

# Spencer Johnson

## Quotes

*Change, Life, Moved On, Inspiring, Happiness, Don't Change, Fun, Success, Ifs, Letting Go, Valleys, Important, Differences, Honesty, Peaks And Valleys, People, Smell, Afraid Of Change, Trying, Inspirational*

Integrity is telling myself the truth. And honesty is telling the truth to other people.

~Spencer Johnson

What you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists.

~Spencer Johnson

Change happens when the pain of holding on becomes greater than the fear of letting go.

~Spencer Johnson

It is safer to search in the maze than to remain in a cheeseless situation

~Spencer Johnson

If you do not change, you can become extinct !

~Spencer Johnson

You have more fun and enjoy more financial success when you stop trying to get what you want and start helping other people get what they want.

~Spencer Johnson

Life moves on and so should we

~Spencer Johnson

See what you're doing wrong, laugh at it, change and do better.

~Spencer Johnson

Finding inner success is the best, easiest and infact the only way to achieve and enjoy everything else in life.

~Spencer Johnson

It Is Natural For Everyone Everywhere To Have Peaks And Valleys At Work And In Life.

~Spencer Johnson

Being in the uncomfortable zone is much better than staying in the cheese-less situation .

~Spencer Johnson

Between Peaks There Are Always Valleys. How You Manage Your Valley Determines How Soon You Reach Your Next Peak.

~Spencer Johnson

A change imposed is a change opposed.

~Spencer Johnson

The quicker you let go of old cheese, the sooner you find new cheese.

~Spencer Johnson

Noticing small changes early helps you adapt to the bigger change that are to come

~Spencer Johnson

What would you do if you weren't afraid?

~Spencer Johnson

Movement in new direction helps find new cheese.

~Spencer Johnson

Smell the cheese often so you know when it is getting old.

~Spencer Johnson

When you move beyond your fear, you feel free.

~Spencer Johnson

He asked himself those some questions too many times and felt the fears again that kept him where he was

~Spencer Johnson

When you stop being afraid you feel good

~Spencer Johnson

I was taking myself very seriously when I was going through life changes. And I realized that I needed to laugh at myself, particularly at my mistakes.

~Spencer Johnson

Only when you stop doing what doesn't work, can things get better.

~Spencer Johnson

IF you don't change, you can become extinct!

~Spencer Johnson

Look at what happened in the Past. Learn something valuable from it. Do things differently in the present.

~Spencer Johnson

The biggest inhibitor to change lies within yourself.

~Spencer Johnson

The More Important Your Cheese Is To You The More You Want To Hold On To It.

~Spencer Johnson

I think you have to be much more secure and much less angry to trust the simple. You've got to be in a pretty good place to trust those simple, obvious answers and, most important, to use them.

~Spencer Johnson

Sometimes, Hem, things change and they are never the same again. This looks like one of those times. That's life! Life moves on. And so should we.

~Spencer Johnson

I guess we resist changing, because we are afraid of change.

~Spencer Johnson

When you change what you believe, you change what you do.

~Spencer Johnson

Pain is the difference between what is and what I want it to be.

~Spencer Johnson

The man realized that what counted was not where a person lived, but how a person lived.

~Spencer Johnson

I have more fun, and enjoy more finanÂ-cial sucÂ-cess, when I stop tryÂ-ing to get what I want and start helpÂ-ing other peoÂ-ple get what they want.

~Spencer Johnson

If you don't change, you will become extinct.

~Spencer Johnson

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