

Better Your Life.

Better Your Mind.

Better Your Results.

Lifestyle Quotes

Copyright © 2024. Destiny S. Harris

Table of Contents

Quick Bit	7
Quote 1: Finance	8
Quote 2: Sleeping In	10
Quote 3: Eccentricity	12
Quote 4: Laziness	14
Quote 5: Future Self	16
Quote 6: Execution	18
Quote 7: Commit to Personal Development	20
Quote 8: Risk = Reward	22
Quote 9: Dream Killers	24
Quote 10: Dumb Habits	26
Quote 11: Pain Is Good	28
Quote 12: Identity	30
Quote 13: Level the Playing Field	32
Quote 14: Become Friends With Pain	34
Quote 15: Find A Way	36
Quote 16: Self Belief	38
Quote 17: Deviate	40
Quote 18: Same Goals YoY	42
Quote 19: Consistency	44
Quote 20: Competition	46
Quote 21: No Deadlines	48
Quote 22: Fear	50
Quote 23: Distraction	52

Quote 24: The Undisciplined	54
Quote 25: Self-Mastery	56
Quote 26: Broke Advice	58
Quote 27: Mediocrity	60
Quote 28: Success Is Never Born Here	62
Quote 29: Push Through	64
Quote 30: Forge Ahead	66
Quote 31: Empty Pursuits	68
Quote 32: Reality Addiction	70
Quote 33: Discipline Tiers	72
Quote 34: Money Habits	74
Quote 35: You're Perfection	76
Quote 36: Live Below Your Means	78
Quote 37: Guidance	80
Quote 38: Daily Progress	82
Quote 39: Generosity	84
Quote 40: Self Define	86
Quote 41: Intentions	88
Quote 42: Endless Possibility	90
Quote 43: Consistency Is the Foundation	92
Quote 44: Discipline Is Pain	94
Quote 45: Risks Are Good	96
Quote 46: The First 100k	98
Quote 47: Gratitude	100
Quote 48: Pain	102
Quote 49: Settle	104

Quote 50: Writing The Goal	106
Quote 51: Rushing	108
Quote 52: Compromise	110
Quote 53: Passion and Love	112
Quote 54: Daily Contemplation	114
Quote 55: Letting Go	116
Quote 56: Stay Present	118
Quote 57: Goals Are Nothing	120
Quote 58: Normative Thinking	122
Quote 59: Mental Games	124
Quote 60: Health Is Cumulative	126
Quote 61: Get off Your Ass	128
Quote 62: Quit	130
Quote 63: Eating	132
Quote 64: Health Is The Foundation of Success	134
Quote 65: Trying	136
Quote 66: Habits = Destiny	138
Quote 67: Choose Wisely	140
Quote 68: Set boundaries	142
Quote 69: Getting In Shape Again	144
Quote 70: Self-Aware Travel	146
Quote 71: World Traveler	148
Quote 72: True Love	150
Quote 73: The Passion	152
Quote 74: Self-Imposed Limitations	154
Quote 75: Emotional Regulation	156

Quote 76: Say "No"	158
Quote 77: Letting Go	160
Quote 78: Fire Is Self-Created	162
Quote 79: Weightlifting	164
Quote 80: Change or Nah?	166
Quote 81: Mediocrity	168
Quote 82: Self-Awareness	170
Quote 83: Good Company	172
Quote 84: Abundance Mindset	174
Quote 85: Partner Match Up	176
Quote 86: Dancing Laughter	178
Quote 87: Meditation	180
Quote 88: Stop Blaming Your Parents	182
Quote 89: Excuses Are Pathetic	184
Quote 90: Commit Daily	186
Quote 91: Stay Open	188
Quote 92: Laugh Through Tragedy	190
Quote 93: Clean Diet Benefits	192
Quote 94: Health Is Holistic	194
Quote 95: Fear	196
Quote 96: Self-Love	198
Quote 97: Purpose and Helping Others	200
Quote 98: Gifts In All Losses	202
Quote 99: Learn It The First Time	204
Quote 100: Live to Give	206
Quote 101: Addiction	208

Quote 102: Opportunities	210
Thank You For Reading	212

Quick Bit

Thank you for taking the time to read this book.

My hope is that you leave at least 1% better than before you read this book and walk away with at least one takeaway.

I'd like to graciously ask that you help me by sharing this book with someone and/or reaching out to me about the book; your feedback helps me serve you better.

*With Kindness,
Destiny*

Quote 1: Finance

One of the best gifts my parents gave me as a kid:

Reading personal finance books as a family at the dinner table.

Teach your kids about money, and if you don't know something, learn with them.

Quote 2: Sleeping In

How frequently do you sleep in versus staying up late or waking up early to work on your goals?

Tally it up. That's your answer to how badly you want to reach your goals.

Quote 3: Eccentricity

Don't be afraid to be unusual. Don't be afraid to deviate.

Quote 4: Laziness

Never discourage your partner, friends, colleagues, or family from putting in work on their goals.

Own your laziness; don't try to infect others with that bullsh*t.

Quote 5: Future Self

Do your future self a favor and take one action on your goals today. Don't wait for tomorrow.

Quote 6: Execution

Be a machine.

Execute without fail.

Quote 7: Commit to Personal Development

~2% of the population consistently invest in their personal development.

Be part of the 2%.

Listen. Learn. Read. Study.

Quote 8: Risk = Reward

Ignore the odds.

Go for it anyway.

Quote 9: Dream Killers

Excuses sabotage dreams.

Quote 10: Dumb Habits

You give up two things when you mindlessly scroll through social media:

1. Your Time

2. Access to your mind, behaviors, and beliefs.

Quote 11: Pain Is Good

Be grateful for pain, hardship, loss, and defeat.

Ample growth, refinement, and opportunities come from these circumstances.

Quote 12: Identity

Until you decide to be your own person, you will drift as most people do -- allowing life, people, culture/societal norms, and circumstances to easily influence you, your thoughts, and your actions by default.

Quote 13: Level the Playing Field

Never underestimate your intelligence and abilities,
and never overestimate others' intelligence and
abilities.

Quote 14: Become Friends With Pain

Become closely acquainted with pain, and you will
manifest your goals.

Quote 15: Find A Way

Stop making excuses and find a way to win.

Quote 16: Self Belief

You don't need anyone to believe in you. Believe in yourself.

Quote 17: Deviate

Give the world a full dose of your uniqueness.

Don't emulate.

Create.

Be.

Quote 18: Same Goals YoY

Some of you have had the same goals for several years.

When will you finally make it happen and strive for the next level?

Quote 19: Consistency

Consistency outperforms talent 99% of the time.

Quote 20: Competition

Your past self is your only competition.

Quote 21: No Deadlines

A goal is worthless without a deadline and a specific action plan.

Quote 22: Fear

I will break you, fear, before you ever break me.

Quote 23: Distraction

Distractions destroy results.

Quote 24: The Undisciplined

Undisciplined people will never be successful.

Quote 25: Self-Mastery

Self-mastery isn't a destination; it's a lifelong journey.

Quote 26: Broke Advice

Never take financial advice from broke people.

Quote 27: Mediocrity

Become addicted to discomfort.

Too many people are addicted to comfortable relationships, jobs, income, goals, places, and lifestyles, which is why they will always experience mediocrity.

Quote 28: Success Is Never Born Here

Hard work. No excuses. Resilience. Determination.
Focus. Self-discipline.

These are what make someone great.

Success is never born from laziness, excuses, and
blaming others.

Quote 29: Push Through

Average people don't know how to push through low moments. Champions stay in the fight; they never lose sight of their goals, no matter how much pain they face.

Quote 30: Forge Ahead

Resilience is forging ahead when you feel you have no strength or courage left.

Quote 31: Empty Pursuits

Materialistic desires are nice, but they're empty pursuits.

Quote 32: Reality Addiction

Your results directly reflect how addicted you are to your current reality.

Quote 33: Discipline Tiers

Short-term discipline is extremely painful, but long-term discipline feels good as f*ck.

Quote 34: Money Habits

Making good money won't magically change your bad financial habits.

Quote 35: You're Perfection

Too many people feel inadequate with their natural bodies. A healthy image starts with you. YOU are the standard of beauty. YOU are *perfection*.

Quote 36: Live Below Your Means

99.9% of people increase their cost of living as their income rises. Be like the .1% by doing the opposite.

Continuously aim to decrease your expenses and notice a radical increase in your net worth.

Live below your means.

Quote 37: Guidance

Be guided.

Listen to the whispers of the universe.

Quote 38: Daily Progress

No more ZERO days.

Make progress daily.

Quote 39: Generosity

Generosity is the primary key to experiencing genuine abundance and wealth.

Quote 40: Self Define

Never allow others to define who you are and what you can be.

Quote 41: Intentions

Set your intentions and go after them.

Don't back down. Don't get distracted.

Quote 42: Endless Possibility

Think outside of what's possible.

Quote 43: Consistency Is the Foundation

Making your dreams a reality is very simple but not easy.

However, consistency will get you to the finish line every time.

Quote 44: Discipline Is Pain

Ignore the pain of self-discipline and watch how much farther you go in life.

Quote 45: Risks Are Good

Sometimes, it's risky not to take a risk.

Quote 46: The First 100k

Saving the first 100k -- no, I'm not talking about intangible home equity -- is like hammering a nail in a brick wall; it seems impossible unless you have the proper tools (strategy), but each 100k that comes afterward comes popping like popcorn.

Compound interest is a real thing. That's why the rich keep getting richer without even trying.

Quote 47: Gratitude

I dare you not to take anyone or anything for granted today.

Quote 48: Pain

Pain is good.

Quote 49: Settle

Don't settle for anything less than you desire; this will only lead to a lack of fulfillment every single time.

Quote 50: Writing The Goal

There is something magical about writing your goals;
they end up happening.

Quote 51: Rushing

Move slowly in relationships. Rushing frequently produces shallow outcomes.

Quote 52: Compromise

Never compromise your values for anyone.

Quote 53: Passion and Love

You know you love it when you do it for free.

Quote 54: Daily Contemplation

Spend time daily in quiet contemplation to gain perspective, fresh ideas, and epiphanies.

Quote 55: Letting Go

You can't save or bring everyone along with you on your journey.

The hardest part is letting them go and allowing them to catch up at their own pace -- if they ever do catch up.

Quote 56: Stay Present

Living in the past prevents you from experiencing the gift of the present. Don't take your present for granted.

Quote 57: Goals Are Nothing

Goals amount to nothing without consistent action.

Quote 58: Normative Thinking

Do not be easily influenced. Think for yourself.
Challenge normative thinking. Deviate.

Quote 59: Mental Games

Nothing is challenging unless your mind thinks it's challenging.

Quote 60: Health Is Cumulative

Health is cumulative—every action you take day in and day out creates your future health state.

Quote 61: Get off Your Ass

The best thing to do when you don't feel like working out is to get off your f*cking a** and go work out.

Quote 62: Quit

Quit your excuses.

Quote 63: Eating

You are what you eat.

Quote 64: Health Is The Foundation of Success

A healthy weight and living an active lifestyle are foundational to your success.

Quote 65: Trying

If you're not trying, you don't want it as bad as you think you do.

Quote 66: Habits = Destiny

Your habits are your destiny.

Quote 67: Choose Wisely

Choose your partner wisely, for you will become like each other.

Always ask yourself, "Would I want to be like them?"

Quote 68: Set boundaries

Set boundaries and enforce them, or you will never get anything done.

Quote 69: Getting In Shape Again

If you want to get in shape, you're going to experience pain. But it's temporary.

Quote 70: Self-Aware Travel

Self-aware travel provides a way to learn how to optimize your life. You gain perspective. You come back knowing what changes you need to make.

Quote 71: World Traveler

I thought I knew myself until I traveled the world.

Quote 72: True Love

You don't know what true love is until you meet certain people. They're different. They're patient. They're tenderhearted. They're adaptable. They're in it for the long haul. They're accepting. They're unconditional. They're not in it to get something.

Quote 73: The Passion

Passion is when you do it daily and still can't imagine doing anything else.

Quote 74: Self-Imposed Limitations

You'll only ever go as far as your self-imposed limitations.

Quote 75: Emotional Regulation

Do not allow your emotions to overpower you.

Quote 76: Say "No"

Say "no" to allowing emotions, distractions, self-doubt, and your past to prevent you from making progress on your future.

Just say, "No."

Quote 77: Letting Go

Be willing to let go of the people who misalign with your values.

Quote 78: Fire Is Self-Created

Fire, ambition, passion, and determination are not something you can put in someone. They must have it within themselves to succeed.

Quote 79: Weightlifting

Weightlifting slows down aging, increases longevity, elevates metabolism, gives you more flexibility with your diet, and is a more productive exercise than cardio.

Quote 80: Change or Nah?

Where will you end up if you continue doing the same things you are today?

If you're unhappy with your response, will you do something different to shift your outcomes?

Quote 81: Mediocrity

Most people are addicted to mediocrity, which is why they stick to their unproductive habits.

Mediocrity is comfortable; it feels so f*cking good (like your bed on a cold rainy morning), and it's one of the hardest addictions to escape.

Quote 82: Self-Awareness

Take pauses here and there to ensure you align with everything and everyone around you.

Sometimes, we get so caught up that we miss markers, leading us down an unintended path.

Quote 83: Good Company

You are who you spend your time with; who do you spend your time with?

Limit your time around people who misalign with your values or don't build you up.

Quote 84: Abundance Mindset

There is more than enough for you and everyone.

Maintain an abundance mindset if you want to attract wealth into your life.

Quote 85: Partner Match Up

Settling in your love life is a perfect example of a lack mentality.

There are billions of people in the world. You don't need to settle. Go for what you want. You only get one life; make it the best you can by sharing it with someone who is a legendary match.

Quote 86: Dancing Laughter

Dance. Dance often.

Laugh. Laugh often.

Quote 87: Meditation

Meditate daily -- even if only for one minute. Practice being still and quiet daily. It's healthy for the mind, soul, body, and spirit.

Quote 88: Stop Blaming Your Parents

Don't blame your parents for anything. Do the best you can with the tools you've been given. Make something of yourself and take responsibility for your life.

Quote 89: Excuses Are Pathetic

Excuses are pathetic. Get over yourself and your unproductive feelings and get to work.

Quote 90: Commit Daily

Commit daily to your goals.

Quote 91: Stay Open

Open yourself to opposing views and thoughts. Stay open to new experiences and people. Stay open to another way of living. Stay open to all life has to offer.

Quote 92: Laugh Through Tragedy

Dark humor is one of the most helpful tools to get you through traumatic situations.

Let out a good cry, and then find the humor and laugh your way through tragedy.

Quote 93: Clean Diet Benefits

A clean diet not only helps you look and feel good, but it also helps you think more clearly -- enabling elevated productivity levels.

Quote 94: Health Is Holistic

Health is holistic. Be sure to address each and every pillar of your holistic health.

Don't neglect any area.

Mental

Physical

Financial

Relational

Emotional

Professional

Quote 95: Fear

Giving into fear will prevent you from living and tapping into your potential 100% of the time.

Dive in.

Quote 96: Self-Love

Love yourself—you're worth loving.

Quote 97: Purpose and Helping Others

Identify and understand your purpose and execute it daily.

Your purpose should involve helping others in some form; after all, that is what we are here for -- to help others.

Quote 98: Gifts In All Losses

In every loss, there is a gift and a lesson. You simply need to find it.

Quote 99: Learn It The First Time

Learn the lesson the first time so the universe doesn't
have to give it to you again.

Quote 100: Live to Give

Life is not about receiving. Life is about giving.

Give daily without the expectation of receiving.

Quote 101: Addiction

Addictions destroy your relationships, your time, your opportunities, and you.

Rid yourself of all unhealthy addictions.

Quote 102: Opportunities

If a lifeboat comes, jump in.

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous,
enlightened, and committed to bettering yourself.