

Kelly McGonigal

Quotes

Stress, Skills, Life, What Matters, Mean, Self, Inspirational, Different, Choices, Definitions, May, Compassion, Steps, People, Past, Night, Attention, Religious, Brain, Resilience

Self-compassion - being supportive and kind to yourself, especially in the face of stress and failure - is associated with more motivation and better self-control.

~Kelly McGonigal

My favorite definition of the mindful path is the one that reveals itself as you walk down it. You cannot find the path until you step on to it.

~Kelly McGonigal

Go after what it is that creates meaning in your life and then trust yourself to handle the stress that follows.

~Kelly McGonigal

When you choose to view your stress response as helpful, you create the biology of courage.

~Kelly McGonigal

Chasing meaning is better for your health than trying to avoid discomfort.

~Kelly McGonigal

When you choose to connect with others under stress, you can create resilience.

~Kelly McGonigal

You can deal with stressful life experiences with strength from past ones.

~Kelly McGonigal

There is a secret for greater self-control, the science points to one thing: the power of paying attention.

~Kelly McGonigal

When your mind is preoccupied, your impulses aren't your long-term

goals will guide your choices.

~Kelly McGonigal

People come up with resolutions that don't reflect what matters most to them, and that makes them almost guaranteed to fail.

~Kelly McGonigal

The development of willpower -I will, I won't and I want- may define what it means to be human.

~Kelly McGonigal

We wrongly but persistently expect to make different decisions tomorrow than we do today

~Kelly McGonigal

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