

Karen Salmansohn

Quotes

*Want, Hate, Pain, Wisdom, Self, Thinking, Love, Regret, Feels, Self Esteem,
Loving You, Moments, Motivational, Life, Choices, Messengers, Husband,
Letting Go, Live Life, Jobs*

What if I told you that 10 years from now, your life would be exactly the same? I doubt you would be happy. So, why are you so afraid of change?

~Karen Salmansohn

You gotta look for the good in the bad, the happy in your sad, the gain in your pain, and what makes you grateful not hateful.

~Karen Salmansohn

You should never have to convince someone into loving you and wanting to be with you. You deserve to see someone who can easily see what's special in you.

~Karen Salmansohn

What's on your mind becomes what's in your life. So think the thoughts you want to see.

~Karen Salmansohn

The best things happen at the exit ramp of your comfort zone.

~Karen Salmansohn

Forgiveness doesn't excuse their actions. Forgiveness stops their actions from destroying your heart.

~Karen Salmansohn

Often it's the deepest pain which empowers you to grow into your highest self.

~Karen Salmansohn

Don't just write a to-do list write a to-be list.

~Karen Salmansohn

Someone who feels appreciated will always be & do more than expected. This holds true in love & business.

~Karen Salmansohn

Sometimes when I'm not feeling so happy, I do something to make someone else happy then I find I'm suddenly feeling happy again.

~Karen Salmansohn

Your thoughts and actions not only influence your mood, but the moods of all you cross paths with. Thinking lovingly. Do lovingly. Be a messenger for love.

~Karen Salmansohn

Your mission: Be so busy loving your life you have no time for hate, regret or fear.

~Karen Salmansohn

What we seek in love is finding someone with whom we feel safe to reveal our true self.

~Karen Salmansohn

Your life is a series of moments in "now." The better you make your "now" the better your life.

~Karen Salmansohn

It is what it is. But you have the power to turn it into an isn't so bad.

~Karen Salmansohn

Happiness is a choice; not just a matter of genes or good luck.

~Karen Salmansohn

Live now. Procrastinate later.

~Karen Salmansohn

You are wonderful. Valuable. Worthwhile. Lovable. Not because others think so. Self worth comes from only one place: self.

~Karen Salmansohn

Let go of what you can't control. Channel all that energy into living fully in the now.

~Karen Salmansohn

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