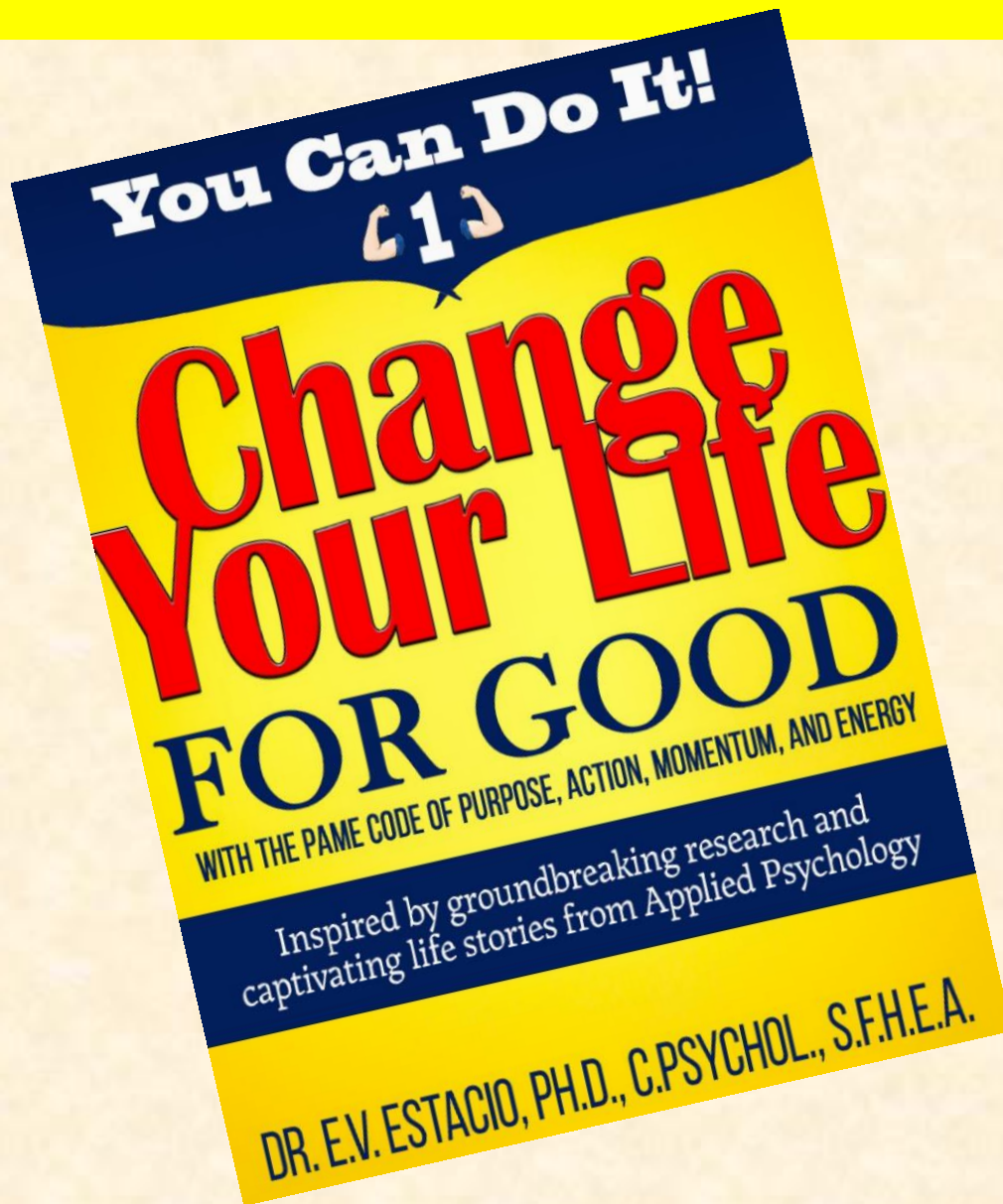


**60 INSPIRATIONAL QUOTES  
TO CHANGE YOUR LIFE FOR GOOD  
THE PAME WAY**



**BONUS MATERIAL FOR *CHANGE YOUR LIFE FOR GOOD*  
WITH THE PAME CODE OF PURPOSE, ACTION, MOMENTUM, AND ENERGY  
by Dr E V Estacio, PhD, CPsychol, SFHEA**



## Congratulations!

You took a step to  
CHANGE YOUR LIFE FOR GOOD.

This bonus material contains **60 inspirational quotes** that will help you to **change your life for good**, the PAME way:

- P** Purpose
- A** Action
- M** Momentum
- E** Energy

# PURPOSE

“The purpose of life is not to be happy.  
It is to be useful, to be honorable, to be  
compassionate, to have it make some difference that  
you have lived and lived well.”

**Ralph Waldo Emerson**

“We are all in the  
gutter, but some of  
us are looking at  
the stars.”

**Oscar Wilde**

**DR. SEUSS**

**Be who you are and  
say what you feel  
because those who  
mind don't matter and  
those who matter  
don't mind**

“Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.”

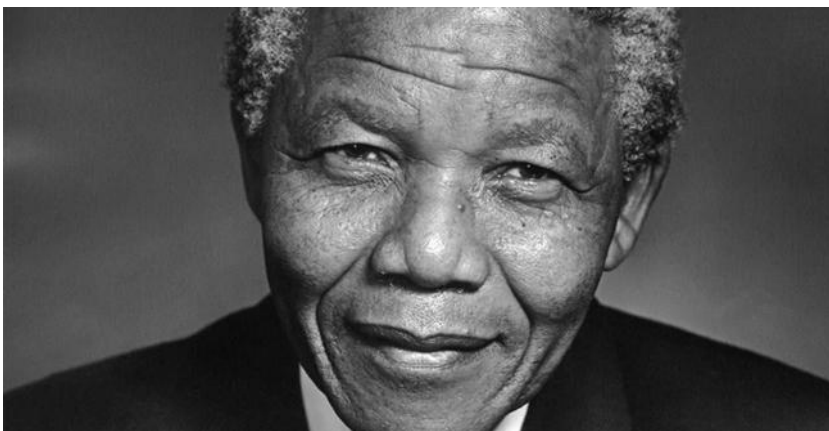
**Helen Keller**

“At first dreams seem impossible, then improbable, then inevitable.”

**Christopher Reeve**

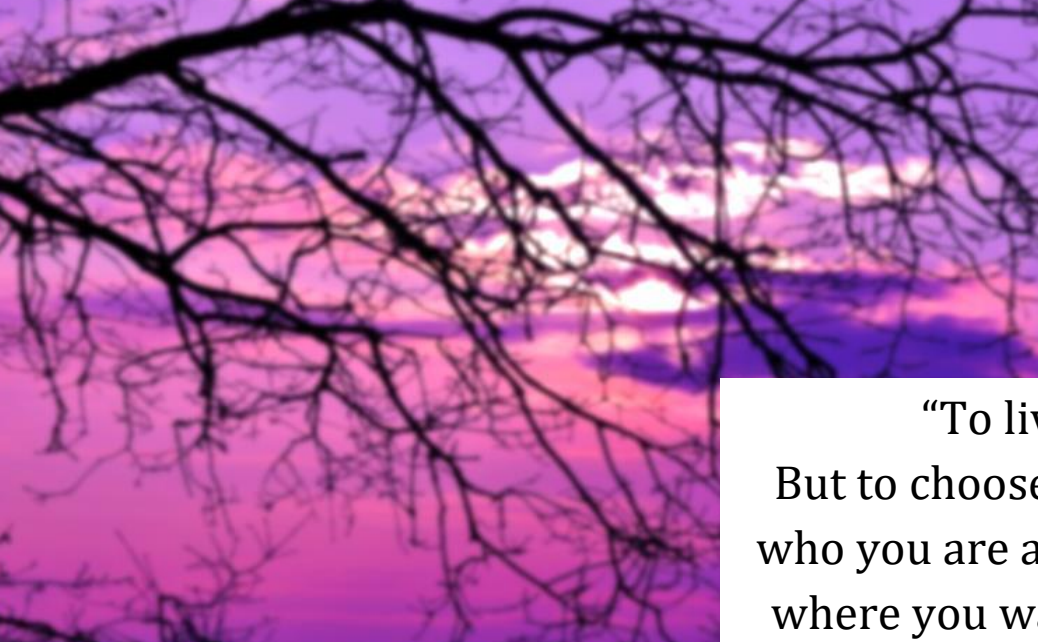
“There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living.”

**Nelson Mandela**



Nelson Mandela





“To live is to choose.  
But to choose well, you must know  
who you are and what you stand for,  
where you want to go and why you  
want to get there.”

**Kofi Annan**

“I began to realize how important it  
was to be an enthusiast in life.

He taught me that if you are  
interested in something, no matter  
what it is, go at it at full speed  
ahead.

Embrace it with both arms, hug it,  
love it and above all become  
passionate about it.

Lukewarm is no good.  
Hot is no good either.

White hot and passionate is the  
only thing to be.”

**Roald Dahl**

“Efforts and courage are  
not enough without  
purpose and direction.”

**John F. Kennedy**

“Each person must live their life as a model for others.”

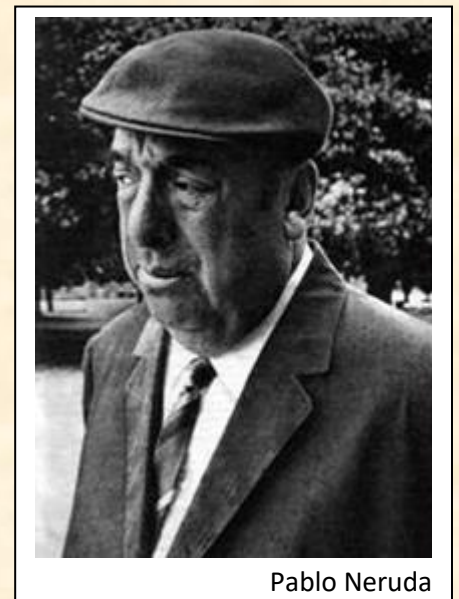
**Rosa Parks**

“There is no greater gift you can give or receive than to honor your calling. It’s why you were born. And how you become most truly alive.”

**Oprah Winfrey**

“Someday, somewhere - anywhere, unfailingly, you'll find yourself, and that, and only that, can be the happiest or bitterest hour of your life.”

**Pablo Neruda**



Pablo Neruda

# ACTION

“The man who moves a mountain begins by carrying away small stones.”

**Confucius**

“I think one's feelings waste themselves in words; they ought all to be distilled into actions and into actions which bring results.”

**Florence Nightingale**

“Action may not always bring happiness, but there is no happiness without action.”

**William James**

“Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree.”

**Martin Luther**

“You can’t just sit there and wait for people to give you that golden dream, you’ve got to get out there and make it happen for yourself.”

**Diana Ross**

“Faith is about doing. You are how you act, not just how you believe.”

**Mitch Albom**

“Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.”

**Dale Carnegie**





“Idealism detached from action is just a dream. But idealism allied with pragmatism, with rolling up your sleeves and making the world bend a bit, is very exciting. It's very real. It's very strong.”

**Bono**

“Do not wait: the time will never be 'just right'. Start where you stand, and work whatever tools you may have at your command and better tools will be found as you go along.”

**Napoleon Hill**

“Be not afraid of growing slowly,  
be afraid only of standing still.”

**Chinese Proverb**

“What one does is what counts.  
Not what one had the intention of doing.”

**Pablo Picasso**

“You never know what's around  
the corner. It could be everything.  
Or it could be nothing.  
You keep putting one foot in front  
of the other, and then one day you  
look back and you've climbed a  
mountain.”

**Tom Hiddleston**

“Pleasure and action make the hours seem short.”

**William Shakespeare**

“Remember, a real decision is measured by the fact that you've taken new action. If there's no action, you haven't truly decided.”

**Tony Robbins**

“Thought and theory must precede all salutary action; yet action is nobler in itself than either thought or theory.”

**Virginia Woolf**

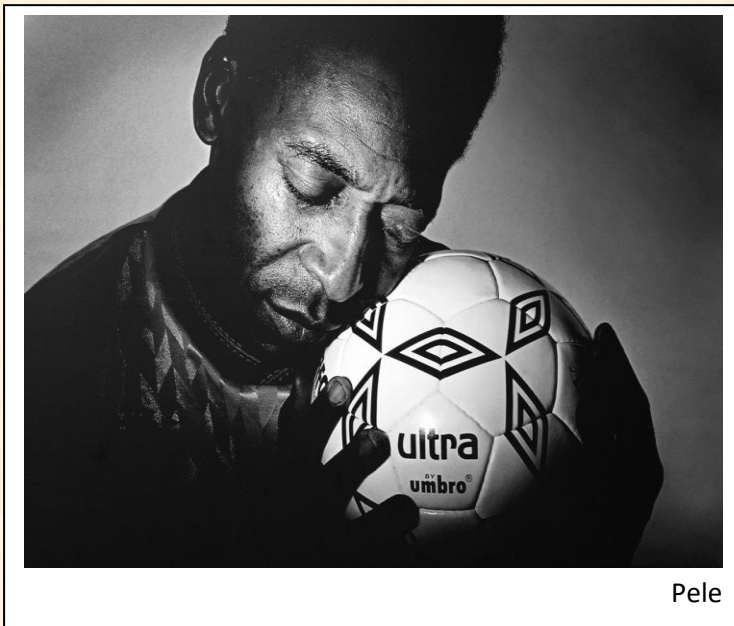


Virginia Woolf

# MOMENTUM

"We are what we repeatedly do.  
Excellence, then, is not an act, but a habit."

**Aristotle**



Pele

"Success is no accident.  
It is hard work, perseverance,  
learning, studying, sacrifice and  
most of all, love of what you are  
doing or learning to do."

**Pele**



“If you are going through hell,  
keep going.”

**Winston S. Churchill**

“If you fell down  
yesterday, stand  
up today.”

**H.G. Wells**

“Never confuse a single  
defeat with a final defeat.”

**F. Scott Fitzgerald**

“I am a slow walker, but I never  
walk back.”

**Abraham Lincoln**

“No one is born fully-formed: it is  
through self-experience in the world  
that we become what we are.”

**Paulo Freire**

“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.”

**Mary Anne Radmacher**

“So comes snow after fire, and even dragons have their endings.”

**J.R.R. Tolkien**

“Giving up on your goal because of one setback is like slashing your other three tires because you got a flat.”

**Unknown**

“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**



Maya Angelou

“Life would be tragic if it weren't funny.” **Stephen Hawking**

“A gem is not polished without rubbing, nor a man perfected without trials.”

**Chinese Proverb**

“You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in the future. You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.”

**Steve Jobs**

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

**Mahatma Gandhi**

# ENERGY

“A healthy body is a guest-chamber for the soul; a sick body is a prison.”

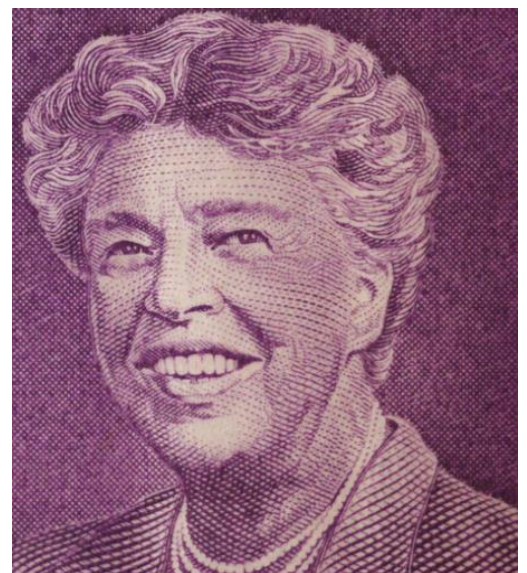
**Francis Bacon**

“To understand the immeasurable, the mind must be extraordinarily quiet, still.”

**Jiddu Krishnamurti**

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

**Eleanor Roosevelt**



Eleanor Roosevelt





“If you want to go fast, go alone.  
If you want to go far, go together.”

**African proverb**

“We are all connected;  
To each other, biologically.  
To the earth, chemically.  
To the rest of the universe  
atomically.”

**Neil deGrasse Tyson**

“The degree to which I can  
create relationships,  
which facilitate the  
growth of others as  
separate persons, is a  
measure of the growth I  
have achieved in myself.”

**Carl R. Rogers**

“Anyone who stops  
learning is old, whether  
at twenty or eighty.  
Anyone who keeps  
learning stays young.”

**Henry Ford**

“The meeting of two personalities is  
like the contact of two chemical  
substances: if there is any reaction,  
both are transformed.”

**C.G. Jung**

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”

**Thich Nhat Hanh**



“What wisdom can you find that is greater than kindness?”

**Jean-Jacques Rousseau**

“The smallest act of kindness is worth more than the grandest intention.”

**Oscar Wilde**

“When I come home, my daughter will run to the door and give me a big hug, and everything that's happened that day just melts away.”

**Hugh Jackman**

“No act of kindness, no matter how small, is ever wasted.”

**Aesop**

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be.”

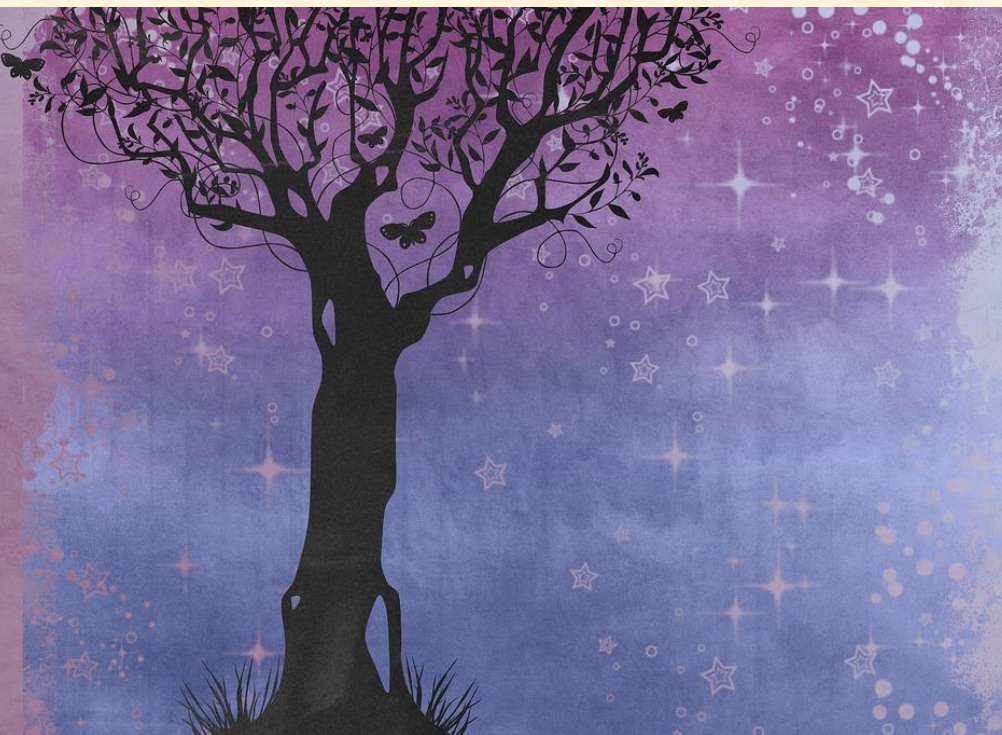
**Anne Frank**

“Just living is not enough... one must have sunshine, freedom, and a little flower.”

**Hans Christian Andersen**

“There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.”

**Martin Luther King, Jr.**



“I'm thankful for every moment.”

**Al Green**



“Life is one big road with lots of signs.  
So when you riding through the ruts,  
don't complicate your mind.  
Flee from hate, mischief and jealousy.  
Don't bury your thoughts,  
put your vision to reality.  
Wake Up and Live!”

**Bob Marley**



[www.thepamecode.com](http://www.thepamecode.com)

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