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Inspirational Quotes

Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you. --*William James*

And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom --*Anais Nin*

The greatest danger for most of us is not that our aim is too high and we miss it, but that our aim is too low and we reach it. --*Michaelangelo*

Take the first step in faith. You don't have to see the whole staircase - just take the first step. --*Martin Luther King, Jr*

Great minds discuss ideas; Average minds discuss events; Small minds discuss people. --*Eleanor Roosevelt*

"There is a vitality, a life force, an energy...a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open. You have to keep yourself open and aware to the urges that motivate you. No artist is pleased. [There is] no satisfaction whatever at any time. There is only a queer divine dissatisfaction, a blessed unrest that keeps us marching and makes us more alive than the others."
-- *Martha Graham*

If you let go of trying to get more of what you don't really need, which is what we're trained to want more of, it frees up oceans of energy to pay attention to what you already have. When you nurture and nourish what you do have and begin to make a difference with it, it expands before your very eyes. In other words, what you appreciate appreciates. This is true prosperity. --*Lynne Twist*

Keep doing what you've been doing and you will keep getting what you've been getting! --*Jackie B Cooper*

One hundred percent of the shots you don't take don't go in. --*Wayne Gretzky*

In any moment of decision the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing. --*Theodore Roosevelt*

“I asked for strength,
and God gave me difficulties to make me strong.

“I asked for wisdom,
and God gave me problems to learn to solve.

“I asked for prosperity,
and God gave me a brain and brawn to work.

“I asked for courage,
and God gave me dangers to overcome.

“I asked for love,
and God gave me people to help.

“I asked for favors,
and God gave me opportunities.

“I received nothing I wanted.
I received everything I needed.”

— Hazrat Inayat Khan

About Dawn Greaney & Life Coaching....



Life coaching is a results-driven partnership that navigates through a thought-provoking and creative process, inspiring you to maximize your personal and professional potential. Life coaching can close the gap between *thinking* about doing and actually *doing*, opening up the channels of self-discovery in the process.

Whether you're looking to incorporate a few lifestyle improvements, develop more-consistent healthier thoughts or you're wanting to completely change the direction of your life, a coach can help

you get from where you are to where you want to be by listening on a deeper level, organizing and clarifying your thoughts, guiding you through tough decisions, and offering creative solutions in order to break through any barriers keeping you from the success that you deserve. Life coaching is a great investment in yourself.

We can meet face-to-face during sessions, over the phone or via email. My role as your coach is to listen, help identify priorities & obstacles, and co-create a clear action plan for success, which may include "homework" to be done between sessions. I will support you and hold you accountable throughout your journey, allowing you to take risks and explore new ideas while giving you the space and security to change bad habits and negative thinking. I will assist in clarifying and organizing your thoughts, ideas and goals by asking specific and sometimes challenging questions which may also uncover resistance that is holding you back. I will help you celebrate your victories and will be there to discuss any concerns, fears or changes you experience throughout your journey. I will be honest and upfront and will give you the opportunity to talk at length about things one usually doesn't get a chance to talk about in normal social situations. Sometimes just hearing yourself talk about a situation can bring about clarity. We'll also laugh a lot and have fun....this doesn't have to be difficult.

If you are ready and eager to break through the obstacles that are standing in the way of your happiness, contact me for a free consultation. dawn@dawngreaney.com