

# Robert Anthony Quotes

*Belief, Thinking, Goal, Ifs, Happiness, Self, Want, Mind, Believe, Law Of  
Attraction, Worry, Moving, Mean, People, Wish, Affirmation, Excuse, Action,  
Mindfulness, Order*

The one who loves least controls the relationship.

~Robert Anthony

Moving fast is not the same as going somewhere

~Robert Anthony

Worry comes from the belief you are powerless.

~Robert Anthony

The degree to which you will awaken is in direct proportion to the amount of truth you are willing to accept about yourself.

~Robert Anthony

You were placed on this earth to create, not to compete.

~Robert Anthony

We fear the things we want the most.

~Robert Anthony

When your ship comes in, make sure you are willing to unload it

~Robert Anthony

The opposite of bravery is not cowardice but conformity.

~Robert Anthony

If we think it takes a lot of effort and hard work to get what we want, then our life is going to be about struggle.

~Robert Anthony

Nothing outside of ourselves will ever make us happy, because happiness is an inside-out experience.

~Robert Anthony

If you don't do the choosing, life will choose for you, and it may not be

the choice you want.

~Robert Anthony

You can only have two things in life, reasons and results. Reasons don't count.

~Robert Anthony

You should enjoy the present moment because this is all you have. Create for tomorrow, but live in and for today.

~Robert Anthony

It's more work to create poverty, disease and disharmony than it is to create health, harmony and abundance, because perfect health, harmony and abundance are the natural order of things.

~Robert Anthony

The best way to escape your problem is to solve it.

~Robert Anthony

There are no victims, only volunteers.

~Robert Anthony

Waiting is a trap. There will always be reasons to wait. The truth is, there are only two things in life, reasons and results, and reasons simply don't count.

~Robert Anthony

Overcoming fear and worry can be accomplished by living a day at a time or even a moment at a time. Your worries will be cut down to.

~Robert Anthony

Are you always trying to get somewhere other than where you are so that you can finally be happy? The truth is that all unhappiness is caused by denial of the present.

~Robert Anthony

Using affirmations on a daily basis is one of the easiest things we can do to change our lives.

~Robert Anthony

Face your worry and see it as an illusion. It cannot exist unless you give it power and give it life.

~Robert Anthony

If you don't start, it is certain you won't arrive.

~Robert Anthony

Affirmation literally means to validate or confirm. So when we think a thought over and over again, we are validating or confirming it as the truth.

~Robert Anthony

Don't get locked up into the ultimate goal. Just concentrate on the next step.

~Robert Anthony

Excuses are your lack of faith in your own power.

~Robert Anthony

Our consciousness, our ideas, our frame of reference and our belief system determine whether we go to the river of life with a teaspoon, a cup, a bucket or a barrel.

~Robert Anthony

Getting what you want will not change your life at the Being Level, so don't let what you have determine 'who you are', otherwise you will always feel dissatisfied.

~Robert Anthony

Goals don't start in our brain; they start in our heart.

~Robert Anthony

Desire is transformed into drive when a dream creates a passion for action

~Robert Anthony

Money cannot make you happy, but it can get rid of many of the things that make you unhappy.

~Robert Anthony

You will never let yourself have more money than you think you deserve.

~Robert Anthony

The more successful you are, the more mistakes you will make. People who don't do anything, don't make mistakes.

~Robert Anthony

The understanding of fear cures fear.

~Robert Anthony

Hoping and Wishing are excuses for not Doing.

~Robert Anthony

There's a very fine line between anxiety and excitement. If you don't let anxiety stop you, you can nudge it over the line.

~Robert Anthony

Do something whatever you do, it will be better than sitting and hoping things will improve.

~Robert Anthony

If you are not leaning, no one will let you down.

~Robert Anthony

Motivation describes your attitude when you would rather do one thing more than another at a particular time.

~Robert Anthony

If your goal has no inherent reward, you do not have a goal.

~Robert Anthony

You will learn and grow according to the nature and consequences of your actions.

~Robert Anthony

Wishing is a goal without energy behind it.

~Robert Anthony

Everything you experience in your life is invited, attracted and created by you.

~Robert Anthony

We insist that society should conform to our own subjective illusion of reality.

~Robert Anthony

Never be afraid to expose a weakness in yourself. Exposing a weakness is the beginning of strength.

~Robert Anthony

Whether your beliefs are true or totally insane, if you accept them, then that's what your life will be about.

~Robert Anthony

Belief is the cornerstone of all the great achievements since the beginning of time.

~Robert Anthony

We can only receive what our minds are capable of accepting.

~Robert Anthony

If you let other people do it for you, they will do it to you.

~Robert Anthony

If you want to know what your true beliefs are- take a look at your actions.

~Robert Anthony

Go after what you want, but enjoy the trip.

~Robert Anthony

Knowing is higher than believing. Knowing means that there is NO doubt.

~Robert Anthony

We cannot change past events, no matter how painful, but we can always intend how we 'feel' about them and heal ourselves.

~Robert Anthony

You can change anything about yourself quite quickly. All you have to do is give up the belief system that says that it takes a long time to change.

~Robert Anthony

Be sure you separate 'who you are' from 'what you have' and 'what you do'.

~Robert Anthony

A person who knows who they are is not threatened by the beliefs of others.

~Robert Anthony

The present moment is that one point where everything comes together.

~Robert Anthony

The thing you resist is the thing you need to hear the most.

~Robert Anthony

The biggest risk in life is not risking.

~Robert Anthony

All our experiences have led us to believe certain things about ourselves. Whether these beliefs are true or not really doesn't matter because if we accept them as true, then they are true for us.

~Robert Anthony

When you understand how the mind-brain functions together, you know that faith, which is believing before seeing, is the natural process of creation.

~Robert Anthony

You will draw to yourself that which you most persistently think about

~Robert Anthony

If you are not learning, no one will ever let you down.

~Robert Anthony

Pronounce your limitations vigorously enough and they're yours.

~Robert Anthony

When we think the universe moves. When we think we actually cause things to happen.

~Robert Anthony



You are walking, talking evidence of your beliefs.

~Robert Anthony

Each one of us has the ability to play the game of life with balance, harmony and joy, but we need to know the rules and the principles.

~Robert Anthony

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