

THINK & GROW YOU

Think & Grow You:

How to Get Out of Your Own Way and Level up Your Life

Quotes from the Book

By: Chris Felton

Pillar 1

Get Out of Your Own Way

Stop Worrying

“When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had a lot of trouble in his life, most of which had never happened.”

~Winston Churchill, Former British Prime Minister

Be Done with It!

*“Sometimes you just have to be done, not mad, not upset.
Just done.”*

~Unknown

Stop Beating Yourself Up

“Beating yourself up is like trying to get out of a hole while digging it deeper.”

~Gail Lynne Goodwin, Author, Speaker, Entrepreneur

Quit Holding Yourself Back

“Maybe you don’t have to push yourself forward. Maybe you just have to stop holding yourself back.”

~Doe Zantamanta, Author

Quit Waiting

“I don’t believe that old cliché that good things come to those who wait. I think good things come to those that want something so bad they can’t sit still.”

~Ashton Kutcher, Actor and Entrepreneur

Don’t Settle

“The word settle is the most offensive word in the English language.”

~Monte Holm, Entrepreneur, Author, Speaker

You’re Too Young to be Old

“You’re never too old to become younger.”

~Mae West, Actress

Don't Wrestle with Your Ego

"Never Wrestle with pigs (your ego) you both get dirty, and the pig likes it."

~George Bernard Shaw, Irish Playwright

Quitter's Relief is a Lie, Don't Fall for It

"It's a slow process, but quitting won't speed it up."

~Unknown

Don't Retreat

"If you have a setback, don't take a step back, get ready to make your comeback."

~Tim Story, Author & Speaker

Pillar 2

The Shift

Take 100% Responsibility

“When you think everything is someone else’s fault, you will suffer a lot. When you realize that everything springs only from yourself, you will learn both peace and joy.”

~Dalai Lama

Draw the Line in the Sand

“Sometimes you just have to draw a line in the sand and say enough is enough.”

~Unknown

You Deserve It

“We are a miracle and a mess at the same time.”

~Jonathan Manske, Author, Speaker

Get Emotional

“Don’t make excuses for why you can’t get it done. Focus on all the reasons why you must make it happen.”

~Ralph Marston, Author

Get Aligned

“Your mind is the most fertile acreage in the world. Millions of acres. How do you think your life will turn out if you are only weeding it a few minutes per day?”

~Coach Roy Dayton, Success Coach

What If Up?

“What if your life is falling together vs. falling apart?”

~Jonathan Manske, Author, Speaker, Cerebral Sanitation Engineer

Grow Spiritually

“Most importantly, the meaning of spirituality lays the seeds for our destiny and the path we must follow”

~Dennis Banks, Native American Activist, Author

Trust Your Gut

“Be decisive. A wrong decision is generally less disastrous than indecision.”

~Bernhard Langer, Professional Golfer

Acknowledge Yourself

“Quit staring at the pothole in Maui. It’s ugly and you end up missing all of Maui.”

~Coach Roy Dayton, Success Coach

Trust, It’s Going to Be Okay

“When your major goal is to live with optimism and trust, your other desires will be met.”

~Sandra Anne Taylor, Author

Stop Resisting

“When you have a problem with the problem, now you have two problems.”

~Michael Sinclair, Author, Speaker

Don't Label Things as Good or Bad

"You cannot see the way out of a challenge if you are looking at it from the same level of mind, emotions, thoughts and feelings of the past."

~Dr. Joe Dispenza, Author

Pillar 3

Relationships

Don't Be an Approval Addict

"Your need for the approval of others is the biggest check you'll ever write."

~David Sandler, Founder, Sandler Training

Forgive

"To Forgive is to let a prisoner free and discover the prisoner was you."

~Lewis B Smedes, Author

Stop Controlling

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."

~Dr. Reinhold Niebuhr, American Theologian

Mind The Gap

“Sometimes we create our own heartbreak through expectation.”

~Unknown

Stay Together

“The grass is greener where you water it.”

~Neil Barringham, Author

Check Your Motives

“People don’t care how much you know until they know how much you care.”

~Theodore Roosevelt, 26th U.S. President

Your Need to be Right Will Cost You Your Life

“Your actions speak so loudly; I can’t hear what you are saying.”

~Ralph Waldo Emerson, American Author

Stop Judging

“The world is a great mirror. It reflects back to you what you are.”

~Thomas Dreier, American Editor

Be a Spark

“The smallest spark can become the greatest light.”

~George E. Miller, Artist

Keep Your Word

“You should always keep your word. All the setbacks in life come only because you don’t keep your word.”

~Sivanada, Hindu Spiritual Teacher

Be a Giver

“Discover the wonder of giving. It is the better way. And the day will come when you insist it is the only way”

~Eric Butterworth, Author

Pillar 4

The Game Plan

Know Your A & B

“If you don’t know where you are going, any road will get you there.”

~Lewis Carroll, English Author

Get a Coach

“A coach is someone who can give correction without causing resentment.”

~John Wooden

Get It Together

“If you fail to plan, you are planning to fail.”

~Benjamin Franklin, Founding Father of the U.S.A

Don't Eat the Elephant

"A Journey of a thousand miles begins with a single step."

~Lao Tzu, Chinese Philosopher

Work Hard but Don't Make Hard Work of It

"There's no happy ending to an unhappy journey."

~Esther Hicks, Author, Speaker

It's a Project, Not a Problem

"There are no problems, only projects."

~David Allen, Author

Grow Up, Be Accountable

"Accountability is the glue that ties commitment to the result."

~Bob Proctor, Author

You Can Change, Do the Work

"A great life does not happen by accident."

~Jonathan Manske, Author, Speaker, Coach

Respect Money

“You must respect people and you must respect money. When you respect money, money will respect you.”

~Yaya Toure, Professional Soccer Coach and Player

Finish!

“Starting strong is good. Finishing strong is epic.”

~Robin Sharma, Author, Speaker

Pillar 5

The Dream

Know What You Want and Focus on It!

“Nothing is more necessary for success than the single-minded pursuit of an objective.”

~Fred Smith, Founder of Fedex

Know the Feeling You Want

“The first secret of getting what you want is knowing what you want.”

~Arthur D. Hlavaty, Writer and Publisher

Affirm What You Want

“Whatever you choose to believe comes true for you. You can change your life by changing your thoughts.”

~Louise Hay, Author, Speaker, and Founder of Hay House

Hold The Image

“Keep your mind on a higher image rather than a lower concern. I realize that is not always an easy thing to do, but it sure pays great dividends for the person who develops the mental strength to do it, and that is what it takes - mental strength.”

~Philip Nacola, Minister

Get Wealthy

“If a person gets his attitude toward money straight, it will help straighten out almost every other area of his life.”

~Billy Graham, American Evangelist

You Can Do It

“Whether you think you can or think you can't you're right.”

~Henry Ford, American Industrialist

It's Worth It

“Will it be easy? No. Will it be worth it? Absolutely.”

~Unknown

***Be Willing to Change. Do The
Work. It's Worth it.***

Chris Felton

Matthew 6:33