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Happiness is not determined by what's happening around you, but rather what's happening inside you. Most people depend on others to gain happiness, but the truth is, it always comes from within.

~John Spence

Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion; today is special.

~John Spence

Every single thing that has ever happened in your life is preparing you for a moment that is yet to come.

~John Spence

You will never become who you want to be if you keep blaming everyone else for who you are now.

~John Spence

Don't look for someone who will solve all your problems; look for someone who will face them with you.

~John Spence

Many people are so poor because the only thing they have is money. ~John Spence

Making a hundred friends is not a miracle. The miracle is to make a single friend who will stand by your side even when hundreds are against you.

~John Spence

If a person wants to be a part of your life, they will make an obvious effort to do so. Think twice before reserving a space in your heart for people who do not make an effort to stay.

If you expect the world to be fair with you because you are fair, you're fooling yourself. That's like expecting the lion not to eat you because you didn't eat him.

~John Spence

Be happy. Be yourself. If others don't like it, then let them be. Happiness is a choice. Life isn't about pleasing everybody.

~John Spence

When someone tells you, "You've changed," it might simply be because you've stopped living your life their way.

~John Spence

Love is not about sex, going on fancy dates, or showing off. It's about being with a person who makes you happy in a way nobody else can.

~John Spence

Don't think of cost. Think of value.

~John Spence

You cannot change what you refuse to confront.

~John Spence

When you choose to see the good in others, you end up finding the good in yourself.

~John Spence

In life, if you don't risk anything, you risk everything.

~John Spence

Sometimes you need to distance yourself to see things clearly.

~John Spence

Learn to love yourself first, instead of loving the idea of other people

loving you.

~John Spence

Making one person smile can change the world - maybe not the whole world, but their world.

~John Spence

Learn to appreciate the things you have before time forces you appreciate the things you once had.

~John Spence

While you're busy looking for the perfect person, you'll probably miss the imperfect person who could make you perfectly happy.

~John Spence

Being alone does not mean you are lonely, and being lonely does not mean you are alone.

~John Spence

Love and appreciate your parents. We are often so busy growing up; we forget they are also growing old.

~John Spence

The minute you stop expecting life to be simple, fair and easy... it becomes simple, fair and easy.

~John Spence

People are more what they hide than what they show.

~John Spence

Never do something permanently foolish just because you are temporarily upset.

People do what seems easy and convenient, not what is best for them.

~John Spence

All that you achieve and all that you fail to achieve are the direct results of your thoughts.

~John Spence

Vision = Focus / Focus = Attention / Attention = Action / Action = Results / Consistent Results = Destiny

~John Spence

We often talk to ourselves in ways that we would never let a stranger or even a friend talk to us.

~John Spence

We are the producers of our own thinking. Thought is not something that happens to us, but something that we do to ourselves.

~John Spence

What you do every day matters more than what you do every once in a while. Read The Power of Habit.

~John Spence

You can learn great things from your mistakes when you aren't busy denying them. Read The 7 Habits of Highly Effective People.

~John Spence

No matter how good or bad you have it, wake up each day thankful for your life. Someone somewhere else is desperately fighting for theirs.

~John Spence

When values are clear, decisions are easy.

Anyone can come into your life and say how much they love you. It takes someone really special to stay in your life and show how much they love you.

~John Spence

Remember: everyone you meet is fighting a mighty battle. Be kind. Be understanding.

~John Spence

Your Day Is Your Life

~John Spence

Falling in love is not a choice. To stay in love is.

~John Spence

Someone else doesn't have to be wrong for you to be right.

~John Spence

When you have to start compromising yourself and your morals for the people around you, it's probably time to change the people around you.

~John Spence

My definition of success: When your core values and self-concept are in harmony with your daily actions and behaviors.

~John Spence

Sometimes people don't notice the things others do for them until they stop doing them.

~John Spence

Saying someone is ugly doesn't make you any prettier.

You become what you focus on and like the people you spend time with.

~John Spence

Until you can see, and admit, that YOU are the problem... You will be unable to realize that YOU must be the solution.

~John Spence

Build your house on the rock of learning; no one can take your education away from you.

~John Spence

You are the average of your five closest associates.

~John Spence

Whatever you fill your brain with and whoever you spend your time with... will determine your life a decade from now.

~John Spence

Successful people willingly do what unsuccessful people are unwilling to do.

~John Spence

What you do today determines who you will be tomorrow.

~John Spence

Habits, good or bad, can always be traced back to your own thinking.

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