

# Maxwell Maltz

## Quotes

*Motivational, Self, Self Esteem, Cybernetics, Inspirational, Mistake, Thinking,  
Real, Life, Goal, Past, Mind, Feelings, Successful, Happiness, Mean, Men,  
Opportunity, Giving, Ideas*

We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness.

~Maxwell Maltz

To change a habit, make a conscious decision, then act out the new behavior.

~Maxwell Maltz

Within you right now is the power to do things you never dreamed possible.

~Maxwell Maltz

Man maintains his balance, poise, and sense of security only as he is moving forward.

~Maxwell Maltz

Remember you will not always win. Some days, the most resourceful individual will taste defeat. But there is, in this case, always tomorrow - after you have done your best to achieve success today.

~Maxwell Maltz

We, whoever we are, must have a daily goal in our lives, no matter how small or great, to make that day mean something.

~Maxwell Maltz

A human being always acts and feels and performs in accordance with what he imagines to be true about himself and his environment.

~Maxwell Maltz

Emptiness is a symptom that you are not living creatively.

~Maxwell Maltz

The biggest secret of self-esteem is this: Begin to appreciate other

people more; show respect for any human being merely because he is a child of God and therefore a thing of value.

~Maxwell Maltz

We are built to conquer environment, solve problems, achieve goals, and we find no real satisfaction or happiness in life without obstacles to conquer and goals to achieve.

~Maxwell Maltz

The 'self-image' is the key to human personality and human behavior. Change the self image and you change the personality and the behavior.

~Maxwell Maltz

The most delightful surprise in life is to suddenly recognise your own worth.

~Maxwell Maltz

If you wait until circumstances justify your thinking pleasant thoughts, you are likely to wait forever.

~Maxwell Maltz

Our self image and our habits tend to go together. Change one and you will automatically change the other.

~Maxwell Maltz

This is where you will win the battle - in the playhouse of your mind.

~Maxwell Maltz

We are injured and hurt emotionally, Not so much by other people or what they say and don't say, But by our own attitude and our own response.

~Maxwell Maltz

Self-improvement is the name of the game, and your primary objective is to strengthen yourself, not to destroy an opponent.

~Maxwell Maltz

Live in the present. The past is gone; the future is unknown - but the present is real, and your opportunities are now.

~Maxwell Maltz

Do not say to yourself, 'I am going to act this way tomorrow.' Just say to yourself - 'I am going to imagine myself acting this way NOW - for 30 minutes - today.'

~Maxwell Maltz

Times will change for the better when you change.

~Maxwell Maltz

You make mistakes. Mistakes don't make you.

~Maxwell Maltz

Your nervous system cannot tell the difference between an imagined experience and a "real" experience.

~Maxwell Maltz

Often the difference between a successful man and a failure is not one's better abilities or ideas, but the courage that one has to bet on his ideas, to take a calculated risk "and to act.

~Maxwell Maltz

Low self-esteem is like driving through life with your hand-break on.

~Maxwell Maltz

Within you right now is the power to do things you never dreamed possible. This power becomes available to you just as soon as you can change your beliefs.

~Maxwell Maltz

If you make friends with yourself you will never be alone.

~Maxwell Maltz

Happiness isn't something that happens to you. It is what you yourself do and determine upon.

~Maxwell Maltz

Take the trouble to stop and think of the other person's feelings, his viewpoints, his desires and needs. Think more of what the other fellow wants, and how he must feel.

~Maxwell Maltz

Functionally, a man is somewhat like a bicycle. A bicycle maintains its poise and equilibrium only so long as it's moving forward towards something.

~Maxwell Maltz

It takes 21 days to develop a habit.

~Maxwell Maltz

Self-esteem is as necessary to the spirit as food is to the body.

~Maxwell Maltz

Happiness is native to the human mind and its physical machine. We think better, perform better, feel better, and are healthier when we are happy.

~Maxwell Maltz

Adopt the motto: It doesn't matter who's right, but what's right.

~Maxwell Maltz

For imagination sets the goal picture which our automatic mechanism

works on. We act, or fail to act, not because of will, as is so commonly believed, but because of imagination.

~Maxwell Maltz

Realizing that our actions, feelings and behaviour are the result of our own images and beliefs gives us the level that psychology has always needed for changing personality.

~Maxwell Maltz

Your most important sale in life is to sell yourself to yourself.

~Maxwell Maltz

When you see a thing clearly in your mind, your creative "success mechanism" within you takes over and does the job much better than you could do it by conscious effort or "willpower.

~Maxwell Maltz

An idea accepted as true from any source can be every bit as powerful as hypnosis.

~Maxwell Maltz

We simply must get it through our heads that holding a low opinion of ourselves is not a virtue, but a vice.

~Maxwell Maltz

When you believe you can... you can!

~Maxwell Maltz

Close scrutiny will show that most of these everyday so-called "crisis situations" are not life-or-death matters at all, but opportunities to either advance, or stay where you are.

~Maxwell Maltz

Your nervous system can't tell real failure from imagined failure.

~Maxwell Maltz

Worry is one of the most destructive scourges of mankind.

~Maxwell Maltz

Accept yourself as you are. Otherwise you will never see opportunity. You will not feel free to move toward it; you will feel you are not deserving.

~Maxwell Maltz

You will act like the sort of person you conceive yourself to be.

~Maxwell Maltz

You may live in an imperfect world but the frontiers are not closed and the doors are not all shut.

~Maxwell Maltz

You can do only one thing at a time. I simply tackle one problem and concentrate all efforts on what I am doing at the moment.

~Maxwell Maltz

Self-image sets the boundaries of individual accomplishment.

~Maxwell Maltz

Our self image, strongly held, essentially determines what we become.

~Maxwell Maltz

I may be a mistake maker, but I'm also a mistake breaker.

~Maxwell Maltz

The greatest miracle you can hope for is self-acceptance.

~Maxwell Maltz

Change your mental imagery, and the feelings will take care of

themselves.

~Maxwell Maltz

Get yourself a goal worth working for. Better still, get yourself a project.

~Maxwell Maltz

Every day you must try to make your own self-image grow; this you can do.

~Maxwell Maltz

True success and true happiness not only go together but each other enhances the other.

~Maxwell Maltz

Thus man of all creatures is more than a creature, he is also a creator. Man alone can direct his success mechanism by the use of imagination, or imaging ability.

~Maxwell Maltz

Your automatic guidance system cannot guide you when you're stalled, *â€œstanding stillâ€•*.

~Maxwell Maltz

Fully 95 percent of our behavior, feeling, and response is habitual.

~Maxwell Maltz

You can always find the sun within yourself if you will only search.

~Maxwell Maltz

Happiness is simply a state of mind in which our thinking is pleasant a good share of the time.

~Maxwell Maltz

Conscious effort inhibits and *â€™jams'* the automatic creative



mechanism.

~Maxwell Maltz

Loneliness is caused by an alienation from life. It is a loneliness from your real self.

~Maxwell Maltz

It is an old psychological axiom that constant exposure to the object of fear immunizes against the fear.

~Maxwell Maltz

The greatest cause of ulcers is mountain-climbing over molehills.

~Maxwell Maltz

Develop an enthusiasm for life, create a need for more life, and you will receive more life.

~Maxwell Maltz

It is well known that when Thomas A. Eddison was stymied by a problem, he would lie down and take a short nap.

~Maxwell Maltz

Begin to imagine what the desirable outcome would be like. Go over these mental pictures and delineate details and refinements. Play them over and over to yourself.

~Maxwell Maltz

It doesn't matter how many times you have failed.... What matters is the successful attempt.

~Maxwell Maltz

A healthy strong ego, with plenty of self-esteem, does not feel itself threatened by every innocent remark.

~Maxwell Maltz

You are embarking on the greatest adventure of your life - to improve your self-image, to create more meaning in your life and in the lives of others. This is your responsibility.

~Maxwell Maltz

Within you, whoever you may be, regardless of how big a failure you may think yourself to be, is the ability and the power to do whatever you need to do to be happy and successful.

~Maxwell Maltz

Self-discipline is the golden key; without it, you cannot be happy.

~Maxwell Maltz

Happiness is the art of relaxation.

~Maxwell Maltz

The minute that we change our minds, and stop giving power to the past, the past with its mistakes loses power over us.

~Maxwell Maltz

When you're not goal-striving, not looking forward, you're not really living.

~Maxwell Maltz

Forgiveness is a scalpel that removes emotional scars.

~Maxwell Maltz

Why not imagine yourself successful?

~Maxwell Maltz

Unthaw and become more natural.

~Maxwell Maltz

You are not your mistakes. Just because you have done something

stupid does not make you stupid.

~Maxwell Maltz

Ignore past failures and forge ahead.

~Maxwell Maltz

See yourself reacting to threats, not by running away or evading them, but by meeting them, dealing with them, grappling with them in an aggressive intelligent manner.

~Maxwell Maltz

As soon as the error has been recognized and corrections made, it's equally important that the error be forgotten and the successful attempt remembered and dwelt upon.

~Maxwell Maltz

When we consciously and deliberately develop new and better habits, our self image tends to outgrow the old habits and grow into the new pattern.

~Maxwell Maltz

Admit your mistakes but don't cry over them. Correct them and go forward.

~Maxwell Maltz

Faith, courage, optimism, looking forward, bring us new life and more life. Futility, frustration, living in the past are not only characteristic of 'old age'; they contribute to it.

~Maxwell Maltz

Your present negative beliefs were formed by thought PLUS feelings. Generate enough emotion, or deep feeling and your new thoughts and ideas will cancel them out.

~Maxwell Maltz

To really 'live,' that is to find life reasonably satisfying, you must have an adequate and realistic self-image that you can live with. You must find yourself acceptable to 'you.'

~Maxwell Maltz

Do your worrying before you place your bet, not after the wheel stops turning.

~Maxwell Maltz

One's capacity for friendship, which can be developed, is basic to one's capacity for happiness.

~Maxwell Maltz

Another cause of confusion, and the resulting feelings of nervousness, hurry, and anxiety, is the absurd habit of trying to do many things at one time.

~Maxwell Maltz

Life is a series of problems.

~Maxwell Maltz

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