

# David Viscott

## Quotes

*People, Trying, Motivational, Lists, Love, Positive, Giving, Growth, Goal,  
Marriage, Loss, Wish, Life, Risk, Friendship, Action, Information, Clay, Imagine,  
Failure*

To love and be loved is to feel the sun from both sides.

~David Viscott

If you could get up the courage to begin, you have the courage to succeed.

~David Viscott

The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away.

~David Viscott

You must begin to think of yourself as becoming the person you want to be.

~David Viscott

When you respond to an unreasonable person by getting emotional, you give them victory. How do you manage unreasonable people? You dismiss them. Like shadows

~David Viscott

Your ultimate goal in life is to become your best self. Your immediate goal is to get on the path that will lead you there.

~David Viscott

If your life is ever going to get better, you'll have to take risks. There is simply no way you can grow without taking chances.

~David Viscott

The highest love a person can have for you is to wish for you to evolve into the best person you can be.

~David Viscott

Most people of action are inclined to fatalism and most of thought believe in providence.

~David Viscott

There is some place where your specialties can shine. Somewhere that difference can be expressed. It's up to you to find it, and you can.

~David Viscott

You are the only one who has to live your life.

~David Viscott

Once a person says, "This is who I really am, what I am all about, what I was really meant to do," it is easier to decide how to spend one's time.

~David Viscott

Just imagine that you are the person you want to be.

~David Viscott

Lists have always implied social order.

~David Viscott

Take the best action toward your most important goal right now.

~David Viscott

You don't have to try, you just have to be.

~David Viscott

People now feel time accelerating. Lists allow them to feel some sense of accomplishment.

~David Viscott

Frequently, visualization is the key to lose weight. Imagine yourself with your desired body, and work for it. At some point in the future, this wish will come true.

~David Viscott

Lists today are a way of trying to get through the day, because we are losing a sense of time.

~David Viscott

If we are the sum of everything that happens to us, to limit a person's experience is to limit their growth.

~David Viscott

Even those who venture to dip a toe in the pond of risk never allow themselves to get used to the water.

~David Viscott

The original lists were probably carved in stone and represented longer periods of time. They contained things like 'Get More Clay. Make Better Oven.'

~David Viscott

This is really America in therapy, people trying to get themselves together and be whole.

~David Viscott

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