

John Assaraf

Quotes

*Thinking, People, Hero, Children, Inspirational, Believe, Law Of Attraction,
Giving, Want, World, Care, Anxiety, Doe, Prayer, Communication, Motivational,
Light, Speak, Life, Doubt*

Do more of what you love, less of what you tolerate and none of what you hate.

~John Assaraf

If you're interested, you will do what is convenient; if you're committed, you'll do whatever it takes.

~John Assaraf

Be very careful what you say to yourself because someone very important is listening . . . YOU!

~John Assaraf

Here's the problem. Most people are thinking about what they don't want, and they're wondering why it shows up over and over again.

~John Assaraf

Are you a hoarder of more negative thoughts or positive ones? Whichever ones you hoard, grow into trees and then forests.

~John Assaraf

Anyone can stay the same. It takes courage to change

~John Assaraf

We can have whatever it is we choose, I don't care how big it is. You become what you think about, but you also attract what you think about most.

~John Assaraf

The reason you have what you have is because that is what you have decided to settle for right now. Change your mind, change your life.

~John Assaraf

The most wonderful gift one human being can give to another, is in some way, to make that person's life a little bit better to live.

~John Assaraf

Be purposeful. Be patient, and be active!

~John Assaraf

If you want to earn a million bucks a year, eliminate mediocrity from your thinking and your life.

~John Assaraf

Success is not a mystery. It is a science.

~John Assaraf

It's easy to talk about what you're going to do but your actions speak words.

~John Assaraf

Intuition is what you know before you think.

~John Assaraf

You become what you think about the most.

~John Assaraf

I think heroism is when somebody really goes above and beyond the call of duty and does something outstanding for either themselves or somebody else.

~John Assaraf

The most important part of living life on your own terms and having it all is having faith and belief in yourself and in the intelligent power that created you.

~John Assaraf

One of my core beliefs is that everything happens for a reason and some things just aren't to my taste. All the things that happen in my life

are divinely inspired and they happen for a purpose.

~John Assaraf

If a steaming hot potato fell in your hands you would get it off you as soon as you could. Do the same with negative destructive thoughts- just release them as fast as you can.

~John Assaraf

There is a Greek word that is called "Praxis" and that means the integration of your beliefs with your behavior.

~John Assaraf

The simplest way for me to look at the law of attraction is if I think of myself as a magnet, and I know that a magnet will attract to it.

~John Assaraf

If you do not master the art of self discipline- you will succumb to the emotions and reality of regret.

~John Assaraf

You can choose right now to change the way you are experiencing a windstorm. Adjust your sails.

~John Assaraf

Success tastes that much sweeter when you have people to share it with.

~John Assaraf

Keep your chin up. No one expected you to save the world, otherwise you would have been born wearing a cape and tights. Just do the best you can.

~John Assaraf

I pray everyday, all the time. Prayer is when you are actually

experiencing a conversation with divine intelligence.

~John Assaraf

First we have to understand what doubts and fears are, how anxiety and doubts and fears come about. They are a psychic disease.

~John Assaraf

We can have whatever it is that we choose. I don't care how big it is.

~John Assaraf

I think people are afraid of either failing or succeeding. It takes courage to feel the fear and feel the risk.

~John Assaraf

One of the lowest points in my life was when I was diagnosed and combated with severe ulcerative colitis which is severe ulcers in you colon that bleed.

~John Assaraf

Every moment allows your the opportunity to take a deep breath in and be grateful for the fact that you can take in a breath.

~John Assaraf

I don't know of anybody including me that has not made errors in judgment, that hasn't done things I shouldn't do, that hasn't lied, that hasn't done things I am not proud of but I hope I am forgiven.

~John Assaraf

You don't become a hero by choosing to become a hero. You become a hero by becoming an example, by being an example for what's possible, for being an example for one person.

~John Assaraf

Some things aren't to my taste and I wish they wouldn't have happened

but they have been some of the best experiences to learn and grow from so I am grateful for every moment.

~John Assaraf

I think heroes are important in the lives of kids because it shows a child what to become, it shows a child what's possible; it shows a child not just by theory but by active example.

~John Assaraf

We are going to learn more by what we see than by what we hear. Our actions speak so loudly that we don't have to say a word.. Words only account for about seven percent of our communication.

~John Assaraf

If you have your health and the ability to do what you love to do then I think we are all blessed and so keeping a light heart is really important.

~John Assaraf

Having the Creator in my life, having the spiritual connection to the divine intelligence that created me.

~John Assaraf

I think forgiveness is absolutely mandatory. When you don't forgive the only person you are hurting is yourself because you are still harboring the anger and the mental anguish.

~John Assaraf

Everything is made up of the exact same thing, whether it's your hand, the ocean, or a star.

~John Assaraf

When we pray with our hearts and our souls I think we are being heard.

~John Assaraf

I started studying successful people a lot of successful people and the first thing they told me you first have to believe it in here before you see it out here.

~John Assaraf

I have studied all the sciences and all the major religions and can sum it up in one sentence. We become, have and attract what we think about and act upon correctly the most.

~John Assaraf

It is said that it takes 10,000 hours to develop mastery and excellence. How many hours have you clocked today on your passion?

~John Assaraf

Every single day, you're trading your life for who you're working with and what you do.

~John Assaraf

We go through these metamorphous just like a caterpillar does before becoming a butterfly and the middle of that metamorphosis it always feels uncomfortable.

~John Assaraf

I derive a lot of joy from being able to help others and helping put them on the path that they want.

~John Assaraf

I am helping people maybe scrape off some of the old stuff that has been put upon us that has taken us from being genius's to not feeling great about ourselves by having doubts, fears and anxieties.

~John Assaraf

There are a lot of people who pretend to have moral ethics and they talk from both sides of their mouth.

~John Assaraf

I totally believe that I everything I choose, everything I set my dreams out to achieve I will achieve.

~John Assaraf

What I do is really helping people in maximizing their income and to live the lives they want to live. I effect they're families, I effect their beliefs about themselves and it gives me so much joy

~John Assaraf

What I think is critically important is that there are lots of studies on how prayer effects people that are ill, lots of studies, and I know in my life my prayers have been answered.

~John Assaraf

If you think about a child that is born and how it's born, if it has racism in his genes, every child that is raised up to hit or beat someone up with anger and resentments.

~John Assaraf

Our job as humans is to hold onto thoughts of what we want.

~John Assaraf

I am loving a lot. I am just loving and loving and loving. A lot of people around me really see a love in me and a love in themselves.

~John Assaraf

Humanity is a community, I don't care if your black, your white, your Christian, your Jewish, your Muslim. We are all one community and heroes really make us see what's possible at any given time.

~John Assaraf

I am a genius, I am brilliant, I am outstanding and I can achieve

whatever I choose to achieve with a ... given by my Creator." That is how I am helping people.

~John Assaraf

It takes courage to look like an idiot possibly and fall and fail but that's what it takes to learn to succeed so you have to be willing to practice or rehearse to work your risk muscle.

~John Assaraf

Your life can not be all about stuff that you love or even like. Your life is going to be about ups and downs and that is just part of the journey.

~John Assaraf

Sometimes we forget that the top of the wave, the top of the crest is always the bottom, there is no inside without an outside, and there is no up without a down.

~John Assaraf

I will continue to make mistakes and hope to be forgiven so I have to treat people the same way I want to be treated.

~John Assaraf

To having no self esteem to feeling wonderful about yourself doing what you love to do and making the money that you want to be making. That is my contribution to humanity.

~John Assaraf

I don't know if humor has a place for it but being light hearted does and not to take it too seriously.

~John Assaraf

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