

Richard Carlson

Quotes

*Motivational, Needs, Letting Go, Stress, People, Way, Opportunity, Kindness,
Mistake, Thinking, Practice, Order, Inspirational, Past, Moving, Peaceful,
Gratitude, Real, Expectations, Children*

Don't sweat the small stuff...and it's all small stuff.

~Richard Carlson

Every day, tell at least one person something you like, admire, or appreciate about them.

~Richard Carlson

The trick is to be grateful when your mood is high and graceful when it is low.

~Richard Carlson

Choose to be kind over being right and you'll be right everytime.

~Richard Carlson

Children listen best with their eyes. What you do is what they hear.

~Richard Carlson

...when you let go of your expectations, when you accept life as it is, you're free. To hold on is to be serious and uptight. To let go is to lighten up.

~Richard Carlson

Reflection is one of the most underused yet powerful tools for success.

~Richard Carlson

Ironically, when you surrender your need to hog the glory, the attention you used to need from other people is replaced by a quiet inner confidence that is derived from letting others have it.

~Richard Carlson

The ill effects of thought come about when we forget that thought is a function of our consciousness.. an ability that we as human beings have. We are the producers of our own thinking.

~Richard Carlson

Many people spend their entire lifetimes wishing that other people would acknowledge them. They feel this especially about their parents, spouses, children, and friends.

~Richard Carlson

we need to break the habit of overreacting because of our speedy assumption and judgments

~Richard Carlson

Life is a process--just one thing after another. When you lose it, just start again.

~Richard Carlson

Reading is a gift. It's something you can do almost anytime and anywhere. It can be a tremendous way to learn, relax, and even escape. So, enough about the virtues of reading. Time to read on.

~Richard Carlson

Meanwhile, life keeps moving forward. The truth is, there's no better time to be happy than right now. If not now, when?

~Richard Carlson

People who live the most fulfilling lives are the ones who are always rejoicing at what they have.

~Richard Carlson

We deny the parts of ourselves that we deem unacceptable rather than accepting the fact that we're all less than perfect.

~Richard Carlson

The next time you find yourself in an argument, rather than defend your position, see if you can see the other point of view first.

~Richard Carlson

as you begin to eliminate your need for perfection in all areas of your life, you'll begin to discover the perfection in life itself

~Richard Carlson

What interferes with this peaceful feeling is our expectation of reciprocity.

~Richard Carlson

If someone throws you the ball, you don't have to catch it.

~Richard Carlson

You are what you practice most.

~Richard Carlson

Ask yourself this question, will this matter a year from now?

~Richard Carlson

It seems that we have it backward in our society. We tend to look up to people who are under a great deal of stress, who can handle loads of stress, and those who are under a great deal of pressure.

~Richard Carlson

Stress is nothing more than a socially acceptable form of mental illness.

~Richard Carlson

The key to a good life is this: If you're not going to talk about something during the last hour of your life, then don't make it a top priority during your lifetime.

~Richard Carlson

Life isn't all it's cracked up to be. Nothing is ever good enough the way it is.

~Richard Carlson

Will this matter a year from now?

~Richard Carlson

mistakes are really not that big of a deal. in fact , as most of us acknowledge we need to make mistakes in order to learn and grow

~Richard Carlson

If we would just slow down, happiness would catch up to us.

~Richard Carlson

Even though we often mess up, most of us are doing the best that we know how with the circumstances that surround us.

~Richard Carlson

If we could only live the way we know deep down we should, we would guarantee ourselves a life of richness & fulfillment.

~Richard Carlson

Retirement can and will be a glorious time in your life. You'll love the freedom and ability to try new things. It's a new phase of life; a chance to be a beginner again.

~Richard Carlson

One of the most dynamic and significant changes you can make in your life is to make the commitment to drop all negative references to your past, to begin living now.

~Richard Carlson

Rather than being afraid to ask for help, remember this: When you ask someone to help you, you are actually doing them a tremendous favor by giving them an opportunity to feel needed.

~Richard Carlson

You can't have a better past.

~Richard Carlson

Noone knows exactly where thought comes from, but it can be said that thought comes from the same place as whatever it is that beats our heart.. it comes from being alive.

~Richard Carlson

Make living your life with absolute integrity and kindness your first priority.

~Richard Carlson

Try to maintain the perspective that, in time, everything disintegrates and returns to its initial form.

~Richard Carlson

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