back of one body."

MASANOBU FUKUOKA, THE ONE-STRAW REVOLUTION



#### What foods can you add to your meal plan that double as preventative medicine?



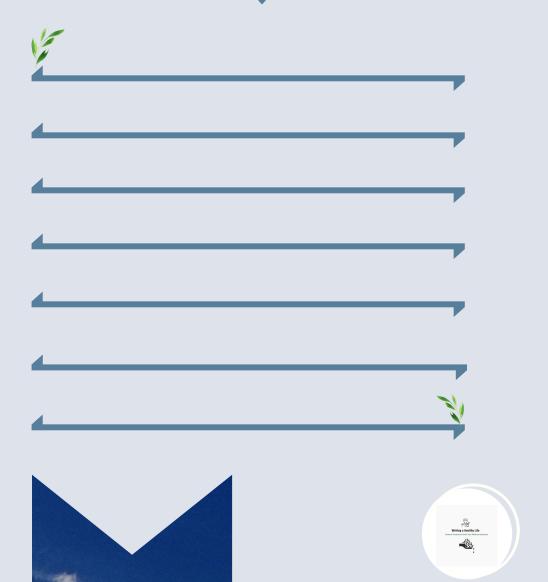


## "If you know the art of deep breathing, you have the strength, wisdom, and courage of ten tigers."

CHINESE ADAGE



Take 3 slow, deep breaths in through your nose, and out through your mouth. Notice a difference?



## "I have to exercise in the morning before my brain figures out what I'm doing."

MARSHA DOBLE



Consider some ways you can stay motivated to keep working out, eating right, and managing your health conditions.

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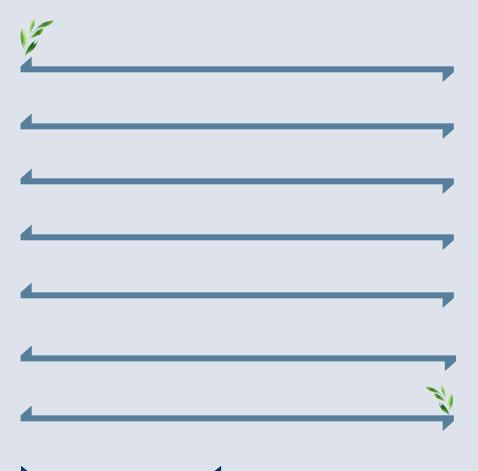


## "Healing is a matter of time, but it is also sometimes a matter of opportunity."

**HIPPOCRATES** 



#### What healing opportunities are in your life right now?

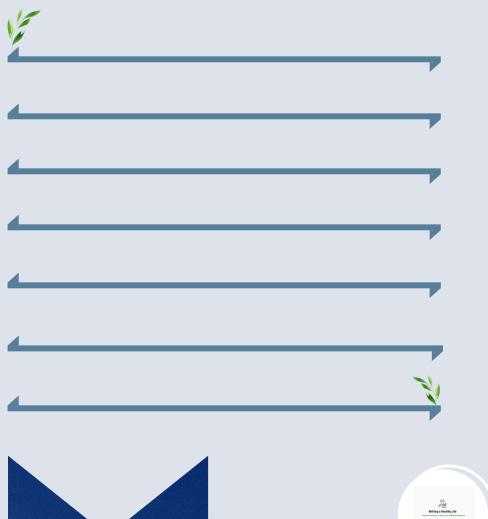




### "Meditation is like a gym in which you develop the powerful mental muscles of calm and insight."

AJAHN BRAHM





## "Sometimes when you're in a dark place you think you've been buried but you've actually been planted."

CHRISTINE CAINE



#### What one self-care step can you take today to ensure that you bloom?

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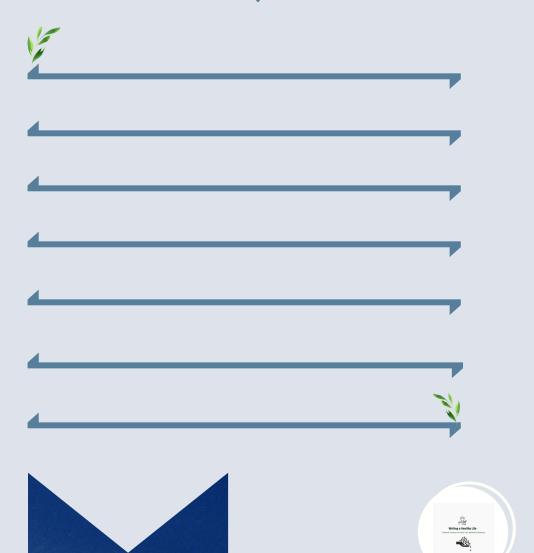


## "Security is mostly a superstition. Life is either a daring adventure or nothing."

HELEN KELLER



In what ways have you already stepped out of your comfort zone? In what ways would you like to?

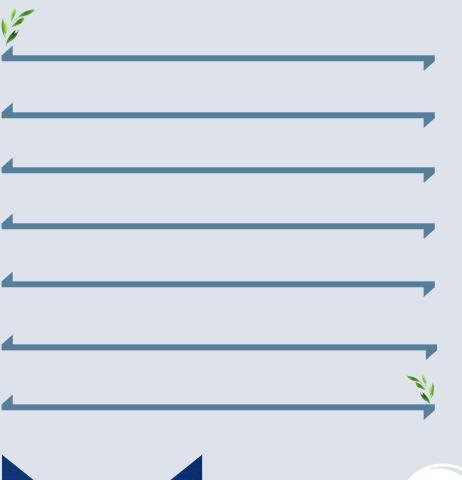


#### "Don't judge each day by the harvest you reap but by the seeds that you plant."

ROBERT LOUIS STEVENSON



#### What work have you already done towards your health and wellness goals?



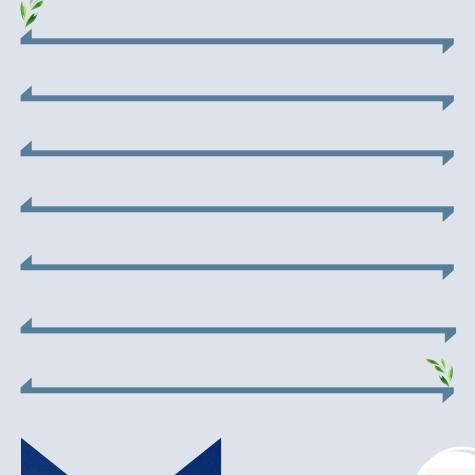


## "Just think how happy you would be if you lost everything you have right now, and then got it back again."

FRANCES RODMAN



#### Express your gratitude.





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