

# Jude Bijou Quotes

*Joy, Feelings, Goal, Emotion, Way, Giving, Action, Sadness, Intuition, Selfless  
Giving, Gratitude, Hurt, Silly, Frustrated, Behavior, Worry, Should, Heart,  
Choices, Boards*

Giving appreciations, praise, and gratitudes feels good and puts good vibes in the environment.

~Jude Bijou

Whenever we criticize ourselves, we compound the issue.

~Jude Bijou

Good planning is the foundation of success for almost any project. Start by getting clear on your goal.

~Jude Bijou

Being alone in nature is another way to feel the joy of beauty - and oneness with a greater whole.

~Jude Bijou

Along with bathing and eating your veggies, releasing emotions needs to become part of our daily routines.

~Jude Bijou

We have a choice at every moment. We can engage in sadness, anger or fear or we can choose joy, love, and peace.

~Jude Bijou

When you're gripped by anxiety, worry, insomnia, or panic, make yourself shiver, quiver, tremble, and shudder. It seems silly, but it really works.

~Jude Bijou

Releasing the emotional energy and focusing on acceptance dissipates anger and restores balance.

~Jude Bijou

The key to managing fear and life's tasks is to take the time daily to get organized.

~Jude Bijou

Intuition comes from within. It's what you know when you're quiet and still.

~Jude Bijou

Putting our expectations on others is a habit that keeps us feeling frustrated. It diminishes the amount of love we feel.

~Jude Bijou

Selfless giving is a guaranteed way to increase feelings of love.

~Jude Bijou

By staying active & learning to control negative emotions and thoughts, you can live out the rest of your life on a good note.

~Jude Bijou

If you chose to listen within you will get some really helpful information. You really do know the answer. Intuition is always at the ready.

~Jude Bijou

When you feel victimized or sad, just allow yourself to cry; you'll feel better and have more room to experience joy.

~Jude Bijou

Kindness manifests in a lot of ways, such as acts of compassion, helpfulness, empathy, forgiveness, and caring. These gestures kindle and ignite feelings of love.

~Jude Bijou

Action is your power pusher to new behaviors that open your heart to freedom.

~Jude Bijou

Listening is about making and strengthening a connection with another person.

~Jude Bijou

Making sweeping statements such as 'no sweets ever again' has never worked before, and it's not going to work now. You'll get quickly overwhelmed and punt on any positive momentum you created.

~Jude Bijou

Across the board, it's infinitely more effective to praise actions that you want to encourage than to punish those you disapprove of.

~Jude Bijou

Your goal should be something that feels really right, not forced. Make sure your goal resonates with what's true for you.

~Jude Bijou

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