

# *Almost Magical Quotations*

101 Inspirational Quotes for  
Motivation and Encouragement



[www.DannyPettry.Com](http://www.DannyPettry.Com)  
Beckley, West Virginia

Danny Pettry

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**Almost Magical Quotations: 101 Inspirational Quotes for Motivation and Encouragement**

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*Almost Magical Quotations*

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# *Almost Magical Quotations*

101 Inspirational Quotes for  
Motivation and Encouragement

The Electronic Book Edition



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## Dedication



This Page is Dedicated to Several  
People Who Have Inspired Me:

*Bethany Hamilton*

*Jaycee Lee Dugard*

*Jessica Lynch*

*Jon Comer*

*Leanne Beetham*

*Natascha Kampusch*

*Shea Cowart*

*Zlata Filipović*

∞ **Introduction** ∞

*Almost Magical*



Danny Pettry

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The best years of your life are the ones in which you decide your problems are your own. You don't blame them on your mother, the ecology, or the President. You realize that you control your own destiny.

**Albert Ellis**  
American psychologist  
1913-2007

*Almost Magical Quotations*

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Dear friend,

Imagine how inspired you could feel if you were surrounded by the world's most motivational people.

Wouldn't it be amazing to hear their messages of hope and inspiration daily? My collection of motivational quotations can give you just that.

You might find yourself in a hypnotic trance as you read each of these 101 magical, motivational, and spellbinding quotes.

Reading this collection of quotes could cause you to have a magical transformation. You just might wake up feeling ready to succeed in life.

You're intelligent enough to know that if the authors of these quotes can do it then you can do it. As you read these quotes you may increase feelings of hope, inspiration, and encouragement.

These quotations are tips and tricks for a better life. Abracadabra and hocus-pocus – make your dreams come true with this amazing collection of motivational quotes.

Your friend,

Danny Pettry  
Idealist/ Healer

❧ **My Secret** ❧

I didn't read a full book until I was a senior in high school. I had read a few picture books in elementary school and enough to get by in school text books. But it wasn't until I was 17-years-old when I read a book for fun.

Here is the good news: It was a book that hypnotized me. I've been reading books ever since then.

Since reading my first book, I've read hundreds of books on self-improvement, motivation, success, and achievement over the last decade, learning all that I can.

Self-improvement books put me in a soothing state of being. These personal development books are like treasure maps that show the way. I jot down brief quotations in my own private personal journal and I reflect on how I can use the wisdom from the books that I read.

Still, I don't know it all. That said; please know that I strongly advise you to read books on motivation.

I highly recommend all the authors in this collection of quotes.

If you want motivation and encouragement, then please sit down a spell to read these wonderful, amazing quotes that could motivate you like magic. Afterwards, read one of the many books that I've recommended.

❧ **Chapter 1** ❧

*Meaning of Existence*



Danny Pettry

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Everyone is here because he or she has a place to fill and every piece must fit itself into the big jigsaw puzzle.

**Deepak Chopra**

Physician, author, philosopher

Born 1946



Each of us has a purpose on the planet and the event of your birth is not an accident.

**Fred Alan Wolf**

Theoretical Physicist

Born 1934



The days are long, but the years are short.

**Gretchen Rubin**

Author and former attorney

Born unknown



Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. It can never come back.

**Harvey B. Mackay**

Businessman and columnist

Born 1932



A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.

**George Bernard Shaw**

Irish playwright

1856-1950



There are no mistakes or failures, only lessons.

**Denis Waitley**

Motivational speaker and author

Born 1933

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When you want something, all [of] the universe conspires in helping you to achieve it.

**Paulo Coelho**  
Brazilian novelist  
Born 1947



You control your future, your destiny.  
What you think about comes about.

**Mark Victor Hansen**  
Motivational speaker and author  
Born 1948



Keep living, keep living, keep living!

**Logan Olson**  
Creator of *Logan Magazine* for youth  
with disabilities  
Survivor of traumatic brain injury  
Born 1984

I can't change it. That was God's plan for my life and I'm going to go with it.

**Bethany Hamilton**

American surfer

Survivor of a shark attack

Born 1990



The only time you ever have is this moment. You're only here now; you're only alive in this moment.

**Marianne Williamson**

Spiritual activist and author

Born 1952



Go for it now. The future is promised to no one.

**Wayne Dyer**

Self-help author and lecturer

Born 1940

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Remember, it's your own body, your own brain. You're not a victim of the universe. You are the universe.

**Richard Bandler**

Co-creator of NLP psychology

Born 1950




All you have to do is know where you're going. The answers will come to you of their own accord.

**Earl Nightingale**

Dean of personal development

1921-1989



Everything is out there waiting for you. All you have to do is walk up and declare yourself in. No need for permission. You just need courage to say, "Include me".

**Stuart Wilde**

Metaphysics author

Born 1946

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**When we are no longer able to change a situation - we are challenged to change ourselves.**

**Victor Frankl**

Holocaust survivor and neurologist

1905-1997



**Live every day as if it were your last, because one of these days, it will be.**

**Author unknown**



**When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.**


**W. Clement Stone**

Businessman and self-help author

1902-2002

# Meaning of Existence

## *Journaling Questions*



1. Imagine that you had the choice to decide your purpose in life. What would it be?
2. What is something you think or feel you should accomplish before you die?
3. What do you think is the best way for you to spend most of your time each day?
4. Describe a perfect day.
5. List a few major mistakes you've made in life. What lessons could you learn from these mistakes?
6. What are your three wishes? Explain why.
7. What do you think about most of the time?
8. What are your hopes and dreams?
9. What are things that you simply can't control?
10. What are some things you can control?
11. Imagine you could go for anything you wanted and you'd be successful. What would you go for?
12. What is your current life plan for this year? For 5 years? 10 years?
13. Imagine that today is your last day on Earth. Aliens from space are going to take you away. What is the last thing you'd do on Earth? What is the last thing you'd tell the people who you love?
14. What do you want to work on the most?
15. What did you learn from this chapter? Were there any quotations that you disagreed with? Explain why.

∞ **Chapter 2** ∞

*Attract Good Things*



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**We always attract into our lives whatever we think about most, believe in most strongly, expect on the deepest level, and imagine most vividly.**

**Shakti Gawain**

Personal development author

Born 1948



**Always do your best. What you plant now, you will harvest later.**

**Og Mandino**

Author

1891-1951



**Few people attain great lives, in large part because it is just so easy to settle for a good life**

**Jim Collins**

Businessman and author

Born 1958

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**Gratitude** is absolutely the way to bring more into your life.

**Marci Shimoff**

Self-improvement author

Born unknown




**Many** of us spend our lives searching for success when it is usually so close that we can reach out and touch it.

**Russell Conwell**

Founder of Temple University

1843-1925



**All** that we are is the result of what we have thought. The mind is everything. What we think, we become.

**Buddha**

Spiritual teacher in India

563 BCE to 483 BCE

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We usually get what we anticipate.

**Claude M. Bristol**

Author

1923-1996



You cannot entertain weak, harmful, negative thoughts ten hours a day and expect to bring about beautiful, strong and harmonious conditions by ten minutes of strong, positive, creative thought.

**Charles Francis Haanel**

New thought author

1866-1949



Until you value yourself, you won't value your time. Until you value your time, you will not do anything with it.

**M. Scott Peck**

Psychiatrist


1936-2005

If you don't make things happen then things will happen to you.

**Robert Collier**

Self-help and metaphysical author

1885–195




Every thought we think is creating our future.

**Louise Hay**

Motivational author

Born 1928



There is no one who is totally evil to the core. The fact that someone harbors opposing emotions simply makes them human.

**Masaru Emoto**

Japanese author

Born 1943

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People who believe they cause good things tend to like themselves better than people who believe good things come from other people or circumstances.

**Martin E.P. Seligman**

Psychologist and self-help author

Born 1942



Abraham Lincoln found *that something* when a lad. It warmed the cold floor on which he lay and studied. It added light to the flickering glow of the wood fire that he might see to read. It spurred him on, and on, and on.

**William W. Woodbridge**

Self-improvement author

Born unknown

**What you resist persists.**

**Carl Jung**  
Swiss psychiatrist  
1875-1961



**Follow your bliss, and doors will open  
for you that you never knew existed.**

**Joseph Campbell**  
American mythologist  
1904-1987

# Attract Good Things

## *Journaling Questions*



1. What do you think about most of the time?
2. What are you getting and receiving most of the time?
3. What are you glad about today?
4. What do you appreciate in life?
5. What are five good things you anticipate this year?
6. What are some of your positive thoughts about life?
7. What do you value in other people?
8. What do you value about yourself?
9. What do you value about your time?
10. Which do you value more? Time or money. Explain why.
11. What are five to ten new thoughts you could think about starting today?
12. What could you gain by focusing more of your attention on what you want opposed to what you don't want?
13. How could you take more responsibility for causing good things to happen in your life?
14. Daydream about a better future. Write your dreams out.
15. Draw some pictures of the life that you'd like to have.

∞ **Chapter 3** ∞

*Generously Give*



Danny Pettry

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Do something for somebody every day  
for which you do not get paid.

**Albert Schweitzer**  
Physician and philosopher  
1875-1965



Time and money spent in helping  
[people] do more for themselves is far  
better than mere giving.

**Henry Ford**  
American industrialist  
1863-1947



Deal with inhumane situations in a  
humane way, we can turn the world  
around and create positive lessons for  
ourselves and for others.

**Zlata Filipović**  
Author and humanitarian  
Born 1980




I feel no need for any other faith than my faith in the kindness of human beings.

**Pearl S. Buck**

Pulitzer-prize winning author

1892-1973




Anywhere I see suffering, that is where I want to be, doing what I can.

**Princess Diana**

Princess of Wales

1961-1997



The true benefit of kindness is being kind. Perhaps more than any other factor, kindness gives meaning and value to our life.

**Piero Ferrucci**

Psychotherapist and author

Born unknown

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Danny Pettry

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You cannot do a kindness too soon, for you never know how soon it will be too late.

**Ralph Waldo Emerson**

American philosopher

1803-1882



Acceptance is not love. You love a person because he or she has lovable traits, but you accept everybody just because they're alive and human.

**Albert Ellis**

American Psychologist

1913-2007



How wonderful it is that nobody need wait a single moment before starting to improve the world.

**Anne Frank**

Holocaust victim and author

1929-1945

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring.

**Leo Buscaglia**

Author and motivational speaker

1924-1998



In this life we cannot do great things.  
We can only do small things with great love.

**Mother Teresa**

Humanitarian and missionary

1910-1997




Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

**Martin Luther King, Jr.**

Civil Rights activist

1929-1968

# Generously Give *Journaling Questions*



1. What is one thing you could do for free today?
2. What is one small thing could you do to improve the world?
3. What is the importance of being kind?
4. What could you do to help alleviate the suffering in the world?
5. What personal benefits do you gain from being kind?
6. What could be the consequences for putting off a good deed until another day?
7. Describe a world where more people started being caring.
8. Describe the benefits of compliments. Who are some people who you could compliment today?
9. Describe the importance of being a good listener. Who are some people you could start listening to more?
10. What is a small act of kindness that could have a huge outcome?
11. What do you plan to do to make the world better?
12. How could you spend your time volunteering? Make a plan to do volunteer work this month.
13. Point out the good qualities in people who you've had struggles getting along with in the past. List them in your journal.
14. Describe several good things you've noticed in the world.

❧ **Chapter 4** ❧

*Imagination is Imperative*



Danny Pettry

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Imagination is more important than knowledge.

**Albert Einstein**  
Theoretical physicist  
1879-1955



Live out of your imagination, not your history.

**Steven Covey**  
Self-improvement author  
Born 1932



You are, indeed, much brighter than you think!--far more so, in fact, than you have ever imagined!


**Win Wenger**  
Pioneer in creativity  
Born unknown

The first step is to be absolutely clear about what you want.

**John Assaraf**

Author and business coach

Born 1961




I live not in dreams but in contemplation of a reality that is perhaps the future.

**Rainer Maria Rilke**

Bohemian-Austrian poet

1875-1926



Change your thoughts and you change your world.

**Norman Vincent Peale**

Preacher and author

1898-1993

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Danny Pettry

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**Gee, I control my own environment and  
my mind has controlled my existence  
and my thinking.**

**Vic Conant**

Personal development coach  
Born unknown



**Your mind is your greatest weapon.**

**David J. Lieberman**

Psychologist and author  
Born unknown



**Remember, you are what you think.**

**Helene Hadsell**

Author and lecturer  
Born unknown



All successful people men and women are big dreamers. They imagine what their future could be.

**Brian Tracy**

Author and motivational speaker

Born 1944



I paint objects as I think them, not as I see them.

**Pablo Picasso**

Spanish painter

1881-1973



Those who dream by day are cognizant of many things that escape those who dream only at night.

**Edgar Allan Poe**


American author and poet

1809-1849

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# Imagination is Imperative

## *Journaling Questions*



1. What is the importance of a good imagination?
2. What is the importance of daydreaming sometimes?
3. Why do you think Einstein said imagination is more important than knowledge?
4. Use your imagination to think about what you want in life. Describe it in your journal.
5. Daydream about creating something new in your life. Write about it in your journal.
6. Why do you think Peale argues to change your thoughts?
7. Why do you think Lieberman argues that “your mind is your greatest weapon?”
8. Who are you? Describe in as many answers as possible. Go for 100 answers.
9. Who do you want to be? Describe as many answers as possible.
10. Bridges, novels, cars, etc. were all first an “imagination” before they became a reality. Take time to imagine something you’d like to create: a book, a movie, a cake, a photo, a painting, etc. Describe it in your journal.
11. What benefits do you gain from having an avid imagination?
12. How could you improve your imagination?
13. Do you agree with the quotes in this section? Why or why not?

∞ **Chapter 5** ∞

*Create What You Want*



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Danny Pettry

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Unfortunately, many people do not consider fun an important item on their daily agenda. For me, that was always high priority in whatever I was doing.

**Chuck Yeager**

First pilot to break sound barrier

Born 1923



I don't really see a need to retire as long as I am having fun.

**Stan Lee**

Co-created *Spiderman* and *X-men*

Born 1922



There is nothing that you cannot be, or do, or have. You are a magnificent creator.

**Esther Hicks**

Inspirational speaker and author

Born unknown

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I never did a day's work in my life. It was all fun.

**Thomas Edison**  
Inventor and scientist  
1847-1931



A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself.

**Abraham Harold Maslow**  
Psychologist and author  
1908-1970



It is almost impossible for anyone, even the most ineffective among us, to continue to choose misery after becoming aware that it is a choice.

**William Glasser**  
American psychiatrist  
Born 1925

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A man sooner or later discovers that he is the master-gardener of his soul, the director of his life.

**James Allen**  
Philosophical writer  
1864-1912



Creative work is not a selfish act or a bid for attention on the part of the actor. It's a gift to the world and every being in it. Don't cheat us of your contribution. Give us what you've got.

**Steven Pressfield**  
Novelist  
Born 1943



The opposite of courage in our society is not cowardice, it is conformity.

**Rollo May**  
Existential psychologist  
1909-1994

Practice isn't the thing you do once you're good. It's the thing you do that makes you good.

**Malcolm Gladwell**  
Author and sociologist  
Born 1963



You have to believe that you are the one who creates your success, that you are the one who creates your mediocrity.

**T. Harv Eker**  
Motivational speaker and author  
Born unknown



Whatever you do, do it with all your might. Work at it, early and late, in season and out of season, not leaving a stone unturned.


**P. T. Barnum**  
American showman and businessman  
1810-1891

Danny Pettry

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Find yourself and express yourself in your own particular way. Express your love openly. Life is nothing but a dream, and if you create your life with love, your dream becomes a masterpiece of art.

**Don Miguel Ruiz**  
New age spiritualist  
Born 1952



You can't get much done in life if you only work on the days when you feel good.

**Jerry West**  
Former NBA player  
Born 1938



We are called to be architects of the future, not its victims.

**Buckminster Fuller**  
Inventor and futurist  
1895-1983

---



Creativity is a central source of meaning in our lives . . . most of the things that are interesting, important, are the results of creativity.

**Mihaly Csikszentmihalyi**

Psychologist and author

Born 1934



It is not a mistake to commit a mistake, for no one commits a mistake knowing it to be one. But it is a mistake not to correct the mistake after knowing it to be one. If you are afraid of committing a mistake, you are afraid of doing anything at all.

**Mohandas Gandhi**


Spiritual leader

1869-1948

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# Create What You Want

## *Journaling Questions*



1. The last chapter was about imagination. What creative imaginations would you like to create?
2. Why is fun an important part of creativity?
3. What creative activities do you think are fun to do?
4. Imagine that you could create anything and knew you'd succeed. What would you create? Why?
5. How could you increase your creativity?
6. Create something small like a snack, a doodle, a handwritten letter or anything. Explain the creative process you had taken to create it.
7. Why would it be more beneficial for you to use your spare time to be creative as opposed to being passive?
8. What contribution would you like to make to this world? Why?
9. Musicians make music. What would you like to make?
10. Why is it important to continue practicing and developing your skills?
11. Why are you ultimately responsible for what you create in life?
12. How could you give your best in your creative efforts?
13. What are some things you could work at becoming better at doing?
14. Creativity can be found in your employment, hobbies, education, etc. Look for ways to be creative in any part of your life. Describe it in your journal.
15. How do you plan to increase creativity in your daily life?

❧ **Chapter 6** ❧

*Achieve Your Dreams*



Danny Pettry


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In the long run, we only hit what we aim at.

**Henry David Thoreau**

Author and philosopher

1817-1862




If you don't know where you are going, any road will get you there.

**Lewis Carroll**

Author

1832-1898



It isn't sufficient just to want - you've got to ask yourself what you are going to do to get the things you want.

**Franklin D. Roosevelt**

32<sup>nd</sup> U.S. President

1882-1945

A good plan executed now is better than a perfect plan next week.

**George S. Clason**  
Businessman and author  
1875-1957



You never achieve success unless you like what you are doing.

**Dale Carnegie**  
Self-improvement author  
1888-1955



Personal success is achieved when you feel really good about your past, present, and future.

**John Gray**  
Relationship counselor and author  
Born 1951

Danny Pettry

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If you do what you've always done, you'll  
get what you've always gotten.

**Anthony Robbins**

Author and motivational speaker

Born 1960



People who are optimistic see a failure  
as due to something that can be changed  
so that they can succeed next time  
around.

**Daniel Goleman**

Author and psychologist

Born 1946



If we had to overcome every possible  
objection before we got started, then  
nothing - absolutely nothing - would  
ever get accomplished.

**Richard Carlson**

Psychotherapist and author

1961-2006

Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else.

**Les Brown**

Motivational speaker

Born 1945



And will you succeed? Yes! You will, indeed! 98 and 3/4 percent guaranteed.

**Dr. Seuss**

Children's author and cartoonist

1904-1991



Don't wait. The time will never be just right.

**Napoleon Hill**


Started personal success movement

1883-1970

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# Achieve Your Dreams

## *Journaling Questions*



1. What direction are you currently going in life? Do you like this direction? Why or why not?
2. Do you think your dreams are realistic? Explain why.
3. What do you need to do to get what you want?
4. Why would it be best to start acting on your dreams now with a decent plan opposed to waiting until you had the perfect plan?
5. What are the best things about today that are in alignment with your dreams?
6. What are the best things about your past that are helping you reach your dreams? Have you gained any skills or lessons?
7. Predict what you think will be the best things about your future.
8. This question is based on your life experiences. What have you discovered simply does not work in life?
9. This question is also based on your life experiences. What have you discovered that has worked well for you in your life?
10. What changes could you make that could increase your odds of reaching your dreams?
11. What are your biggest responsibilities in life?
12. Why might taking action increase odds of success compared to not trying at all?
13. What could you miss out on by not taking action on your dreams?
14. What might you gain by taking action on your dreams?



❧ **Chapter 7** ❧

*Learn for Life*



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My best friend is a person who will give me a book I have not read.

**Abraham Lincoln**

16<sup>th</sup> U.S. President

1809-1865




It is a good thing for an uneducated man to read books of quotations.

**Winston Churchill**

Former U.K. Prime Minister

1874-1965



Inner wisdom is more important than wealth. The more you spend it, the more you gain.

**Oprah Winfrey**

Talk show host and philanthropist

Born 1954

---

For virtually everything that you want to do there are books and courses on how to do it.

**Jack Canfield**

Motivational speaker and author

Born 1944



The person who won't read has no advantage over the person who can't read.

**Mark Twain**

American author

1835-1910



Read an hour every day in your chosen field. This works out to be about one book per week, 50 books per year, and will guarantee your success.

**Brian Tracy**

Self-help author

Born 1944

Danny Pettry

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The book you don't read won't help.

**Jim Rohn**

Motivational speaker and author  
1930-2009



Reading is a source of potency. Become a walking encyclopedia of answers for anyone who has questions.

**Tim Sanders**

Author & former executive at *Yahoo*  
Born unknown



There is more treasure in books than in all the pirates' loot on Treasure Island... and best of all; you can enjoy these riches every day of your life.

**Walt Disney**


Animator and entertainer  
1901-1966

A love of books, of holding a book, turning its pages, looking at its pictures, and living its fascinating stories goes hand-in-hand with a love of learning.

**Laura Bush**

Former First Lady of U.S.

Born 1946




Not all readers are leaders, but all leaders are readers.

**Harry S. Truman**

33<sup>rd</sup> President of the United States

1884-1972



You are the same today you'll be in five years except for two things: the people you meet and the books you read.

**Charlie “Tremendous” Jones**

Motivational Speaker

Born unknown

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Danny Pettry

---

You can finish school, and even make it easy, but you never finish your education, it is seldom easy.

**Zig Ziglar**

Salesman and motivational speaker

Born 1926



Wisdom is hidden in books. You've got to become an avid reader in order to discover all the secrets in books. Read, read, read if you want to succeed. Start today.


**Danny Pettry II**

Idealist-healer and author

Born 1980

# Learn for Life

## *Journaling Questions*



1. Why do you think President Lincoln said that his best friend is a person who'd give him a book he has not read?
2. Why do you think Prime Minister Churchill said that it is a good thing to read a book of quotations?
3. Canfield argues that there is a book for anything you want to do. What do you want to do? Make a goal to go to the library or bookstore and check out one book on what you want to do.
4. Why do you think Twain argues that the person who won't read has no advantage over the person who can't read?
5. Tracy argues that a person is guaranteed success by reading 50 books a year on a given topic. What area in your life would you like to be more successful at?
6. Why do you think Rohn argued that books you don't read won't help?
7. Why do you think Sanders argues that reading is a source of power?
8. Why do you think Disney suggests there are more treasure in books?
9. Why do you think President Truman argued that all leaders are readers?
10. Do you want to be successful (or considered a leader) in a given field? If so, what is that field and why?
11. Jones argues that you'll be the same person in five years except for the books you read. What types of books do you plan to read in the next few years?

Danny Pettry

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∞ **Bonus # 1** ∞

*Book Recommendations*



**Danny's Favorite Books**

- Man's Search for Meaning* by Victor Frankl
- The Success Principles* by Jack Canfield
- Flow: The Psychology of Optimal Experience* by Mihaly Csikszentmihalyi
- How to Get What You Want and Want What You Have* by John Gray
- Learned Optimism: How to Change Your Mind and Change Your Life* by Martin Seligman
- The 7 Spiritual Laws of Success* by Deepak Chopra
- Emotional Intelligence* by Daniel Goleman
- A Return to Love* by Marianne Williamson
- Born for Love: Reflections on Loving* by Leo Buscaglia
- The Mastery of Love* by Don Ruiz
- The Power of Kindness* by Piero Ferrucci
- Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life* by Shakti Gawain
- Real Magic* by Wayne Dyer
- The Courage to Create* by Rollo May
- The War of Art: Break Through the Blocks and Win Your Inner Creative Battles* by Steven Pressfield
- The Warrior of Art* by Paulo Coelho
- Think and Grow Rich* by Napoleon Hill
- The Astonishing Power of Emotions* by Jerry and Esther Hicks
- The Power of Your Subconscious Mind* by Joseph Murphy
- The Strangest Secret in the World* by Earl Nightingal
- The Structure of Magic: A Book About Language and Therapy* by Richard Bandler
- 59 Seconds: Think a Little, Change a Lot* by Richard Wiseman

**Novels**

- The Alchemist* by Paulo Coelho
- The Greatest Salesman in the World* by Og Mandino
- The Richest Man in Babylon* by George S. Clason

∞ **Bonus # 1** ∞

*Activities with Quotations*



## Therapeutic Use of Quotations

Reading books for healing or personal growth is a novel idea. Pardon the pun. Recreational therapists use a variety of goal-oriented activity interventions to bring about therapeutic outcomes for the people who they provide services for. Bibliotherapy is just one facilitation technique that some recreational therapists use. The basic concept is the use of reading books for therapeutic benefits. A person could be prescribed to read a certain book related to her (or his) issues, problems, or needs. Here is an example of how bibliotherapy could be used. A depressed person could read stories related to depression. These stories would be more beneficial if the character in the story had a self-realization or discovered ways to change and overcome problems. Naturally, precautions should be taken. A story where a person commits suicide would not be recommended.

“Quote Therapy: may be a term that I’ve coined. It wasn’t found when I did an online search. Several results showed quotes for therapy or about therapy. I believe that quote-therapy is a branch of bibliotherapy. Sometimes a person with depression or other serious illness may not have the energy level to read a full book. A simple quote could be easy-to-read, remember, and apply.

Please note that not all of the quotes in this book may be suitable for an individual’s treatment needs. The activities listed in this section could be used as therapeutic interventions by a therapist when determined appropriate for an individual’s needs by a professional treatment or service team.

Individuals could use the activities in this section of the book for motivation and self-improvement. I think there could be therapeutic benefits for participating in these activities.

Teachers and group leaders may want to use these activities too.

**Disclaimer notice:** Recreational therapy is a treatment service that is provided by trained and qualified individuals.

People should seek appropriate medical advice when needed.

## **Activity # 1**

Create Your Own Book of Quotations



**Supplies needed:** a journal and something to write with.

**Instructions:** Get a journal. It can have lined paper or blank pages. Get something you enjoy. Start collecting your own list of motivational and inspirational quotes. Write them down in your journal. It doesn't have to be a quote from a famous person, although it could be. A friend, parent, grandparent, or teacher may say something profound and insightful. Write it down in your journal. A favorite fictional character in a novel or movie may say something that you like. Jot it down in your journal.

You can write your quotes the way you want to. You could write them using colorful ink pens. I divide my personal journal into sections. I do this so I know the section I want to put my quote. A person interested in sports and athletics could create a section for quotes by athletes or pertaining to athletics.

You could cut-out pictures from magazines and past them as a collage in your journal.

Danny Pettry

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## Activity # 2

Decorate a room with quotations



**Supplies Needed:** paper and markers. You might want to consider using computer paper and a printer, lamination paper, and picture frames.

**Instructions:** Find some quotations that have meaning or significance to you. Write them in large letters on a sheet of paper. You could type them on a computer and print them. You could laminate them and put them in a picture frame. Decorate your room with these quotations. This could be your bedroom, classroom (if you're a teacher), office, hallway, or any space.

I [Danny] work at a residential treatment program. It has motivational and inspirational quotations along the hallways. They're on large sheets of laminated paper. These also offer a great conversation starter based on my experiences. People share their thoughts and feelings about the quotations and pick out their favorite ones.

**Activity # 3**

Paint a picture of a quote



**Supplies needed:** paper and paint

**Instructions:** Create a picture that represents your favorite quote.

I discovered this technique from a guy in the dorms at Marshall University in Huntington, West Virginia when I was in undergraduate school. His girlfriend lived in his hometown, Virginia Beach, Virginia. She was an artist. She had a large roll of butcher's paper that she used to paint pictures and put quotes on them. She would bring him large paintings each time she visited and she'd include a quote on each one. She had painted a picture of the woods and included part of Robert Frost's poem: "The woods are lovely, dark, and deep, but I have miles to go before I sleep, and miles to go before I sleep." Of course, this had a metaphoric meaning for the two of them.

You could paint (or draw) a picture of yourself succeeding and include a quote like Winston Churchill's "never, never, never give up."

Just create a picture and include a meaningful quote.

Danny Pettry

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## Activity # 4

Group discussion on quotes



**Supplies needed:** A copy of this book.

**Instructions:** Read aloud quotes from this book. Ask the group members to share their comments about the quote.

**Here are some questions that could help start discussions for quotes:**

1. Do you agree or disagree with the quote? Explain why.
2. What does this quote mean to you?
3. How could you apply this quote in your own life?
4. When would this quote be the most applicable in your life? Here is an example: Would this quote be used best when you're with your family or friends? Could it be applied when you're at school or work?
5. Who do you think could benefit from hearing this quote?
6. Who do you think would benefit if *you* applied this quote?



**Activity # 5**

Use a quote for a personal mission



**Supplies needed:** note card, something to write with.  
Optional supplies: lamination paper.

**Instructions:** Seek a quote and use it as a personal mission statement. It's a quote that you use as your purpose in life. Big businesses change their mission statements from time to time.

So, your mission statement doesn't have to be permanent. You can change yours anytime. Write your quote on a note card. Laminate it if you want. Or you could type it and print it.

Currently, the mission statement that I'm using is:

*How wonderful it is that  
nobody need wait a single  
moment before starting to  
improve the world.*

**Anne Frank**

This quote reminds me of my mission to do all I can to help create a better world. I believe that compiling this unique collection of quotes for you is fulfilling part of my personal mission.

Danny Pettry

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## Activity # 6

Use a quote as a daily goal



**Supplies needed:** note card and something to write with.

**Instructions:** Improve your life by focusing on and applying a quote for a day (or a week).

**Here is an example.**

- Day #1 or week # 1 could be:

“A journey of 1,000 miles starts with a single step.”

– **Confucius**

- Day # 2 or week # 2 could be something different related to a person’s need.

A person with quote on her mind could help her to think of taking steps in the right direction throughout the day or week. At the end of the day or week she could have a discussion about it.

**Here are some discussion questions for group situations:**

1. How often did you read your quote throughout the day?
2. How often did you think about it?
3. How did you apply your quote?
4. Did you do anything specific as a result of your daily quote?
5. What direction do you think you could go next?

**Activity # 7**

Write a second verse to the quote



**Supplies needed:** paper and something to write with.

**Instructions:** Find a quote. You could individually select one from this book or use another one that you've discovered. A group leader may want to randomly assign quotes to individuals in the group. Write a second verse to the quote. It could rhyme. It could be silly. It could be related to your personal need.

Here is an example of a creative second verse that I, [Danny Pettry] have created:

**A Lewis Carroll Quote**

If you don't know  
where you are going,  
Any road will  
get you there.

**Danny Pettry's 2<sup>nd</sup> Verse**

I know my goal  
I'm undergoing.  
It is my will  
to help and care.

Okay, I *NOT* a poet and I know it, but it could encourage me to focus on my personal mission, which is to help make the world a better place.

Danny Pettry

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## Activity # 8

Send a greeting card with a quote



**Supplies needed:** blank paper or blank greeting cards, something to write with, various art supplies to decorate a personal greeting card. You could use decorative stickers or stencils to decorate a greeting card. A book of quotes is needed. You could use this book. Some postage stamps are needed.

**Instructions:** Think of someone who you care about. Create a greeting card for her or him. Decorate it with the use of art supplies. Write a meaningful quote on the inside of the card. Tell the person why you wanted to include the quote if you want. Send the card to them.

### Here is an example for a graduation:

Dear Kayla,

Congratulations on your graduation! Claude Bristol said: "We usually get what we anticipate" in his book, *The Magic of Believing*. I expect that you're going to do wonderful things.

Your friend,  
*Danny*

Note: I'd include a copy of the book with this card and quote. I think books make great gifts!

**Activity # 9**

Do a good deed



**Supplies needed:** supplies may vary.

**Instructions:** There is a full section in this book on “Giving.” The purpose of that chapter is to help you to focus more on doing-good. You could give of your time or money. You could create a team project and use one of the quotes from the chapter on giving as a team goal or mission. Go out and do something wonderful for the world.

Danny Pettry

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**Activity # 10**

Read a book



**Supplies needed:** a book, library card.

**Instructions:** Start reading more books. Believe that wisdom is hidden in books, but you must read them to discover their secrets. My favorite motivational speaker, the late Jim Rohn who had passed away in December 2009 often said, “the book you don’t read won’t help you.” I’m an advocate of reading. Think that it is the key to personal growth and development.

There is a full chapter of quotes in this book on “Learning.” Most of these quotes are about reading. Each quote in this book of quotes included a book that I [Danny Pettry] personally

recommend. I’ve read all the book of these books. Go to your local library. Register for a library card if you haven’t done so already. Rent a book. Read it. Think about it. Write down meaningful quotes from the book in your own personal book of quotes. Start collecting your own wisdom. You don’t have to read any of the books that I recommend. You could find someone who you admire and read a book by or about that person. My personal motto is “read to succeed.”

**Activity # 11**

Ask the magic book for an answer



**Supplies needed:** a copy of this book.

**Instructions:** This activity is just for fun. It's like a magic 8-ball. A person thinks of a "yes" or "no" question. Say the question allowed if it is a group setting. Randomly flip through this book." Stop on a page that feels right and read the first quote that you see. That shall be the answer to your question.

Here is an example: Should I give an electronic copy of this book away for free to anyone who wants it? I randomly flipped my rough draft copy of this book and it landed on page with Anne Frank's quote: "how wonderful it is that nobody needs to wait a single moment before starting to improve the world." I take that as a "yes." Of course, randomly flipping may not give you a quote that will fit your question. Good luck and have fun with that game.

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∞ **Danny Pettry** ∞



Danny Pettry has been employed as a Recreational Therapist for a residential treatment facility for children and adolescents with mental health needs since 2002.

Petry has a Master of Science degree in Recreational Therapy from Indiana University (Bloomington, Indiana) and a Bachelor of Science degree in Park Resources and Leisure Services with an emphasis in Therapeutic Recreation from Marshall University (Huntington, West Virginia). Petry has held Certified Therapeutic Recreation Specialist (CTRS) credentials since 2002.

Petry is also working towards a Master of Education degree in Mental Health Counseling at Lindsey Wilson College with an expected graduation date in December 2012.

Petry is the author *Building Character with Sam, Izzy, and Many Other Dogs: 15 Tips to Help Children Build Character*.

Petry's upcoming book *150 Things You Should Know About West Virginia* will be released in 2012.

Petry lives in West Virginia.