

Lauren Mackler

Quotes

*People, Self, Stress, Goal, Needs, Feelings, Perseverance, Fear, Mean, Keys,
Mistake, Adversity, Courage, Down And, Reality, Action, Voice, Support
Systems, Intuition, Taken*

The best antidote to stress is resilience... having the ability to respond to change or adversity proactively and resourcefully.

~Lauren Mackler

If you feel overwhelmed, you may be trying to achieve too much at once. Step back and look at your goals. If you're doing too much, it's time to reprioritize.

~Lauren Mackler

Do work you love, in which you can excel: The smaller the gap between who you are in your personal life and who you are at work, the happier you will be.

~Lauren Mackler

Chronic negative thinking and the emotions it invokes is, like many destructive behaviors, a form of addiction... it may not be very pleasant, but it's familiar.

~Lauren Mackler

Most fears are not even based on our current reality. They are the product of imagined fears conjured up in our minds - the product of our own fantasies.

~Lauren Mackler

Aligning what you do with who you are requires commitment, effort, and perseverance. But the rewards are well worth it. Not only will it enhance the quality of your life, it may even prolong it.

~Lauren Mackler

As we, the world, and the way we live have become more complex, we've moved further away from living in alignment with our human spirit and with the earth.

~Lauren Mackler

A critical key to achieving success lies in your ability to activate your potential to create the results you seek... start by being aware of your self-sabotaging patterns.

~Lauren Mackler

Hiding our true thoughts and feelings is just one example of how we give our power away.

~Lauren Mackler

While some rules are necessary and good for us, living a life based on others' rules, needs, and expectations can stifle your self-expression and creativity, and keep a lid on your potential.

~Lauren Mackler

Many people's unhappiness is rooted in the habitual role they play. While our family role may have made sense growing up, it often wreaks havoc in our adult lives.

~Lauren Mackler

Have compassion for your humanity and your flaws. You're human and you're going to make mistakes. Look at yourself through the eyes of a loving parent.

~Lauren Mackler

Being busy and being productive are not necessarily the same. Many people keep busy to avoid taking action on things they're afraid to pursue.

~Lauren Mackler

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