

# Quotes From Robert Novell and Others

**Someday**, in the final moments of life on this plane of existence where we live, your life will flash in front of your eyes - make sure that the life you see in this video is worth watching.

**Remember**, firsthand experience is best, common sense is second, and authoritative sources are third. What this means, is that most of the time you should be relying on your own common sense.

**Happiness** is not something readymade. It comes from your own actions and as I have said before – nothing happens until something moves and you are that something.

**Never** believe your own press, nor take your accolades too seriously. It matters not what you did yesterday. Only what you do today, and tomorrow, is meaningful to your freedom and spirit.

**People** take different paths seeking happiness and just because they're not following your chosen path doesn't mean they are against you as you move forward in life.

**Challenge** and perfection is the greatest gift of life. Embrace it and use it well. To turn your back on the challenge of perfection is to close the door on your spirit, your freedom... your very existence.

**Judge** your success in life by what you had to give up, or the number of concessions you made to obtain that success. Concessions are necessary as long as they do not compromise your values.

**Your** enemies are your best spiritual teachers because their presence provides you with the opportunity to enhance and develop tolerance, patience and understanding.

**Most** suffering in our world/your world is caused by self-serving selfish people. As a result, these people will destroy others, and

sometimes an entire population, in the pursuit of their own selfish agenda believing their happiness is all that matters.

**Most** of us are living as if we are going to live forever. Our own frailty never occurs to us, and we don't notice how much time has already passed us by. We act like mortals and put off sensible plans thinking that tomorrow will be a better day to begin; however, today is yesterday's tomorrow and too few of us ever move forward to act on those plans. *Have you?*

**We** all hustle our lives along and are always longing for the future as we grow weary of the present; however, it is a fact that those who organize each day as though it were their last, neither long for nor fear the next day.

**No** one will bring back the past years of your life and no one will restore you to younger self. Life will follow the path it began to take and will neither reverse nor alter its course. Your daily life will not remind you of how time is slipping away but instead will glide on quietly, like a bird up high, until one day the end will come unannounced for most.

**Expect** anything worthwhile to take a long time. Don't believe the con artist who will make you rich, make you beautiful, or cure your ills quickly if you buy into their deceptive propaganda.

**A person's** ego can benefit them short term but destroy them long term. Do nothing for prestige, status, money, or approval alone.

**Nobody** puts true value on their time: most all of us use it lavishly as if it cost nothing. History, however, has shown that we be more careful in preserving what could cease, and will cease, at an unknown point in our future.

**The** real key to conquering stress is self-examination.....continual, honest self-examination regarding the harmony and disharmony in your life. Inner conflict causes stress. By contrast, leading a life where

what you do matches up closely with what you believe in and what you say, brings harmony into your world.

**Harmony** is directly related to how often you follow through and do what you know is right. Likewise, harmony is related to how often you demonstrate the self-discipline to refrain from doing that which you know is wrong.

**Pay** no attention to what others say, what they think, what they do. Let your free spirit take you where you will, and when it falters, let your soul demand that you not give up, but only aspire to climb higher and higher.

**It** is not easy to be the best. You must have the courage to bear pain, disappointment, and heartbreak. Our dedication must help lift the other up when one of us is down. You must learn how to face danger and understand fear, yet not be afraid. You must establish your goal, and no matter what deters you along the way, in your every waking moment you must say to yourself, 'I can do it.'"

**There** are some things that are inevitable, and you have no control over those things. However, it's important to be able to tell the difference between inevitable and difficult. Success can be difficult, but regardless of one's circumstances, failure is not inevitable. Accepting the inevitable is not being negative, it's actually being positive. What's negative is not being able to ignore the inevitable and move on with your life.

**The** foundation for handling sadness and misfortune, and thus for leading a low-stress life, is what is referred to as ***"living right."*** What is meant by this term is that you should consistently being conscious of, and vigilant about, trying to make good choices.

**We** were given the gift of life, free of charge, and it's our job to learn how to use it. Life is not always fun and games. Life is about putting one foot in front of the other, calmly, and consistently.

**A** meaningful life is built one day at a time, one hour at a time, one minute at a time. The key is consistency, so focus on being consistent and keep moving forward.

**Never** try to predict the future nor allow the madness of the crowd to discourage you. Concentrate on those things over which you have the most control and rely on proven principles to work their magic for you. To the extent you do so, you will have a much better chance of leading a prosperous and meaningful life during both good times and bad.