

# Bonnie St. John

## Quotes

*Joy, People, Thinking, Way, Fall, Feelings, Real, Reality, Feel Good, School,  
Hard Times, Support, Father, Source, Schedules, Abuse, Women, Lists, Clients,  
How You Feel*

It's your life... why not fill it with as much joy as possible?

~Bonnie St. John

People fall down, winners get up, and gold medal winners just get up faster!

~Bonnie St. John

When I am around someone who is a joy stealer, I say to myself, I only have to deal with you for an hour. That person has to deal with thinking that way every moment of their lives.

~Bonnie St. John

My definition of confidence is how you feel about yourself, and not letting the external world define you.

~Bonnie St. John

I was sexually abused by my step father for years and years, and that caused scars you can't see. And we know many people have the kind of scars you can't see.

~Bonnie St. John

Friends are people who are in your life because you feel good around them and you like them. Friends are the people you choose to be with.

~Bonnie St. John

You can't have real and authentic friendships unless you honor your feelings.

~Bonnie St. John

God has joy for you right now.

~Bonnie St. John

I spent so much of my life shut down from the abuse of my childhood. I didn't have friends and I didn't have connections with people.

~Bonnie St. John

I do a lot of to-dos and a lot of lists. I realized I had to make room for joy. So I added "to feel" items on my to-do list. That's something you can easily do.

~Bonnie St. John

I realized that I spent more time thinking about my problem clients than my great clients. I had to stop feeding the drama of the problem clients-and other problems in my life.

~Bonnie St. John

Friendship is such a powerful healer and source of support.

~Bonnie St. John

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