

4 LIFE CHANGING HABITS FOR A
SUCCESSFUL START TO THE DAY

START YOUR DAY WITH VICTORY

**QUOTES
FROM THE
BOOK**

WRITTEN BY

VALERIE SAINDON



"A goal should scare you a little and excite you a lot".

Joe Vitale

"We don't want to just create a new habit, we want to create a new lifestyle."

Valerie Saindon

“Whether you think
you can, or you think
you can't – you're
right”.

Henry Ford

“If you just sit and observe, you will see
how restless your mind is. If you try to
calm it, it only makes things worse, but
over time it does calm, and when it does,
there's room to hear more subtle things —
that's when your intuition starts to
blossom and you start to see things more
clearly and be in the present more.”

Steve Jobs

"In moments of madness, meditation has helped me find moments of serenity – and I would like to think that it would help provide young people a quiet haven in a not-so-quiet world... It's a lifelong gift, something you can call on at any time... I think it's a great thing."

Sir Paul McCartney

"You should sit in meditation for 20 minutes a day, unless you're too busy; then you should sit for an hour."

Old Zen
saying

“The more you learn,
the more you earn”

Warren Buffett

“It’s not about how you can
afford to take 10 min of your
day to meditate...but more
about how you can afford not
to.”

Valerie Saindon

“Imagine you read 1 hour a day about history. How much you would learn after 265 hours...in one year. Imagine if you study the history of musicians and composers, how much you would know. So it drives me nuts because when people says they don't have the time. We have 24 hours a day.”

Arnold Schwarzenegger

“The moment you stop learning you start dying”

Albert Einstein

“If you think education is expensive, try estimating the cost of ignorance.”

Howard Gardner

“That's how knowledge works. It builds up, like compound interest. All of you can do it, but I guarantee not many of you will do it.”

Warren Buffett

“Your life is the sum total of
your past affirmations.”

Allan Pease

“Insanity is doing the same
thing over and over and
expecting different results.”

Albert Einstein