

INSPIRATIONAL QUOTES

A LITTLE SPICE

"I'm speaking."

- **Kamala Harris**

"I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass."

- **Maya Angelou**

"Dear optimist, pessimist, and realist – while you guys were busy arguing about the glass of wine, I drank it! Sincerely, the opportunist!"

- **Lori Greiner**

"Have you ever noticed that idiots have a lot of friends? It's just an observation."

- **Markus Zusak**

"Calling it your job don't make it right, boss."

- **Paul Newman as Luke in Cool Hand Luke**

"I'm A Wild And An Untamed Thing. I'm A Bee With A Deadly Sting."

- **Dr. Frank-N-Furter**

"We lie best when we lie to ourselves."

- **It**

"Everything before the word 'but' is horseshit."

- **Jon Snow**

"A person who doesn't learn from the past is an idiot, in my estimation."

- **Stephen King**

"A lion doesn't concern himself with the opinions of a sheep."

- **Tywin Lannister**

"The fact that you aren't where you want to be should be enough motivation."

"Actually, I can."

"I am currently creating the woman I want to be. Excuse me while I become super selfish with my time and energy."

"The thing is, your opinions don't pay my bills."

"Does running my empire count as cardio?"

"I can be as high maintenance as I want. I'm the one paying the bills."

"Women with ambition run their businesses, not their mouths."

"I have to be successful because I like expensive things."

"Make it happen and shock every one."



INSPIRATIONAL QUOTES

BOSS BABES

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

- **Oprah Winfrey**

“Success doesn’t come from what you do occasionally, but what you do consistently.”

- **Marie Foleo**

“Visualize your highest self, then start showing up as her.”

- **Bossbabe INC.**

“We need to get women to the point where they aren’t apologizing. It is time to take ownership in our success.”

- **Tory Burch**

“Gotta move different when you want different.”

- **Bossbabe INC.**

“I realized it was only me that was stopping myself from living my life.”

- **Jennifer Aniston**

“Pour yourself a drink, put on some lipstick and pull yourself together.”

- **Elizabeth Taylor**

“I want every little girl who’s been told she’s bossy to be told again she has leadership skills.”

- **Sheryl Sandberg, COO at Facebook**

“Women are the largest untapped reservoir of talent in the World.”

- **Hillary Clinton**

“You’re not in competition with other women. You’re in competition with everyone.”

- **Tina Fey**

“There is no better personal development tool than running your own business.”

- **Ali Brown**

“A lot of people are afraid to say what they want. That’s why they don’t get what they want.”

- **Madonna**

“Define success on your own terms, achieve it by your own rules, and build a life you’re proud to live.”

- **Anne Sweeney**



INSPIRATIONAL QUOTES

BOSS BABES

"Think like a queen. A queen is not afraid to fail. Failure is another steppingstone to greatness."

- **Oprah Winfrey**

"We need to re-shape our own perception of how we view ourselves. We have to step up as women and take the lead."

- **Beyonce**

"Charge your worth."

- **LauraKiiLLZ**

"I'd rather work 90 hours a week for myself over working 40 hours a week for someone else."

- **Tianna Winters**

"By all means, move at a glacial pace. You know how that thrills me."

- **Miranda Priestly, The Devil Wears Prada**

"If you want something said, ask a man; if you want something done, ask a woman."

- **Margaret Thatcher**

"I was raised to hustle like a man because I was told to never depend on one."

"You are your only limit."

"Fall in love with the process of becoming the very best version of yourself."

"It doesn't matter what others are doing. It matters what you are doing."

"Invest in your mind, every single day."



INSPIRATIONAL QUOTES

ENTREPRENEUR

"You have to see failure as the beginning and the middle, but never entertain it as an end."

- **Jessica Herrin**

"Don't let others convince you that the idea is good when your gut tells you it's bad."

- **Kevin Rose**

"I knew that if I failed I wouldn't regret that, but I knew the one thing I might regret is not trying."

- **Jeff Bezos**

"Whether you think you can, or think you can't — you're right."

- **Henry Ford**

"The question I ask myself almost every day is, 'Am I doing the most important thing I could be doing?'"

- **Mark Zuckerberg**

"A person who never made a mistake never tried anything new."

- **Albert Einstein**

"Build your own dreams, or someone else will hire you to build theirs."

- **Farrah Gray**

"Formal education will make you a living; self-education will make you a fortune."

- **Jim Rohn**

"It's fine to celebrate success but it is more important to heed the lessons of failure."

- **Bill Gates**

"Dreaming, after all, is a form of planning."

- **Gloria Steinem**

"Fearlessness is not the absence of fear. It's the mastery of fear. It's about getting up one more time than we fall down."

- **Arianna Huffington, editor in chief of The Huffington Post**

"The difference between skill and talent: A skill is something you learn. Talent is what you can't help doing."

- **Caroline Ghosen, founder and CEO of career site Levo**

"Surround yourself with a trusted and loyal team. It makes all the difference."

- **Alison Pincus, cofounder of One Kings Lane**

"Nothing will work unless you do."

- **Maya Angelou**

"It is within everyone's grasp to be a CEO."

- **Martha Stewart**



INSPIRATIONAL QUOTES

ENTREPRENEUR

"I wake up every morning and think to myself, 'How far can I push the company forward in the next 24 hours?'"

- **Leah Busque, founder and CEO of TaskRabbit**

"Until you're ready to look foolish, you'll never have the possibility of being great."

- **Cher**

"I never dreamed about success. I worked for it."

- **Estee Lauder**

"If you are starting your own business, the best shortcut is to find a good mentor."

- **Kim Kiyosaki**

"I learned to always take on things I'd never done before. Growth and comfort do not coexist."

- **Virginia Rometty**

"With every experience, you alone are painting your own canvas, thought by thought, choice by choice."

- **Oprah Winfrey**

"I have never worked a day in my life without selling. If I believe in something, I sell it and I sell it hard."

- **Estee Lauder**

"If you don't get out of the box you've been raised in, you won't understand how much bigger the world is."

- **Angelina Jolie**

"Running my own business is empowering. I get to set my own hours, call the shots, and contribute to my family."

- **Amanda Cookson**

"If you are giving a lot of value, if you are making an impact in people's lives, it will be reflected in your bank account."

- **Millie Leung**

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

- **Mary Anne Radmacher**

"Don't let anyone ever make you feel like you don't deserve what you want."

- **Heath Ledger**

"Just because someone stumbles and loses their path, doesn't mean they're lost forever."

- **Professor X**

"Nobody's perfect."

- **Some Like It Hot**



INSPIRATIONAL QUOTES

ENTREPRENEUR

"Sometimes it is the people who no one imagines anything of who do the things that no one can imagine."

- **Alan Turing**

"It's only after we've lost everything that we're free to do anything."

- **Fight Club, Tyler Durden**

"When you decide to be something, you can be it."

- **Frank Costello, The Departed**

"I don't regret the things I've done, but those I did not do."

- **Empire Records**

"Hope is not a strategy."

- **Walker, Mission: Impossible – Fallout**

"You want to get out of the hole? First you're going to have to put down the shovel."

- **Agent Rick Dicker, Incredibles 2**

"I have always depended on the kindness of strangers."

- **A Streetcar Named Desire**

"No amount of money ever bought a second of time."

- **Tony Stark**

"The hardest choices require the strongest wills."

- **Thanos**

"Those who never change their mind never change anything."

- **Winston Churchill**

"With great power comes great responsibility."

- **Spider-Man**

"The most important things are the hardest things to say."

- **The Body**

"A cowardly leader is the most dangerous of men."

- **Under the Dome**

"It ain't the blows we're dealt that matter, but the ones we survive."

- **Rose Madder**

"If you want to be a writer, you must do two things above all others: read a lot and write a lot."

- **Stephen King**

"Fear cuts deeper than swords."

- **Arya Stark**



INSPIRATIONAL QUOTES

ENTREPRENEUR

“Talent is a wonderful thing, but it won’t carry a quitter.”

- **Stephen King**

“Never forget what you are. The rest of the world will not. Wear it like armour, and it can never be used to hurt you.”

- **Tyrion Lannister**

“The freedom to make my own mistakes was all I ever wanted.”

- **Mance Rayder**

“The difference between who you are and who you want to be is what you do.”

“The body achieves what the mind believes.”

“Don’t wait until you’ve reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal.”

“Where you are here a year from now is the reflection of the choices you make now.”

“Today’s forecast – 100% chance of winning.”

“The best thing I ever did was believe in me.”

“Success is a decision.”



INSPIRATIONAL QUOTES

GOOD VIBES

"You're braver than you believe, and stronger than you seem, and smarter than you think."

- **A.A. Mine**

"Keep your face to the sunshine and you cannot see a shadow."

- **Helen Keller**

"Once you replace negative thoughts with positive ones, you'll start having positive results."

- **Willie Nelson**

"If opportunity doesn't knock, build a door."

- **Milton Berle**

"You are never too old to set another goal or dream a new dream."

- **Les Brown**

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

- **Dolly Parton**

"The more you praise and celebrate your life, the more there is in life to celebrate."

- **Oprah Winfrey**

"Happiness is the only thing that multiplies when you share it."

- **Albert Schweitzer**

"Be so happy that, when other people look at you, they become happy too."

- **Anonymous**

"Positive anything is better than negative nothing."

- **Elbert Hubbard**

"In whatever you do, you're not going to stand out unless you think big and have ideas that are truly original. That comes from tapping into your own creativity, not obsessing over what everyone else is doing."

- **Sophia Amoruso, founder of Nasty Gal**

"Follow your passion — and if you don't know what it is, realize that one reason for your existence on earth is to find it."

- **Oprah Winfrey**

"A wise man can learn more from his enemies than a fool from his friends."

- **Niki Lauda**

"Do, or do not. There is no 'try'."

- **Yoda**



INSPIRATIONAL QUOTES

GOOD VIBES

“The question isn’t who is going to let me; it’s who is going to stop me?”

- **Ayn Rand**

“In any business, it is impossible to do it half-heartedly and succeed.”

- **Millie Leung**

“I don’t believe in failure. It’s not failure if you enjoyed the process.”

- **Oprah Winfrey**

“Successful people understand that you don’t need to make things complicated.”

- **Anne McKevitt**

“Stay on your game and keep going for your dreams. The World needs that special gift that only you have.”

- **Marie Forleo**

“Success isn’t about how much money you make, it’s about the difference you make in people’s lives.”

- **Michelle Obama**

“If you push through that feeling of being scared, that feeling of taking risk, really amazing things can happen.”

- **Marissa Mayer**

“You are going to often find that to step into your biggest opportunity, you will be asked to move through your biggest fear or insecurity.”

-**Ali Brown**

“So often people are working hard at the wrong thing. Working on the right thing is probably more important than working hard.”

- **Caterina Fake**

“I am not satisfied in making money for myself. I endeavor to provide employment for hundreds of the women of my race.”

- **Madam C.J. Walker**

“Great men are not born great, they grow great.”

- **Mario Puzo**

“I feel the fear, the I walk fast toward it.”

- **Markus Zusak**

“Our lives are defined by opportunities, even the ones we miss.”

- **Benjamin Button**

“The Dude abides.”

- **The Big Lebowski, 1998**



INSPIRATIONAL QUOTES

GOOD VIBES

"All we have to decide is what to do with the time that is given to us."

- **Gandalf, LOTR: The Fellowship of the Ring**

"Your identity is your most valuable possession. Protect it."

- **Elastigirl (The Incredibles)**

"From where I stand, the sun is shining all over the place."

- **Singin' in the Rain**

"Don't Dream It, Be It."

- **Dr. Frank-N-Furter**

"It is health that is real wealth and not pieces of gold and silver."

- **Mahatma Gandhi**

"There is no bad time for good news."

- **Cujo**

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't do."

"It's not about being the best. It's about being better than you were yesterday."



INSPIRATIONAL QUOTES

HEALTH & WELLNESS

“Sorry, there’s no magic bullet. You gotta eat healthy and live healthy, to be healthy and look healthy. End of story.”

- **Morgan Spurlock, “Supersize Me”**

“Good food is very often, even most often, simple food.”

- **Anthony Bourdain**

“Food is not just eating energy. It’s an experience.”

- **Guy Fieri**

“The first wealth is health.”

- **Ralph Waldo Emerson**

“Don’t dig your grave with your own knife and fork.”

- **English Proverb**

“Health requires healthy food.”

- **Roger Williams**

“Healthy eating is a way of life, so it’s important to establish routines that are simple, realistic, and ultimately livable.”

- **Horace, Roman poet**

“One cannot think well, love well and sleep well if one has not dined well.”

- **Virginia Wolf**

“Food is not just fuel. Food is about family, food is about community, food is about identity. We nourish all those things when we eat well.”

- **Michael Pollan, Food Wellness Author**

“I like food where the guiding principle is you have three or four good ingredients, and the most important thing is to just not screw them up. Treat them with a little respect.”

- **Anthony Bourdain**

“Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

- **Ferris Bueller**

“Happiness is the highest form of health.”

- **Dalai Lama**

“A good laugh and a long sleep are the best cures in the doctor’s book.”

- **Irish Proverb**

“A child’s mental health is just as important as their physical health.”

- **Kate Middleton**



INSPIRATIONAL QUOTES

HEALTH & WELLNESS

“A healthy outside starts from the inside.”

- **Robert Urich**

“To eat is a necessity, but to eat intelligently is an art.”

- **Francois La Rochefoucauld**

“We are what we repeatedly eat. Healthy eating is not an act, but a habit.”

- **Felicity Luckey**

“Every time you eat or drink, you are either feeding disease or fighting it.”

- **Heather Morgan**

“If you keep good food in your fridge, you will eat good food.”

- **Errick McAdams**

“Don’t ask why healthy food is so expensive. Ask why junk food is so cheap.”

- **NutitionSnob**

“When you start eating food without labels, you no longer need to count calories.”

- **Amanda Kraft**

“Take care of your body, it’s the only place you have to live.”

- **Jim Rohn**

“Embrace and love your body. It is the most amazing thing you’ll ever own.”

“Don’t let your mind bully your body.”

“You are what you eat, so don’t be fast, cheap, easy or fake.”

“Become a priority in your life.”

“Think about what could go right.”

“If you wouldn’t say it to a friend, don’t say it to yourself.”

“Be patient with yourself. Nothing in nature blooms all year.”

“Stop hating yourself for everything you aren’t and start loving yourself for everything you already are.”

“Believe you can and you’re halfway there.”

“Self love is the greatest medicine.”

“Your life only gets better when you do. Work on yourself and the rest will follow.”



INSPIRATIONAL QUOTES

#MONDAYMOTIVATION

"The most effective way to do it is to do it."

- **Amelia Ear**

"A girl should be two things – Who & What she Wants."

- **Coco Chanel**

"Starting a small business has been one of the best choices I ever made."

- **Rawa**

"You never lose in business, either you win or you learn."

- **Melinda Emerson**

"If people are doubting how far you can go, go so far that you can't hear them anymore."

- **Michele Ruiz**

"Striving for excellence motivates you; striving for perfection is demoralizing."

- **Harriet Braiker**

"Success doesn't come from what you do occasionally. It comes from what you do consistently."

- **Marie Forleo**

"Knowing that things could be worse should not stop us from trying to make them better."

- **Sheryl Sandberg**

"I invented my life by taking for granted that everything I did not like would have an opposite, which I would like."

- **Coco Chanel**

"Fearlessness is not the absence of fear. It's the mastery of fear. It's about getting up one more time than we fall down."

- **Arianna Huffington**

"Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway."

- **Mary Kay Ash**

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward."

- **Martin Luther King, Jr.**

"If a guy like you can stand up and do what you did, then maybe everyone can. Maybe everyone can live beyond what they're capable of."

- **Markus Zusak**

"It's what you do right now that makes a difference."

- **Struecker**

"Don't just fly, soar."

- **Dumbo**



INSPIRATIONAL QUOTES

#MONDAYMOTIVATION

"People don't take opportunities because the timing is bad, the financial side unsecure. Too many people are overanalyzing. Sometimes you just have to go for it."

- **Michelle Zatlyn**

"In this life, you don't have to prove nothin' to nobody but yourself. And after what you've gone through, if you haven't done that by now, it ain't gonna never happen. Now go on back."

- **Fortune**

"Some people can't believe in themselves until someone else believes in them first."

- **Sean Maguire, Good Will Hunting**

"Oh yes, the past can hurt. But you can either run from it, or learn from it."

- **Rafiki, from The Lion King**

"Get busy living, or get busy dying."

- **Andy Dufresne, The Shawshank Redemption**

"Life is like a box of chocolates, you never know what you're gonna get."

- **Forrest Gump**

"No great thing is created suddenly."

- **Doctor Sleep**

"Your regrets aren't what you did, but what you didn't do. So I take every opportunity."

- **Cameron Diaz**

"I say luck is when an opportunity comes along and you're prepared for it."

- **Denzel Washington**

"You control your destiny — you don't need magic to do it. And there are no magical shortcuts to solving your problems."

- **Merida (Brave)**

"After all, tomorrow is another day."

- **Gone with the Wind**

"A year from now, you'll wish you had started today."

"Push harder than yesterday if you want a different tomorrow."

"There is nothing as glamorous as the schedule I choose for myself."

"She remembered who she was and the game changed."

"Get focused queen. You lose momentum every time you look back."

"See you at the top boo."

