

Be better than you were yesterday	You rock. Don't ever change.	Not all of us can do great things, but we can do small things with great love.
Difficult roads often lead to beautiful destinations.	Love yourself as much as you want to be loved.	If you don't believe in miracles perhaps you've forgotten you are one.
Believe you can and you're halfway there.	Everything you ever wanted is on the other side of fear.	Don't be afraid to give up the good to go for great.
The struggle you're in today is developing the strength you need for tomorrow .	Never give up on something you can't go a day without thinking about.	Sometimes you have to lose your mind to find your freedom.
Everyday may not be good, but there's something good in everyday.	Start where you are. Use what you have. Do what you can.	Trust that when the answer's no, there's a better yes down the road.
It's a slow process. Don't make it slower by quitting.	Be stronger than your excuses.	When you feel like quitting, think about why you started.
Today is another chance to make yourself proud.	Look in the mirror... that's your competition.	Love yourself and the rest will follow.
A journey of a thousand miles begins with a single step.	The doors will be opened to those who are bold enough to knock.	Today, do what others won't so tomorrow you can do what others can't .
Don't look back. You're not going that way.	No one but you can dull your sparkle.	Hang in there. You're stronger than you know.
Sometimes when things fall apart, they may actually be falling into place.	You were given this life because you are strong enough to live it.	Don't let your struggle become your identity.
Yesterday, you said tomorrow.	Doubt your doubts and have confidence in your confidence.	A year from now you'll wish you had started today.
Stars can't shine without darkness.	Life doesn't have to be perfect to be wonderful.	Trust yourself. You know more than you think you do.
Suck it up now and you won't have to suck it in later.	Think a little less. Live a little more.	Don't give up. Great things take time.
If it's important to you, you'll find a way. If not you'll find an excuse.	Life is all about choices. Doing nothing is also a choice.	You are beautiful at any size.
You are capable of doing amazing things.	Today is the day you do the impossible.	If you want something you never had, you've got to do something you've never done .
No one ever injured their eyesight by looking on the bright side.	Whenever you feel like giving up think about all the people who'd like to see you fail .	Don't give up what you want most for what you want now.
If you wouldn't say it to a friend, don't say it to yourself.	If it doesn't challenge you, it won't change you.	You don't have to be great to start, but you have to start to be great.
You can't change what's going on around you until you change what's going on within you .	Invest in yourself. You can afford it.	Talk to yourself like you would to someone you love.
Prove them wrong.	Take time to do what makes your soul happy.	You are more than your size, your shape and number on the scale.