

# Gretchen Rubin

## Quotes

*People, Thinking, Happiness, Feelings, Self, Giving, Happy Life, Fun, Make Me  
Happy, Reading, Important, Memories, Effort, Book, Running, Way, Order,  
Letting Go, Selfish, Past*

Working is one of the most dangerous forms of procrastination.

~Gretchen Rubin

Happiness: "You Bring Your Own Weather To The Picnic."

~Gretchen Rubin

If I pretend to myself that I'm different from the way I truly am, I'm going to make choices that won't make me happy.

~Gretchen Rubin

Money. It's a good servant but a bad master.

~Gretchen Rubin

Act the way you WANT to feel.

~Gretchen Rubin

I'm a person who's fine saying 'No.' I like saying to myself, "no gossiping," "no nagging."

~Gretchen Rubin

Negative emotions like loneliness, envy, and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change.

~Gretchen Rubin

One of the best ways to make yourself happy is to make other people happy. One of the best ways to make other people happy is to be happy yourself.

~Gretchen Rubin

Focus Not on Having Less or Having More, But on Wanting What You Have.

~Gretchen Rubin

Habits are the invisible architecture of everyday life.

~Gretchen Rubin

Studies show that aggressively expressing anger doesn't relieve anger but amplifies it. On the other hand, not expressing anger often allows it to disappear without leaving ugly traces.

~Gretchen Rubin

Never start a sentence with the words 'No offense.

~Gretchen Rubin

Laughter is more than just a pleasurable activity...When people laugh together, they tend to talk and touch more and to make eye contact more frequently.

~Gretchen Rubin

Knowing what you admire in others is a wonderful mirror into your deepest, as yet unborn, self.

~Gretchen Rubin

There is a preppy wabi-sabi to soft, faded khakis and cotton shirts, but it's not nice to be surrounded by things that are worn out or stained or used up.

~Gretchen Rubin

Focus not on doing less or doing more but on doing what you value.

~Gretchen Rubin

Happiness comes not from having more, not from having less, but from wanting what you have.

~Gretchen Rubin

What you do every day matters more than what you do once in a while.

~Gretchen Rubin

Be a storehouse of happy memories.

~Gretchen Rubin

To eke out the most happiness from an experience, we must anticipate it, savor it as it unfolds, express happiness, and recall a happy memory.

~Gretchen Rubin

Don't let the perfect be the enemy of the good. Lower the bar. Actually spending ten minutes clearing off one shelf is better than fantasizing about spending a weekend cleaning out the basement.

~Gretchen Rubin

Pouring out ideas is better for creativity than doling them out by the teaspoon.

~Gretchen Rubin

Look for happiness under your own roof.

~Gretchen Rubin

When you work regularly, inspiration strikes regularly.

~Gretchen Rubin

Keep in mind that to avoid loneliness, many people need both a social circle and an intimate attachment. Having just one of two may still leave you feeling lonely.

~Gretchen Rubin

It's easy to be heavy; hard to be light.

~Gretchen Rubin

Outer order contributes to inner calm.

~Gretchen Rubin

One of the things that surprised me the most is how often we assume that because something's fun for someone else, it makes somebody else happy, it will make us happy.

~Gretchen Rubin

Do good, feel good; feel good, do good.

~Gretchen Rubin

The First Splendid Truth: To be happy, I need to think about feeling good, feeling bad, and feeling right, in an atmosphere of growth.

~Gretchen Rubin

Sometimes I succeed, sometimes I fail, but every day is a clean slate and a fresh opportunity.

~Gretchen Rubin

The things that go wrong often make the best memories.

~Gretchen Rubin

Nothing,' wrote Tolstoy, 'can make our life, or the lives of other people, more beautiful than perpetual kindness.

~Gretchen Rubin

The days are long, but the years are short.

~Gretchen Rubin

Enthusiasm is a form of social courage.

~Gretchen Rubin

September is the other January.

~Gretchen Rubin

One of my Secrets of Adulthood is: Most decisions don't require extensive research.

~Gretchen Rubin

Being taken for granted is an unpleasant but sincere form of praise. Ironically, the more reliable you are and the less you complain, the more likely you are to be taken for granted.

~Gretchen Rubin

Flawed can be more perfect than perfection.

~Gretchen Rubin

We must exercise ourselves in the things which bring happiness, since, if that be present, we have everything, and, if that be absent, all our actions are directed toward attaining it.

~Gretchen Rubin

What's fun for other people may not be fun for you- and vice versa.

~Gretchen Rubin

I enjoy the fun of failure. It's fun to fail, I kept repeating. It's part of being ambitious; it's part of being creative. If something is worth doing, it's worth doing badly

~Gretchen Rubin

It's the task that's never started that's more tiresome.

~Gretchen Rubin

Self-awareness is a key to self-mastery

~Gretchen Rubin

Getting paperwork under control makes me feel more in control of my life generally.

~Gretchen Rubin

Your unhappiness doesn't help anyone else - and in fact, as I

mentioned in another answer, happy people are more altruistically inclined. So happiness is not a selfish goal.

~Gretchen Rubin

The most reliable predictor of not being lonely is the amount of contact with women. Time spent with men doesn't make a difference.

~Gretchen Rubin

There's a kind of magical thinking about these kinds of things. Throw away those bad photos before the "magic" attaches to them, so the good ones stand out.

~Gretchen Rubin

I used to be very disciplined about only buying three books ahead of what I was reading, but my husband corrupted me, and now I'm dozens ahead of myself!

~Gretchen Rubin

The thing that inspires me most is reading and just observing the people around me. I think those are the two things that make me want to write.

~Gretchen Rubin

Reading makes me want to write my own books, and just trying to understand what I see in the world around me makes me want to figure things out.

~Gretchen Rubin

Writing makes me happy.

~Gretchen Rubin

I grasped two things: I wasn't as happy as I could be, and my life wasn't going to change unless I made it change.

~Gretchen Rubin

Time waits for no ovary.

~Gretchen Rubin

Happy people make people happy, but I can't make someone be happy, and no one else can make me happy.

~Gretchen Rubin

Act the way that you want to feel.

~Gretchen Rubin

He is my fate. He's my soul mate. He pervades my whole existence. So, of course, I often ignore him.

~Gretchen Rubin

I think self-knowledge is a key to happiness. We can build happy lives only on the foundation of our own natures, our own values, and our own interests.

~Gretchen Rubin

Getting control of stuff makes people feel like they have more control over their lives - maybe irrationally, but it's one of these psychological truths.

~Gretchen Rubin

Having a messy coat closet should not be a big deal in a full life, and yet there's something about getting control of that coat closet that's surprisingly satisfying.

~Gretchen Rubin

The number one resolution that people mention to me as something that's made them happier is - to my surprise - making the bed.

~Gretchen Rubin

I'm a creature of routine, and I hate feeling incompetent, so I avoided



novelty and challenge. Making an effort to push myself in that way has brought me surprising boost.

~Gretchen Rubin

Sometimes I think it's easier to think about being happier, for what ever that means to you then worrying about what is happiness and what would life be if I finally achieved this ultimate happiness?

~Gretchen Rubin

People feel happier when they feel like they're progressing. When they feel like something in their life is growing or getting better.

~Gretchen Rubin

Happiness is hard because it's very subjective. I know the people that seem happiest to me, but whether they are actually - what they're really like inside is really hard to say.

~Gretchen Rubin

I have a passion for children's literature. Young adult literature. I love it. I've always loved it.

~Gretchen Rubin

If you always use your stapler in one place, keep it there, instead of thinking that all the office supplies should go in one place. I've moved a lot of things around in my house because of that.

~Gretchen Rubin

What I found is, really, you always have to begin by nailing what is true about you, because something that works very well for someone else might not work for you at all.

~Gretchen Rubin

I'm doing a lot of speaking and talking about habits, which is this subject that obsesses me. That's a lot of fun.

~Gretchen Rubin

Relationships make me happy.

~Gretchen Rubin

Reading makes me happy.

~Gretchen Rubin

Forbearance is a form of generosity.

~Gretchen Rubin

If I give more to myself, I can ask more from myself. Self-regard isn't selfish.

~Gretchen Rubin

Guard your children's free time - from you.

~Gretchen Rubin

One of the most important lessons of childhood is discovering what you like to do.

~Gretchen Rubin

Now is now. Here is my treasure.

~Gretchen Rubin

The absence of feeling bad isn't enough to make you happy; you must strive to find sources of feeling good

~Gretchen Rubin

The belief that unhappiness is selfless and happiness is selfish is misguided. It's more selfless to act happy. It takes energy, generosity, and discipline to be unfailingly lighthearted.

~Gretchen Rubin

One of the great joys of falling in love is the feeling that the most extraordinary person in the entire world has chosen you.

~Gretchen Rubin

I have a lucky perfume. I love beautiful smells, but I save one of my favorite perfumes to wear only when I feel like I need some extra luck.

~Gretchen Rubin

Work harder to appreciate your ordinary day.

~Gretchen Rubin

No one regrets having changed a lightbulb.

~Gretchen Rubin

The more I examine the issue of clutter, the more effort I put into combating it, because it really does act as a weight.

~Gretchen Rubin

People are powerfully moved by imagination, belief, and knowledge. They can consider the past and future. They can make changes in their behavior out of reason, in a way that animals can't do.

~Gretchen Rubin

We are happy when we are growing.

~Gretchen Rubin

I can build a happy life only on the foundation of my own nature.

~Gretchen Rubin

I spend a lot of time saying to myself, "Well, is that really what I like to do? Is that really something that makes me happy?" and letting go of the things that don't make me happy.

~Gretchen Rubin

In general, religious people seem to be happier than non-religious people - under various definitions of "religiosity," such as church attendance or professed spiritual beliefs.

~Gretchen Rubin

I always say you can self-medicate through closet cleaning. Everyone knows that feeling of a clear surface, and how it makes you feel you can really focus and start your work.

~Gretchen Rubin

It's true that people do assume that people who are critical are smarter than people who are uncritical.

~Gretchen Rubin

We tend to overestimate what we can do in a short period, and underestimate what we can do over a long period.

~Gretchen Rubin

Don't let perfect be the enemy of good.

~Gretchen Rubin

Remember that although the distinction can be difficult to draw, loneliness and solitude are different.

~Gretchen Rubin

I needed to change the lens through which I viewed everything familiar.

~Gretchen Rubin

Enthusiasm is more important than innate ability, it turns out, because the single more important element in developing an expertise is your willingness to practice.

~Gretchen Rubin

Volunteering to help others is the right thing to do, and it also boosts

personal happiness

~Gretchen Rubin

You can choose what you do, you can't choose what you like to do.

~Gretchen Rubin

I can DO ANYTHING I want, but I can't DO EVERYTHING I want.

~Gretchen Rubin

Enthusiasm is more important to mastery than innate ability.

~Gretchen Rubin

[S]tudies show that one of the best ways to lift your mood is to engineer an easy success, such as tackling a long-delayed chore.

~Gretchen Rubin

### **Related Links:**

- People Quotes
- Thinking Quotes
- Happiness Quotes
- Feelings Quotes
- Self Quotes
- Giving Quotes
- Happy Life Quotes
- Fun Quotes
- Make Me Happy Quotes
- Reading Quotes
- Important Quotes
- Memories Quotes
- Effort Quotes
- Book Quotes
- Running Quotes
- Way Quotes
- Order Quotes
- Letting Go Quotes
- Selfish Quotes
- Past Quotes